

Mental Health and Wellness

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So....Mental Health...

Let's get this out of the way



Mental
Health



Christianity

God's Tools vs. God's Hand

- ▶ To quote my friend Vanessa Chiu, host on 93.7 JR Country and Podcast Journey with Vanessa

“God has put resources here so we can use them to take care of our mental health and wellness - like therapy and counselling.

We go to a doctor regular check ups, to a dentist to get our teeth cleaned, we get our cars serviced once or twice a year. All of these things are to maintain things like our health or cars...

We don't pray to God to take care of these things for us”

THERE IS A PLACE/ SPACE FOR MENTAL HEALTH AND WELLNESS CONVERSATIONS IN CHRISTIAN SCHOOLS/ CHURCHES ETC....

Activity

Gingivitis	Mild Asthma	Low Back Pain
Uncomplicated Diabetes	Mild Depression	Epilepsy
Mild/Moderate Panic Disorder	Anorexia	Mild/Moderate Obsessive-Compulsive Disorder
Non-invasive Breast Cancer	Moderate Depression	Severe Asthma
Complete Hearing Loss	Chronic Hepatitis B Infection	Severe Vision Loss
Operable Small Cell Lung Cancer	Severe Post Traumatic Stress Disorder	Paraplegia
Quadriplegia	End-Stage Parkinson's Disease	Severe Dementia

Answer Key

Answer key:

The following lists illnesses from least to most disabling:

- Gingivitis
- Mild asthma
- Low back pain, uncomplicated diabetes
- Mild depression, epilepsy
- Mild/moderate panic disorder
- Anorexia, mild/moderate obsessive compulsive disorder, non-invasive breast cancer
- Moderate depression, severe asthma, complete hearing loss, chronic hepatitis B infection
- Severe vision loss, operable small cell lung cancer
- Severe post-traumatic stress disorder, paraplegia
- Severe depression, brain injury with permanent impairments
- Severe schizophrenia, quadriplegia, end-stage Parkinson's disease, severe dementia

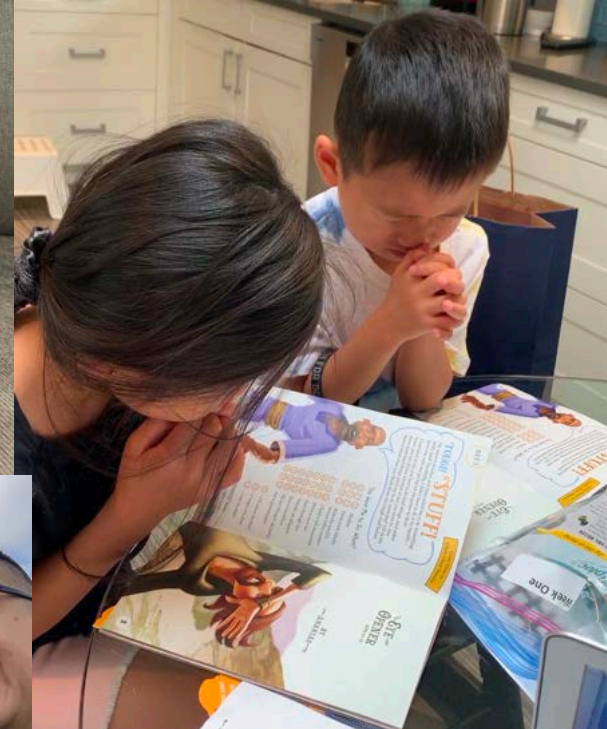
Why are we here?

- ▶ Mental Health Issues growing more prevalent
- ▶ Showing up earlier in lives of children
- ▶ Understanding the role of Adverse Childhood Experiences
- ▶ Awareness of complex issues that can arise
- ▶ Ability to respond



A Small note on Self Care...

- You can only help others if you feel cared for and hopeful
- It's ok to acknowledge stress and struggle. Just make sure you chat with someone about it
- Make sure you fill your bucket
- In prayer - Be Thankful first. It'll get you off to a good start



Mental Health Issues

- ▶ Silent
- ▶ Intense
- ▶ Persist over a long period of time
- ▶ Different from physical ailments But....
- ▶ Confused for physical ailments
- ▶ Issues can compound -Mental Health Affect Physical Health
- ▶ Example: Ear Ache vs. Psych Ache

Dr. Ian Manion, Ph.D, Canadian Psychiatric Institute for Mental Health Research



What Is Mental Health?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [More specifically] mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (World Health Organization)

What are some Initial signs

- ▶ Lower Self Esteem
- ▶ Depression
- ▶ Unhealthy social connections
- ▶ Unhealthy eating habits
- ▶ Mood changes
- ▶ Anxiety
- ▶ Physical Aliments



Mental Health Challenges

Warning Signs

- ▶ Intense feelings of Hopelessness and Helplessness
- ▶ Mood Swings
- ▶ Sad and Lonely for an extended period of time
- ▶ Low Energy for an extended period of time
- ▶ Changes in Appearance, Eating, Appetite
- ▶ Using or excessively using Alcohol or Tobacco or other Drugs
- ▶ Hearing or Seeing Things
- ▶ Wanting to harm self or other



