

WELCOME

Board/CSCC Linkage Meeting

November 20, 2025



Land Acknowledgement & Prayer



Superintendent Of Education Services

Dave Magnusson



Board Chair

Ryan Bast



Director of Education

Kelley Ehman





Regina Catholic Schools

14,354

STUDENTS ENROLLED

as of September 30, 2025

1687 Employees

910 Teachers
63 Administrators
395 Support Staff
80 Facilities Staff
239 Substitutes



Working together to create safer spaces.



Catholic FAITH Priority

FOCUS ON:

- Staff & Student Retreats
- Parish Partnerships
- 'Growing in Wisdom' Staff Professional Development

Self Declared Indigenous
8.6%
of total student enrolment



LEARNING ONLINE

1204 courses

registrations to date in 2025-26

INFRASTRUCTURE

highest facility utilization of 27 divisions

2025-26

24 new portables
added to schools

NEW School Builds

2025/26 (Opening January)
St. Raphael Elementary School
(replaces St. Michael and St. Peter)

2027/28
Harbour Landing West Elementary

Date: TBD
Southeast Joint Elementary

Date: TBD
Southeast Joint High School



EAL

English as an
Additional Language

STUDENT ENROLMENT

2020-21

3,981

2025-26

6,449

62% increase
in five years

44.9%

of total student enrolment

80+ first languages
other than English

students from over

100 countries



FRENCH IMMERSION STUDENTS



19%

of total student enrolment

IMMERSION FRANÇAISE



**4711
Students
Transported**

110 Runs

Avg. One-Way Ride
12 mins.

Longest One-Way
Ride
60 mins.

Avg. Capacity Used
80.1%

Avg. Age of Bus
3.4 years

All Belong: Welcome Embrace, Celebrate

Superintendent Of Education Services

Dave Magnusson



- CSCC Guide
- CSCC Constitution Review
- Grants

Mental Health Capacity Building

Robin Perreaux



Mental Health Capacity Building (MHCB)

Why Mental Health Education in School Matters

- 1 in five people experience a mental health problem.
- Early intervention improves academic and life outcomes.
- School settings are ideal settings for prevention and promotion



MHCB Approach



- Upstream Prevention- Addresses root causes early.
- Mental Health Promotion – Enhancing well- being for all .

MHCB Program Objectives

The Mental Health Capacity Building (MHCB) Program aims to:

- Promote mental health using the [Comprehensive School Community Health \(CSCH\)](#) framework.
- Enhance student and family well-being through **evidence-based programming**, focusing on skills like self-regulation and interpersonal development.
- Build **school staff capacity** via professional development in mental health literacy and stigma reduction.
- Support **early intervention** and access to mental health resources.
- Establish a **network of MHCB schools** for universal program delivery (not targeted or indicated programming).



How can we work together?

- O Let's take a few minutes to discuss how parents and MHCB can collaborate.
- O How do we increase parent engagement?
- O At the end, our presentation there will be a short survey with how to engage CSCS' across the division as well as what you as parent might like to see.

Mental Health Literacy for Parents



Words Matter! Lets Talk About Mental Health.

Presented by
Robin Perreux MHCB Coordinator
Grace Hawkins MHCB Promoter
November 20th 2025, CSCC Linkage Meeting

Originally developed by: Andrew Baxter MSW RSW, Stan Kutcher MD, FRCPC, FCAHS and Yifeng Wei PhD

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must be obtained in writing from:

<https://mentalhealthliteracy.org/talk-to-us/>



Dr. Stan Kutcher MD, FRCPC, FCAHS

You may be asking...

How do I talk
about mental
health?

What about
stress and intense
emotions?

What about
mental disorders
and treatment?

When should I
be concerned?

What can
we do to support
children and
youth?



WORDS
Matter!



EVIDENCE
Matters!

