



MENTAL HEALTH & WELL-BEING FOR ALL

OUR VISION

Burnaby schools are committed to promoting mental health and well-being for all. Our schools are compassionate, connected communities where everyone feels safe, accepted and has a sense of belonging. There is a shared understanding of mental health and well-being, and a commitment to developing competence in mental health awareness, prevention and intervention. Mental health and well-being is a shared responsibility that requires thoughtful, ongoing collaboration linking schools, families, and community partners.

5 in 5 people have mental health.



1 in 5 people have mental illness.

GUIDING PRINCIPLES

Mental health is everybody's business. It is a lifelong journey that parallels an individual's physical health.

Positive mental health and social emotional competencies are the foundation of success in school and in life.

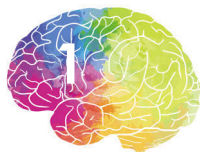
Collaborative partnerships among children and youth, families, schools, and community partners are responsive and aligned in promoting all aspects of health.

Schools are key places for enhancing our understanding of mental health, mental illness and how our brains function.

Schools promote acceptance and belonging through relationships and safe school environments.

GOALS

Compassionate and Accepting Learning Environments



- Support schools in continuing to create a physically and emotionally safe and inviting school culture and climate for staff, students, families and community.
- Assist schools to continue to recognize the value and worth that diversity adds to school communities.
- Continue to build upon initiatives to assist schools in supporting a foundation of positive mental health through understanding and implementing Social and Emotional Learning (SEL).

Mental Health Literacy



- Develop a common language to enhance understanding and consistency in the use of terms and definitions related to Social and Emotional Learning (SEL), mental health and mental illness.
- Develop a common understanding of trauma and adverse childhood experiences (ACES).

Engaging Through a Culture of Trust and Collaboration



- Recognize student voice through collaborative partnerships with students to promote all aspects of health.
- Enhance and build collaborative partnerships between families and schools to promote all aspects of health.
- Engage community partners in shared learning, projects, and interventions that are responsive and aligned.

Key Resources & Materials