**Common Briefing Note**

# **Subject: JCSH Positive Mental Health Toolkit**

**Date: January 5 2024 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# **Decision(s) / Direction(s) Requested:**

**Decision  Discussion  Information**

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1. **Purpose:**

To provide rationale for budget approval of redesign and revision of the JCSH Positive Mental HealthToolkit

1. **Background:**

* In 2011, JCSH worked with Dr. Bill Morrison and Dr. Patti Peterson of the University of New Brunswick to develop the Positive Mental Health Toolkit. This work built on positive mental health research and resource development the research team had started with an advisory committee of JCSH a few years previous.
* In 2016, Dr. Morrison and Dr. Peterson again worked with a JCSH advisory committee – this time, representing all JCSH provinces and territories – to revise and update the toolkit. This was an extensive period of work, involving approximately 18 months. The result was to reframe the toolkit from a single PDF document to a series of modules, and also to add a new module on School Team Relationships, including teacher well-being.

1. **JCSH Commitment to Positive Mental Health**

* JCSH’s commitment to positive mental health (and related terms: school well-being, healthy schools, student/educator well-being, student agency) is a hallmark of the Consortium, since its beginning in 2005. All mandates (four in total) have expressed direct commitment to positive mental health as a priority.

1. **Recent Considerations**

* The JCSH Positive Mental Health Toolkit was last redesigned 8 years old. There is new research and evidence on positive mental health, as well as new technology to support optimal access to this resource.
* The web platform on which the Positive Mental Health Toolkit is housed is also eight years old, and nearing the end of accessibility. At this time (January 2024), it remains accessible on all web platforms.
* The Positive Mental Health Toolkit is still being accessed and used. Although, currently, there is no tracking of how the toolkit is used, or the most popular modules, there are web analytics.[[1]](#footnote-1) Between 2017 and 2023, visits to the toolkit on the JCSH website total ~4,500 with average annual visits of ~900.

1. **Recommendations/ Decisions Sought**
   * JCSH Annual Work Plan 2023-2024 includes this task: *4.3 Ensure JCSH Resources are up-to-date in terms of information, research, and tech capacity*, and revision of the Positive Mental Health Toolkit is one of the indicators. The annual work plan was approved by Management Committee at the October 12, 2023 meeting.
   * At the request of JCSH, the PMH Toolkit developers – Dr. Bill Morrison, Dr. Patti Peterson, and their team - were asked to provide a proposal for revising and updating the toolkit.
     + The proposal provides one option, with four elements. Each element is priced individually, for a total budget of $36,800.
     + The plan would be to begin the work during this fiscal (February) and complete the work, with an official launch sometime around the end of October.
     + All work can be done by the three individuals noted in the proposal. All have a long history of research, content development, interview and focus groups expertise, and website and platform development and maintenance.
     + The proposal does not include translation. However, the research team advises that this can be added for a cost somewhere undere $500.

**Appendices:**

Appendix A: JCSH Work Plan 2023-2024 

Appendix B: Proposal: PMH Toolkit Update, January 5 2024 

Prepared by JCSH Secretariat

January 5 2024

1. Communications from the JCSH webmaster indicates these numbers do not reflect raw data as, although housed on the site, the resource is external to the JCSH website. Nonetheless, he feels the numbers are accurate. [↑](#footnote-ref-1)