Maslow's Hierarchy Of Needs

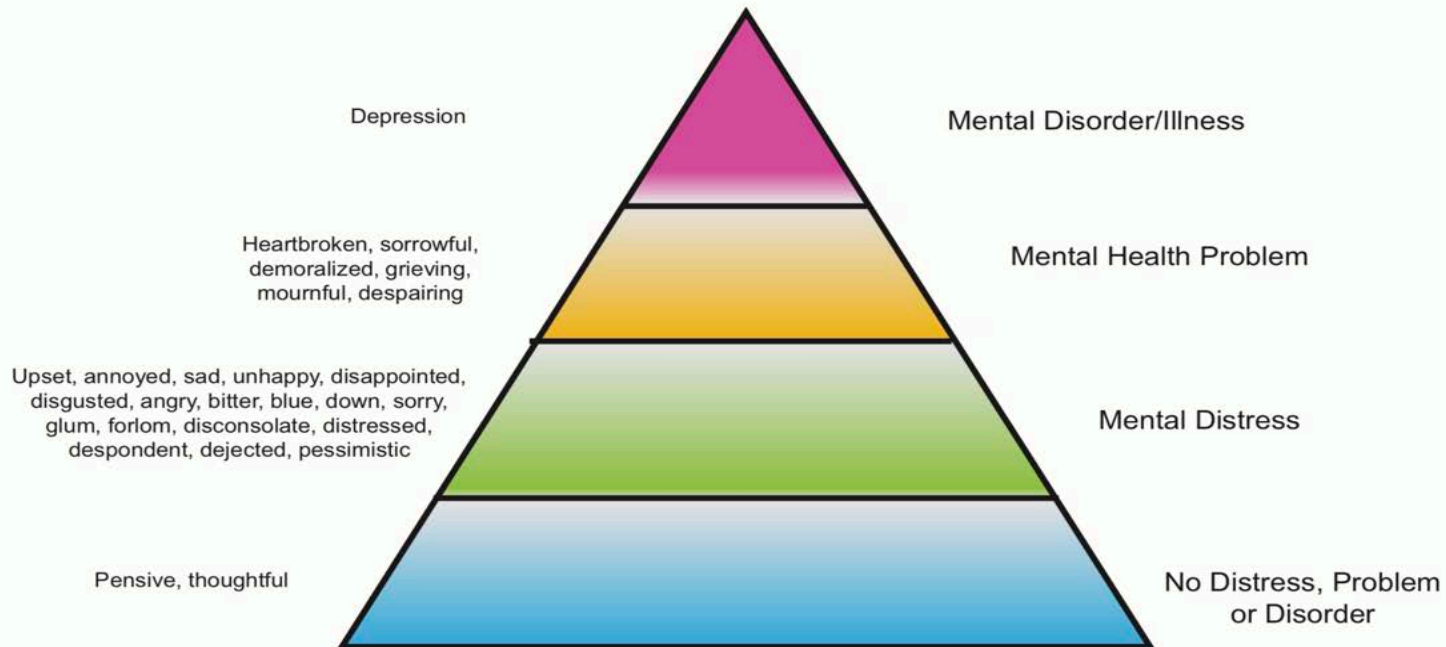


Could be a new health issue...



Dr. Stan Kutcher

The Inter-Relationship of Mental Health States: Language Matters



Check out Dr. Kutcher's video blog, *The Inter-Relationship of Mental Health States: Language Matters* at: <https://www.youtube.com/watch?v=LsowyMnqCRs&t=1s>

Or it could be a trigger of something from
the past.....

Trauma Informed = History Informed

Definition (US Dept of Health and Human Services) includes three key elements

Individual trauma results from an event, series of events, or set of circumstances

- ▶ that is experienced by an individual as overwhelming or life-changing
- ▶ that has profound effects on the individual's psychological development or well-being
- ▶ involving a physiological, social, and/or spiritual impact.

ACES



Dept of Health and Human Services, Nebraska

Knowing our students Knowing their struggles Knowing their Lives

- ▶ We need to determine the why:
 - ❖ Recent phenomenon (something that just happened) vs Long term issue (Trauma/ History caused)
- ▶ We need to understand the behaviour:
 - ❖ Changes in mood, behaviour, dress etc..
- ▶ Early intervention is key!!! (which will lead to our next section about Membership and Engagement)

Thought 1

What is your reaction, in the classroom/ in the school room/ in your counselling/ career office when you notice someone with signs of mental health issues?

Why do you think you react this way?

*Really ... in addition to Mental Health
- it's also all about belonging.*

EARLY INTERVENTION...

*Membership, Engagement, Self
Esteem, Academic Success*

The Reality is..

