

SECRETARIAT UPDATE – 2015

OCTOBER

JCSH Working Groups:

Equity: Three meetings have been held to date. The Terms of Reference has been completed. The Environmental Scan template has been sent to School Health Coordinators for completion. Definitions of equity, diversity are being discussed by the working group members. Completion of a 2-pager on Equity is underway.

Evaluation: The first meeting was held in September. The Terms of Reference have been completed. The next meeting will be held following receipt of the draft Logic Model and the Evaluation Framework from evaluator Karen Pyra.

Wellness Education: The first meeting was held in September. The Terms of Reference have been completed. The next meeting will be held late November or early December. The Environmental Scan template has been circulated to working group members for review and feedback.

CSH Framework: Work has finished for this working group with the completion of the What is Comprehensive School Health 2-pager.

JCSH Strategic Documents:

Logic Model: Karen Pyra has completed a draft Logic Model. The Secretariat is reviewing and discussing further with Karen; the draft Logic Model will then be shared with JCSH members for review and feedback.

Evaluation Framework: The first draft of an Evaluation Framework has been completed and shared with the Secretariat. Following review and discussion with Karen Pyra it will be shared with JCSH members for review and feedback.

Positive Mental Health Toolkit Revision

The Secretariat has been in contact with Bill Morrison and Patti Peterson regarding a proposal to update and revise the Positive Mental Health Toolkit. They have been involved in work on staff engagement and its importance in student positive mental health and will be adding new pieces on this as well as new literature on social emotional learning and new videos. The toolkit will again be in an eBook format with individual modules which will work as stand-alone pieces to improve usability.

Presentations and Meetings:

Healthy People and Communities Steering Committee – Public Health Network:

Katherine made a presentation to the Healthy People and Communities Steering Committee of the Public Health Network during their October 20 meeting in Toronto. The presentation was received very positively by the Committee and both HPC-SC and JCSH will be discussing next steps for possible collaboration.

The Psychology Foundation of Canada:

The Psychology Foundation of Canada has continued to express interest in a presentation to an upcoming teleconference of the School Health Coordinators' Committee. The Foundation will discuss areas of mutual interest and possible alignment and correspond with the Secretariat to bring ideas for a presentation forward to SHCC.

SEPTEMBER

Management Committee

The Management Committee held a teleconference September 17; included in the discussion were potential agenda items for the face-to-face meeting in Toronto in November.

Evaluation Framework

The Secretariat met with evaluation consultant Karen Pyra September 1 to explore development of a JCSH logic model and evaluation framework.

Child and Youth Health Longitudinal Research Project – Brock University

The Secretariat had an initial teleconference with Jayne Morrish, knowledge mobilization officer with Brock University, on September 3 regarding the university's grant proposal for its Healthy Youth Program. The proposal is being submitted to the [Canada First Research Excellence Fund](#), a new federal funding program worth \$1.5 billion over 10 years for universities to propose large ideas. The next funding round is March 2016 and Brock University is preparing its Healthy Youth Program submission for the Notice of Intent. The program features a multi-disciplinary team of researchers conducting a longitudinal study of 3,000 children and youth in the Niagara, ON area. The team is selecting children they feel represent Canada nationally and will allow them to study of 8-26 year-olds over 7 years. The 3000 children will be represented equally in the following age groups: 8-9, 13-14, and 18-19. Knowledge mobilization is a large part of their funding application with annual data dissemination, three knowledge mobilization conferences (stakeholders, youth, researchers) per year, and data sharing for program development and other research.

School health coordinators will be asked for feedback on gaps and priorities in their province / territory in the area of child and youth physical and mental health.

AUGUST

Projects:

Positive Mental Health Toolkit Revision

The Secretariat has met with Bill Morrison and Patti Peterson on revisions and update to the Positive Mental Health Toolkit, as per feedback from school health coordinators and colleagues within the jurisdictions. Dr. Morrison and Dr. Peterson agree the toolkit requires revision, given changes in technology and perspectives in the past few years and are developing a proposal.

