

Keeping you up to date on events and resources essential for healthier schools and communities

About Us	Monthly Theme	Library Corner	Upcoming Events	Hot Topics & Releases
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About Us



Our Vision: Children and youth in British Columbia are nurtured in safe, caring, and inclusive schools and communities to ensure their well-being and maximize their potential.

Our Mission: To facilitate the use of evidence-informed approaches to promoting safe, healthy, and inclusive schools and communities.

Our Mandate: To provide research and resources which support the creation of safe and socially just schools and communities throughout the province.

To learn more about us and what is available through our centre...

Visit us online:	www.bccssc.ca	Office Hours:	Monday to Friday 8:30 – 4:30 pm Closed Saturdays, Sundays & Holidays
Contact us:	safeschoolscommunities@ufv.ca		
	1-888-224-7233 (TF) 1-604-870-5927 (FAX)		A203 - 33844 King Road Abbotsford BC V2S 7M8

Theme

Mental Health

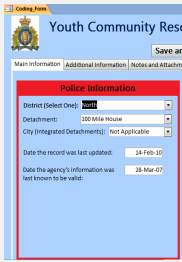
Mental illness can affect anyone. In British Columbia, approximately 15% of children and youth have some form of mental disorder. This means there are about 140,000 young people who experience distress and impaired functioning at home, at school, with peers, or in the community (Waddel and Shepperd, 2002). Canadian research conducted with youth in custody centres found that at least one half of those youth had mental health issues, including substance disorders (Trupin and Boesky, 2001). Though some experimentation with alcohol and other drugs may be common in adolescence, youth who had a substance use problem were also more likely to have a mental disorder (Healy, 2002). Drug use may happen to self-medicate symptoms of mental health problems, such as depression or anxiety (Adlaf et al., 2002). The onset of most mental illness occurs during adolescence and young adulthood (Government of Canada, 2006). According to the Centre for Addiction and Mental Health,

**There is a critical need for interventions that prevent aggression from being serious enough to warrant any kind of restraint or emergency response.
Mindfulness is sometimes referred to as the 'third wave' of behavioural therapies for people with developmental disabilities.**

Mindfulness is a cognitive process of drawing attention to one's moment-by-moment experiences (Kabat-Zinn, 1990). Did you know that mindfulness therapy is used in contemporary psychology to increase

awareness and create healthier responses than thought processes that lead to emotional distress and maladaptive behavior (Bishop et al., 2004)? The World Health Organization views mental health as a vital part of primary health care, and that effective primary health care requires a holistic approach.

Extra Judicial Measures Database for Vulnerable Youth in B



The BC Centre for Safe Schools and Communities is currently working with the Department of Justice Canada and E Division RCMP Youth Strategies Unit to develop a comprehensive, user-friendly inventory of youth-focused community programs in the area of drug addiction and mental health. This database will be available for police officers in their cars and in detachments across British Columbia. The goal is to assist police in continuing to promote a fair and more effective youth justice system, while enabling greater community participation for the positive development of youth. Further information can be obtained by calling Annette Vogt at 604-870-5474.

Materials to promote mental wellness can be found at:

- BC Ministry of Children and Family Development http://www.mcf.gov.bc.ca/mental_health/
- BC Schizophrenia Society – an alphabetical list of resources: <http://www.bcscs.org/category/resources/downloads/>
- Child & Youth Mental Health Offices - http://www.mcf.gov.bc.ca/mental_health/pdf/services.pdf
- F.O.R.C.E. Society for Kids' Mental Health <http://bckidsmentalhealth.org/>
- Helping Overcome Psychosis Early (HOPE) <http://hopevancouver.com/>
- Here to Help <http://www.heretohelp.bc.ca/>
- Kelty Resource Center www.bcmhas.ca/supportcentre/kelty/default.htm
- Canadian Mental Health Association offers two Peer Support Guides (one for supporting youth, and another for peer to peer support for parents with youth who have mental health problems): http://www.cmha.bc.ca/advocacy/youth_and_family

