

Mental Health and Well-Being

2021/2022 Professional Development Sessions

DESCRIPTION

DATE/TIME

Project 11: Mental Wellness Education

True North Foundation Project 11

Registration: www.projecteleven.ca/registration

Project 11 has online programming and workshops available for Kindergarten to Grade 8 teachers in both English and French, and it will be introducing a Fall 2021 high school pilot. If a Kindergarten to Grade 8 teacher would like access to Project 11's English or French curriculum, or if a Grades 9 to 12 teacher would like to participate in the Fall 2021 pilot, simply visit the website to register, or email project11@tnse.com.

Awareness, Inclusion, and Affirmation in Schools

Rainbow Resource Centre

<https://rainbowresourcecentre.org/>

Presenters: Dene Guillas & Craig Gibb

Registration Information: www.eventbrite.ca/e/awareness-inclusion-and-affirmation-in-schools-tickets-170351955284

This workshop will help guide teachers, educational assistants, staff, and administrators in creating safe(r), more inclusive schools and classrooms. It will address the present experiences, barriers, and realities of 2SLGBTQ+ youth in schools, and participants will learn how they can use their role as part of the school community to make positive and meaningful changes. While covering topics such as 2SLGBTQ+ identities, discrimination, and intersectionality, the workshop is intended to be as thought provoking and informative as possible.

Workshop participants will

- develop a deeper understanding of five aspects that can make up a person's identity: sex, gender, expression, attraction, and culture
- create strategies and plans for keeping students and staff safe and confidently addressing homophobia, intersexphobia, biphobia, transphobia, and systems of oppression
- gain access to resources to help make classrooms/spaces positive and healthy learning environments

Facilitator Dene Guillas (he/him), School Equity & Inclusion Coordinator, proudly identifies as an Indigiqueer, transgender man who is a proud father and partner. He has been lucky enough to be involved in the training and education field for over 16 years. Whether it was in a classroom environment, community centre, conference, or small gatherings, he has always tried to make sure learning is inclusive to everyone. His love of helping others has turned into a passion for educating as a way to give back to the community. Helping to raise awareness for youth has given him a purpose that is extremely close to his heart.

Oct. 27, 2021
9:00am - 12:00pm

DESCRIPTION

DATE/TIME

Mental Health for Educators

Sexuality Education Resource Centre (SERC)
Presenter: Gillan Roy, Program Coordinator, SERC

Registration: <https://www.eventbrite.ca/e/170339363622>

This half-day workshop will provide information on youth mental health issues and mental wellness. We will explore different ways stress and trauma affect our well-being as educators and how they affect youth, as well as coping strategies, including stress reduction activities, to get through hard times. Teachings on Indigenous ways of knowing, including natural ways of healing and blood bone memory, will be shared. This workshop will also highlight resources and supports available for students. Activities that can be used in the classroom will be provided.

Nov. 5, 2021
9:00am - 12:00pm

Whole School–Based Mental Health Promotion—What Does the Evidence Say & What Are the Implications of Practice?

Canadian Mental Health Association, Manitoba
Presenters: Stephen Sutherland, Program Director, Mental Health Promotion CMHA - MB and Winnipeg, & Laurie McPherson, Research and Evaluation Specialist, CMHA - MB and Winnipeg

Registration Details: www.eventbrite.ca/e/whole-school-mental-health-promotion-evidence-and-implications-of-practice-tickets-170331037719

Participants will learn key features and components, and hear examples of what whole school-based mental health promotion programming could look like and the role educators, communities, caregivers, parents, and students play in creating a sustainable model that works in their school. By working together with identifiable goals and with current evidence-based research, teachers and the larger educational community can make a difference in their students' mental health and well-being. Most importantly, teachers will leave with resources that will allow them to begin or further the conversation about the implementation of whole school-based mental health promotion.