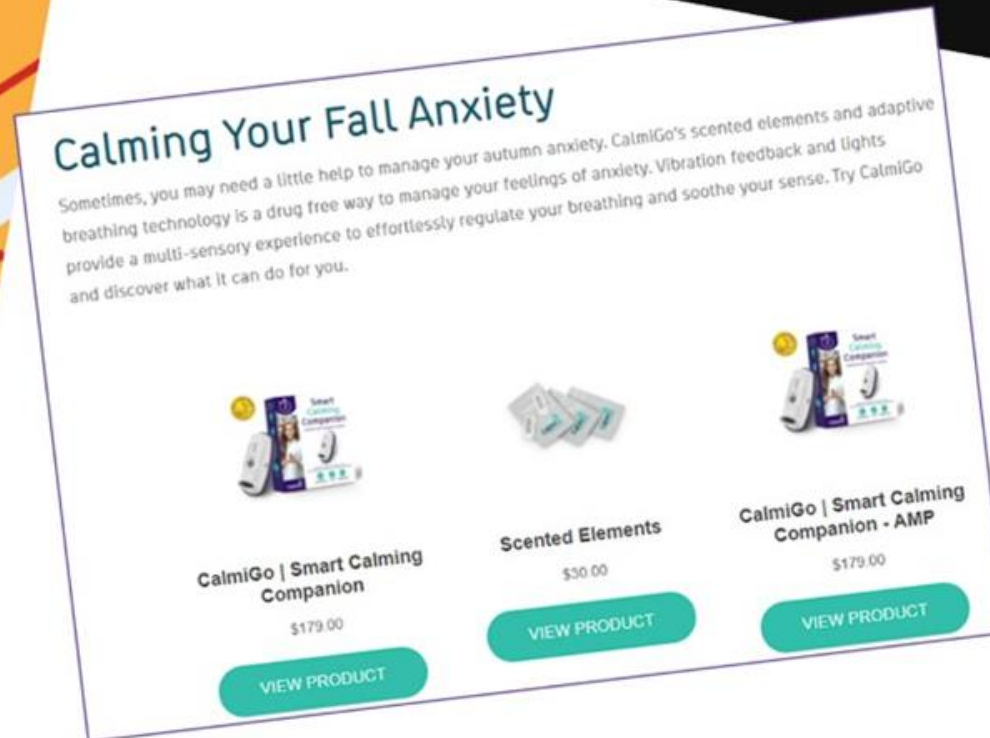


CONNECTION
Matters!



The terms
seem
confusing!

All kinds of messages out there!



mental illness

mental health

mental health issue

mental disorder

mental wellness

mental health condition

mental and social well-being

CONFUSING TERMS (even amongst professionals!)

mental well-being

mental wholeness

mental health problem

mental health illness

mental wellness illness

mental happiness and well-being



What IS
'mental health
literacy?'

Mental health literacy is a part of health literacy

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

CDC

Sad or
Depression?

Organized or
OCD?

