

SECRETARIAT UPDATE - FEBRUARY 2014

JCSH EVALUATION AND THIRD MANDATE PROPOSAL UPDATE:

The JCSH Evaluation Committee is composed of Management Committee representatives from BC, SK, PE, and PHAC along with the PE SHC and support from Katherine and the Secretariat. The RfP developed collaboratively by the committee was sent by email the morning of January 16 to nine select vendors recommended by members of Management Committee. The closing date for proposals was January 30. Only one proposal was received.

The Evaluation Committee met by teleconference on February 06 to review the proposal and to evaluate it against the scoring rubric that was developed for the purpose. References were checked and on Friday, February 07 the contract was awarded to Pyra Management Consulting Services in Halifax. All members of the committee are confident that this firm, led by Karen Pyra, has the skills and experience to carry out an evaluation of extremely high quality.

The JCSH Evaluation Committee will be actively involved throughout the process.

It is anticipated that one member of the PMCS evaluation team will conduct a focus group with SHCs at the face to face meeting in April. The lead evaluator will present the findings to the April 30/May 01 meeting of the JCSH Management Committee.

The PE Chair of Management Committee is working to ensure that the JCSH is on the agenda of the July meeting of the Advisory Committee of Deputy Ministers of Education (ACDME).

Katherine has met with the PE Deputy Minister of Health and Wellness who will lead this item at the May 29 meeting in Edmonton of the PT Conference of Deputy Ministers of Health (CDM). It has already been confirmed as an agenda item for the PT day, May 29 and Katherine will attend to present on the JCSH. It is expected that this will also be an item on the FPT CDM May 30.

MEETINGS AND CONFERENCES:

1. PREVNet Networking, Partnerships, and Knowledge Exchange Working Group Meeting - Thursday January 16 in Toronto:

Katherine was invited to this (expenses paid) meeting by PREVNet. The purpose of the event was to bring together approximately 30 researchers, partners, stakeholders and experts to

network and discuss the various themes, components and timelines for PREVNet's application for Network of Centre of Excellence funding.

A major determining factor in the NCE application is the inclusion of **Partner and Research Letters of Support**. Katherine received an email from PREVNet this week outlining the process for partner letters. This will be discussed on the SHC call and circulated to JCSH SHCs and MC for future discussion.

2. Canadian Centre on Substance Abuse Consultation on Competencies (for those working in the area of substance use prevention with youth) January 21, 2014 – Hampton Inn Toronto

The Executive Director attended this meeting; all costs were covered by CCSA.

Background: CCSA has been very active in the past five to seven years, researching and establishing *Competencies for Canada's Substance Abuse Workforce* and encouraging use of the competencies. They have developed a set of technical competencies and another of behavioural competencies. These competencies focus mainly on treatment providers. Over the past year, they began to consider what competencies are important for staff working with youth to prevent substance abuse and delay onset of substance use. Based on lessons learned while working on the technical and behavioural competencies, they decided that it was important to consult at the very beginning of the project.

This one-day consultation with the facilitator took participants through a series of tasks to emerge with:

- Principles that drive the prevention work with youth
- A framework to use in determining and focusing the prevention competencies
- A potential list of probable competencies.

Participants were from a number of national and provincial/territorial organizations/governments.

CCSA is planning regional follow-up meetings to check in with front-line people and those focus groups will occur in March.

Katherine took the opportunity to present the CSH framework and to speak about the YE Toolkit and other JCSH tools. Both were very well received.

3. Shaping the Future 5th Annual Conference: Inspiring Children and Youth to be Healthy Learners hosted by EverActive Schools – January 22-25 in Kananaskis, AB:

Katherine went directly on to this Shaping the Future conference from the CCSA meeting in Toronto to present a workshop on the JCSH Youth Engagement Toolkit . AB SHC Gail Diachuk also presented at the conference on the newly revised JCSH Healthy School Planner and Katherine attended the session as the representative from the JCSH secretariat.

It was very beneficial to network with policy makers and practitioners implementing Comprehensive School Health in a number of jurisdictions.

The conference program can be found at:

<http://www.everactive.org/uploads/files/Documents/STF/Program%202014%20-%20WEBSITE.pdf>

4. Comprehensive School Health Resources Meeting - January 22 Kananaskis, AB:

This meeting was initiated by the Director of EverActive Schools to “open lines of communication between school health provincial and national organizations to share existing and future Comprehensive School Health resources.”