SEAK Project (Inter-provincial Collaboration on Scaling Up Social and Emotional Learning Programs in Atlantic Canada)

Katherine has participated in webinars on the development of the governance model for the [SEAK Project](#). The Canadian Mental Health Association (NS Division) is working in partnership with Dalhousie University researchers to collect data on the long term effects of [PATHS®](#), a social and emotional learning curriculum for preschool to Grade 6

students. JCSH wrote a letter of support in late 2014 for this project, funded through the Public Health Agency of Canada's Innovation Strategy.

Conferences:

Atlantic Summer Institute

Katherine and Susan joined with Bill Morrison and Patricia Peterson in a presentation at the annual [Atlantic Summer Institute](#) held in Charlottetown PE August 17-19. The presentation, Fostering Supportive School Environments, included an overview of JCSH, positive mental health (including the literature review, toolkit, and Healthy School Planner), the Youth Engagement Toolkit, and the Core Indicators and Measures of Comprehensive School Health and Student Achievement. The session was packed and very well received.

Other highlights of the Atlantic Summer Institute, which this year focused on child and youth mental health, included keynote presentations by Dr. Ian Manion and Dr. Mark Greenberg. Dr. Manion is a clinical psychology professor at University of Ottawa, Executive Director for the Ontario Centre of Excellence for Child and Youth Mental Health (the Centre), the Inaugural Chair of the National Infant, Child and Youth Mental Health Consortium, and the Principal Lead for the National School-Based Mental Health and Substance Use Consortium. Dr. Greenberg holds the Edna Peterson Bennett Endowed Chair in Prevention Research in Penn State's College of Health and Human Development. He is the Founding Director of the Prevention Research Center for the Promotion of Human Development, and served as its Director from 1998 until 2013. He is one of the authors of the PATHS Curriculum.

JULY

Conferences:

Canadian School Boards Association Annual Congress

Katherine attended the CSBA annual congress in Saskatoon from June 28 – July 5. Also held in conjunction with the annual congress was the National Trustee Gathering on Aboriginal Education. These were valuable meetings with many learnings that will help inform our work in the areas of equity; First Nations, Inuit, and Métis perspectives; and new partnerships.

JUNE

JCSH Operational Plan

A revised version of the Operational Plan was developed during discussions by Management Committee's face-to-face meeting in Toronto in June. This revision will be shared with school health coordinators for the July 14 teleconference.

SHCC Working Groups

Management Committee supports the development of four JCSH Working Groups: Comprehensive School Health Framework Working Group (Sterling, Gail, Marlien); Evaluation Working Group (Jillian, Gail, Louise, NS, Marlien, co-chair); Equity Working Group (Stace, Paul, Jillian); and Wellness Education Working Group (Ellen, AB, Elaine, Paul, Stace, BC, PE, NS).

Conferences:

Canadian Public Health Association

Katherine gave two oral presentations during the May 25-28 annual meeting of CPHA in Vancouver: (1) Evaluating the Effectiveness of Comprehensive School Health on Student Achievement: Developing a set of Core Indicators and Measures, and (2) The Youth Engagement Toolkit: Bringing youth voice and inclusion to comprehensive school health. The presentations went very well and the conference offered many strong presentations in a number of areas, including models of Intersectoral action, student engagement, policy evaluations, and a synthesis on the implementation and sustainability of health practices.

Atlantic Summer Institute

JCSH has been invited to give a 90-minute presentation, along with Bill Morrison and Patricia Peterson (Health and Education Research Group, UNB) during the annual Atlantic Summer Institute at the University of PEI in August. The presentation is entitled *Supportive School Environments* and will provide an opportunity to discuss positive mental health; Health Behaviour in School-aged Children survey; JCSH tools such as the Positive Mental Health Toolkit, the Youth Engagement Toolkit, and the Healthy School Planner; and an Integrated Wellness Platform for school environments.