Publications:

- Government of Canada: Out of the Shadows: Transforming Mental Health, Mental Illness, and Addiction Services in Canada (2006). Find at: <http://www.parl.gc.ca/39/1/parlbus/commbus/senate/Com-e/SOCI-E/rep-e/pdf/rep02may06part1-e.pdf>
- Research Report for MCFD: Prevalence of Mental Disorders in Children and Youth. Find at: http://www.mcf.gov.bc.ca/mental_health/pdf/02a_cymh.pdf

Important Dates:

April 23 – 25, 2010 – Global Youth Service Days (GYSD)

An annual campaign to celebrate and mobilize children and youth to improve their communities through service and learning opportunities. GYSD is the largest service event in the world and is now celebrated in over 100 countries where children and youth address the world's most critical issues with families, schools, community and faith-based organizations, businesses, and governments. Plan or post your event by visiting the Youth Service America website where they also have free materials, such as posters, toolkits, and curricula guides to help you plan your event. <http://www.gysd.org/>

May 3 – 9, 2010 - Mental Health Week

Since 1951, the national office of the Canadian Mental Health Association has commemorated Mental Health Week. It is celebrated to draw attention to mentally healthy lifestyles and positive attitudes, promote education, and offer support. During this week, the branches from the Canadian Mental Health Association across B.C. have organized presentations, pancake breakfasts, thrift store sales, craft fairs, kite-flying events, barbecues, fun runs, yoga fests, and other community events. Watch for these in your community. For further information, visit the Canadian Mental Health Association at <http://www.cmha.ca/bins/index.asp>.

May 5 - 12, 2010 – International Youth Week

Youth week is an opportunity for people around the world to learn about youth from youth. From May 1st to 7th, youth across B.C. will be organizing activities and events to honour their diversity and celebrate contributions they have made to the community. Events to showcase, educate, and empower youth may include youth award ceremonies, advocacy campaigns, service projects, entertainment events, sports competitions, and educational forums. More information, including a sample of the activities that take place during BC Youth Week, can be found at www.bcyouthweek.com.

October 3-9, 2010 - Mental Illness Awareness Week (MIAW)

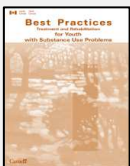
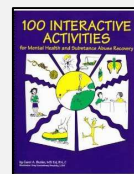
MIAW is an annual national public education campaign to raise awareness about mental illness. For more information, contact the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) 141 Laurier Avenue West, Suite 701 Ottawa, Ontario K1P 5V9, or call TOLL FREE: 1 866 528 8218.

Library Corner

The BC Centres' Library collection has many resources to promote a better understanding of mental health and related issues. Below is a sample of book titles that can be borrowed from our library:

100 Interactive Activities for Mental Health and Substance Abuse Recovery

With 100 activities related to topics such as anger management, assertion, cognitive changes, coping, inspiration, and stress management, this book offers a range of interactive learning ideas to bring fun and meaning to group sessions.

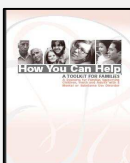
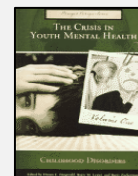


Best Practices: Treatment and Rehabilitation for Youth with Substance Use Problems

This report identifies elements of best practices in the treatment and rehabilitation of youth with substance use problems, as well as addresses barriers to effective treatment.

The Crisis in Youth Mental Health: Issues for Families, Schools and Communities

From discussing rising rates of depression, anxiety, attention deficit, conduct disorders, suicidal thinking, and other serious psychological problems, this book focuses on the socio-economic issues related to childhood mental health, and the infrastructure that either reinforces or prevents these problems from occurring.

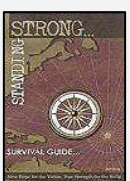
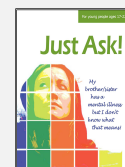


How you can help: a toolkit for families

The goal of this toolkit is to highlight some of the more common issues that arise for family members who have a loved one challenged by a mental illness.

