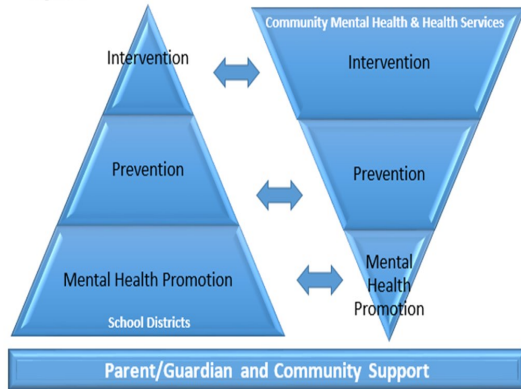


Multi-tiered System of Supports

The Role of School and School Districts in the System of Care

Figure 1.



The Role of the School and Board in Promoting Positive Mental Health Within a System of Care

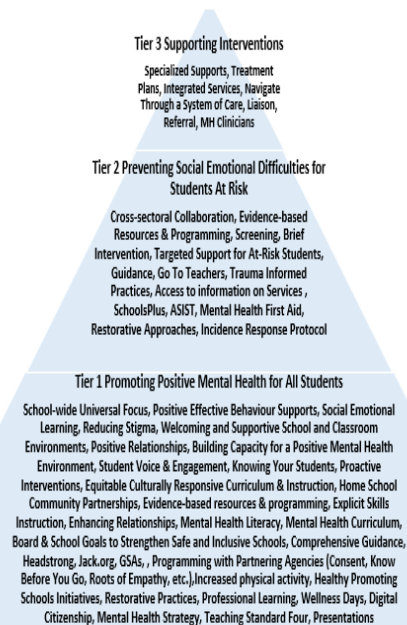


Figure 1 taken from *System Leadership in School Mental Health*. CASSA Discussion Paper. 2017. Kathy H Short, Cindy Finn, H. Bruce Ferguson

Mental Health Strategy Targets for 2017/2018

The Strait Regional School Board's Educational Business Plan for 2017-18 includes the following goal and priority:

Goal: To strengthen safe and inclusive school environments.

Priority 1: Continue to support positive mental health and pro-social skills development across all grades for all students in the Strait Regional School Board.

To support the achievement of this goal, and priority, the following targets have been identified:

Target 1: **Promote** the skills, attitudes, knowledge and habits that develop and nurture positive mental health.

Target 2: Provide **preventative** initiatives and services designed to build skills and reduce risk factors in students.

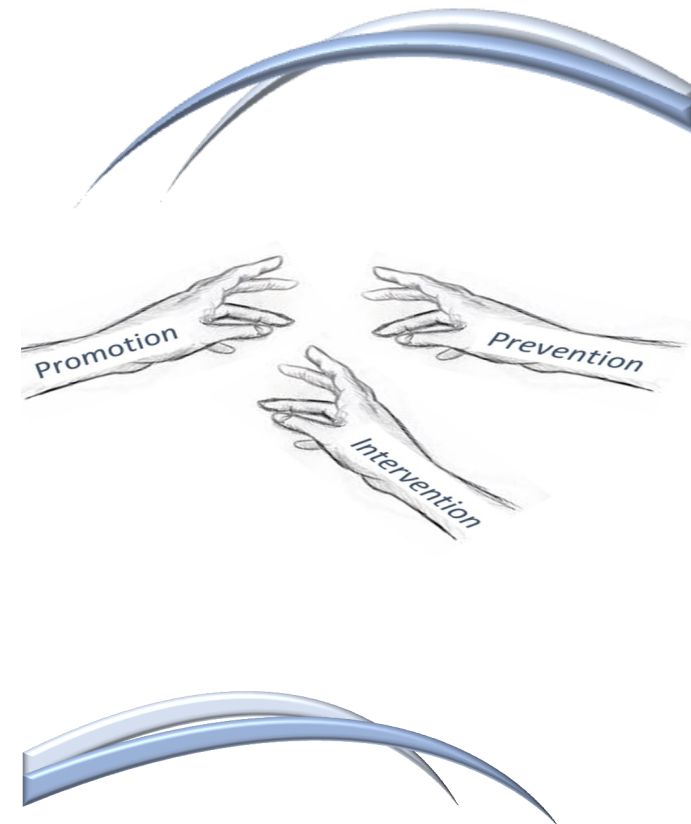
Target 3: Facilitate **interventions** that support students to, from and through mental health care.