In attendance were: Katherine from JCSH and Sarah Jackson from PHE Canada along with Brian Torrance and staff from EverActive Schools (AB), AB SHC Gail Diachuk, Libby Coldbeck from the Alberta Healthy School Community Wellness Fund, Drew Magin from Ophea Canada (ON) and Kathy Cassels from DASH BC.

Discussion focused on how we can:

1. Establish regular communication around current and future Comprehensive School Health resources;
2. Connect on existing and future resources, discuss cross promotion and build opportunities for collaboration.

5. CCSA Knowledge Exchange Stakeholder Meeting on Cannabis Use During Adolescence - February 25, 2014 in Toronto:

Katherine is invited and plans to attend this meeting – all expenses will be paid by CCSA.

The objective of this meeting is to bring together researchers and knowledge users who have an interest in the topic of cannabis use during adolescence to inform the development and knowledge exchange of a major research review that CCSA is undertaking on this topic.

CCSA’s 2015 Substance Abuse in Canada report will focus on the effects of cannabis use during adolescence. The objective of this report is to provide clarity around misperceptions about cannabis, conflicting results about the effects of cannabis use and the impact of early and/or regular use during a time when the brain is still under development. The report results will be of

interest to the general public and care providers as well as those developing policy related to cannabis.

6. 46th Banff International Conference on Behavioural Science – co hosted by PREVNet:Banff Centre in Banff, Alberta March 16-19, 2014.

PREVNet offered \$1500 to five organizations to send a representative to this conference and JCSH was chosen as one of those. Jo-Ellen Craig, Manager of Partnerships and Initiatives, will attend. This year's topic is "Preventing Bullying through Promoting Healthy Relationships". There are renowned speakers on all aspects of this topic including keynotes by Wendy Craig and Debra Peplar. Jo-Ellen will present a poster on the JCSH Positive Mental Health Toolkit and the PMH Module of the Healthy School Planner. You can view the program at <http://banffbehavsci.ubc.ca/>

SECRETARIAT UPDATE – MARCH 2014

(From SHCC RoD)

Katherine provided the following updates:

1. Management Committee:
 - i. A Management Committee teleconference was held March 11 2014. The meeting included discussion on the following items: An overview of the JCSH evaluation process and work to date; The logistics and agenda for the Management Committee face-to-face meeting April 30-May 1 in Toronto; The JCSH letter of support for the PREVNet NCE application; An overview and discussion of next steps on the development by the JCSH with Dr. John Freeman and his colleagues of the Core Indicators and Measures on CSH and Achievement.
 - ii. The JCSH Evaluation will form a significant part of the upcoming Management Committee face-to-face meeting. Karen Pyra of the evaluation team Pyra Management Consulting Services (PMCS) will present findings at this meeting. A draft of the presentation to be made to Deputy Ministers regarding the results of the Evaluation and the proposal for a third mandate will be discussed.

Discussion:

- In light of the number of new Management Committee members, the briefing materials on JCSH are particularly important in preparation for their interviews with the evaluation team.

2. JCSH Evaluation 2014:

Rick Manuel of PMCS will contact School Health Coordinators in the next few days to advise that they may take part in individual interviews in addition to participating in the Focus Group.

Discussion:

- While it is unfortunate that many longstanding Management Committee members have retired or moved on to other positions in the last year or two, it would be extremely difficult to contact those former members.
- It might be beneficial if experienced School Health Coordinators are invited to sit in on interviews of the evaluation team with new Management Committee members.
- There is benefit in having the JCSH work looked at and described by new Management Committee members with fresh insights.
- The Evaluation Framework was not sent out to the full Management Committee but it could be included in the package of briefing materials, if beneficial.
- The Evaluation Committee members have been very engaged and responsive throughout the process.
- Remainder of Evaluation / mandate 3 Proposal Process:
 - The data collection – literature review, focus group, interviews, electronic survey (for research, policy, and practice partners) – will be complete by April 11.
 - A draft annotated outline of the findings will be shared with the JCSH Evaluation Committee prior to their call on April 11. The evaluation team will make changes based on feedback and the draft report will be presented during the face-to-face meeting of Management Committee.
 - Concurrently a draft proposal with input gleaned from the SHCC face to face and the draft evaluation report will be developed by the

Secretariat for discussion at the Management Committee face-to-face meeting ..

- A package of evaluation and Mandate 3 proposal materials will be prepared for the meeting of Deputy Ministers of Health on May 29 in Edmonton. Katherine will present to this meeting.
- The meeting of the Advisory Committee of the Deputy Ministers of Education will be held July 9-11 in Charlottetown. Katherine will present to this meeting as well.

