



MENTAL HEALTH CAPACITY BUILDING PROGRAM

WRPS MHCB PROGRAM

Formerly referred to as HUB, the WRPS **Mental Health Capacity Building Program** is refining its focus based on requirements by Alberta Health Services (refer to *MHCB Grant Overview* for additional information). The program will continue to promote positive mental health for all children, youth, families along with those in the community who interact with children and youth through promotion and prevention strategies.

WRPS MHCB Model

WRPS *MHCB* programming will mitigate the effects of Adverse Childhood Experiences (ACE), by the selection and implementation of intentional, evidence based programs that align with ACE. This model focuses on how school, family and community systems impact children and youth when they experience adverse childhood experiences. The model views children and youth as “forever changed” rather than “forever damaged” as a result of adverse childhood experiences.

WRPS *MHCB* staff will develop targeted content that can be applied universally by working closely with school staff to:

- implement classroom programs;
- promoting school-wide approaches; and
- provide short-term support for emerging needs until a referral is completed.

WRPS *MHCB* staff will also be developing and implementing parent and community workshops.

Implementing Classroom Lessons and Programs

Classroom lessons based on implementation of the ACE model will be delivered:

- *MHCB* staff will deliver prepared lessons to identified classrooms in collaboration with classroom teachers; and
- As needed, students will be provided individual or small group opportunities by *MHCB* staff to support lessons; and
- Teachers will maintain program elements in their classrooms.

Promoting School-Wide Approaches

MHCB staff will promote school-wide approaches. School-wide approaches are essential. The greatest impacts occur when staff is cohesive and everyone is doing the same thing. School-wide approaches:

- focus on the essentials;
- create clear, common understanding of professional / program terms;
- monitor and reflect on what is being done rather than repeat something unproductive;
- establish practical “how to’s” based on what is essential; and
- do less better.

Parent and Community Workshops

Schools are hubs for mental health prevention & promotion activities for children, youth and families. However, these activities extend beyond school boundaries to involve parents, caregivers and other community members who closely interact with children and youth. Parent and community workshops provide positive opportunities to share the focus of school programming as well as work with parents, caregivers and community members in a coordinated and collaborative model to support their capacity. *MHCB* staff are responsible for developing and implementing parent community workshops.

WRPS *MHCB* Program Schools

In 2016-2017 the program will be initiated in six schools with Grade 1-6 configuration and high risk factors typical of children and youth with adverse childhood experiences. The program will be delivered in different schools in 2017-2018.

Mental Health Capacity Building (*MHCB*) Grant Overview

The intention of *MHCB* services is based on the belief that mental and emotional well-being can be developed, nurtured and supported through promotion and prevention efforts.

Moving forward, the *MHCB* Initiative will focus on both promotion and prevention activities. Promotion activities will continue to bring awareness to increase knowledge about mental health and wellness for whole populations, while seeking to foster protective factors such as a strong social network.

Schools are hubs from which *MHCB* addiction and mental health prevention & promotion activities for children, youth and families are based. These activities also extend beyond school boundaries to involve parents, caregivers and other community members who closely interact with children and youth. Connecting with health and industry partners is critical for this to become a coordinated community approach. *MHCB*, through Alberta Health Services (AHS), may award grant funding to community partners willing to deliver *MHCB* programming based on grant criteria.

The *MHCB* objectives, logic model and framework based upon promotion and prevention is:

- intentional, evidence based program planning and selection;
- identifying age and stage appropriate information, workshops and professional development for parents, caregivers, staff and other adults who interact with children and youth;
- awareness of the personal competencies, interpersonal interactions and environmental factors that affect the mental health and wellness of children, youth and families across their lifespan specific to developmental stages;
- awareness of how knowledge, skills and the social and physical environment can be altered to foster settings conducive to better mental health outcomes;
- identifying protective factors that can be fostered as well as modifiable risk factors that can be addressed relative to age and stage of development; and
- identifying what resources and services are available in the communities and where there are gaps that need to be addressed.