

Secretariat Update – February 14 2013

**1. CONFERENCES, WORKSHOPS, SYMPOSIA**

The work of the JCSH continues to be disseminated at meetings and conferences around the country, with a number of meetings taking place in the first months of 2013.

**a) Creating a Blueprint for Mental Health Promotion and Mental Illness Prevention in Canada:**

**Winnipeg, Manitoba; February 13-14 2013.** The purpose of this meeting is to hold consultations with experts and stakeholders from across Canada to identify and recommend mechanisms which support the scale up of mental health promotion-mental illness prevention innovation and best practices within and across respective Canadian jurisdictions. Among the take-aways from this meeting will be a scale-up model of proven best practices and innovations in mental health promotion-mental illness prevention policies and programs.

**b) Healthy Relationships Training Module ‘Train the Trainer’ Session: York University, Toronto ON;**

**March 04 2013.** Katherine has been invited to this training session, delivered by Dr. Wendy Craig and Dr. Debra Pepler. The module is designed for adult leaders working in the area of "healthy relationships" and has been produced with youth-serving organizations.

**c) Shaping the Future: Kananaskis, AB; January 24-26 2013.** The annual Shaping the Future conference was again a success, and featured much discussion as well as sessions that brought out the tools and resources of JCSH: in particular, the Comprehensive School Health Framework, the Healthy School Planner, and the Positive Mental Health Toolkit. Gail Diachuk and Katherine Kelly were each involved in presentations. It was instructive to be in an environment that included so many teachers and school administrators to learn of their experiences and challenges in implementing Comprehensive School Health.

**2. Project Updates**

a) CAP (Canadian Association of Principals) Journal – the deadline for submission of articles to this journal is March 01. The Secretariat is preparing drafts of three articles and co-writing a fourth; all four draft articles will be shared with School Health Coordinators for feedback prior to submission. The articles' topic areas are: Comprehensive School Health and JCSH; the Healthy School Planner; and Stories from the Field. The co-authored article is a look at national perspectives and CSH by JCSH, Propel, CAP, and PHE Canada. Note that the articles' topics listed above are not the articles' proposed titles.

b) Healthy School Planner continues to move forward, with only the Healthy Eating module to be finalized and piloted: All other modules -- the **foundational** module and the **Positive Mental Health Express and Toolkit, the Tobacco Express and Detailed, and the Physical Activity Express and Detailed** - are completed and available on the Healthy School Planner website, in both English and French.

Including final revisions to, and piloting of, the Healthy Eating Detailed module, the fully revised Healthy School Planner is due to be launched June 01.

c) Website – Revisions are being made to a number of pages on the website, including the home page. All revisions are in test form and will be provided to School Health Coordinators as soon as available. The Private Side of the website is being created by the webmaster at this time and will be provided to each School Health Coordinator with login information as soon as completed.

## Secretariat Update – March 14 2013

### 1. CONFERENCES, WORKSHOPS, SYMPOSIA

The past month has provided the Executive Director and JCSH members with a number of opportunities to acquire knowledge on significant issues of relevance to the Consortium and school health, and also opportunities to share the work of the JCSH and discuss future directions.

**a) Cross Sector Management Committee Meeting: Toronto ON; February 25-26 2013.**

Senior officials from both health and education ministries across the country came together for this special meeting. Every member jurisdiction was represented and all but four jurisdictions had representatives from both sectors. Dr John Freeman of Queens University Faculty of Education and PI of the HBSC Study was the keynote speaker. The meeting provided the opportunity for thoughtful discussion about the key priorities of each sector and about the common goals of both in relation to school health. We are working on a meeting report which will be shared at a later date.

**b) Healthy Relationships Training Module (HRTM) 'Train the Trainer' Session: York University, Toronto ON; March 04 2013.**

The Executive Director attended this day long “train the trainer” workshop given by Dr Joanne Cummings at York University. Taking the training allows for use of the PREVNet developed materials to train others. The HRTM enhances understanding of the importance of healthy relationships. It stimulates thinking and discussion about what defines a healthy relationship and the role of power in relationships between adults, between adults and youth, and between youth. The module also addresses the abuse of power in bullying and the peer dynamics that surround bullying. The HRTM enhances skills in assessment, individual coaching, and group building, and uses a systemic model to understand and positively influence social climate within a school or other community. Perhaps this would be a good session for an upcoming School Health Coordinators’ meeting?