Treatment/Care

Promotion

Prevention

Mental Health Literacy

Obtain/Maintain
Positive Mental Health

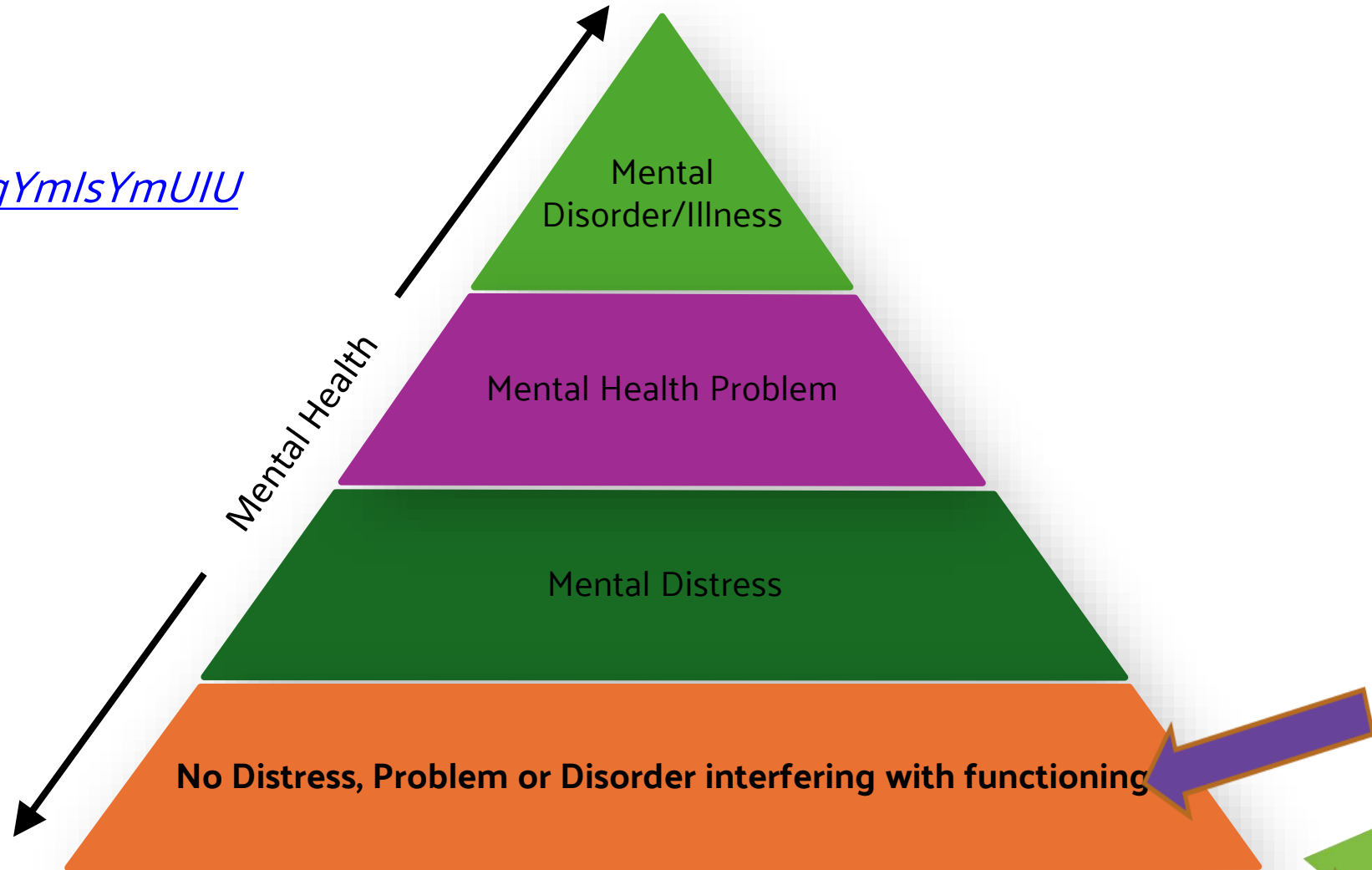
Understand Disorders

Reduce Stigma

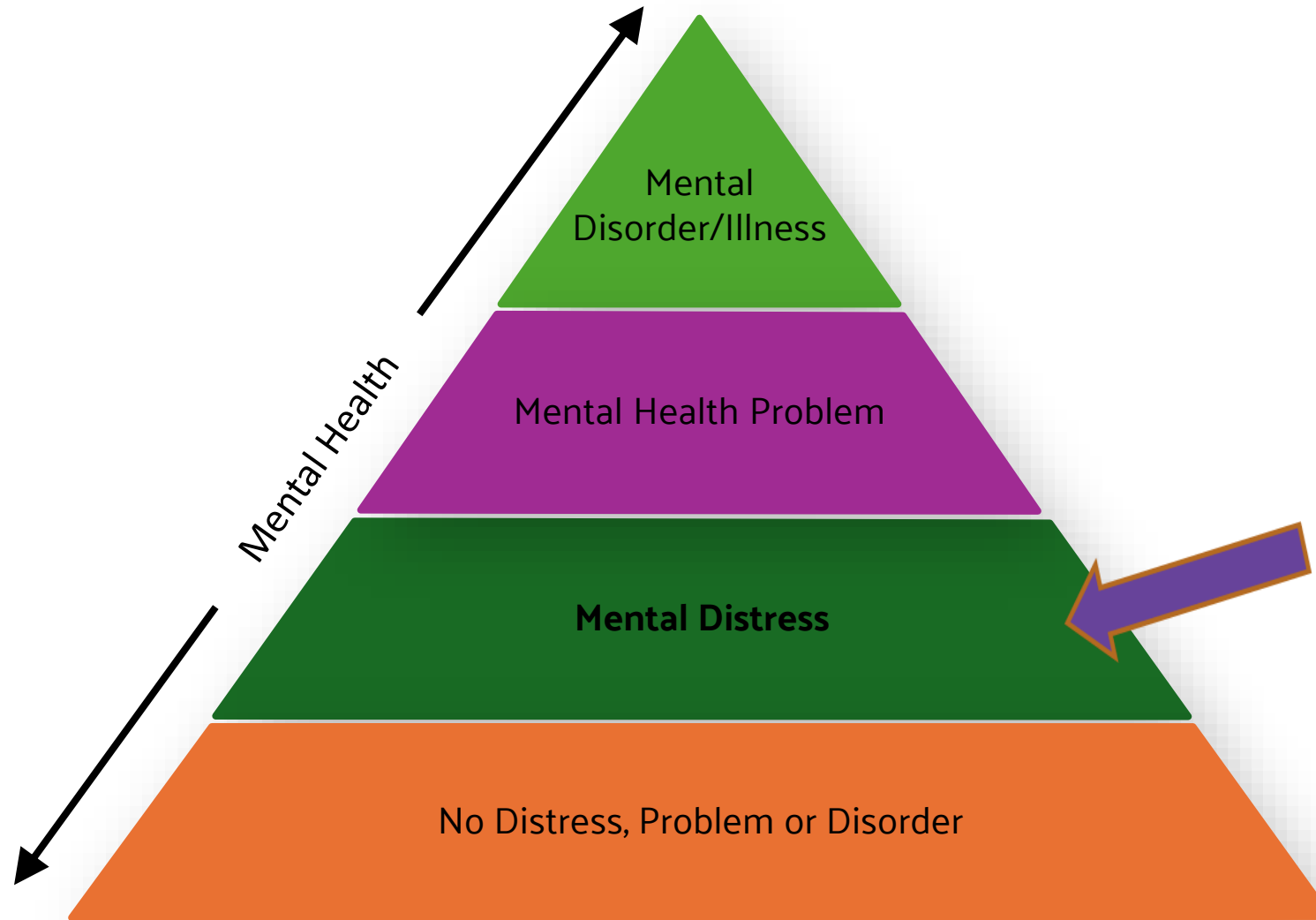