Nov. 8, 2021
9:00am-11:30am

Drug Literacy: It's Not All about Drugs

Canadian Institute for Substance Use Research
Presenter: Dan Reist, Assistant Director, Canadian Institute for Substance Use Research

Registration Information: <https://www.eventbrite.ca/e/170207092997>

The Canadian Institute for Substance Use Research has developed a number of quality resources helping schools by providing them with professional learning and teacher supports in health education and drug/gambling literacy. This includes their iMinds resources: a collection of lesson ideas that includes specific competencies for drug literacy and gambling literacy. For more information on iMinds, see <https://www.uvic.ca/research/centres/cisur/publications/helping-schools/iminds/index.php>.

The half-day workshop will explore the concept of drug literacy and ways in which schools can help develop drug literacy in students. Participants will be encouraged to start with a sound philosophy of drug education. They will also play with a variety of lesson ideas from different curricular areas and begin to acquire the awareness and skills to develop their own drug literacy lessons related to the curricular areas they teach.

Nov. 15, 2021
9:00am-12:30pm

DESCRIPTION

DATE/TIME

Youth Addictions in the Time of COVID-19

Addictions Foundation of Manitoba

Presenter: Kate Evans, Prevention Education Consultant, AFM

Registration Information: www.eventbrite.ca/e/youth-addictions-in-the-time-of-covid-19-tickets-170327292517

COVID-19 has created a surge of addictive behaviours (both new and relapse). Addictive behaviours in youth have many implications in student well-being and learning. This workshop will explore issues around youth addictions and their connection with the COVID-19 pandemic. What are some of the attractions and impacts for youth using alcohol, cannabis, and other drugs, and for those who are gambling or gaming at this time? Understand the costs and benefits of use as well as some effective harm-reduction strategies and supportive resources for youth to access at this time.

Presenter Kate Evans has been a prevention and education consultant with the Addictions Foundation of Manitoba (AFM) for 15 years. Kate engages and empowers audiences to have important conversations about preventing harms when it comes to substance use and/or gambling. Kate is an expert in AFM's youth gambling services and continues to specialize in training and educating youth and those who work with or care for youth. She is passionate about assisting youth as well as their parents, caregivers, and helpers to better support themselves and one another.

Nov. 18, 2021
9:00am - 11:30am

Building Relationships through Social-Emotional Artistic Learning (SEAL)

The Inspired Classroom

<https://theinspiredclassroom.com>

Presenter: Elizabeth Peterson, B.A. (Music), B.Sc. (Elementary Education), M.Ed. (Education Arts and Learning), CAGS (Arts, Leadership and Learning), is an arts integration specialist and host of the Inspired Classroom

Registration Information: <https://www.eventbrite.ca/e/the-inspired-classroom-building-relationships-through-seal-registration-169673761789>

Inspire yourself with the arts. The arts are key to engaging students, deepening their learning and helping them develop their social-emotional skills. In this workshop, participants discuss two arts-integrated ways to build relationships in the classroom while working on CASEL's social-emotional competencies including self-awareness. Music and visual art will be the focus: to show teachers engaging SEAL practices that their students will love. For more information, see <https://casel.org>.

Nov. 19, 2021
9:00am - 11:30am

Creative Teacher Self-Care through Social-Emotional Artistic Learning (SEAL)

The Inspired Classroom

<https://theinspiredclassroom.com/>

Presenter: Elizabeth Peterson, B.A. (Music), B.Sc. (Elementary Education), M.Ed. (Education Arts and Learning), CAGS (Arts, Leadership and Learning), is an arts integration specialist and host of the Inspired Classroom.

Registration Information: <https://www.eventbrite.ca/e/the-inspired-classroom-creative-teacher-self-care-through-seal-tickets-170041329193>

YOU are the most important person in the classroom! If you are not ready and energized to teach, then your students will not learn. In this workshop, you will look at creative ways to get in the right mindset so you can do and be your best for your students. Along the way, you will engage in SEAL (social-emotional artistic learning) activities that integrate the social-emotional competencies with elements of music, visual art, drama, and movement—activities you can use in your classroom.