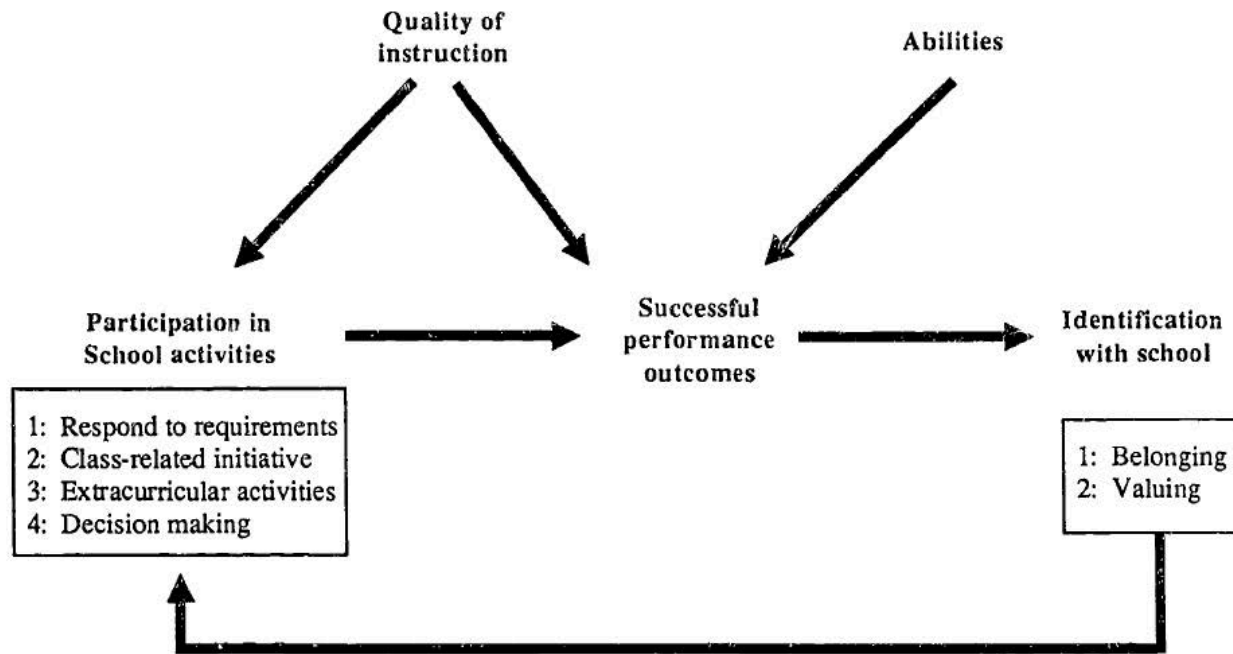
Without membership (sense of belonging), the engagement in any sort of learning is temporary, as the social constructs that surround membership, which is crucially important to student success, would be lacking.

Transferring and Creating Sense of Membership



The Key is

Finn's Participation and Identification Model (1993)



Transferring and Creating Sense of Membership

Scaffolding Patterning of Children's Perceived Self-Efficacy

1. Parent's interest/a child in a task(s) that they feel will increase their social and academic development
2. Parents give opportunities to their children to have a feeling of self-efficacy and achievement in the task
3. Maintaining the pursuit of the goal, through motivation of the child and direction of the activity
4. Act in ways that build academic, social, and self-regulatory efficacy, raise aspirations, and promote achievements

(Bandura et al., 2001)

Transferring and Creating Sense of Membership

- ▶ The School needs to give Student opportunities for true membership.
- ▶ The School needs to set up purposeful peer groups/ membership opportunities for Students.
- ▶ Students need trusted adults in their lives AND maintain a connection with their peer groups and family AND have these areas CONNECTED!

Thought 2

What are the biggest barriers to serving youth with mental health and wellness issues?

Don't change practice

Change your perspective!!



There can be a symbiotic link between

Healthy Self

Mental Health and
Wellness Therapies

Prayer: Thanksgiving,
Supplication, Praise

In Summary

- ▶ Mental Health : It's a health concern and it's real
- ▶ Membership : Directly linked to self esteem and academic success
- ▶ Champion: Every child needs a champion

What Can You Do?

- ▶ Checking In
- ▶ Warning Signs
- ▶ Educate About Misconceptions
- ▶ Connect with Supports
- ▶ If there is a crisis, contact crisis line
 - ▶ Kids Help Phone (1-800-668-6868)
 - ▶ START (1-844-782-7811)
 - ▶ Crisis Centre (1-800-784-2433)
 - ▶ If immediate risk/danger call 9-1-1



Additional Resources

- ▶ Canadian Mental Health Association
- ▶ <https://cmha.bc.ca/>
- ▶ Kelty Mental Health
- ▶ <https://keltymentalhealth.ca/>
- ▶ Health Link BC
- ▶ <https://www.healthlinkbc.ca/mental-health-substance-use>
- ▶ <https://foundrybc.ca>
- ▶ www.educationserviceschool.ca

Contact

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Slides and Resources at:

www.drdanielto.com