Know How to Get Help

Mental States

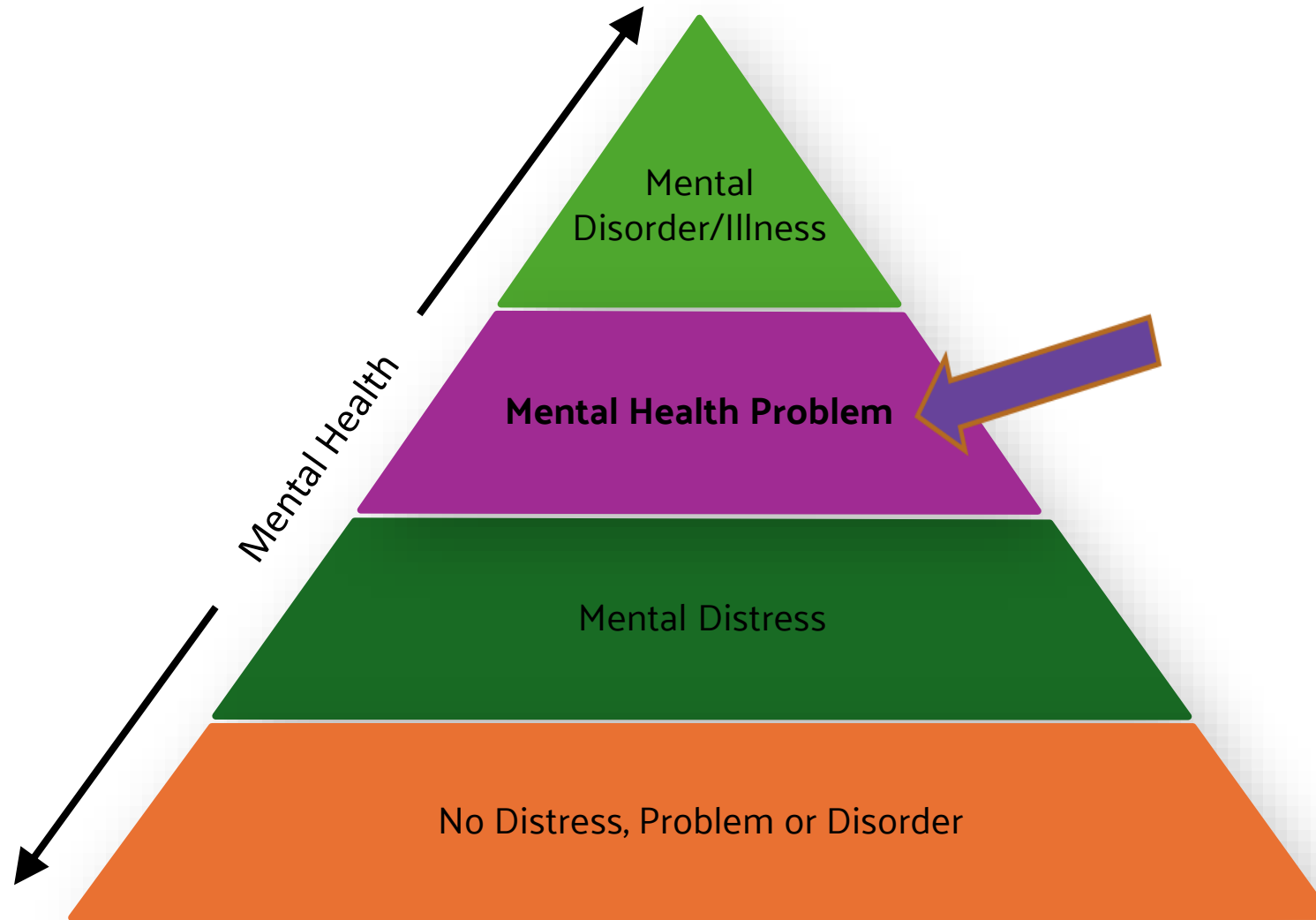
<https://youtu.be/VgYmlsYmUIU>



