

## Mental Health Strategy Targets for 2018/2019

The Strait Regional Centre for Education's Educational Business Plan for 2018-19 includes the following goal and priority:

**Goal:** To strengthen safe and inclusive school environments.

**Priority 1:** Continue to support positive mental health and pro-social skills development across all grades for all students in the Strait Regional School Board.

To support the achievement of this goal, and priority, the following targets have been identified:

**Target 1:** **Promote** the skills, attitudes, knowledge and habits that develop and nurture positive mental health.

**Target 2:** Provide **preventative** initiatives and services designed to build skills and reduce risk factors in students.

**Target 3:** Facilitate **interventions** that support students to, from and through mental health care.

## Multi-tiered System of Supports

### The Role of School and School Districts

Figure 1.

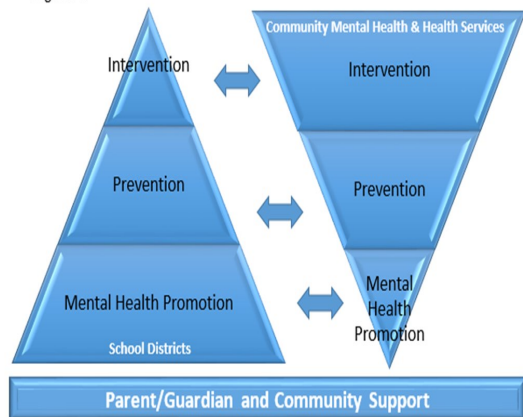


Figure 1 taken from System Leadership in School Mental Health. CASSA Discussion Paper. 2017. Kathy H Short, Cindy Finn, H. Bruce Ferguson

## Mental Health Literacy

### What Do These Words Mean?



There is a **HUGE** difference between the normal ups and downs of life and a mental disorder. Clarity of language is important!

Examples of words that can be used to demonstrate the continuum of mental health states:

- ◆ **Mental Distress** may be described as feeling apprehensive, concerned or uneasy.
- ◆ **Mental Problems** may be described as feeling worried, disquieted or perturbed.
- ◆ Anxiety is an example of a **Mental Disorder/Illness**. We can feel anxious, but saying we have anxiety means that we have been diagnosed by a mental health professional and have a mental illness/disorder.

Good mental health does not mean feeling happy all the time. Being able to cope with the normal stressors of everyday life helps build resiliency and is a sign of good mental health.

**Use the right words ... It matters!!**

<https://ubcxonline.exl.ubc.ca>



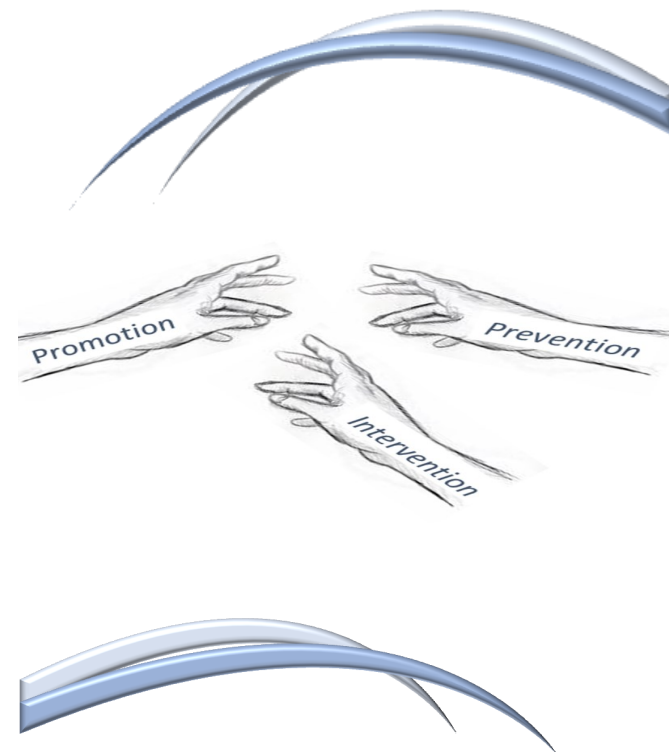
**Strait**

**Regional Centre for Education**

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## MENTAL HEALTH RESOURCES AND SERVICES

MENTAL HEALTH STRATEGY 2018/2019



**Strait Regional Centre for Education**  
304 Pitt Street, Unit 2  
Port Hawkesbury, NS B9A 2T9  
902-625-2191 / 1-800-650-4448  
902-625-2281 (fax)  
www.srce.ca  
Follow SRCE on Twitter @SRCE\_NS