3. Annual Report 2014:

Susan advised that it is time for jurisdictional submissions for this year's Annual Report to be completed. An email with the Annual Report guidelines and timeline will be sent out with this week's email to School Health Coordinators. The timeline shows a completion date of April 7 for draft submission and May 1 for internal approvals. However, this year is exceptional in light of the need for completion in time for the Deputy Ministers' meetings. School Health Coordinators are asked to have submissions and approvals returned in time for a draft report to be shared with Health Deputy Ministers during their May 29 meeting.

Discussion:

- The Annual Report committee has made a number of recommendations for this year's report. Among them:
 - If possible, bullets should be limited to one or two sentences each.
 - The four bullets per section maximum will be removed to provide opportunities for a greater number of concise bullets.
 - Hyperlinks are recommended as a way to direct readers to more explanation of provincial / territorial resources and initiatives. However, it is recognized that not all topics in a submission have web links.

SECRETARIAT UPDATE - JUNE 2014

Annual Report 2014

The 2014 Annual Report has been sent to translation and graphic design. These processes are expected to take the month of June. We are hoping to have final edits of the graphics and translation completed by early July.

JCSH Website Renewal

Work is almost complete on the new JCSH website. The current pieces have been moved from the previous website to the new one. This website will also feature a slight redesign on the private side and the addition of active Twitter and Facebook accounts.

School Health Coordinators are reminded to contact the Secretariat with suggestions for optimal use of the website, including showcasing videos and initiatives from all the provinces and territories' work taking place.

SECRETARIAT UPDATE - JULY 2014

ACDME Update:

The annual meeting of ACDME (Advisory Committee of Deputy Ministers of Education) was held in Charlottetown on July 07. Katherine made a 15-minute presentation on JCSH and the Proposal for Mandate Renewal. The presentation was well received by the Deputy Ministers, and there were some positive comments. The PE Deputy Minister will follow up with Katherine re: next steps towards decision on a third mandate.

Annual Report 2014

The 2014 Annual Report has been approved by ACDME. The first English proof was sent out to ACDME members and JCSH members in advance of the ACDME annual meeting. The French version was completed in time for dissemination before the meeting but had not been through graphic design. We hope to have the Annual Report in both versions on the public side of the website later this summer once it has received formal acceptance by the Conference of Deputy Ministers of Health.

JCSH Website Renewal

Work is complete on the new JCSH website on the English side. The content plan has gone to translation; when it is returned, Vince will make the changeover from the old site to the new for the French side. The current pieces have been moved from the previous website to the new one. This website also features a slight redesign on the private side and the addition of active Twitter and Facebook accounts.

School Health Coordinators are reminded to contact the Secretariat with suggestions for optimal use of the website, including showcasing videos and initiatives from all the provinces and territories' work taking place.

CLASP – Nourishing School Communities Initiative: Conference Planning

Micheline Tournau, of the CLASP Nourishing School Communities initiative, had a telephone meeting with the Secretariat in late June regarding possible interest of JCSH in partnering or providing support / involvement in a planned school nutrition conference (fall 2015). The conference is one of the deliverables of this national collaborative [CLASP grant](#) called Nourishing School Communities (see [link](#) for more details) of which Propel and HSF are involved along with other partners. The group is at the beginning of the planning stages of this conference and is reaching out to a few potential partners to see if there might be some opportunities for collaboration.

Positive Mental Health in the Workplace: Bill Morrison and Patti Peterson new initiative:

The Secretariat had a telephone meeting with Bill Morrison in early July on a new initiative he and Patti have been working on involving PMH in the workplace. They used a pyramid framework lens to develop an integrated wellness platform, replacing Tertiary (acute 5%) with EAP, Secondary (at-risk 15%) with Resiliency Assets, and Primary (prevention 80%) with Mental Fitness Practices. The work is available on their website wmawellness.com and much has been piloted in colleges and universities in NB to determine construct validity; from this, they have begun work to establish internal validity. Bill will keep in touch with JCSH as their work progresses.

New Brunswick's 2014 Provincial Wellness Conference: Moncton, NB – May 14-15, 2014

Jo-Ellen Craig, Manager of Partnerships and Initiatives, along with approximately 250 other delegates from New Brunswick's public, private and not-for-profit sectors, attended this

conference. This was a welcome opportunity to host a booth, and to promote and provide information on some of JCSH's tools and resources, including the CSH Framework, the Healthy School Planner, the Positive Mental Health Toolkit and the Youth Engagement Toolkit. Materials and QR cards were well received by the many visitors to the JCSH exhibitor booth.