Just Ask!

This guide discusses myths, tips, common feelings related to having a family member with a mental illness, including recovery strategies, and other practical information about a range of mental illnesses. These include mood disorders, anxiety disorders, psychosis, eating disorders, self-injury, suicide and ADHD.



Standing Strong: New Hope for the Victim, True Strength for the Bully

Written and developed in B.C. by Assistant Superintendent Rob Inrig (Richmond School District), this guide emphasizes how victims can overcome bullying and helps readers to understand the motivations underlying bullying behavior.

The Centre's library has resources for a wide variety of safety and social responsibility-related themes. We welcome you to search our on-line catalogue at <http://www.ufv.ca/bccssc> or call us for more information at 1-888-224-7233.

Upcoming Events and Activities

Crime Prevention Forum

April 28, 2010 (6-9 pm)

A presentation for parents and community members offered in partnership by the Abbotsford School District and the Abbotsford Police Department. Forensic behavior specialists, Dr. Mary Ellen O-Toole, and Dr. Matt Logan will be featured, in addition to filmmaker, Andree Cazabon. For more information contact Andrea Senft: 604-859-4891(1286) or 604-864-5437 (cell).

GREAT (Girls Reaching for Esteem and Trust) and BLAST! (Boys Life Skills and Safety Training)

April 2010 (Common Wealth Centre, Cranbrook) and May 2010 (College of the Rockies)

These separate conferences for youth are community-driven initiatives developed in partnership with the West Kootenay School District No. 5, local nonprofit, for profit, and governmental groups to empower youth in areas of vulnerability. More information can be obtained by contacting safeschools@sd5.bc.ca email or by visiting their website at <http://socialresponsibility.sd5.bc.ca>

Parenting Through Separation and Divorce

April 30, 2010, SFU Harbour Centre, Vancouver, BC

A new seminar to help families manage the process of separation and divorce, and support their child's adjustment to a new family structure. For more information, click <http://www.bccf.ca/> To register, phone 604 678 8884 or visit online at bccf@bccf.ca.

Graduate Research Conference on Children's Literature and Cultural Texts

May 1, 2010, University of British Columbia

Entitled, "Second to the Right and Straight on Till Morning: Navigating the Narrative Realm(s) of Children's Texts, a one-day peer-reviewed conference will feature graduate research that explores and questions facets of children's literature or texts. Keynote speakers Maria Tator and Philip Nel will be present. For more information visit www.lled.educ.ubc.ca/conf2010.

Introduction to Volunteer Management

May 5, 2010, University of the Fraser Valley, Abbotsford, BC

This is a hands-on interactive workshop to benefit those needing organization with volunteer programs. The workshop will address the basic principles of running an effective volunteer program from planning, selection, and recruitment to orientation, training, supervision, evaluation, recognition, and motivation. For further information or to register visit:

<http://www.volunteerabbotsford.ca/index.php/load/file/programandservices.html>

Non-Profit Board Governance

May 6, 2010, University of the Fraser Valley, Abbotsford, BC

This interactive workshop covers board structure, board responsibilities, attributes of high performing boards, the ideal board, inherent risks, and trends in non-profit boards. For further information or to register on-line visit: <http://www.volunteerabbotsford.ca/index.php/load/file/programandservices.html>

Social Media – The Next Step?

May 11, 2010, University of the Fraser Valley, Abbotsford, BC

This workshop will specifically focus on utilizing social media to the advantage of a business and the next step to maximizing exposure of a business through the use of all available social media outlets. For further information or to register online visit:

<http://www.volunteerabbotsford.ca/index.php/load/file/programandservices.html>

Conflict Resolution Skills: Dealing with Difficult People

May 25, 2010, Holiday Inn Vancouver Centre, Vancouver BC

This workshop will teach participants to understand the dynamics of conflict and be able to respond confidently when faced with difficult situations. To register, phone 204-452-0180 or online at <http://www.achievecentre.com/winterspring10/bc.html>