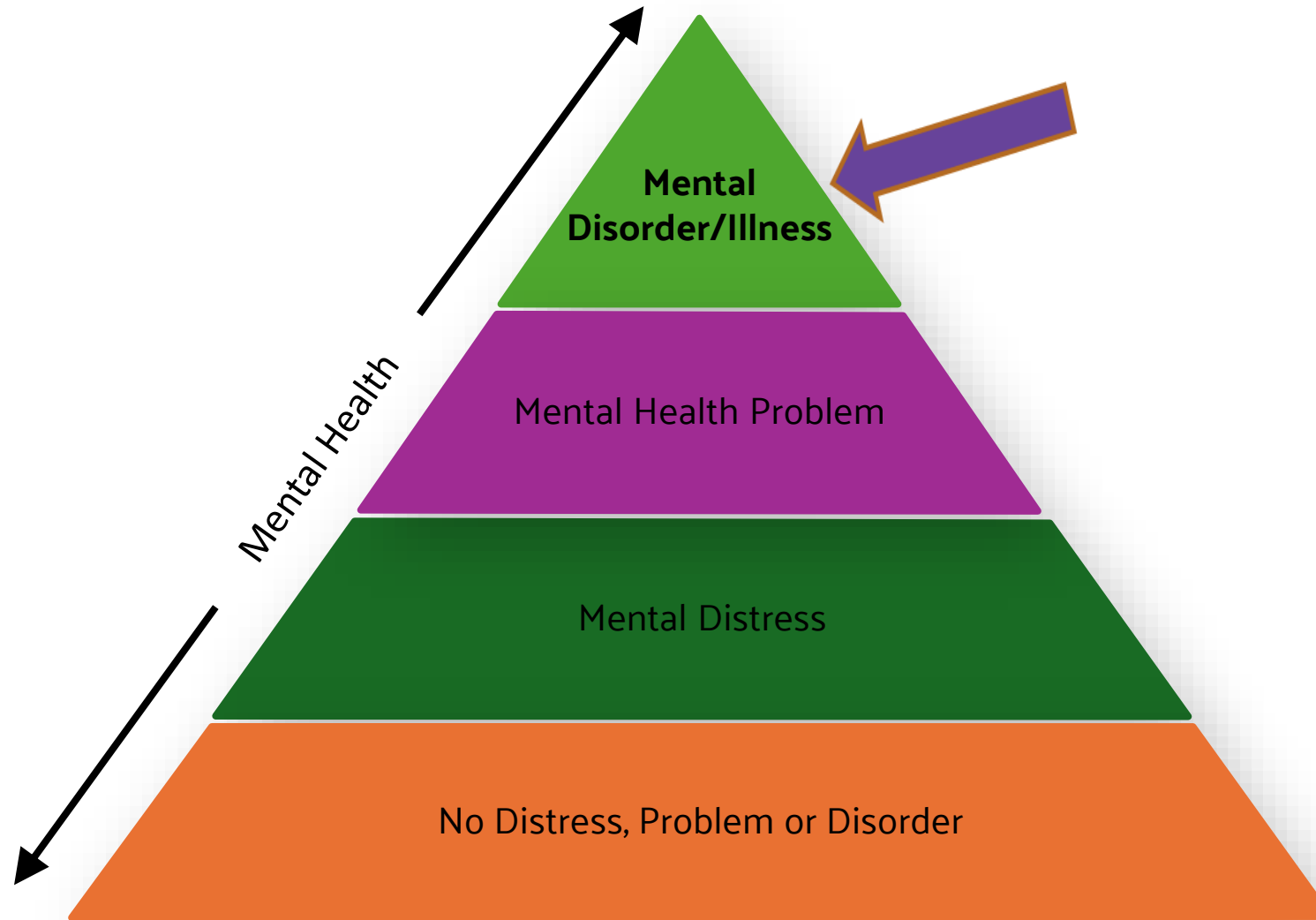
Mental States



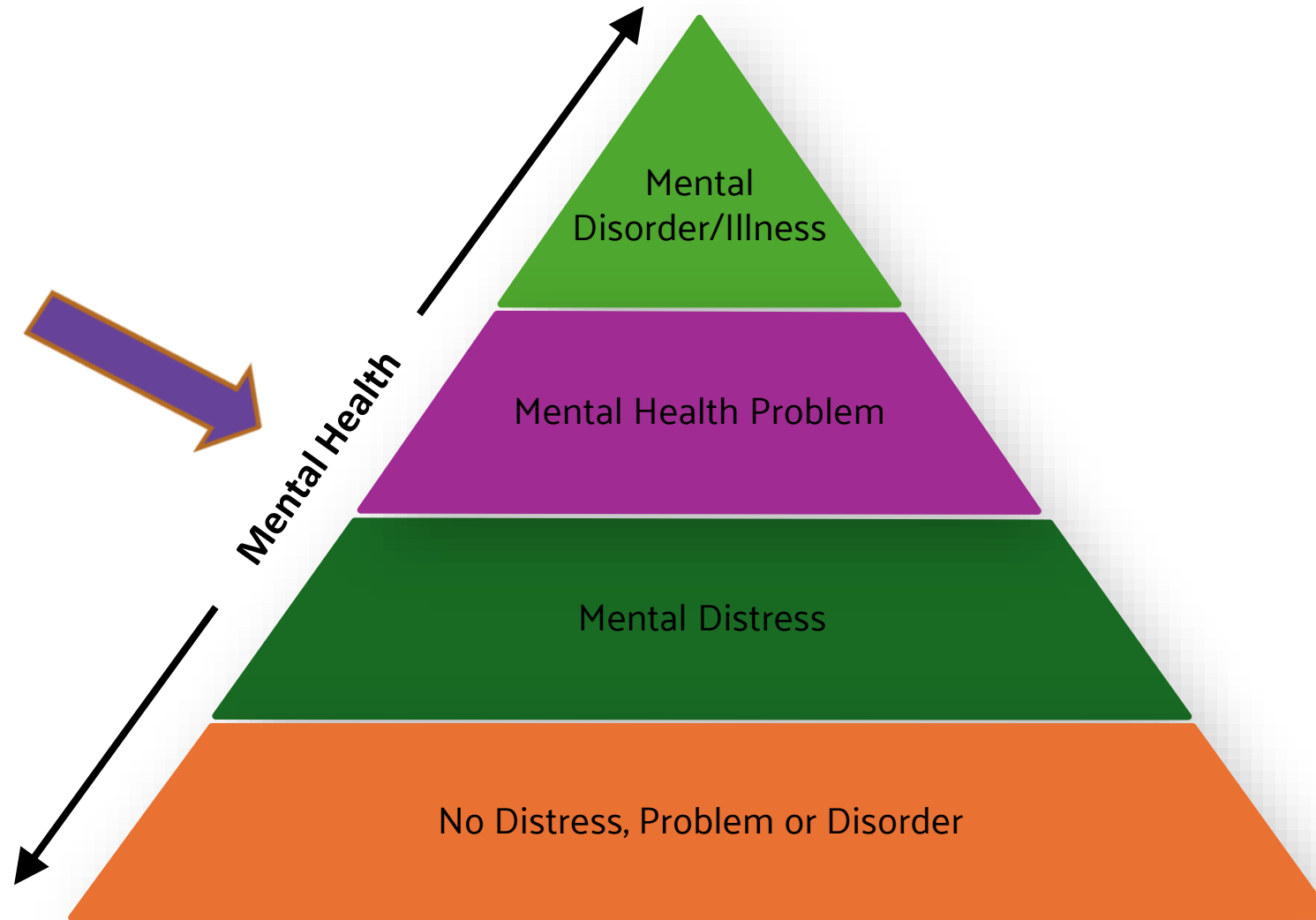