**c) Canadian Partnership Against Cancer (CPAC) Meeting: Advancing the Use of Evidence in Nutrition, Physical Activity and Built Environment Policies Promoting Cancer and Chronic Disease Prevention National Workshop - Montreal QC March 19 2013:**

The Executive Director has been invited to attend this National Workshop intended to provide opportunities to learn from leading experts in the field of evidence-informed healthy public policy,

learn from the experience of different jurisdictions, facilitate knowledge exchange with research, practice and policy specialists working across Canada in nutrition, physical activity and built environment policy work, and explore opportunities for the Partnership and other relevant stakeholders to add value in advancing the use of evidence in healthy public policies. Marlien McKay, School Health Coordinator from New Brunswick will be a guest speaker.

## **2. Project Updates**

- a) **Youth Engagement Toolkit: Meeting with Stoney McCart, Toronto ON; February 25 2013** - When in Toronto for the Cross Sector meeting, the Executive Director and the Manager of Cross Sector Engagement met with Stoney McCart at the National Students Commission to discuss our planned project work on Youth Engagement. Discussion focused on the work Stoney is doing with Saskatchewan and Ontario validating a youth engagement toolkit and how these pieces will fit with the planned JCSH work on an e-book on Student Engagement.
- b) **CAP (Canadian Association of Principals) Journal** – The Secretariat submitted two articles written by JCSH members and / or staff and co-authored two others: one with Propel on the Healthy School Planner, and one with Propel, Physical and Health Education (PHE) Canada, and CAP on national perspectives on Comprehensive School Health. The articles' topic areas are: Comprehensive School Health and JCSH; the Healthy School Planner; Stories from the Field, and the national perspectives article. There is no word yet on the decision of articles chosen for publication in the special Journal issue on Comprehensive School Health.
- c) **Positive Mental Health Literature Review Update:** WMA Morrison and Assoc. is working on the update to the *Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives*. They will be contacting a number of School Health Coordinators in the next few weeks for updates to the Stakeholder Interviews.
- d) **Core Indicators and Measures (CIM) – Comprehensive School Health and Student Achievement:** Dr. John Freeman has received ethics approval for this piece of work from the Queen's University Research Ethics Board. He will have a project proposal to the JCSH Secretariat in the next few weeks. As soon as the project proposal is received we will form a small advisory committee to guide the work. An email request for volunteers will be going out as soon as we receive the proposal from John.

## Secretariat Update – June 13 2013

### 1. CONFERENCES, WORKSHOPS, SYMPOSIA

**SAC Conference St. John's NL May 13-15 2013:** International school health researcher Lawrence St. Leger provide presentations and workshops to this conference for NL principals over a three-day period: to health professionals, to health and education policymakers, and then to the School Administrators' Council (SAC) conference for principals and vice-principals. Katherine attended all three days.

### 2. Project Updates

a) **Core Indicators and Measures (CIM) – Comprehensive School Health and Student Achievement:** Dr. John Freeman has received ethics approval for this piece of work from the Queen's University Research Ethics Board. He will have a project proposal to the JCSH Secretariat in the next few weeks. He will be contacting a number of School Health Coordinators for interviews for this CIM.

b) **Project Concepts / Approaches:** Katherine has been in contact with Dr. Catherine O'Brien of Cape Breton University on positive mental health and possible collaboration with JCSH in the development of a Health Promoting School component for the university's new M Ed program. Dr. O'Brien would like to use the PMH Toolkit in this component; the program will focus on Education for Sustainable Development (ESD). In addition, she has an article which cites JCSH published in the 2012 (Vol.3, No.12A) of *Psychology: Sustainable Happiness and Well-Being: Future Directions for Positive Psychology*.

