

## Family Newsletter:

# Mental Health and Well-being for Learning

## Mental Health Literacy and Substance Abuse

Developing an awareness of substance use is a critical component of mental health literacy. Understanding and communication are important prevention and preparation tools for parents and caregivers. The [Mental Health Literacy](#) website encourages the following areas of focus:

- Learn what substances are being commonly used by young people.
- Ongoing communication.
- Strong relationships and connections.
- Knowledge of your child's interests, peer group, and activities



### Resources:

- [Drug Free Kids Canada - Tips for Parents](#)
- [Mental Health Literacy - Understanding Substance Abuse](#)
- [Substance Use and Youth](#)

## The Essential 8

**Mental Health and Well-being for Learning: The Essential 8** (left) highlights the eight areas identified by Prairie Spirit as being foundational for mental health and well-being for learning.

These eight priority areas are the focus for Prairie Spirit staff in supporting students in safe, caring and healthy schools.

We're sharing this information with families so we can work together to support the mental health and well-being of all students.

Please see the following page for highlights of two of the Essential 8 areas for families to consider:

- **Trauma-Informed Practices**
- **Diversity and Inclusion**





## Trauma-informed Practice

Adverse childhood experience (ACEs) are traumatic events that have lasting impacts on growth, and well-being. ACEs can cause stress to flood the body so intensely causing changes to metabolism, immune system, cardiovascular system, as well as brain and nervous systems.

Positive childhood experiences (PCEs) build a child's sense of belonging and connection. PCEs impact better mental health and may increase resiliency. PCEs are identified as:

### Resources:

- [Positive Childhood Experiences](#)
- [Symptoms of Trauma and Treatment Options](#)
- [Trauma flowchart](#)

- The ability to talk with family about feelings
- The sense that family is supportive during difficult times.
- The enjoyment of participation in community traditions.
- Feeling a sense of belonging in high school.
- Feeling supported by friends.
- Having at least two non-parent adults who genuinely care.
- Feeling safe and protected by an adult in the home.

## Diversity and Inclusion

Children and youth who feel connected to their families, their schools, their neighborhoods, or other meaningful groups develop a sense of belonging, which is associated with mental and physical health benefits.

The Kid's Mental Health Foundation provides the following areas of focus to support children and youth develop a strong sense of belonging:

- Model healthy relationship skills. Kids who know how to listen, share, cooperate, and follow directions are more likely to feel a sense of connectedness with others.
- Provide opportunities for belonging and connection. Meaningful interactions with others build a sense of connectedness.
- Consider your child's motivation level. Social opportunities develop a sense of belonging.
- Give your child perspective. Children's perception of belonging can be strongly influenced by experience.



### Resources:

- [Belonging Boosts Kids' Mental Health](#)
- [The Road to Resilience](#)

## Rapid Access Counselling

Child and Youth Rapid Access Counselling (RAC) in Warman is intended for children ages 6-17, as well as their caregivers. This is a provincially funded program that is **free for families** to use throughout the province. While RAC is not considered crisis counselling, the program is a way for families to access counselling quickly with limited barriers and without being added to a waitlist.



For more information and to book an appointment: [www.counsellingconnectsk.ca](http://www.counsellingconnectsk.ca)