# JCSH News and Resource Bundle January 14 2022

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:
1. 3095. How to plan for a future of education where disruption is the norm

A strategic planning officer for a North Carolina school district says it is better to simply plan for ongoing education disruptions – whether by pandemic, climate change, or yet unforeseeable challenges. “Who on your team is waking up thinking about the future of education every day and how we get there?” Working from a more fluid and changeable concept of education and developing a way to implement requires more than one or two people: collaboration amongst all is essential. And in this way, the pandemic has forced a move that will have benefits for many future problems: “What it allowed us to do, back in what felt like doomsday every day, was get ahead of it and say let’s not be so reactive,” he said. “It provides this very structured proactive process to address anything.”

[How to plan for a future of education where disruption is the norm (hechingerreport.org)](https://hechingerreport.org/how-to-plan-for-a-future-of-education-where-disruption-is-the-norm/?utm_source=The+Hechinger+Report&utm_campaign=c2841bd943-EMAIL_CAMPAIGN_2022_01_11_05_48&utm_medium=email&utm_term=0_d3ee4c3e04-c2841bd943-322605249)

2. 3091. Study: World may lose 1,500 languages by 2100

Perhaps surprisingly, improvements in education contribute to loss of languages globally. [Lindell Bromham](https://biology.anu.edu.au/people/academics/lindell-bromham) at Australian National University in Canberra has determined that, without effective conservation, language loss will increase five-fold by 2100: “Every time a language is lost, we lose so much,” she says. “We lose a rich source of cultural information; we lose a unique and beautiful expression of human creativity.” [Marybeth Nevins](https://www.middlebury.edu/academics/anthropology/faculty/node/628344), a linguist and anthropologist at Middlebury College in Vermont who wasn’t involved in the study, finds it “both troubling and understandable that schooling would predict endangerment. Language is a kind of proof of ancestral life, a powerful resource against political erasure, a means of reclamation,” she says. “For all of us, Indigenous languages are indispensable to understanding the nature, diversity and historic spread of human beings on our shared planet.”
[Languages: One tongue could be lost per month this century | New Scientist](https://www.newscientist.com/article/2302194-languages-could-go-extinct-at-a-rate-of-one-per-month-this-century/)

3. 3084. (December 6) Dismantling anti-Black racism in our schools: Accountability measures are key

While Canada is  [known for its excellent education](https://www.bbc.com/news/business-40708421), its record of [commitment to equity and diversity](https://www.cbc.ca/news/canada/black-canadians-school-curriculum-1.5706510) for Black students has this researcher arguing that this country deserves a failing grade. Yet, change is underway in areas in Canada, including the [Toronto District School Board’s (TDSB) Centre of Excellence for Black Student Achievement](https://www.tdsb.on.ca/cebsa). Yet, changes in policies and the efforts of many educators to improve outcomes for Black students are not enough in themselves: commitment is required to create Black studies courses, [developing teachers’ racial literacy](https://www.hmhco.com/blog/racial-literacy-a-call-to-action-for-teachers) and using [culturally responsive teaching practices](http://www.inclusioncanada.net/culturallyrelevantpedagogy.html). “Given that [education is a human right](https://en.unesco.org/news/what-you-need-know-about-right-education), our education systems and communities must continue to address the systemic and institutional barriers that prevent Black youth from claiming it,” says author and PhD student [Tanitiã Munroe](https://theconversation.com/profiles/tanitia-munroe-1131101).

[Dismantling anti-Black racism in our schools: Accountability measures are key (theconversation.com)](https://theconversation.com/dismantling-anti-black-racism-in-our-schools-accountability-measures-are-key-169592?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20December%207%202021&utm_content=Latest%20from%20The%20Conversation%20for%20December%207%202021+CID_5c72e3e0e44d1c487068b14d0cc55b6d&utm_source=campaign_monitor_ca&utm_term=Dismantling%20anti-Black%20racism%20in%20our%20schools%20Accountability%20measures%20are%20key)

4. 3094. Bones and teeth help reveal whether teens have always been a source of stress and worry for their parents

