

# Building a Shared Understanding of Mental Health and Substance Use in School Communities with the New *Language Matters* Resource

May 8, 2024

Welcome! We will begin the presentation shortly. Please note that your microphones have been muted and your cameras are turned off.



*We gratefully acknowledge that we are gathered on the unceded, traditional, and ancestral lands of First Nations in this place currently known as British Columbia where we work, play and live.*

*First Nations have been responsible for stewarding this land for all time and we give thanks as uninvited guests on these lands.*



# BC Children's Supports for School Communities

## We offer:

- Support with school mental health promotion planning and implementation
- Resources and support for parents and caregivers - [keltymentalhealth.ca](https://keltymentalhealth.ca)
- Support for school counsellors and other clinicians providing mental health and substance use care to students - [compassbc.ca](https://compassbc.ca)



## School Mental Health Promotion

The BC Children's School Health Promotion team supports school communities with mental health promotion planning and implementation by providing coaching, resources and professional learning.

For resources and  
information, visit  
[keltymentalhealth.ca/  
school-professionals](https://keltymentalhealth.ca/school-professionals)



## Housekeeping

- Attendees are automatically muted and cameras are turned off.
- Please submit questions for the speakers through the “Q&A” function.
- Please submit technical questions or comments through the “Chat” function. Messages will go to the meeting hosts only.
- At the end of the webinar, a survey will pop up that we invite you to complete.
- The webinar will be recorded and made available on the School Professionals section of the Kelty Centre website:  
[keltymentalhealth.ca/school-professionals](https://keltymentalhealth.ca/school-professionals)



## Agenda

- Introduction
- Overview of the Resource
- Panel Discussion
- Q & A
- Wrap Up



**Danielle Carter-Sullivan**

**Executive Director of Early Learning, Mental Health & Student Safety,  
Ministry of Education and Child Care**



# LANGUAGE MATTERS!

An Introductory Guide for Understanding Mental  
Health and Substance Use: A Resource for  
Educators and School Communities





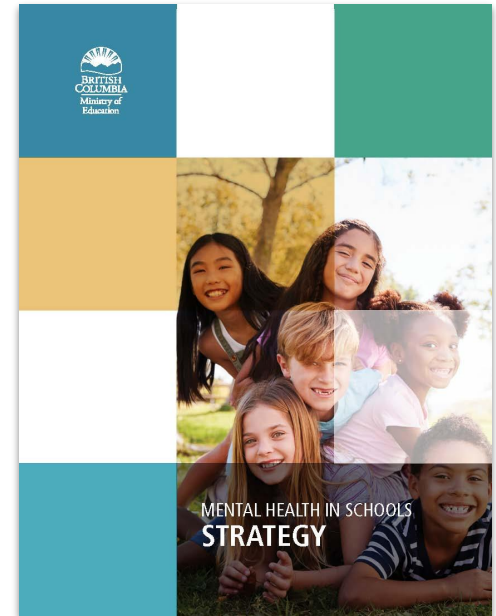
**Dr. Alex Gist**

**Health Promotion Specialist  
BC Children's Hospital**



# Overview

- Introductory resource on mental health and substance use for school communities
- Addresses Key Action for Mental Health in Classrooms from the *Mental Health in Schools Strategy*:
  - Develop a common language and understanding of mental health terms to improve mental health literacy and reduce stigma.





# Overview

## Audience

- Educators, administrators, school support staff, and school community partners.
- Also can be shared with parents/guardians and caregivers and health professionals who work with school-aged children and youth