Enterprising Non-Profits

May 28, 2010, University of the Fraser Valley, Abbotsford, BC

This workshop will help define what social enterprise is, how it might contribute to a non-profit mission, and the basic steps for getting started to see whether social enterprise is a match for an organization. For further information or to register online visit:

<http://www.volunteerabbotsford.ca/index.php/load/file/programandservices.html>

Understanding the Impact of Trauma & Neglect on the Developing Child

June 2-3, 2010, JIBC School of Community & Social Justice, New Westminster, BC

This two-day course is for counselors, social workers, therapists, psychologists, health care workers, and others who work with children in their practice. The course will focus on the treatment approaches that can create a better understanding of developmental trauma, neglect, and the relational problems that arise from neglect and threat, and discuss new directions for clinical program development and policy. To register, phone 1-877-528-5591 or online at www.jibc.ca/cccs

Childhood and Adolescent Obesity 2010

October 27-29, 2010, Hamilton Convention Centre, Hamilton, Ontario

Further information regarding this conference will be posted on their website at

http://www.interprofessional.ubc.ca/Obesity_Conference.htm

Hot Topics and Releases

Youth Re-integration Comic Book

The Healthy Aboriginal Network, a Vancouver based nonprofit agency, recently received funding to create another comic book about re-integrating youth back into their community after contact with the justice system. Since it can be easy for youth to fall back into old patterns, especially when gang, addiction, mental health, and FASD issues are present, the book will be targeted for youth, their workers, families, and friends. If you are familiar with these challenges, please send strategies for making this transition easier. Ideas are needed by April 30th to create a 'how to' illustrated storybook. Contact Sean Muir at 604-876-0243 or sean@thehealthyaboriginal.net.

iMinds – Learning Resources

The Centre for Addictions Research is working to develop a set of learning resources, called iMinds, that will help teachers better support their students by understanding the link between human behaviour, substance use, and mental health. The objective is to be able to provide students with the knowledge and skills necessary to maximize their wellbeing in the real world. For more information, visit

<http://www.rfv.org.au/iMind>

TEXTed Pilot Website

The Canadian Centre for Child Protection and the Canadian Wireless Telecommunications Association (CWTA) launched **textED.ca**, an innovative and interactive website designed to teach teens to be safe, responsible, and respectful users of texting technologies. The launch involves piloting the site in 100 Grade 7 classrooms across Canada. From learning how to deal with textual harassers, to helping teens deal with stress or a relationship break-up, the textED.ca website offers games, quizzes, discussion pages, downloads, and other fun tools to help youth navigate difficult issues. Teachers are encouraged to visit www.textED.ca to access lesson plans and for details on an exciting class project contest.

Teach Today

This newly developed website provides information and advice for educators regarding the positive, responsible, and safe use of new technologies. Teachtoday provides a one-stop shop where teachers or support personnel can have questions answered related to this issue. The website also contains links to teaching resources, including lesson plans and videos to support classroom instruction.

<http://www.teachtoday.eu/>

FIPA – Culture of Care...or Culture of Surveillance?

In February's Throne speech, the BC Government announced a further \$180 million to move ahead with their Integrated Case Management (ICM), which has important implications for non-profit organizations and their clients. A group of local organizations have been engaged in a research initiative on this topic since the summer of 2008, and the resulting report "Culture of Care...or Culture of Surveillance?" has just been released. Download the report at:

[http://www.ucscoop.com/uploads/documents/PCSO_Report_FINAL_March_2010\(2\).pdf](http://www.ucscoop.com/uploads/documents/PCSO_Report_FINAL_March_2010(2).pdf)

We would love to hear from you!

If you have information or an event to support the goal of promoting mental health, please call or forward your correspondence to safeschoolscommunities@ufv.ca for consideration in our next newsletter. We look forward to hearing from you!



www.bccssc.ca

www.bccnnpd.ca

www.bccsr.ca