

Secretariat Update - 2019

UPCOMING MEETINGS, CONFERENCES, EVENTS OF INTEREST

Federation of the Humanities and Social Sciences: [Congress 2020](#): *London, ON* May 30- June 5 2020

Canadian Public Health Association (CPHA): [Public Health 2020](#): *Winnipeg, MB* April 28 – 30 2020

Ever Active Schools: [Shaping the Future Conference](#): *Lake Louise, AB* January 30 – February 1 2020 Theme: “Building Bridges: Stronger Together”

JCSH Management Committee/SHCC face-to-face meetings: *Toronto, ON* December 10 – 12

DECEMBER

NOVEMBER

OCTOBER

Meetings/Conferences:

JCSH Indigenous Module Working Group (PMH Toolkit) Meeting: The JCSH Indigenous Module Working Group met via teleconference on October 31st to discuss overall project objectives and potential timelines for developing an RFP for the Indigenous Module of the Positive Mental Health Toolkit.

JCSH Management Committee Meeting/Teleconference: The JCSH Management Committee met via teleconference on October 3, 2019 to discuss the JCSH mandate renewal process. A background and review of the Mandate Renewal Working Group’s work to date was provided, and the significant changes proposed for the JCSH were discussed. Timelines for moving the mandate renewal process forward were discussed and established.

School Stakeholders Planning Meeting for national forum (Working Title of 2-day Forum: School Matters: Building a Blueprint for School Communities to Help Prevent Substance Use Harms). Planning meeting had representatives from PHAC, Canadian Centre for Substance Use and Addiction (CCSA), Canadian Students for Sensible Drug Policy (CSSDP), and JCSH: focus was on agenda items and outcomes for the two days; the forum is to be held in February, 2020 and will feature how using the Comprehensive School Health Framework will support efforts to prevent substance use harms. Current objectives:

- To stimulate discussion and increase understanding of the value of addressing substance use within schools using a CSH approach (i.e., comprehensive across substances, intervention approaches, components of the CSH framework, etc.);
- To illustrate examples of a CSH approach to addressing substance use in various contexts;
- To inform the application-focused sections of the Blueprint
- To foster buy-in among participants re: the Blueprint content, application and/or adaptation.

SEPTEMBER

Meetings/Conferences:

Canadian Mental Health Association Conference – MH4A Toronto September 23 - 25, 2019

Katherine attended and gave two oral presentations with posters on the JCSH Positive Mental Health Toolkit and Youth Engagement Toolkit. The information about both Toolkits was very well received with lots of questions and Toolkit cards taken for follow up.

Other sessions of interest were:

Dr Vikram Patel, Plenary Speaker – Dr Patel is a world renowned psychiatrist, research fellow and WHO expert in mental health. His talk specifically focused on schools as a key setting for promotion of positive mental health which he sees as being extremely helpful in preventing the onset of mental health problems.

https://www.researchgate.net/publication/266619817_Mental_health_interventions_in_schools_in_low-income_and_middle-income_countries

Youth Panel Moderated by Elana Ludman, Vice President, Youth Mental Health - Graham Boeckh Foundation

This compelling panel comprised three youth with lived experience who explored the challenges and barriers youth face in accessing quality mental health services that respond to their unique needs. The panel included: Alyssa Frampton, a youth activist from Atlantic Canada; Rilee Many Bears, Siksika Nation Alberta; Lyra Reid, a transgender woman living in Saskatchewan; and Shayan Yazdanpanah, a Jack Talks speaker (<https://jack.org/Home>) from Ontario.

The Case for Mental Health Promotion in First Nations Schools

Community members from Swampy Cree First Nation in northern Manitoba, in partnership with academic researchers, presented on their work bringing evidence to action so that children can lead “mino pimatisiwin” (the good life). The panel presented population-level mental health and school indicators for First Nations children and evaluation results of a school-based mental health promotion program called [PAX](#).

The presenters were: Nora Murdock PhD, Manitoba First Nation Education Resource Centre; Mariette Chartier PhD, University of Manitoba; Gary Munro, Cree Nation Tribal Health Centre; and Scott McCulloch MSc, University of Manitoba.

“Mobilizing School Stakeholders in Comprehensive Efforts to Address Problematic Substance Use Forum”: The Secretariat participated in a teleconference on September 10 with representatives from PHAC, the Canadian Centre on Substance Use and Addiction, and the Canadian Students for Sensible Drug Policy, to discuss this proposed two-day forum, to be held in Toronto (February 2020). The JCSH has also been asked to collaborate on planning and co-hosting the forum alongside PHAC, CCSA, and CSSDP. The purpose of the forum is to inform and mobilize a comprehensive school health (CSH) approach to addressing problematic substance use (PSU) within Canadian school communities that combines upstream prevention, harm reduction, and other evidence-based approaches.