## Secretariat Update – June-July 2013 activities

### 1. Funding Opportunities: CIHR funding calls

As per the terms of the JCSH 2010-2015 Agreement, the Consortium may seek other funding sources. There are two possible areas for funding the Secretariat has been working on – in the first case -- or exploring very initial considerations – in the second case.

**CIHR Dissemination Grant:** On June 17, the Secretariat submitted a proposal to CIHR for a \$25,000 Dissemination Grant entitled "Healthy students are better learners – A knowledge dissemination platform to connect research, policy and practice on student achievement and health." The application is based on dissemination of the CIM project currently being carried out with John Freeman and the SPEG team at Queen's University. Funding decisions for the Dissemination Grant will be made in November 2013.

Following some discussion with CIHR on whether JCSH meets the criteria to receive CIHR funding, we received confirmation that JCSH is eligible for funding. This decision opens the door for other proposals for project funding.

**2. Annual Report 2013:** The Annual Report is complete and the first graphics proof has been edited and returned to the designer for corrections. It is anticipated that the approvals process will be the same as

followed in the past couple of years: that the report will be approved on a conference call of Deputy Ministers of Health and then tabled at the Conference of Ministers of Health (October 4/5) and on the education side, approval will be sought through a memo process by ACDME and CMEC.

**3. Website:** The website is being revised on the public side and the test site is much cleaner and easier to navigate. The Webmaster is developing ideas around the best way to display jurisdictional work in an attractive and easily-found format. A teleconference of the Communications Committee will be held when the results are close to being ready for sharing - prior to the SHCC face-to-face meeting.

**4. Communications Committee:** With the departure from the SHCC table of three of the four Communications Committee members – Andrea, Robbie, and Brianne – there is a need for volunteers. The Committee will be focusing on bringing the best ideas of the public side of the website forward for the SHCC face-to-face meeting and Communications Strategy review. If you are willing to participate, please contact Susan.

## JCSH Secretariat Update

**December, 2013**

### **1. Meetings, Workshops, Conferences**

a) Networks Leadership Symposium: If Networks Are The Answer, What Is The Question? Re-Thinking Networks – November 12-13 2013

The Executive Director attended this two-day symposium at Royal Roads University, November 12 and 13, 2013. This was an extremely valuable event which focused on the science and practice of inter-organizational networks. It was attended by network leaders, practitioners, decision makers, clinicians, researchers and policy makers from across Canada and there was opportunity for networking and learning from other participants. There were excellent presentations from leading experts in Canada and the US, along with interactive sessions that focused on:

- Creating and managing networks
- Evaluating networks - how do we know if networks are working?
- How do we sustain or transform networks over time, or wind them down?
- Key elements in network effectiveness and resilience.

Participants were given an extensive list of resources available for sharing with JCSH members. The presentations and articles on evaluating networks are extremely helpful as we move towards an evaluation of the JCSH.

## **B) JCSH Evaluation 2014**

The Evaluation Committee (MC members from BC, SK, PE, NU along with the SHCC Chair plus the Executive Director and Manager of Cross Sector Engagement) met by teleconference on November 25. We had good discussion around the complexity of evaluating a strategic network like the JCSH. We also discussed the merits of having one evaluator do the framework and another do the evaluation. Since time (and cost) are factors (DMs of Health meet May 29/30 and DMs of Education in early July) it may be best to go directly to an RFP with select vendors.

Since our teleconference, we here at the Secretariat have been busy doing some reconnaissance on systems/network evaluations of this sort and we have some RFPs that we can pull wording from. We have a call booked with expert evaluator Dr Lyn Shulha from Queen's University on December 16th just to explore options.

Also helpful was a discussion with Jay Barber of PHAC (see PHAC meeting, below). Jay is new to the Youth Policy Division but has a great deal of experience in Evaluation.

The Evaluation Committee has a meeting scheduled for early January to discuss and determine the next steps in this process.