Nov. 19, 2021
1:00pm-3:30pm

DESCRIPTION

DATE/TIME

How Diet Culture Affects Student Mental Health

Nüton Nutrition, Dairy Farmers of Canada

<https://nuton.ca/>

Presenter: *Amanda Hamel, R.D, Provincial Projects Manager, Nüton Manitoba*

Nov. 23, 2021

9:00am - 11:00am

Registration Information: www.eventbrite.ca/e/how-diet-culture-effects-student-mental-health-tickets-170212019733

Nüton Nutrition is about nurturing positive food journeys in the lives of Manitoba children to create balanced perspectives about food and eating. Diet culture is a system of beliefs that values thinness, appearance, and shape above health and well-being. It places importance on restricting calories, normalizes negative self-talk, and labels certain foods as “good” and “bad”. Healthy eating and diet culture have a significant effect on student mental health, well-being, and academic performance.

We all want our students to be as healthy and happy as possible, but when do our health-promoting messages take a turn towards health harming? The answers may surprise you. Join registered dietitian Amanda Hamel as she walks through topics such as the following:

- What is “healthy” eating anyway?
- Diet culture: What is it?
- How to spot diet culture in the health curriculum (specific examples provided) and what to do instead
- How to be a positive role model
- How to talk to students and families about food, bodies, and movement
- How Nüton supports Manitoba schools

After this session, you will discover helpful resources for you, your students, and their families.

Post-Secondary Transition – From High School to Attending Campus Classes – Charting for Success

Canadian Mental Health Association, Manitoba

Presenters: *Stephen Sutherland, Program Director, Mental Health Promotion CMHA - MB and Winnipeg, & Laurie McPherson, Research and Evaluation Specialist, CMHA - MB and Winnipeg*

Nov. 25, 2021

9:00am - 10:30am

Registration: www.eventbrite.ca/e/170350013476

This webinar will provide school educators with tools for supporting students who have made the decision to enter post-secondary education (PSE). The impact the pandemic continues to have on student mental health and well-being varies, however one area that is consistent is that students in PSE are significantly feeling overwhelmed.

Through a virtual webinar format (90 minutes), participants can expect to build additional skills and strategies that will improve students’ abilities to

- prepare for PSE during Grade 12
- create meaningful connections within the campus community
- respond to the stressors that come with balancing studies, relationships, and employment
- practise self-advocacy, self-compassion, and empowering behaviour
- learn about and navigate campus mental health and well-being services
- respond to the challenges of being a student (moving away from home, finances, academic pressures, deadlines, increased freedoms, more opportunity to use substances, etc.)
- identify competing emotions and find healthy ways to process them
- understand the value of peer support

You can expect to leave with a digital toolkit of practical resources. Throughout this interactive webinar, participants will be invited to be curious and kind to themselves to reduce the critical thinking that can create barriers to being their best self. Educators can come away with strategies to help guide students as they transition to this next stage of life.

DESCRIPTION

DATE/TIME

A Blueprint for Action—Addressing Substance Use in Schools

An Introduction to Preventing Substance-Related Harms amongst Youth through a Comprehensive School Health Approach: A Blueprint for Action

Public Health Agency of Canada

Presenter: Rosamund Dunkley, Manager, Prevention of Substance Related Harms, Centre for Health Promotion, Public Health Agency of Canada

Registration: www.eventbrite.ca/e/preventing-substance-related-harms-amongst-youth-through-a-csh-approach-tickets-170353022476

This presentation would be most beneficial for school administrators. The Blueprint for Action is a comprehensive and concrete action plan and intervention model for addressing substance-related harms in schools. It encourages different ways of thinking about how to approach youth substance use—“say ‘yes’ to evidence and ‘no’ to one-size fits all interventions.” Further information about this model can be found on the following websites: [PHAC landing page](#), the [Blueprint summary page](#), and the full [Blueprint document](#). It would also be useful for participants to review the [policy paper](#) prior to the presentation.

