

HEALTHY MINDS
PASSPORT TO HEALTH
TEACHER DEVELOPMENT WORKSHOP SERIES
JANUARY 16TH, 2014

Presented by: Comprehensive School Health Cohort
Melanie Duncan and Michelle Griffiths

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INTRODUCTION

- *Healthy Minds* is the first of 5 Teacher Development workshops led by BEd students
- CSH focus: Health promotion based on the three pillars: a balance of physical, social and emotional / mental health
- Passport/ stamps/ prize and PD certificates*!

- *Make sure you give Sonja your e-mail to receive your certificate of attendance (great for your portfolio)!

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INSPIRATION

- “It is easier to build strong children, than to repair broken men.” - Frederic Douglass

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AGENDA

- Connection to keynote address
- Activities: Fact or fiction? and Did you know?
- Personal stories relating to mental health
- Resources, questions and sharing

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DR. JEAN CLINTON

Canada's authority on
children's well-being



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DID YOU KNOW?

- 1 in 5 Canadian youth are affected by mental health issues
- Suicide is the 3rd leading cause of death among youth ages 10-19
- 2 out of 3 youth are not getting the help they need

- PED3144 source: Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada (May 2006)

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FACT OR FICTION?

- As a result of years of negative experiences, adults can develop depression. Although they can be sad, children have not experienced enough life to become clinically depressed.

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MYTH!

- The facts: People of any age can have depression. Many children with depression go undiagnosed. They may be diagnosed and treated for other conditions such as attention deficit hyperactivity disorder (ADHD) or conduct disorder, while depression is not adequately addressed. Rates of depressive symptoms in children are approximately nine per cent. By adolescence, the rate increases to over 20 per cent.

- British Columbia Ministry of Education - Teaching Students with Mental Health Disorders - Teacher Resources

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FACT OR FICTION?

- Slender people are happier and more successful.

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MYTH!

- Despite a concerted effort by an individual with an eating disorder to attain the elusive feelings of happiness and success, the obsessive nature of the conditions results in the opposite outcome. Feelings of shame, inadequacy, and the drive for perfection result in withdrawal from friends, family and pleasurable activities - the very things that promote healthy feelings of happiness and success.

• www.bced.gov.bc.ca/specialed/edi/8.htm#Reflection

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MICHELLE'S STORY



- Recent Cosmopolitan article title:
- Looking Good: Plus Size Supermodel Robyn Lawley Models Her Own Swimwear
- ?

<http://www.cosmopolitan.com/celebrity/news/robyn-lawley-swimwear>



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RESOURCES

- *Teaching Students with Mental Health Disorders, Resource for Teachers, Volume 1, Eating Disorders* by the British Columbia Ministry of Education, Special Programs Branch (<http://www.bced.gov.bc.ca/specialed/edi/ed1.pdf>)
- *Teaching Students with Mental Health Disorders, Resource for Teachers, Volume 2, Depression* by the British Columbia Ministry of Education, Special Programs Branch (http://www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf)
- *Perfect Girls, Starving Daughters* by Courtney E. Martin
- *Goodbye Ed, Hello Me and Life Without Ed* by Jenni Schaefer
- *Almost Anorexic* by Jenni Schaefer and Jennifer J. Thomas, Ph.D.
- *Reinventing Your Life: The Breakthrough Program to End Negative Behaviour* by Jeffrey E. Young, Ph.D. and Janet S. Klosko, Ph.D.
- *Why People Die By Suicide* by Thomas Joiner
- *But Inside I'm Screaming* by Elizabeth Flock

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MELANIE'S STORY



- A different perspective...

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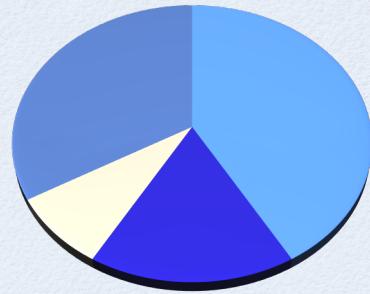
RESOURCES

- Child and Youth Mental Health Information Network,
www.cymhin.ca
- *Counseling Skills for Teachers*, by Jeffrey A. Kottler and Ellen Kottler
- Do It For Daron, www.difd.com
- *Making a Difference: An Educator's Guide Child and Youth Mental Health Problems*, a PDF document available through CYMHIN
- Mind Your Mind, www.mindyourmind.ca

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EMOTIONAL PIE



● Happy ● Angry ● Frustrated ● Excited



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THOUGHT JOURNAL

Situation	Feeling(s)	Automatic Thoughts	Realistic Answers	Outcome
What were you doing or thinking when you started to feel bad?	What symptoms did you notice (e.g. anger, sadness)? How bad did you feel? On a scale from 0-10 with zero as "good" and 10 as "terrible".	What was going through your mind immediately before you started to feel bad?	How can you answer the negative thoughts realistically and constructively? Is there anything you can do to test out the thoughts or handle the situation differently in the future?	How do you feel now that you have tried to answer the thoughts? On a scale from 0-10 with zero as "good" and 10 as "terrible".

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RESOURCES

- Make sure you take a handout before you leave!
- We have prepared a list of resources for you!

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WHAT'S YOUR STORY?

- Do you have any questions?
- Does anyone have an experience they would like to share, relating to mental health?
- Or, to mental health in schools?

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THANK YOU FOR COMING! :)

NEXT THURSDAY DON'T MISS

NUTRITION AND SCHOOL

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