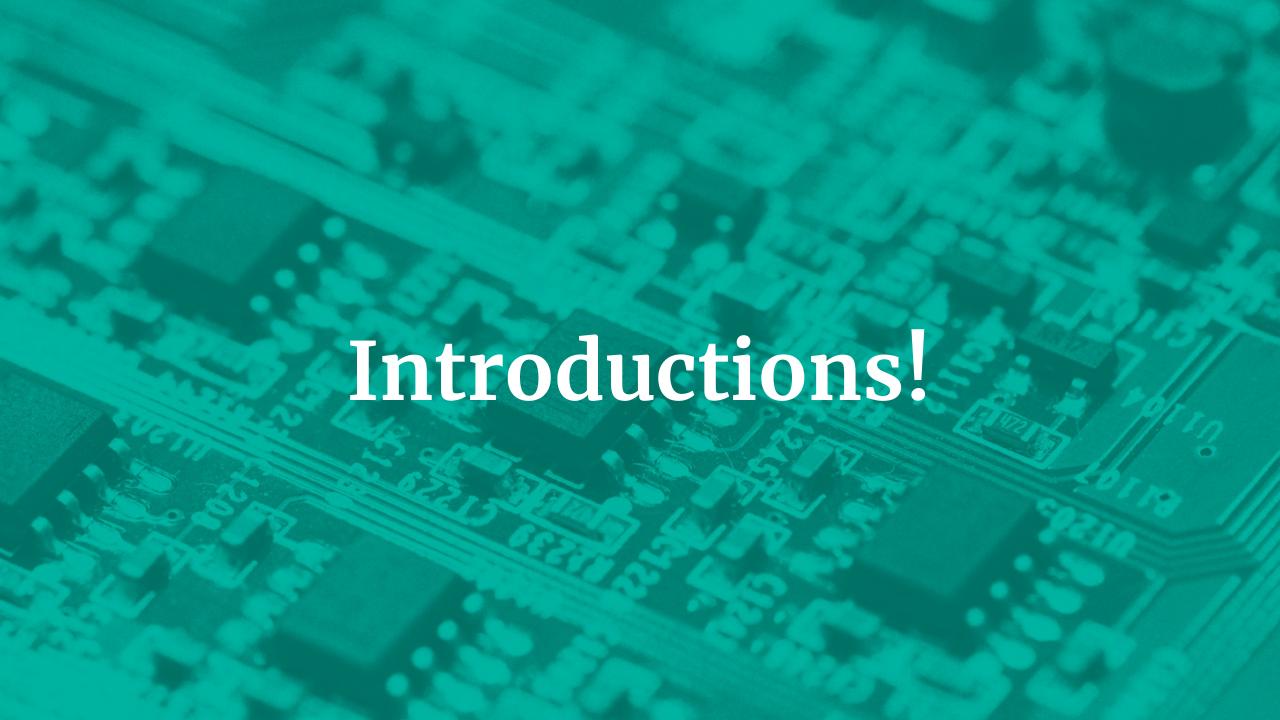
# Wellness in New West Schools

Wellness Centre & Mental Health in New West Schools





## What is Wellness?



Wellness is supported by mental well-being, or positive mental health, which involves the capacity to think, feel and act in ways that improve our ability to enjoy life and deal with its challenges.

# The Wellness and Learning Connection



Wellness happens in the brain, heart and body

Wellness impacts Learning



**Learning impacts Wellness** 

Students will thrive socially, emotionally and academically and be whole and healthy learners

# Wellness Support Delivery Model

TIER

#### **Intensive Supports for Few:**

1 to 1 interventions, R or H designation, referral to ESBT, regular counselling, District Support Staff interventions, referral to outside agencies and/or Alternate programs.

#### **Targeted Supports for Some:**

Referral to School Based Team, educational and skill building groups, counselling check-ins, behaviour assessments, classroom adaptations and creation of an Individual Education Plan (IEP). Interventions are supported by stronger adult connections.

## 2

TIER

### **Universal Supports for All:**

Classroom instruction and programming including Social and Emotional Learning, Mental Health Literacy, Core Competencies, First Peoples Principles, and PHE through a trauma informed lens. Promote a sense of belonging, connection, social skills, and self-regulation for all students.

## 1 TIER

# The Wellness Centre at NWSS (Room 1113)



## What is the Wellness Centre?

The Wellness Centre is a safe space for students to take meaningful steps to promote the health and wellbeing for themselves and others:

- Speak to a youth care worker or counsellor
- Attend a program/group
- Gather educational resources
- See a Nurse Practitioner



## **Nurse Practitioner**

Nurse Practitioners are registered nurses and primary care providers who practice in many different settings. Care provided is <u>free</u> and <u>confidential</u>.

Reasons to be seen by the Nurse Practitioner at the Wellness Centre:

- General health questions/concerns
- Mental health
- Sexual health
- Referral to specialized care
- Free medical care for any other medical concerns

The Nurse Practitioner will be available on Tuesdays, from 10:30am-2:00pm. startina September 20th

# **Process for Accessing Services**

## Nurse practitioner

- Drop-in
- By appointment
  - See Somi in Welcome Centre to book

### Other services

- Mental health services by referral
- District clinical counsellor by referral
- Groups & programs see your school counsellor for info
- Welcome Centre MOSAIC

# **Upcoming Events...**

Stress and the Brain – November 18 @ Lunch

Presented by Kat Davidson, CYCW

DIGITAL LITERACY EVENT - November 23rd 6:30-8:30pm

Presented by White Hatter

TAMING THE WORRY GROUP – November 16<sup>th</sup> – January 18<sup>th</sup>

Supported by Cameray Family Services

**JUSTICE FOR GIRLS GROUP – February 2023** 

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WATCH FOR MORE PARENT EDUCATION EVENTS COMING SOON THROUGH THE WELLNESS CENTRE!