AUGUST

Meetings/Conferences:

Atlantic Summer Institute 2019 - Charlottetown PE August 19-21

Katherine attended this year’s Institute ***Supportive Environments for Child and Youth Mental Health: Our Shared Responsibility***. She presented a workshop on Comprehensive School Health as an overarching and inclusive framework in the School Settings and Strategies stream. There was excellent discussion and an increased understanding of how other programs and practices fit into the CSH framework.

A highlight of the Institute was an interactive opening session: Social Determinants of Health - Environments and Mental Health presented by Marie-Claude Roberge, Scientific Advisor, Mental Health Promotion, Institut national de santé publique du Québec . Marie Claude has been a strong promoter of comprehensive school health for many years and prior to her present job, her career was in school health promotion.

Mandate Renewal: The JCSH Mandate Renewal Task Group met on August 15 to review the latest versions of the draft TOR for a proposed JCSH Governance Committee, the current Management Committee TOR, the final draft of the JCSH Strategic Priorities document, and the previous JCSH mandate renewal proposal.

JULY

Meetings/Conferences:

McConnell Foundation: The Secretariat held a teleconference with McConnell Foundation staff Vani Jain, Mali Bain, and Paul McArthur to discuss McConnell’s work in the areas of staff mental well-being, mental health initiatives in school communities, and coaching initiatives (partnered with DASH BC) in school districts in that province. There may be opportunities to have McConnell participate in a future meeting to discuss areas of alignment with JCSH work.

Mandate Renewal: The JCSH Mandate Renewal Task Group met on July 22 to review the latest version of the draft JCSH Strategic Directions Document, as well as a draft JCSH Structural Options document.

Canadian Association of School System Administrators (CASSA) Conference Richmond BC July 05-07 2019

Katherine attended this year's conference **Healthy Living, Active Learning** and presented a discussion-based workshop entitled *How Schools and School Districts Can Use Data to Improve Health, Wellbeing, and Achievement: The JCSH Healthy School Planner*. It was attended by approximately 50 school administrators from across the country and there was keen interest in a healthy schools planning tool. If JCSH does revise the Planner, there is interest expressed from several in piloting and/or providing feedback.

All conference presentations can be found at <https://www.cassa-acgcs.ca/Page/85>

Highlights from the conference were:

How School Leaders Contribute to Student Well Being - presented by Catherine McCollough (ON) looking at how school district strategic planning sets the stage for student wellbeing and student success. https://www.cassa-acgcs.ca/cms/lib/ON01929128/Centricity/Domain/17/17-07-05am-b-Executive_Summary_EN.pdf

Workplace Wellness in K-12 Education – presented by Mali Bain and Andre Rebeiz. The McConnell Foundation has partnered with the EdCan Network to look adaptations of emerging research which shows that improving the wellbeing of school staff directly influences wellbeing and success of students. <https://www.edcan.ca/wp-content/uploads/EdCan-Burnout-Fact-Sheet.pdf>
<https://www.edcan.ca/articles/healthy-principals-healthy-schools/>

JUNE

Mandate Renewal: The Task Group for JCSH Mandate Renewal had three meetings: June 6, 19, and 25. Work has progressed, with the Strategic Directions draft document well developed and Management Committee Terms of Reference underway.

Healthy School Planner: The work to transfer the Planner website from University of Waterloo to the JCSH site is close to completion. The JCSH webmaster continues to try to work out the bugs in locating a hosting provider for the outdated platform. It is hoped this will be finalized soon.

JCSH Website: The website is now five years old and in need of a refresh. The webmaster and his team are scheduled to do this work over the summer.

May

Meetings/Conferences:

National Roundtable on System-Wide Integration and Measurement to Optimize School Mental Health & Wellbeing: *Fredericton, NB May 27-29.* Susan attended this invitation roundtable on behalf of JCSH Secretariat and presented on JCSH contributions to school-based positive mental health initiatives during the Progress Monitoring & Impact Assessment within system-wide work – Panel Discussion. Other JCSH representatives at the National Roundtable were Marlien McKay, Gillian Dawe-Taylor, and Dr. Rob Santos. Long-time JCSH Secretariat and School Health Coordinator representative Kim Weatherby also attended.



Takeaways from the
National Roundtable

NB Wellness Conference: Wellness-supporting environments in our communities, homes, schools and workplaces: *Moncton, NB May 1-2.* Craig attended and hosted a JCSH kiosk. The Wellness Conference is an initiative of the Wellness Branch - Department of Social Development, in collaboration with various provincial partners. The Wellness Conference attracts between 250 to 300 representatives from schools, communities, workplaces, the general public, organizations (NGOs, networks) and government departments whose work aims at improving wellness.