## **C) Canadian Centre for Substance Use - Three Meetings**

1. Pan Canadian Meeting for Sport and Recreation and Youth Substance Abuse Prevention – December 03, Ottawa:

The Executive Director participated in an invitational one-day, pan-Canadian meeting to discuss the use of sport and recreation for youth substance abuse prevention. The meeting included participation from key organizations in sport, recreation, health promotion and substance abuse. This meeting was a follow up from a stakeholder meeting held in March 2013 where participants reviewed the evidence on the use of sport in youth substance abuse prevention and identified priority areas for action.

The objectives of the meeting were: To build upon the suggestions from the March workshop to develop a research agenda that will address gaps in knowledge regarding sport and recreation for youth substance abuse prevention; and to develop a cross-sector network of stakeholders spanning research and practice that will strengthen ties between sectors, increase opportunities for collaboration, inform future research projects and engage in knowledge translation and exchange.

Participants reviewed the draft research agenda to provide their input, including comments on its relevance and suggestions for additional research questions. As well, meeting participants discussed knowledge exchange opportunities across projects, organizations and sectors.

2. Meeting with CCSA Staff - December 04:

While in Ottawa, Katherine was invited to meet with staff from CCSA to discuss the work of the JCSH and CCSA and to look at how the two organisations can potentially complement each other. At this meeting were Karine Diedrich, National Priority Advisor, Paula Robeson, Knowledge Broker, and Elva Keip, National Priority Advisor. Paula is leading the development of a “network of networks” for sharing information related to substance abuse. Elva is beginning some work on a set of competencies (technical and behavioural) for people working in substance use prevention; one piece of her work will be relevant to those who work with youth substance use prevention in schools.

3. Katherine also participated as a guest on a CCSA led-teleconference (Michael Stephens) with prevention experts and resource people from across the country. The aim of the teleconference was to seek feedback on the consultation approach that will be used to inform a Canadian Standards uptake or knowledge exchange (KE) strategy that will be implemented from 2014-17. The Canadian Standards being discussed were primarily the Youth Substance Abuse Prevention Standards -For Schools and For Communities.

## **D) Meeting with Public Health Agency Colleagues**

Maximizing on the time in Ottawa, Katherine met with Margaret Gillis, the JCSH Management Committee representative from PHAC, along with Jay Barber, Acting Manager, Youth Policy Division of Children, Seniors and Healthy Development, and Louise Aubrey, the PHAC representative on the School Health Coordinators’ Committee. The discussion focused on:

- JCSH Evaluation
- Renewal of federal funding
- Collaboration across federal departments
- HBSC on-going collaboration

## **Projects and Partners - Updates**

### **A) YE Toolkit Update**

The Youth Engagement Toolkit which is in the form of an online eBook is now in the piloting phase in order to obtain feedback on it before it is finalized and released to the public. Key informants from each jurisdiction have been invited to provide feedback along with some people who work with youth.

Your comments are also welcome. The toolkit can be accessed at:

[http://www.studentscommission.ca/jcsh\\_toolkit/](http://www.studentscommission.ca/jcsh_toolkit/)

If you wish to participate in the pilot, please let Katherine know asap. The Students Commission is hoping to complete the piloting before Christmas.

## B) PREVNet - NCE Application

PREVNet has announced that they have been invited to submit a full application to the National Centre of Excellence (NCE) competition. This is an exciting opportunity for PREVNet and at the next stage there is about a 50% success rate (as opposed to the 10% success rate at the Letter of Intent Stage). There were 83 applicants at the LOI stage and they think between 8 to 10 networks were invited to submit a full application. PREVNet expresses that this application presents an opportunity to **create the research agenda in Canada on bullying and victimization** and will have a budget of between \$5-6 million each year for creating research competitions and running our administrative centre. The NCE funding is likely for 10 years with another 5 year renewal possible as well.

For all partner organizations that wish to continue to be involved with PREVNet, they will require a signed Letter of Support from the organization indicating the level of in-kind and/or cash contributions that the organization is able to provide. More details about this letter will be sent in early January, including examples of what is meant by in-kind support. Letters will be due by early April.