If you have ever wondered if teens in this and recent generations are exceptional in their risky behaviours and demand for autonomy, wonder no more: “They were promiscuous, rarely home and thought they knew everything. They were teenagers from centuries ago, and by studying their bones and teeth, bioarcheologists can confirm that teens have always been a source of worry for their parents.” So says author, PhD student, and bioarcheologist [Creighton Avery](https://theconversation.com/profiles/creighton-avery-1300267). Teens [now](https://www.smithsonianmag.com/science-nature/jack-andraka-the-teen-prodigy-of-pancreatic-cancer-135925809/) and [then](https://www.macvideo.ca/media/Baseline%2BModels%2Bfor%2BReconstructions%2Bthe%2BLived%2BLives%2Bof%2BAdolescents%2Bin%2Bthe%2BGravettian%2C%2Bby%2BDr.%2BApril%2BNowell/1_dc5vsy2r/234201922) have been responsible for health discoveries, language development, and [providing for their communities](https://doi.org/10.1080/17585716.2019.1638555). “In the [Upper Paleolithic](https://www.sciencedirect.com/topics/social-sciences/upper-paleolithic) (50,000 to 12,000 years ago) and [Neolithic](https://www.britannica.com/event/Neolithic) (around 12,000 to 6,500 years ago), teenagers were innovative and played an important role in the [origin and spread of new ideas](https://www.macvideo.ca/media/Baseline%2BModels%2Bfor%2BReconstructions%2Bthe%2BLived%2BLives%2Bof%2BAdolescents%2Bin%2Bthe%2BGravettian%2C%2Bby%2BDr.%2BApril%2BNowell/1_dc5vsy2r/234201922).” And if these comparisons are not interesting enough, the story includes a clip of Seth Myers explaining teen slang.

[Bones and teeth help reveal whether teenagers have always been a source of worry for their parents (theconversation.com)](https://theconversation.com/bones-and-teeth-help-reveal-whether-teenagers-have-always-been-a-source-of-worry-for-their-parents-174376?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20January%2012%202022&utm_content=Latest%20from%20The%20Conversation%20for%20January%2012%202022+CID_5781c8b449e51e342806ec985538847f&utm_source=campaign_monitor_ca&utm_term=teenagers%20have%20always%20been%20a%20source%20of%20worry%20for%20their%20parents)

Resources:

Resource 1: 3088. (Resource) SHE (Schools for Health in Europe) approach highly relevant during the pandemic

A new study by Veronica Velasco of the Universitá degli Studi di Milano-Bicocca and the SHE coordinators of Lombardy, Italy, investigates the relevance, possibilities, and sustainability of the Health Promoting School approach in the era of the COVID-19 epidemic. Leaders from the HPS network in Lombardy developed and adapted the HPS model to meet the specific needs posed by the pandemic. The team has identified the benefits of using the HPS model and obstacles when implementing this approach during a pandemic. The authors conclude that the HPS approach remains highly relevant in the era of covid-19. Access the full-text version of the paper [here](https://journals.sagepub.com/doi/10.1177/00178969211049377)

Resource 2: (Resource) Pandemic stress impact on youth

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 A new [Leger survey](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiIwIiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly9tZW50YWxoZWFsdGhjb21taXNzaW9uLmNhL3Jlc291cmNlL3BvbGwtY292aWQtMTkteW91dGgtb2xkZXItYWR1bHRzLXN0aWdtYS8_X2NsZGVlPWMycG9iM0p1WW5sQVpXUjFMbkJsTG1OaCZyZWNpcGllbnRpZD1jb250YWN0LTk3MGRlZGU0ZjFkMWU2MTE4MTA1NDgwZmNmZWFhOTMxLTU3ZWJjNDc5ZmUyZDRiNjM5YjA4NzM5NjJiMWM5NjcyJmVzaWQ9OTlhZDUyNDYtNDY1Yy1lYzExLThmOGUtMDAwZDNhMGEwZTViIn0/FgAUSQBqrogKa9fgsvHUIg) reveals that stress related to the COVID-19 pandemic is having a greater impact on young people living in Canada than on other age groups. The survey also shows that stigma towards mental health and substance use is still common. More than one year into the pandemic, stigma continues to take a heavy toll on people with mental health and substance use concerns.

This survey is the fourth in a series commissioned by the Canadian Centre on Substance Use and Addiction (CCSA) and the Mental Health Commission of Canada (MHCC). We started the series in October of 2020 to track the relationship between mental health and substance use throughout the COVID-19 pandemic. This report on the latest survey compares the impact of the pandemic on the mental health and substance use of youth and older adults. It also assesses the prevalence of stigma toward mental health and substance use.