MAY

JCSH Operational Plan

A draft version of the Operational Plan developed during the SHCC face-to-face meeting in Halifax in April has been shared for feedback. It will be reviewed during the Management Committee face-to-face meeting in June.

Healthy School Planner Evaluation

As the result of concerns expressed by school health coordinators and Propel, the online survey and interviews for the Healthy School Planner Evaluation have been moved ahead to the fall of 2015. It was recognized by both JCSH and Propel that May and June are not optimal months for collecting data from educators. The new timelines move the online survey and interviews to September-October with compilation of results the end of 2015.

The Secretariat participated in a concept planning meeting to consider the possibility of an outcome evaluation for the Healthy School Planner. The idea for this came from the Alaimo et al (2015) article¹ on an outcome evaluation of the Healthy School Action Tools (HSAT) to evaluate school nutrition policy and practice in Michigan.

Networking News

- A. The Secretariat has been asked to be involved in planning for upcoming conferences and meetings: specifically,
- the National Forum Program Committee for the National Healthy School Communities Forum set for November. The purpose of this forum, hosted by PHE Canada, is to bring together stakeholders and key influencers that can shape the future collaboration of health and education sectors to make the creation of healthy school communities a priority goal of Canadian schools.
 - Integrating Health Promotion & Social Development Approaches Within Education Systems: Continuing a North American Dialogue set for July in Ottawa. This workshop is one of two (the other is in Paris in June) set by ASCD,

¹ Alaimo, K., et al (2015). The Michigan Healthy School Action Tools Process Generates Improvements in School Nutrition Policies and Practices, and Student Dietary Intake. *Health Promotion Practice*, 16 (3) 401–410
DOI: 10.1177/1524839915573923

and International School Health Network (ISHN) to coincide with a world congress of teacher organizations.

- B. Connection was also made with the Psychology Foundation of Canada. In a teleconference with Cindy Andrew (familiar to those who have been involved with JCSH in the first mandate) and Margie Fowler (PEI representative), the following points were raised:
- The Psychology Foundation of Canada is interested in having contact with JCSH over issues of mutual interest. Some initiatives raised during the call included
 - Connections with curricula around kids and stress resources, SEL
 - Foundation's partnership with Dr. Stan Kutcher on high school transitions. Dr. Kutcher and Yifeng Wei have recently published a global look at school mental health.
 - The Psychology Foundation is interested in working with Faculties of Education to embed SEL and resiliency work into pre-service programs. Dr. Kim Schonert-Reichl is interim director of the Human Early Learning Partnership (HELP) at UBC following the death of director Dr. Clyde Hertzman.

Annual Report

The Annual Report 2015 is progressing well. While there are still a few jurisdictions to complete submissions, most of the report is in place. The Secretariat continues to seek pictures to add to the graphic interest of this document.

Conferences / Workshops

Healthy Schools BC 9th Annual Symposium: On May 4th and 5th 2015, DASH BC in partnership with Healthy Schools BC presented the 9th Annual Healthy Schools Leadership Symposium: *“Leading and Learning: Challenging our perspectives for supporting innovative healthy schools practice”* in Vancouver BC. Susan attended this symposium and found it really valuable in terms of ideas for communications, ways to share stories of work across the country, and the opportunity to learn more about what innovative and inclusive initiatives are occurring. It was also wonderful to network with old friends such as Kim Weatherby and Kathy Cassels and make new connections.

There was an impressive lineup of speakers and presentations from across BC and Canada on topics such as social innovation, school connectedness, social-emotional

learning, student health data, and examples of leading edge healthy schools practice as shared by a variety of healthy school partners.