Of particular relevance to JCSH was a keynote address from Dr. Ryan Meili, a family physician working in Saskatoon, SK promoting initiatives and approaches that better integrate the fourteen social determinants of health into our organizational structures and policies. For more information, check out his book, *A Healthy Society: How a Focus on Health can Revive Canadian Democracy* (available at <http://www.ryanmeili.ca/page12.html>), as well as the following link on "upstream thinking": http://www.thinkupstream.net/sign_up_splash?splash=1.

Healthy School Planner

A meeting of the Healthy School Planner Advisory Committee was held on May 26th. Work continues to move forward with the following:

- Modules and feedback reports are undergoing very minor revisions to achieve more consistency across modules, and to better incorporate the concept of staff wellness (beyond student wellness) as a component of healthy school communities.
- Content of the aggregated, school district-level report is now finalized; this report will soon be posted on the Planner website. Propel has also indicated the possibility of generating aggregate reports at the sub-district level, should a province/territory wish to provide a list of school groupings within the jurisdiction.
- JCSH has recently received a request for an aggregated report from a private organization/program. Such requests often trigger the need for approvals from more than one school district. As such, work is underway to revise forms around data use and consent, as well as to devise a fee for access to such reports (note that fee is only to be applied when aggregated reports are requested from private organizations/programs).
- There is interest in another round of English and French Healthy School Planner webinars. In a next round, we would seek to ensure the webinars are recorded, and that webinar participants complete a post-webinar evaluation to guide future improvements. A future round of webinars

may also seek to include success stories/testimonials from different groups and levels that have used the Planner, e.g. schools, school districts, regional health authorities.

· Anecdotal feedback on the Planner collected to date suggests that users may be struggling with the “implementation” step upon receipt of their school’s feedback rubric/report. This may suggest the need for more promotion of, additions to, and tailoring of the Healthy School Planner Resource List (i.e. above and beyond providing resources that are jurisdiction- and topic-specific, we might include resources tailored to the needs of different populations, such as those in Northern and/or remote and/or FNMI communities, etc.).

SECRETARIAT UPDATE - SEPTEMBER 2014

CSH Action Resources Committee

The first meeting of this committee (Kyla (SK), Paul (MB), Lauren (BC), Sterling (PE), Secretariat) was instructive in setting initial directions for CSH action guides and indigenous/decolonizing perspectives in our work. The committee will set another meeting in the next couple of weeks to review Action Guides prepared by BC as well as the two developed by the Secretariat with the support of BC and NB (Management of Life-Threatening Conditions, Active School Travel). The Secretariat will also share with the committee an annotated bibliography of articles and resources on using a decolonizing lens.

Annual Report

The 2014 Annual Report is complete. Final decisions are underway to select a printing company; 150 copies will be printed. The web-ready versions of the Annual Report are complete and awaiting acceptance from the Conference of Deputy Ministers of Health before uploading onto the website.

Core Indicators and Measures

In accordance with the February 2014 meeting of the CIM committee, the Secretariat has completed a draft article outline on the CIM report. It will be shared with John Freeman and his team for review and changes. The article will be shared with the CIM committee and then SHCC and MC for review and comments.

The Mental Health Commission of Canada's National Strategy: Development of Progress Indicators

On September 4, the Secretariat and Dr. Patti Peterson had a follow-up call with Dr. Kimberley McEwan regarding her work with the Centre for Applied Research on Mental Health and Addictions (CARMHA) to develop national indicators of mental health status and actions designed to promote mental health. The indicators will be used to assist in measuring progress toward action on the recommendations in the Mental Health Commission of Canada's national strategy: *Changing Directions, Changing Lives: The Mental Health Strategy for Canada*.

Specifically, Dr. McEwan and her team are seeking quantitative data regarding actions taken / underway to create healthy school environments or improvements in school health. It was agreed that data from the Healthy School Planner (HSP) would be useful for this purpose. As such, JCSH will provide HSP data (i.e. number of schools completing the HSP Foundational module, as well as the Positive Mental Health modules, by month) dating from the launch of the revised HSP through to June 2014. This data will inform an indicator technical report chapter, as well as a one page dashboard.