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MENTAL HEALTH RESOURCES AND SERVICES

MENTAL HEALTH STRATEGY 2017/2018



Strait Regional School Board
 304 Pitt Street
 Port Hawkesbury, NS B9A 2T9
 902-625-2191 / 1-800-650-4448
 902-625-2281 (fax)
 srsb@srsb.ca / www.srsb.ca
 Twitter @StraitRSB

Programs and Services

Nova Scotia Mental Health Crisis Line (toll free):
1-888-429-8167

Kids Help Phone: 1-800-668-6868
<https://kidshelpphone.ca/>

Native Youth Crisis Hotline: 1-877-209-1266

SRSB Resources

Guidance Counsellors
Go - To Trained Staff
School Psychologists
SchoolsPlus
Mental Health Clinicians
Youth Health Centres
Student Services
SRSB Incident Response Manual

St Martha's Regional Hospital, Child and Adolescent Mental Health: 902-867-4500 Ext. 4760

Hospitals and Community Health Centres:

Cape Breton Regional:	902-567-8000
Eastern Memorial (Canso):	902-366-2794
Guysborough Memorial:	902-533-3702
Inverness Consolidated Memorial:	902-258-2100
Mens' Health Centre (Antigonish):	902-863-2358
Paq'nkek Health Centre:	902-386-2048
Potlotek Health Centre:	902-535-3317
St Martha's Regional (Antigonish):	902-867-4500
St. Mary's Memorial (Sherbrooke):	902-522-2882
Strait Richmond:	902-625-3100
Victoria County Memorial (Baddeck):	902-295-2112
Sacred Heart CHC (Cheticamp):	902-224-1500
Waycobah Family Healing Centre:	902-756-3441

Community Services:

902-625-0660 (Port Hawkesbury)
902-863-3213 (Antigonish)
902-533-4007 (Guysborough/Canso)
After hours: 1-866-922-2434

Programs and Services

Family Services:

902-625-0131 (Port Hawkesbury)
902-863-2358 (Antigonish)
After hours: 1-866-330-5952

Mi'kmaw Family and Children's Services

Mainland: 1-800-263-8686
Cape Breton: 1-800-263-8300

Addictions Services:

Port Hawkesbury: 902-625-2363
Antigonish: 902-867-4500 Ext. 4600
Strait Richmond: (alcohol) 902-625-3230
Al-anon: 1-888-425-2666

Antigonish Women's Resource Centre: 902-863-6221

Sexual Assault Nurse Examiner (SANE) Program:
1 877-880-SANE(7263)

The Naomi Society: 902 863-3807
After hours: 1-888-831-0330

Big Brothers and Big Sisters:

Antigonish: 902-863-5332

Youth Outreach Services (Antigonish,

Guysborough and Pictou Counties) (ages 16-19)
Office: 902-752- 6260 Cell:902-331-1831

Strongest Families Institute: 1-866-470-7111

RCMP: Emergency – 911

Antigonish:	902-863-6500
Aricat:	902-226-2533
Baddeck:	902-295-2350
Canso:	902-366-2440
Cheticamp:	902-224-2050
Guysborough:	902-533-3801
Inverness:	902-258-2213
Port Hawkesbury:	902-625-2220
Sherbrooke:	902-522-2200
St. Peter's:	902-535-2002

Online Resources

211 resource: <http://ns.211.ca/>

[ABCs of Mental Health](#)

[About Kids Health](#)

[Centre for Addiction and Mental Health](#)

[Centre of Excellence for Mental Health](#)

<http://antibullying.novascotia.ca/>

[jack.org](#)

[Joint Consortium for School Health Youth Engagement Toolkit](#)

[Kids Help Phone\)](#)

[MindyourMind](#)

[Positive Mental Health Toolkit](#)

[School Mental Health ASSIST](#)

[Social and Emotional Learning Resource Finder](#)

[Teach Resiliency](#)

[TeenMentalHealth.org](#)

[The New Mentality](#)

[Youth Mental Health Champion Toolkit](#)

Additional Resources

Trauma Informed Care <http://yourexperiencesmatter.com/>

Tedtalk – on stress <http://athingnamed.com/best-ted-talks-on-anxiety-stress-and-fear/>

Joint Consortium for School Health <http://www.jcsh-cces.ca/> (Available in French and English)

Dr. Alexa Bagnell on anxiety -

<http://youtu.be/hrb9oCM5N4Y>

Bullying <http://www.prevnet.ca/>

<http://www.mentalhealthcommission.ca>

Dr. John LeBlanc's SEL and Bullying Prevention Toolkits <https://sites.google.com/site/cpscatlantic/>

Worry Wise Kids –

<http://www.worrywisekids.org/node/40>

The Youth Project (LGBTQ)- <http://youthproject.ns.ca/>

Health Promoting Schools: <https://nshps.ca/>

Supporting Survivors of Sexual Violence Training - <https://nscs.learnridge.com/>