## Programs and Services

**Nova Scotia Mental Health Crisis Line (toll free):**  
**1-888-429-8167**

**Kids Help Phone: 1-800-668-6868**  
**Text: TALK to 686868**  
<https://kidshelpphone.ca/>

**Native Youth Crisis Hotline: 1-877-209-1266**

**Cyber Scan: 1-855-702-8324 (toll free)**  
<http://cyberscan.novascotia.ca/>

**Strongest Families Institute: 1-866-470-7111**

### SRCE Resources

Child and Youth Care Practitioner (CYCP)  
Guidance Counsellors  
Go - To Trained Staff  
School Psychologists  
SchoolsPlus  
Mental Health Clinicians (SPMHC)  
Youth Health Centres  
Student Services  
SRCE Incident Response Manual

**St Martha's Regional Hospital, Child and Adolescent Mental Health:** 902-867-4500 Ext. 4760

### Hospitals and Community Health Centres:

Cape Breton Regional:	902-567-8000
Eastern Memorial (Canso):	902-366-2794
Guysborough Memorial:	902-533-3702
Inverness Consolidated Memorial:	902-258-2100
Mens' Health Centre (Antigonish):	902-863-2358
Paq'tnkek Health Centre:	902-386-2048
Potlotek Health Centre:	902-535-3317
St Martha's Regional (Antigonish):	902-867-4500
St. Mary's Memorial (Sherbrooke):	902-522-2882
Strait Richmond:	902-625-3100
Victoria County Memorial (Baddeck):	902-295-2112
Sacred Heart CHC (Cheticamp):	902-224-1500
Waycobah Family Healing Centre:	902-756-3441

### Community Services:

902-625-0660 (Port Hawkesbury)  
902-863-3213 (Antigonish)  
902-533-4007 (Guysborough/Canso)

## Programs and Services

### Family Services:

902-625-5142 (Port Hawkesbury)  
902-863-2358 (Antigonish)  
Toll free: 1-866-330-5952

### Mi'kmaw Family and Children's Services

Mainland: 1-800-263-8686  
Cape Breton: 1-800-263-8300

### Mental Health and Addictions :

Toll free: 1-888-291-3535  
Port Hawkesbury: 902-625-2363  
Antigonish: 902-867-4500 Ext. 4600  
Strait Richmond Withdrawal Management Unit:  
902-625-3230

**Al-anon:** 1-888-425-2666

**Antigonish Women's Resource Centre:** 902-863-6221

**Sexual Assault Nurse Examiner (SANE) Program:**  
1 877-880-SANE(7263)

**The Naomi Society:** 902 863-3807  
Crisis Line: 1-888-831-0330

### Big Brothers and Big Sisters:

Antigonish: 902-863-5332

### Youth Outreach Services (Antigonish,

Guysborough and Pictou Counties) (ages 16-19)  
Office: 902-752- 6260 Cell:902-931-1002

### RCMP: Emergency – 911

Antigonish:	902-863-6500
Arichat:	902-226-2533
Baddeck:	902-295-2350
Canso:	902-366-2440
Cheticamp:	902-224-2050
Guysborough:	902-533-3801
Inverness:	902-258-2213
Port Hawkesbury:	902-625-2220
Sherbrooke:	902-522-2200
St. Peter's:	902-535-2002
Wagmatcook	902-295-2350
Waycobah	902-756-3371

## Online Resources

**211 resource:** <http://ns.211.ca/>

[ABCs of Mental Health](#)

[About Kids Health](#)

[Centre for Addiction and Mental Health](#)

[Centre of Excellence for Mental Health](#)

<http://antibullying.novascotia.ca/>

[jack.org](#)

[Joint Consortium for School Health Youth Engagement Toolkit](#)

[Kids Help Phone\)](#)

[MindyourMind](#)

[Positive Mental Health Toolkit](#)

[School Mental Health ASSIST](#)

[Social and Emotional Learning Resource Finder](#)

[Teach Resiliency](#)

[TeenMentalHealth.org](#)

[The New Mentality](#)

[Youth Mental Health Champion Toolkit](#)

[WellAhead](#)

## Additional Resources

Trauma Informed Care <http://yourexperiencesmatter.com/>

Tedtalk – on stress <http://athingnamed.com/best-ted-talks-on-anxiety-stress-and-fear/>

Joint Consortium for School Health <http://www.jcsh-cces.ca/> (Available in French and English)

Dr. Alexa Bagnell on anxiety -

<http://youtu.be/hrb9oCM5N4Y>

Bullying <http://www.prevnet.ca/>

<http://www.mentalhealthcommission.ca>

Dr. John LeBlanc's SEL and Bullying Prevention Toolkits <https://sites.google.com/site/cpscatlantic/>

Worry Wise Kids –

<http://www.worrywisekids.org/node/40>

The Youth Project (LGBTQ)- <http://youthproject.ns.ca/>

Health Promoting Schools: <https://nshps.ca/>

Supporting Survivors of Sexual Violence Training - <https://nscs.learnridge.com/>