It is recognized that the use of HSP data to develop these indicators is not ideal; however, there is currently an absence of indicators regarding Positive Mental Health in the school setting. It is also noted that the HSP data are somewhat limited in that the launch of both the revised HSP (November 2012) and reoriented Positive Mental Health modules (December 2013) are still very much in their infancy. As such, Dr. McEwan and her team will be certain to highlight the caveats and limitations around both the use and interpretation of the data. Furthermore, on completion of the draft indicator reports, Dr. McEwan will submit them to JCSH for review.

Public Health Agency of Canada (PHAC): Development of a Positive Mental Health Surveillance Indicator Framework

PHAC is currently developing a Positive Mental Health Surveillance Indicator Framework, which will include determinants and outcomes of PMH for children, youth, and adults, and includes the School Environment as one of its indicator groups. On September 12, the Secretariat will have a telephone discussion with Dr. Heather Orpana, who is leading this work, regarding how JCSH's work on PMH in the school setting can be used to inform this Framework and its measures, and how the work of JCSH and PHAC might align. At present, the majority of the measures that PHAC has identified for inclusion in the Framework draw from those provided in the Health Behaviours in School-aged Children survey.

SECRETARIAT UPDATE - OCTOBER 2014

5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity – *Time to Focus on Strengths: Addressing Obesity in Indigenous Youth (September 24-26, 2014: Winnipeg, MB)*

Katherine recently attended this conference, which brought together an interdisciplinary group of professionals and policy makers working in the field of childhood and adolescent obesity. The conference's focus was "the burden of obesity among Indigenous youth, and particularly on the strengths of youth."

Katherine presented a poster on JCSH's Youth Engagement Toolkit, which was very well received. Discussions during the conference also indicated that there is great interest in applying a decolonizing lens to comprehensive school health. As well, there was an opportunity to connect with researchers, and funders such as the Lawson Foundation.

Conference highlights included a presentation from Rob Santos (Healthy Child Manitoba) regarding key issues in combining science and policy across sectors, as well as examples of enabling structures and mechanisms for successful cross-sector collaboration to occur: political will, outside pressure, inside engine, resources, and cross-cultural tools to bridge the gap. He also spoke to the value of the 3 "T's" – trust, talk and time – and 3 "R's" – respect, responsiveness and reciprocity. Other keynote speakers such as Dr Stuart Shanker (York University) presenting on self-regulation, and Dr Martin Brokenleg on resilience resonated strongly with our work on positive mental health. The conference program and presentations can be found at: <http://www.interprofessional.ubc.ca/Obesity2014/presentations.asp>

Advancing a Comprehensive Approach to School Based Mental Health: A Joint Initiative of the J.W. McConnell Family Foundation and Carthy Foundation

The J.W. McConnell Family Foundation has recently identified child and youth mental health as one of its upcoming priority areas, and is currently developing a strategy for its involvement in this field. It is honing in on the role of schools as a setting for mental health promotion, prevention and early intervention.

Specifically, the Foundation is interested in exploring how schools can better meet the needs of all children through more comprehensive and integrated approaches to promoting and addressing mental health and wellness/wellbeing. Work is still in the early design stages, but at this point, the Foundation is considering developing a systems change lab as a platform for work in this area. A scan regarding how each province and territory is approaching school mental health and wellness, as well as a literature review regarding the effectiveness and success factors around comprehensive, integrated approach to mental health and wellness in schools, is underway.

The Foundation is continually connecting with stakeholders and is keen to engage with the JCSH and its members as it develops its strategy for work in this domain. It will begin communicating out a monthly update, with opportunities for feedback, in late September/early October. The lines of communication with JCSH will be kept open throughout this process.

Data Surveillance: A number of documents from the consultations, meetings, and activities on this issue that took place in 2006-2007 have been placed on the private side of the website. They include a final report of the 2007 meeting, a slide presentation in 2006 (UBC seminar) on aligning and developing Canadian data sources, and an example (from NB) of information gathered in child and youth health surveys, purpose of surveys, and dissemination destination.

In addition, the Statistic Canada's 2013 / 2014 Content Consultation Document for the Canadian Health Survey on Children and Youth (CHSCY) is in the Data Surveillance section. Among the interesting aspects of this document are considerations of needs in adding the 0-12 age group, and appendices which include: Feasibility Study to Examine How to Collect Information on the Health of Children, and the Children's Health Survey Literature Review (2013).

The documents can be found by going to the Private Side of the JCSH website: Resources & Docs / Wellness and Achievement / Data Surveillance. In addition, a fuller range of the documents from the 2006 – 2007 work have been placed on the JCSH Dropbox:

<https://www.dropbox.com/home/JCSH%20data%20Surveillance>