Among the knowledge pieces:

- Keynote speaker Kevin Mills spoke of issues such as healthy eating in schools not as the centre of discussion through which comprehensive school health is fitted, but as ‘gateways’ to initiating and sustaining comprehensive school health.
- School connectedness was demonstrated through a number of perspectives. For example, curriculum directions used phrases and concepts such as “Through a different lens”, “What do you (student) like?”, “What are your strengths and talents”, “Where everyone knows your name and we’re all glad you came”, and Circles of Support.
- Among the schools recognized for school connectedness was one that decided to concentrate its focus on one item only; for this school it was student sense of belonging, using the work of Martin Brokenleg. Everything the school worked on connected around belonging; the school plan then became a “vibrant tool” that everyone engaged in and looked forward to.
- The Social Innovation Lab presentation by Vani Jain of McConnell Foundation provided fresh insight into this complex, multiply-defined-community, upstream concept. I found it really helpful to get my head out of a government or organization approach when Vani said in response to one question about organizational commitment: “If I cannot put a parent’s logo on the website or communication pieces, I cannot put an organization’s or ministry’s logo up either.” McConnell’s role is that of convenor in the process, which saw as the result of feedback the term “mental health” changed to “social emotional wellbeing”, with a focus on assets rather than deficits.

Presentations

Katherine gave a presentation on April 28 (via teleconference) to the Interdepartmental Working Group on Children's Rights (IWGCR). The IWGCR is composed of 25 officials from federal departments (Justice Canada, Department of Foreign Affairs, Trade and Development, Employment and Social Development Canada, Canadian Heritage, Aboriginal Affairs and Northern Development Canada, among others) that have children's programs or policies affecting children. The working group aims to provide a forum for dialogue between federal departments to ensure a whole of government approach to children's rights and to discuss linkages between priorities and policies

affecting children and the Government of Canada's domestic and international human rights obligations. Katherine's presentation gave an overview of JCSH composition and mandate and some of the resources, such as the Positive Mental Health Toolkit and the Youth Engagement Toolkit that would align with the work of this group.

Katherine will be giving a presentation early in June to the Canadian Council on the Social Determinants of Health (SDoH) June 5. This group was formed in response to the WHO report on SDoH and has a dual mandate: to advise PHAC on reporting and monitoring on the [Rio Political Declaration on the Social Determinants of Health](#) and to undertake Intersectoral actions to advance activities on SDoH. The next phase of this group's work has a focus on healthy child development and two priorities: aboriginal populations and models of community well-being that support children. The council is looking forward to hearing about the work of the JCSH and the multiple areas of mutual interest - namely on healthy child development.

APRIL

Social Innovation Lab

(see also update in February, listed under McConnell Foundation)

The Secretariat had a conference call with Vani Jain of McConnell Foundation April 1. She advised the Social Innovation Lab² project has been approved for funding of \$6 million. The project will begin in British Columbia as the project leaders from McConnell Foundation and BC stakeholders from government and community organizations have built a project beginning in that province.

The intention is, within 5 years, to have involved 7 provinces over the 5 years of the funding. At this time, the Foundation is considering a tailored provincial/territorial approach but Vani said the project leaders recognize that perhaps more than one province or more than one territory can combine for a social innovation lab to reflect a larger area / population.

² (from McConnell Foundation newsletter: "A Social Innovation Lab is a platform for multi-stakeholder collaboration – a community-driven process for creating sustained social change. Working at a national level, this lab will take a tailored approach to working with provinces and territories to help them advance their own goals in the area of schools and wellbeing.")

The McConnell Foundation funding is intended for core costs: running the lab, staff, and convening workshops. From the provinces, the Foundation is asking for co-funding for on-the-ground costs: research on prototypes, scaling up the work. In this way, the social innovation lab is planning for sustainability after the core funding.

British Columbia was chosen for the first lab because it has readiness factors in place: interest from a number of Ministries, grassroots interest, DASH BC on board, teachers' federation, school boards, and others.

The Foundation is not seeking formal contracts; they aim for more social contracts, trying to use a participatory action approach.

The next planning piece is to work with a smaller group of local champions. It will be a collaborative process, shared leadership, prototyping ideas in co-designed sessions. They intend to hire a local coordinator in each province.

Vani will present to the Healthy Schools BC symposium in Vancouver in early May. In August, there will be a provincial event where it is hoped a co-designed session will identify some school boards interested in participating in the lab. They are looking for prototype school boards to be involved in local co-designed sessions.