Findings from our latest wave of survey results show:

•Substance use and mental health concerns were greater among young people (aged 16 to 24 years) than among other age groups:

◦45% of young people reported moderate to severe anxiety symptoms.

◦About 40% of young people who use alcohol, cannabis or both reported increased use.

•Perceived stigma towards depression and alcohol use disorder is still common, but attitudes may be shifting among young people.

We encourage you to share the survey report with your networks. You can download the report on the [MHCC website](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiIxIiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly9tZW50YWxoZWFsdGhjb21taXNzaW9uLmNhL3Jlc291cmNlL3BvbGwtY292aWQtMTkteW91dGgtb2xkZXItYWR1bHRzLXN0aWdtYS8_X2NsZGVlPWMycG9iM0p1WW5sQVpXUjFMbkJsTG1OaCZyZWNpcGllbnRpZD1jb250YWN0LTk3MGRlZGU0ZjFkMWU2MTE4MTA1NDgwZmNmZWFhOTMxLTU3ZWJjNDc5ZmUyZDRiNjM5YjA4NzM5NjJiMWM5NjcyJmVzaWQ9OTlhZDUyNDYtNDY1Yy1lYzExLThmOGUtMDAwZDNhMGEwZTViIn0/dRn8u0kclBMeqTWkc2_bYw) and find a comprehensive list of resources on substance use and COVID-19 in [online resource centre](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiIyIiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly93d3cuY2NzYS5jYS9JbXBhY3RzLUNPVklELTE5LVN1YnN0YW5jZS1Vc2U_X2NsZGVlPWMycG9iM0p1WW5sQVpXUjFMbkJsTG1OaCZyZWNpcGllbnRpZD1jb250YWN0LTk3MGRlZGU0ZjFkMWU2MTE4MTA1NDgwZmNmZWFhOTMxLTU3ZWJjNDc5ZmUyZDRiNjM5YjA4NzM5NjJiMWM5NjcyJmVzaWQ9OTlhZDUyNDYtNDY1Yy1lYzExLThmOGUtMDAwZDNhMGEwZTViIn0/1nyoF3LDHb32lGiCRylRag).

We also encourage our partners to share the [Wellness Together Canada](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiIzIiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly93ZWxsbmVzc3RvZ2V0aGVyLmNhL2VuLUNBP19jbGRlZT1jMnBvYjNKdVlubEFaV1IxTG5CbExtTmgmcmVjaXBpZW50aWQ9Y29udGFjdC05NzBkZWRlNGYxZDFlNjExODEwNTQ4MGZjZmVhYTkzMS01N2ViYzQ3OWZlMmQ0YjYzOWIwODczOTYyYjFjOTY3MiZlc2lkPTk5YWQ1MjQ2LTQ2NWMtZWMxMS04ZjhlLTAwMGQzYTBhMGU1YiJ9/q-mH0H0X6JPhgz0PTAMYCQ) portal, which provides free tools, resources and mental health and substance use support for all people in Canada.

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Selon un nouveau [sondage](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiI0IiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly9jb21taXNzaW9uc2FudGVtZW50YWxlLmNhL3Jlc291cmNlL3NvbmRhZ2UtY292aWQtMTktamV1bmVzLWFpbmVzLXN0aWdtYXRpc2F0aW9uLz9fY2xkZWU9YzJwb2IzSnVZbmxBWldSMUxuQmxMbU5oJnJlY2lwaWVudGlkPWNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzImZXNpZD05OWFkNTI0Ni00NjVjLWVjMTEtOGY4ZS0wMDBkM2EwYTBlNWIifQ/1ZCbQJKvv7amSYl4c_cm2g) Léger, le stress lié à la pandémie de COVID-19 affecte davantage les jeunes vivant au Canada que les autres groupes d’âge. Le sondage montre aussi que la stigmatisation concernant la santé mentale et l’usage de substances reste présente. Plus d’un an après le début de la pandémie, la stigmatisation continue d’avoir de graves conséquences sur les personnes qui ont des troubles de santé mentale et d’usage de substances.

