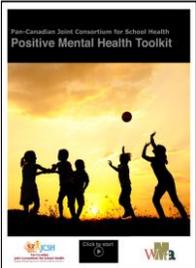
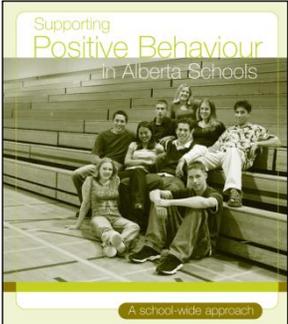
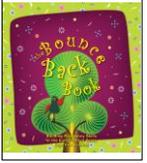


Mental Health Resources		
Title	Description	Website
Joint Consortium For School Health http://www.jcsh-cces.ca		
Healthy School Planner Tool 	Online tool to help schools create healthier environments. It offers a way to assess the overall environment as well as the option to focus on specific topics such as healthy eating, physical activity, tobacco or positive mental health. Includes recommendations and links to resources.	http://www.healthyschoolplanner.uwaterloo.ca/ http://www.hsp.uwaterloo.ca/_global/documents/HSP_Handout_20121016.pdf
Comprehensive School Health Framework 	Comprehensive School Health is an internationally recognized framework for supporting improvements in students' educational outcomes, while addressing school health in a planned, integrated and holistic way.	http://www.jcsh-cces.ca/index.php/school-health
Schools as a Setting for Positive Mental Health: Better Practices and Perspectives 	The key perspectives and practices may serve as a useful planning resource for teachers and school administrators in the development or implementation of positive mental health approaches.	http://www.jcsh-cces.ca/upload/PMH%20July10%202011%20WebReady.pdf
Positive Mental Health Toolkit 	Includes an assessment tool (schools rate their progress on six indicators) and information on taking a Comprehensive School Health approach to mental health promotion.	http://www.jcsh-cces.ca/index.php/positive-mental-health

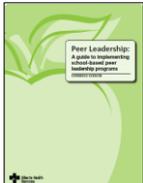
Alberta Education		
Title	Description	Website
Mental Health Matters 	Offers resources, strategies, tools and learning and teaching resources to support the promotion of positive mental health among children, youth and their families.	http://www.education.alberta.ca/mentalhealthmatters
Creating Caring, Respectful and Safe Learning Environments	This resource focuses on engaging the entire school community in creating awareness, communicating, preventing and intervening to build caring, respectful and safe schools that support healthy relationships and facilitate student learning. It also provides ways to maintain and enhance caring and safe learning environments.	http://education.alberta.ca/admin/supportingstudent/safeschools.aspx
Supporting Positive Behaviour in Alberta Schools 	This three-part resource offers: Part 1: <i>Supporting Positive Behaviour in Alberta Schools: A school-wide approach</i> : Describes a comprehensive school-wide approach that involves all students, all staff and all school settings. Part 2: <i>Supporting Positive Behaviour in Alberta Schools: A classroom approach</i> : Provides information and strategies for systematically teaching, supporting and reinforcing positive behaviour in the classroom. Part 3: <i>Supporting Positive Behaviour in Alberta Schools: An intensive individualized approach</i> : Provides information and strategies for intensive, individualized support and instruction for the small percentage of students requiring this level of intervention.	http://education.alberta.ca/admin/supportingstudent/safeschools/behaviour.aspx
Framework for Student Learning 	The competencies described in this framework are the attitudes, skills, and knowledge that contribute to students becoming engaged thinkers and ethical citizens with an entrepreneurial spirit.	http://education.alberta.ca/teachers/aisi/themes/21-century.aspx
Framework for K-12 Wellness Education 	The purpose of this framework is to provide guidance for the future development and implementation of K-12 education wellness programs.	http://education.alberta.ca/teachers/program/wellness-education.aspx

Inspiring Education		<p>This report presents a vision for education which includes “the Three E’s” of education for the 21st Century: Engaged Thinker, Ethical Citizen, and Entrepreneurial Spirit. Underlying the Three E’s are six core values: opportunity, fairness, citizenship, choice, diversity and excellence.</p>	<p>http://www.inspiringeducation.alberta.ca/</p>
<p>Alberta Teachers Association – Healthy Minds Bright Futures</p>		<p>http://www.teachers.ab.ca/News%20Room/IssuesandCampaigns/Pages/HealthymindsBrightfutures.aspx</p>	
<p>Alberta Health Services</p>			
Grip Magazine		<p>Grip magazine is written by youth for youth. The focus is mental health and well-being topics relevant to 13-18 year olds</p>	<p>http://www.griponlife.ca/</p>
Bounce Back Books		<p>These books suggest hands-on activities that parents and teachers can use to develop children’s resiliency skills. Books are available for ages 0-2 years, 2-4 years, and 5-9 years.</p>	<p>http://www.albertahealthservices.ca/8800.asp</p>
Mental Health Brochures		<p>Brochures on anxiety, depression, stress, and exam stress.</p>	<p>http://www.albertahealthservices.ca/8800.asp</p>
Elementary Mental Health Kit		<p>This is a curriculum-based teaching resource for students in Grades 4-6 to teach students about mental wellness</p>	<p>http://www.albertahealthservices.ca/7599.asp</p>
Junior High Mental Health Kit		<p>This is a curriculum-based teaching resource for students in Grades 7-9 to teach students about mental wellness</p>	<p>http://www.albertahealthservices.ca/6872.asp</p>