Positive Mental Health, Social Innovation Lab, Morrison and Associates work

The Secretariat had conversations with Bill Morrison in April to discuss Bill's recent work with McConnell Foundation and work he and Patti Peterson have been engaged in with the PMH Indicator Framework.

Bill was commissioned by the McConnell Foundation to do the literature review for its Child and Youth Wellbeing Initiative using the Social Innovation Lab model.

As well, Bill advises he has been speaking with a number of groups, most recently in AB and BC, on positive mental health. It was encouraging to hear from Bill that interest in positive mental health and in use of the JCSH PMH Toolkit is increasing.

Bill and Patti Petersen have taken the PMH Indicator Framework, developed in 2011, as the basis for a new online tool for staff wellness.

It is anticipated that Bill will meet with the Secretariat to explore potential ideas for collaboration sometime in the next month or so.

PHE Canada Health Promoting Schools Project

The first of the PHE Workshops entitled *Planning and Engagement Process for Implementing a Comprehensive School Health (CSH) Framework and Forming a Healthy Schools Community of Practice* was held in Fredericton on April 14. Katherine was unable to attend as planned but has been in touch with Bill Walsh from PHE Canada. Bill reports the NB workshop was very successful. Workshops have also been held in North Bay and York Region of ON and Penticton in BC. The next workshops are in Saskatoon, SK and potentially Coquitlam, BC and Sault Ste. Marie, ON.

Bill has heard from some jurisdictions that they are interested in the workshops with a fall 2015 timeframe; PHE plans to send out another request for expressions of interest during the month of May in anticipation of the funding to keep going.

Bill also reports the process seems to be resonating with the schools and their leadership. It is filling a gap of creating a community of practice and teaching schools how to plan more effectively. The reviews have been very positive.

Atlantic Symposium on Youth and Mental Health August 2015

Katherine and Sterling met with organizers of the Atlantic Summer Institute, set for Charlottetown, PE August 17-19 2015. The name of this year's institute is *Investing in Child and Youth Mental Health – Mobilizing Atlantic Canadians for a Positive Future*. One of the sessions, "Supportive School Environments", will provide an opportunity to showcase JCSH tools. In addition, Bill Morrison has agreed to help present on the importance of a positive mental health approach.

MARCH

Strategic Plan Progress

The final draft version of the Strategic Plan was sent out to all members

Presentation on Federal Framework for Suicide Prevention

Following on her presentation to the Management Committee face-to-face meeting in September 2013, Stephanie Priest provided an update on the work to develop an implementation plan for the Federal Framework on Suicide Prevention. Because suicide prevention is defined in legislation as a public health issue, it falls under the mandate of the Public Health Agency of Canada. The team working on the implementation plan

seeks to develop a sustainable knowledge hub, with the purposes of sharing information, ensuring an evidence basis, determining what works and what new areas of research are needed, and developing research-policy-practitioners partnerships.

Among next steps is an e-inventory of suicide prevention research and development of measures of progress on prevention.

FEBRUARY

Strategic Plan Progress

Following receipt of suggestions from BC, the draft Strategic Plan was shared with Management Committee members for further feedback. A number of responses have been received. The Secretariat will draft the next version and share it with Management Committee and School Health Coordinators' Committee.

Initiatives:

Health Behaviour in School-aged Children

A request for regional-level data has been received by HBSC and forwarded to John Freeman as PI of the Canadian survey. This is his reply to the researcher:

"While we are quite willing to provide our data for those years (2001-2009), there are two difficulties with your request for provincial/territorial indicators. First, prior to the 2009/2010 survey, we made no attempt to collect sufficiently large samples to provide statistics at the provincial/territorial level. Second, although we did collect data in the 2009/2010 survey for the ability to analyze the data at the provincial/territorial level for the three territories and six provinces, we left decisions about reporting on that level to individual provinces and territories. As a result, we are unable to publish at that level without express consent from these provinces and territories, If you wish to pursue that avenue, it would be through the Pan-Canadian Joint Consortium for School Health (JCSH).