Dec. 2, 2021
9:00am - 10:00am

What Do We Do Now? Rekindling the Passion for Teaching and Leading

Presenters: Dr. Adrienne Leslie-Toogood, Performance and Clinical Psychologist & Lindsay Berard, Ph.D. (C) and Mental Performance Consultant

Registration Information: www.eventbrite.ca/e/what-do-we-do-now-rekindling-the-passion-for-teaching-and-leading-tickets-170334929359

This workshop will arm you with the tools you need to stay well, to teach well, and to engage meaningfully with others. Educators will create their own personal wellness strategy and learn how to arm themselves with the tools to lead and teach in a way that energizes and inspires.

There will be opportunities for personal reflection and interactive connection, and time to practise skills and strategies so you feel confident implementing these skills in your life and in your classroom.

Morning is all about arming you with the skills to be your own greatest resource. Topics will include a review and creation of your own personal wellness strategy, covering things that can get in the way such as perfectionism, burnout, and work/life blend. You will also discuss strategies to be your best, even when these challenges are present. The session will cover stress management techniques for in-the-moment support and help you transition from school to home effectively.

Afternoon is about arming you with the tools to lead and teach in a way that energizes and inspires. Topics covered will include the value of connection and the importance of motivation. The session will be informed by strategies used by leaders and high-performance athletes.

Dec. 3, 2021
9:00am - 3:00pm

DESCRIPTION

DATE/TIME

Preventing Substance-Related Harms among Youth: A Blueprint for Action Workshop

The Students Commission of Canada

www.studentscommission.ca/en

Presenters: Florence Bergeron & Tiana Toussaint, Lead Analysts for the Student Commission of Canada

December 8th Registration Information: www.eventbrite.ca/e/preventing-substance-related-harms-a-blueprint-for-action-workshop-tickets-170354609222

For those who cannot attend the December 8th workshop, it is repeated on December 9th. The target audience for these workshops is educators and youth allies, as the workshop dives into strategies and the application of the Blueprint for Action model. All attendees will receive a certificate of completion at the end of the workshop. The workshop encourages different approaches to addressing youth substance use in schools, and it offers tools that can be useful to implement the Blueprint for Action. Participants will learn to inform comprehensive and concrete strategies to reduce substance-related harms, to think differently about approaches to the prevention of youth substance use, and to support school stakeholders in their engagement with community partners to strengthen interventions.

December 9th Registration Information: www.eventbrite.ca/e/170357106692

Dec. 8, 2021
9:00am - 12:00pm

Dec. 9, 2021
1:00pm - 4:00pm

Teaching Sexuality: Facilitation Skills for Teachers and Youth Service Providers

Sexuality Education Resource Centre (SERC)

<https://serc.mb.ca/>

Presenter: J. Fiedler

Registration Information: www.eventbrite.ca/e/teaching-sexuality-facilitation-skills-for-teachers-and-service-providers-tickets-190490481157

This specialized, full-day training event is for service providers who work directly with youth and teachers who are responsible for human sexuality curricular learning outcomes. It will help them integrate comprehensive sexuality education lessons and activities into their programs or classrooms. Participants will discuss and practise a number of activities that can be used immediately after the training. After the training, there will be the option to purchase or download (for free) SERC's Teaching Comprehensive Sexuality Education Kit. The kit contains all the materials needed to teach the basics discussed during the training.

The following topics are included:

- sexuality foundations
- diversity in human sexuality: sex, gender, and sexual orientation
- puberty and sexual development
- consent as law and ethics
- sexual and reproductive health and rights
- educational approaches to STIs, birth control, and safer sexual practices
- healthy relationships with self and others
- adolescent identity development and healthy sexuality
- social media, pornography, and media literacy
- new resources and local referrals

If you have any questions about these sessions, please contact Stephen Howell, PE/HE Consultant for Manitoba Education, at stephen.howell@gov.mb.ca

Mar. 15 & 16, 2022
TBD