APRIL

Meetings/Conferences:

Canadian Public Health Association: *Ottawa, ON April 30-May 3.* Katherine attended and provided two oral presentations: “How Can Comprehensive School Health Improve Student Achievement?” and “The Positive Mental Health Toolkit: Bringing a comprehensive whole student, whole school approach to mental health promotion.” There was strong interest in the presentations and excellent discussion. Key questions were in regard to inclusion of Indigenous and Metis perspectives and with the CIM, where school staff well-being would fit into the model. Other highlights from the conference were:

- **CIHR connections –**
 - Katherine had an opportunity to speak briefly with Dr Stephen Hoffman whose colleague presented to Management Committee last fall; further follow-up by email. Also of interest was a keynote session by Dr Cara Tannenbaum Scientific Director for CIHR- Institute of Gender and Health about gender influences in health equity.
- **Voices of Inclusion/Equity and Health –** there were a number of sessions related to health equity including a plenary session on how stigma impacts health led by Dr Theresa Tam and Vice Admiral Jerome Adams, US Surgeon General and a session by

CAMH on a Health Equity Impact Assessment Tool which could be useful for JCSH work.

- **Promoting Healthy Relationships for Youth through Comprehensive Sexuality Education** – this was a session on the CPHA project about Teen Dating Violence we heard about a few months ago (email circulated and discussion on a SHCC teleconference). The project recently received funding from PHAC. More to come on this in the coming months as the project gets underway.

MARCH

Meetings/Conferences:

Bilat Meeting with Public Health Agency: Katherine met with Karen McKinnon, Martha Vaughan and Adrian Puga to discuss priorities and possibilities. She also met with Daniel Riendeau to discuss PHAC funded resources on Concussions. A presentation on these resources will be on the May14 SHCC teleconference.

Meeting of Executive Directors of PT and FPT Secretariats: This meeting was organized by the Executive Director of PTOC/Muniscope which is the secretariat for P/T Ministers responsible for Local Government. It was held March 08 in Toronto; Katherine participated by telephone. The purpose of the meeting was to exchange best practices and discuss the challenges of P/T and F-P/T organizations. Participants were the Executive Directors from: the Canadian Council of Ministers of the Environment; The Council of the Federation; FPT Culture and heritage Secretariat; Ministerial Conference of the Francophonie; Sport, Physical Activity and Recreation Committee (SPARC); Forum of Labour Market Ministers Secretariat and the Atlantic Work Force Partnership. Katherine will share the notes when they are available.

Statement on Reconciliation Working Group: This group had a teleconference March 06 to consider next steps recommendations for how to use the JCSH Statement on Reconciliation, within provinces and territories and by JCSH collectively. The recommendations from this meeting will be presented to Management Committee during the face-to-face meeting in May.

Positive Mental Health Practices (mental fitness and resiliency practices): The Secretariat had a telephone conversation March 05 with Drs. Bill Morrison and Patti Peterson about some work they are doing with Francophone schools in NB, QC, and ON. The work focuses on students and their use of such practices in the classroom/school, home, and community settings. Comprehensive School Health, mental well-being, and student achievement are features, as well as a complementary piece they have developed for the French Positive Mental Health Toolkit. <http://www.wmaproducts.com/strategiesfr/>. A follow-up meeting at their request was held March 15 to discuss future research possibilities.

Website: The Secretariat had a telephone conversation with JCSH webmaster Vince Dimanno March 05. The website is now 5 years' old and its functioning has begun to deteriorate, especially on the administration side of the site. A maintenance refresh is required soon, but the cost is

minimal and it will permit much more efficient administration as well as a new look and feel on the public side.

FEBRUARY

Developmental Evaluation Report

Interviews with members of Management Committee, School Health Coordinators' Committee, and the Secretariat will take place during February and March.

Meetings/Conferences:

New project on healthy school schedules HBSC study: Katherine and Susan had a telephone conversation February 19 with Dr. Genevieve Gariepy, University of Montreal, about her research application for funding: *Saved by the bell? The structure of school schedules in Canada and its association with the health, behaviours, and well-being of adolescents*. Given the use of HBSC data and the fit of this research with JCSH work and interests, and following discussion with SHCC, JCSH has written a letter of support to accompany her proposal for CIHR funding.

Healthy School Planner Advisory Committee: A teleconference of the HSP Advisory Committee on February 21 was intended to consider feedback provided over the past year on the Planner and possible next steps. However, information from University of Waterloo just before the call refocused the Advisory Committee to the immediate concern: that Propel is no longer able to provide maintenance support or scientific lead, and the platform on which the Planner is housed is outdated. The Secretariat will seek advice on next steps to deal with the urgent matter of hosting the Planner in its current state before the committee meets to discuss broader issues.

Shaping the Future, AB: Katherine attended the annual Shaping the Future conference, held this year in Lake Louise, AB from January 30-February 3. During the conference, she conducted a workshop on the Healthy School Planner with feedback from participants on suggestions for revisions.



Shaping the Future
2019.pdf

JANUARY

Developmental Evaluation Report

Evaluator Jamie Gamble and his colleague, Greg Woolner, will be conducting interviews with Management Committee and School Health Coordinators' Committee members in all provinces and territories that have agreed, as well as with Public Health Agency of Canada representatives.

Meetings/Conferences:

Canadian Association of School System Administrators (CASSA): Katherine provided a presentation on the work of JCSH to the CASSA board in Toronto on January 26.