Conferences:

Shaping the Future

Katherine and Gail presented during this annual conference in Kananaskis, AB in late January on the Core Indicators and Measures (CIM) on Comprehensive School Health and Student Achievement. They workshopped the CIM framework and received a number of suggestions from the session's participants. Further discussion of the CIM will be held during the April face-to-face meeting.

Canadian Public Health Association (CPHA)

JCSH has been accepted for two oral presentations during the CPHA 2015 conference, held this year at the Hyatt Regency Vancouver from May 25 - 28. Katherine will be making the presentations:

- 1) *Evaluating the Effectiveness of Comprehensive School Health on Student Achievement: Developing a set of Core Indicators and Measures*
- 2) *The Youth Engagement Toolkit: Bringing youth voice and inclusion to comprehensive school health*

Partnerships:

Canadian Centre on Substance Abuse

Katherine has been invited to participate in a one-day, pan-Canadian meeting in Ottawa March 03 to address illicit and recreational substance use among youth who participate in sport. The purposes of the meeting are to share knowledge among stakeholders and to develop a prevention / reduction action plan. The meeting builds on two national stakeholder meetings and findings from a systematic review on sport participation and substance use among youth. The meeting will include participants from key organizations in sport, health promotion, and substance abuse.

Heart and Stroke Foundation

Katherine and Susan had a call with Micheline Turnau of HSF February 10 re: planning for a fall 2015 school nutrition conference. This is part of a national collaborative [CLASP grant](#) called Nourishing School Communities of which Propel and HSF are involved along with other partners. HSF is reaching out to a few potential partners to see if there might be some opportunities for their participation in this conference.

J.W. McConnell Family Foundation

Katherine and Susan had a telephone call with Vani Jain of the McConnell Foundation on February 12 for an update on the progress on its initiative in child and youth mental health. The foundation is exploring how a [social innovation lab approach](#) might help to advance their plans. When the Secretariat spoke with Vani in September 2014, the foundation was in the early stages of designing a social lab in the area of schools and mental health. They have engaged in a consultation process to inform this design: 150+ key informant interviews; 1459 surveys completed by teachers, students, and parents (most from BC and ON); a policy scan of each province and territory (including both a document review and conversations with government representatives); and a small convening in Ottawa. The process informed the foundation's [draft challenge brief](#).

The foundation is planning to launch the initiative in BC this year. The Foundation also puts out a newsletter on the initiative. Vani provided the link and encouraged any interested members to subscribe:

<https://app.e2ma.net/app2/audience/signup/1358501/1356381.17151581/?v=a>.

She is also willing to participate in an SHCC teleconference to discuss the initiative in more depth.

Mental Health Commission of Canada (MHCC)

Katherine has received an invitation from MHCC to participate in one of a series of roundtables held around the country to support the development of a mental health action plan; the session she will attend will be held in Charlottetown March 05. The MHCC says they believe an Action Plan developed in collaboration with all stakeholders - mental health leaders, advocates, people living with mental health problems and illnesses and their families, policy makers, service providers, and researchers - will strengthen the collective momentum to achieve the shared vision for change articulated in the Strategy: *"Changing Directions, Changing Lives: The Mental Health Strategy for Canada*.

PHE Canada

The Secretariat was asked to review a set of slides developed by PHE Canada as instructional pieces on the benefits of using a health promoting schools approach. Among the suggestions: use 'approach' or 'initiatives' terminology rather than 'programs' when referring to health promoting schools; promote importance of changing school community climate and culture around healthy schools.

JANUARY

Strategic Plan Progress

The Strategic Plan has received feedback from Management Committee. Feedback decisions and next version of Strategic Plan will be shared with members.

Management Committee January teleconference

The purpose of this teleconference was to review the Strategic Plan. A number of suggestions were made and will be incorporated into the final version.