

BURNABY SCHOOLS – MENTAL HEALTH AND 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, on-going collaboration linking schools, families, and community partners.

Definitions

Social Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. These core competencies that are taught across diverse settings include; self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

Well-being. Stable well-being is when individuals have the psychological, social and physical resources they need to meet a particular psychological, social and /or physical challenge.

Resilience – Resilience is the ability to overcome hardship.

Mental Health - The ability to successfully adapt to the challenges that life presents.

Mental Health Literacy refers to four key objectives:

- Understand how to obtain and maintain good mental health
- Understand mental disorders and their treatments
- Decrease stigma
- Enhance help-seeking efficacy

Mental Distress - A person's inner signal of anxiety or "stress" when something in their environment is demanding that they adapt to a challenge.

Mental Health Disorder/Mental Illness - A medical condition diagnosed by a healthcare professional where a person experiences significant and persistent challenges with feelings, thoughts, physical symptoms and behaviours.

Mental Health Problems - Difficulties that may arise when a person is faced with a much larger stressor than usual.

Trauma - Experiences (threats to survival or emotional well-being) that overwhelms an individual's capacity to cope and adapt.

Adverse Childhood Experiences (ACES): Childhood traumas that can result in toxic stress that can harm a child's developing brain.

Trauma Informed Practice (TIP): All services are provided in ways that consider trauma and ACES, and recognize the need for physical and emotional safety.

Trauma Sensitive School – a school that is actively using trauma informed practice to create a compassionate and safe learning environment.

Stigma – negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people.