

Expansion of Revelstoke Secondary School Neighbourhood of Learning Community Services



School District 19
(Revelstoke)

February 2018

Services currently offered at Revelstoke Secondary School on a Weekly basis:

- ✚ Options for Sexual Health (OPT) clinic (11:30 am – 12:25 pm)
- ✚ Community Connections Family/Youth Services Staff (counseling, small group work and mentorship)
- ✚ Revelstoke Women's Shelter promoting healthy relationships, food, games at lunch (11:30 am – 12:25 pm) in the school's Common area
- ✚ MCFD Clinical Psychologist available all day for booked appointments

The district is expanding services provided to students at Revelstoke Secondary School.

Weekly medical services will be added to the community services currently provided at the school. Local physicians Dr. Veale and Dr. Cruise-Hardy, as well as Interior Health Public Health Nurse, Kelsey Croxall, will take turns offering weekly clinics in a drop-in format. The clinic will be open from 11:30-2:30 on Wednesdays, and will be located in the counseling area at the school. The district is grateful to the doctors and nurses who are working in such innovative ways to provide our students with barrier-free access to care.

These partners join our school counsellors, Career Coordinator, and Aboriginal Student Assistant in our student services hub. We are very fortunate to have such a wide range of services available to our students.



Parents As Ultimate Supporters and Educators (P.A.U.S.E.) for Mental Health Program

PAUSE is a six-session program, co-taught by the classroom teacher and a facilitator, trained in the FRIENDS program. The design is three in-class sessions, and three sessions in which parents come into the Grade 5 class with their children to learn about mental health. PAUSE aims are to:

- ✓ Teach about recognizing anxiety, and the close link between anxiety and depression
- ✓ Introduce coping strategies/tools/techniques to address anxiety
- ✓ Provide a shared experience
- ✓ Create a common mental health language (school, home, in the wider community)
- ✓ Decrease stigma
- ✓ Increase the awareness of mental health resources available, including providing an opportunity for students and their parents to visit stations led by local community service providers
- ✓ Provide take-home activities and resources

The format of PAUSE is similar to POPS or PALS in the primary grades. Parents or caregivers arrive at lunchtime, and the teacher and facilitator, and any other guests all eat lunch together. The facilitator outlines the topic for the session, introduces any community service providers present, and shares some resources. Students come in from playing at lunch, and join their parent/caregiver.



Any student whose parent has been unable to come can choose an older buddy or sibling to join them. Once in a while students have chosen to ask another adult at the school to come (EA, secretary, library clerk, etc.). Caregivers and students are then invited to visit 4 different station areas, where they get to meet people in the school system and our community who help support mental



health. For example, stations have been led by: private counselors, MCFD clinical counselor, the Superintendent of Schools for the District, the project lead for the Child and Youth Mental Health Substance Use Collaborative, the Aboriginal Student Support Worker, the Women's Shelter, yoga instructors, the school Principal, the District Principal for Student Services, etc. After about 10 minutes at each of the 4 stations, the whole group comes back together to debrief the learning, and to have a look at the take-home strategy kits. Kits include resource cards, take-home activities and a book for home.

This is our second year running PAUSE, and we have expanded it from one school to all 3 elementary schools. Our goal is to have every Grade 5 student and their caregiver have a chance to do PAUSE. We have used CommunityLINK funding, as well as a Healthy Schools Regional Grant of \$5000 to run the program. It costs approximately \$2500 to run a series at a school, including facilitator time, materials costs, lunch and take-home kits.