Ce sondage est le quatrième d’une série commandée par le Centre canadien sur les dépendances et l’usage de substances (CCDUS) et la Commission de la santé mentale du Canada (CSMC). Lancée en octobre 2020, la série permet de suivre de près les liens entre la santé mentale et l’usage de substances pendant la pandémie. Le rapport du plus récent sondage compare les effets de la pandémie sur la santé mentale et l’usage de substances des jeunes et des aînés, et analyse la prévalence de la stigmatisation concernant la santé mentale et l’usage de substances.

Quelques grands constats de notre plus récent sondage

•Les troubles de santé mentale et d’usage de substances étaient plus fréquents chez les jeunes (16 à 24 ans) que les autres groupes d’âge :

◦45 % des jeunes ont rapporté des symptômes d’anxiété modérés à graves.

◦Environ 40 % des jeunes qui consomment de l’alcool, du cannabis ou les deux ont dit en avoir consommé davantage.

•La stigmatisation perçue concernant la dépression et le trouble lié à l’usage d’alcool était encore fréquente, bien que les attitudes soient en évolution chez les jeunes.

Nous vous invitons à transmettre le rapport du sondage à vos réseaux. Vous pouvez le télécharger sur le [site Internet de la CSMC](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiI1IiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly9jb21taXNzaW9uc2FudGVtZW50YWxlLmNhL3Jlc291cmNlL3NvbmRhZ2UtY292aWQtMTktamV1bmVzLWFpbmVzLXN0aWdtYXRpc2F0aW9uLz9fY2xkZWU9YzJwb2IzSnVZbmxBWldSMUxuQmxMbU5oJnJlY2lwaWVudGlkPWNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzImZXNpZD05OWFkNTI0Ni00NjVjLWVjMTEtOGY4ZS0wMDBkM2EwYTBlNWIifQ/VX1frqmb7du2_humE7BH-g). Vous trouverez aussi une foule de ressources sur la COVID-19 et l’usage de substances dans le [centre documentaire en ligne](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiI2IiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly93d3cuY2NzYS5jYS9mci9Vc2FnZS1kZS1TdWJzdGFuY2VzLWV0LUNPVklELTE5P19jbGRlZT1jMnBvYjNKdVlubEFaV1IxTG5CbExtTmgmcmVjaXBpZW50aWQ9Y29udGFjdC05NzBkZWRlNGYxZDFlNjExODEwNTQ4MGZjZmVhYTkzMS01N2ViYzQ3OWZlMmQ0YjYzOWIwODczOTYyYjFjOTY3MiZlc2lkPTk5YWQ1MjQ2LTQ2NWMtZWMxMS04ZjhlLTAwMGQzYTBhMGU1YiJ9/5ldLgSzF3NLXlxbgHMXx_g) du CCDUS.

Nous invitons aussi nos partenaires à promouvoir le portail [Espace mieux-être Canada](https://elink.clickdimensions.com/c/7/eyJhaSI6ODIyMjYzNTMsImUiOiJzamhvcm5ieUBlZHUucGUuY2EiLCJyaSI6ImNvbnRhY3QtOTcwZGVkZTRmMWQxZTYxMTgxMDU0ODBmY2ZlYWE5MzEtNTdlYmM0NzlmZTJkNGI2MzliMDg3Mzk2MmIxYzk2NzIiLCJycSI6IjAyLWIyMTM0OS05MTBiOWFiYWJkZmI0NWZjYjkxYmQzN2Q5OTE3NjQzOCIsInBoIjpudWxsLCJtIjpmYWxzZSwidWkiOiI3IiwidW4iOiIiLCJ1IjoiaHR0cHM6Ly93ZWxsbmVzc3RvZ2V0aGVyLmNhL2ZyLUNBP19jbGRlZT1jMnBvYjNKdVlubEFaV1IxTG5CbExtTmgmcmVjaXBpZW50aWQ9Y29udGFjdC05NzBkZWRlNGYxZDFlNjExODEwNTQ4MGZjZmVhYTkzMS01N2ViYzQ3OWZlMmQ0YjYzOWIwODczOTYyYjFjOTY3MiZlc2lkPTk5YWQ1MjQ2LTQ2NWMtZWMxMS04ZjhlLTAwMGQzYTBhMGU1YiJ9/ml4qdoWbnO3XbawYQBEtIQ), qui offre gratuitement à la population canadienne des outils, des ressources et de l’aide en santé mentale et en usage de substances.