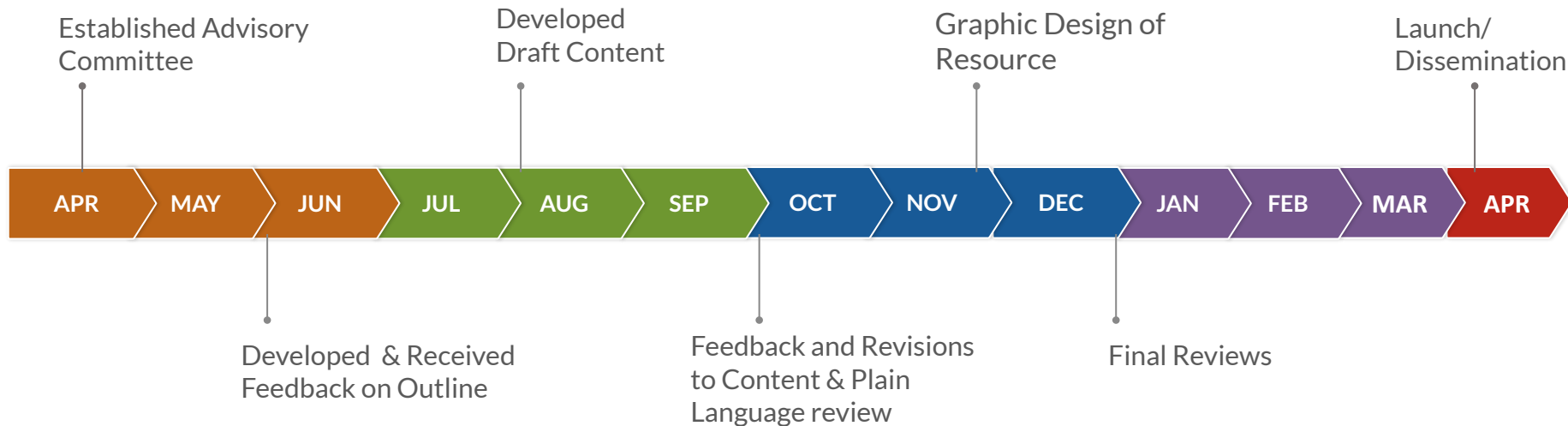
# Overview

## Aims

- Defining key mental health and substance use terms and concepts
- Discuss role of school communities in supporting student mental health and well-being
- Support a common understanding of mental health and substance use language across school communities and partners



# How was the Resource Developed?





## What's In the Resource?

- The importance of mental health for the overall health of the school community
- Cultural conceptualizations of mental health and substance use
- Defining mental health and the different states of mental health
- Common mental disorders
- Mental health promotion, risk, and protective factors
- Self-harm and suicide
- Substance use
- Trauma and trauma-informed practice
- The school community's role in supporting student mental health and wellness
- Creating safe, supportive, and inclusive learning environments for all students
- Mental health professionals in the school, health care system, and community
- Educator well-being

# LANGUAGE MATTERS!

An Introductory Guide for Understanding Mental  
Health and Substance Use: A Resource for  
Educators and School Communities

# Promotional Poster

## LANGUAGE MATTERS!

An Introductory Guide for  
Understanding Mental Health and Substance Use:  
A Resource for Educators and School Communities

***Language Matters is an introductory guide on mental health and substance use for educators, administrators, school support staff, and other personnel who work with children and youth in school communities.***

The guide has been developed to help facilitate conversations, build common understandings, and support practice by defining and discussing key mental health and substance use terms and topics. Developing a common language and shared understanding of mental health and substance use terms and concepts can help to improve mental health literacy and reduce stigma.

This resource was developed in partnership with the BC Children's Hospital's Health Promotion and Health Literacy team.

The *Language Matters* resource provides an overview of a number of key topics, including:

- The importance of mental health for the overall health of the school community
- Cultural conceptualizations of mental health and substance use
- Defining mental health and the different states of mental health
- Common mental disorders
- Mental health promotion, risk, and protective factors
- Self-harm and suicide
- Substance use
- Trauma and trauma-informed practice
- The school community's role in supporting student mental health and wellness
- Creating safe, supportive, and inclusive learning environments for all students
- Mental health professionals in the school, health care system, and community
- Educator well-being



[Download the Language Matters guide](#) with the QR code and share with your colleagues and school community partners.





**Kari McDougall, MPH** (she/her)  
**Project Leader, Healthy Schools Program, Fraser Health**



**Mike Hooker** (he/him)  
**Retired Superintendent, SD 19 (Revelstoke)**



**William Nicholls-Allison, MA, RCC, CCC** (he/him)  
**School Counsellor, SD 61 (Greater Victoria)**



# Stay connected with our newsletter for BC school communities!

Join our newsletter for school communities and stay connected

Get the latest on resources, news and upcoming events.



Subscribe

*The latest mental health information for BC school communities delivered straight to your inbox.*

[keltymentalhealth.ca/school-professionals](https://keltymentalhealth.ca/school-professionals)

**Contact us:**  
[schoolmentalhealth@cw.bc.ca](mailto:schoolmentalhealth@cw.bc.ca)

