BC Children's Hospital | Kelty Mental Health Resource Centre
Provincial Health Services Authority

Finding the Right Fit: Mental Health Programs

Implementing a mental health program requires significant time, training and resources. It's important to choose a program that is a good fit for your school community in order to benefit the mental health and well-being of students and staff.

Together with a team of researchers and educators, the Health Promotion and Schools Team has created a set of questions to help schools make decisions about and choose mental health programs that fit their learning context.

Before choosing a mental health program, consider these questions:

How feasible is it for educators to deliver the program? How much prep time and class time does it take?

What are educators' and students' impressions of program content?

Which mental health outcomes or protective factors are you targeting? How strong is the evidence that the program is effective at improving them?

How does it promote Reconciliation, justice, equity, inclusion and diversity? How does it represent and meet the cultural needs of your community?
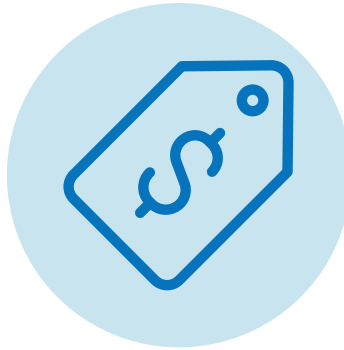
How can the program be adapted while maintaining its core components?

How does it meet individual learning needs? Does it use Universal Design for Learning?

Health Promotion & Schools

Is it developmentally appropriate?

How much does it cost? Is the cost sustainable?

What training is offered?

How sustainable is ongoing implementation (for example, training new staff)?

Is ongoing implementation support available?

Is it compliant with the BC Freedom of Information and Protection of Privacy Act?

Does it come with valid tools for evaluating program effects?

Does it have a family and/or community component?

Who is the program designed for? For all students or for a targeted population of students?

Questions? Contact Us!

schoolmentalhealth@cw.bc.ca

The Ministry of Education and Child Care has also developed an optional Decision-Making Tool (French version) to support educators in identifying appropriate, effective mental health and substance use resources (e.g., lessons, videos, websites & presenters) for their learners.