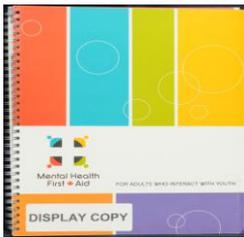
Information for Schools and Teachers	This website contains links to resources on topics such as: <ul style="list-style-type: none"> • Addictions and Substance Abuse Prevention • Comprehensive School Health Approach • Elementary Mental Health Kit & Junior High Mental Health Kit • Injury Prevention • Mental Health for Children and Youth • Occupational Therapy On-Hand • School Nutrition • Sexual health • Tobacco Reduction Resources for School Aged Youth 	http://www.albertahealthservices.ca/2909.asp
Mental Health and Wellness	This website provides information on how to access services and provides links to additional resources, information about mental health & wellness, programs, services and facilities, supports and networks.	http://www.albertahealthservices.ca/mentalhealth.asp
Healthy Minds Healthy Children	Professional development and resources for individuals working in child and adolescent addictions and mental health.	http://www.albertahealthservices.ca/4718.asp

Addictions Preventions Resources

Alberta Health Services

Title	Description	Website
Addictions and Substance Abuse Information for Teachers	Includes Substance Abuse Lesson Plans (grade 3-12), teacher information, prevention strategies, information about Addiction and Mental Health Education in Schools, and links to the Peer Leadership Manual.	http://www.albertahealthservices.ca/2674.asp
Developing Substance Abuse and Gambling Policies for Alberta Schools	This resource provides guidance to school staff who are involved in developing and implementing a school substance use and gambling policy.	http://www.albertahealthservices.ca/AddictionSubstanceAbuse/if-tch-school-policy-manual.pdf
Peer Leadership: A guide to implementing school-based peer leadership programs <div style="text-align: center; margin-top: 10px;">  </div>	This comprehensive manual provides junior and senior high school staff with a guide to implement a peer leadership program among students. Peer leadership programs can be part of a comprehensive solution to the prevention of substance abuse and gambling, as well as other priority health issues.	http://www.albertahealthservices.ca/2680.asp

Additional Resources

Title	Description	Website
"Open Up" Video	A video created by educators, for educators, on the topic of school mental health and substance abuse.	http://www.ocdsb.ca/com/Mental%20Health%20Docs/OPEN%20UP%20Flyer.pdf
Mental Health First Aid (MHFA) 	MHFA is training for individuals working with children and youth to help a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. This program aims provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.	http://www.mentalhealthfirstaid.ca/
Centre for Addiction and Mental Health (CAMH) – Talking About Mental Illness Teacher's Resource	Teacher's Resource Guide contains all information, support and tools to implement "Talking about Mental Illness" in the classroom - an awareness program that has been proven to bring about positive change in students' knowledge and attitudes about mental illness.	http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/tami_teachersresource.aspx
Canadian Mental Health Association (CMHA)	Publications and Resources	http://www.cmha.ca/
Teen Mental Health	Website to help improve the mental health of youth by the effective translation and transfer of scientific knowledge. Our model is to use the best scientific evidence available to develop application-ready training programs, publications, tools and resources that can be applied across disciplines to enhance the understanding of adolescent mental health and mental disorders.	http://teenmentalhealth.org/
Collaborative for Academic Social and Emotional Learning		http://casel.org/
Kids Help Phone	Free Posters http://events.kidshelpphone.ca/2011_school_mailing_orderform/index.html	http://org.kidshelpphone.ca/en
Family & Community Education Resource Centre	The Community Education Services (CES) provides parents/caregivers and other community members with opportunities to access free, evidence-informed education sessions and resource materials to address child, youth, and family health and mental health needs.	http://fcrc.albertahealthservices.ca/ces.php

<p>Mind your Mind</p>	<p>This website provides youth and emerging adults with access to info, resources, tools and personal stories of individuals during tough times.</p>	<p>http://www.mindyourmind.ca</p>
<p>Blue Wave</p>	<p>Blue Wave is a program of the Canadian Mental Health Association of BC. The website, tailored to teens, provides information on anxiety, substance abuse and depression, links to supportive resources, and information on how to talk to your family or someone who can support you.</p>	<p>http://www.ok2bbblue.com</p>
<p>YouThrive</p>	<p><i>YouThrive</i> is a practical resource for leaders in communities and schools across Ontario who work with youth aged 12 to 19. It is designed for people who want to create communities in which young people can thrive and develop capacity to realize their own abilities, make a contribution to society and learn how to take control of their own lives.</p>	<p>http://www.youthrive.ca/</p>
<p>School projects based on John Ratey's book, SPARK: The revolutionary new science of exercise and the brain.</p>	<p>Sept 30, 2013 – Ottawa Citizen: “Fitness class before math adds up to better marks, Ottawa high schools discover”</p> <p>The Global and Mail -- How to build a healthier, smarter student” -- Part 2 of the series “Are physically active kids better learners?” (videos embedded)</p>	<p>http://www.ottawacitizen.com/health/high+schools+across+Ottawa+students+running+spinning+doing/8974786/story.html</p> <p>http://www.theglobeandmail.com/news/national/education/how-to-build-a-healthier-smarter-student/article4209903/</p>
<p>At My Best</p> 	<p>At My Best is a free, curriculum-supported toolkit for children in grades kindergarten to grade three that promotes and develops physical activity, healthy eating and emotional well-being.</p> <p>Includes lesson plans, classroom posters, task cards, blackline masters, music CD, storybook and take-home materials.</p>	<p>http://www.atmybest.ca/teachers</p>