Mental States



Mental States

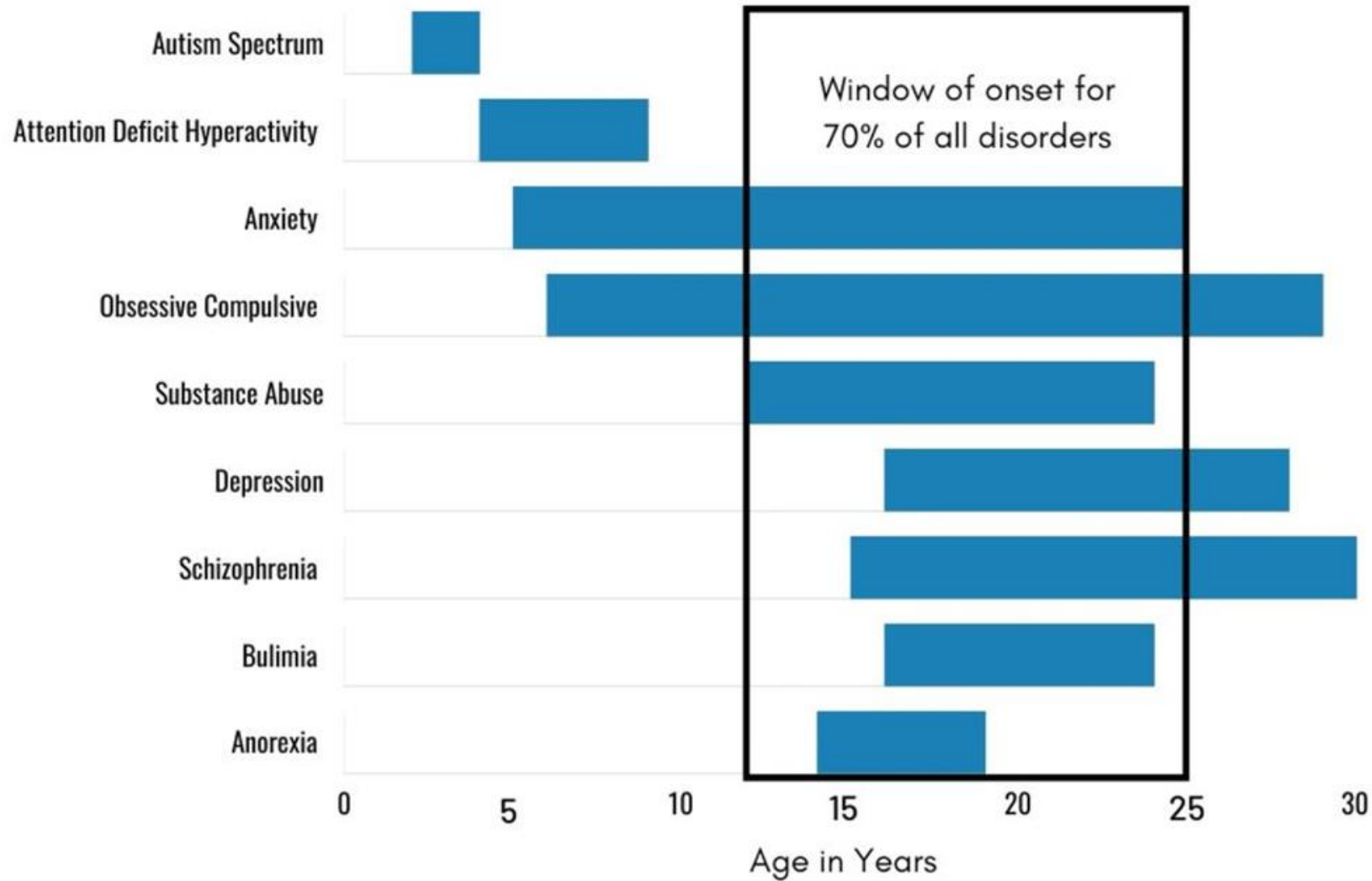


Mental States





Age of Diagnosis

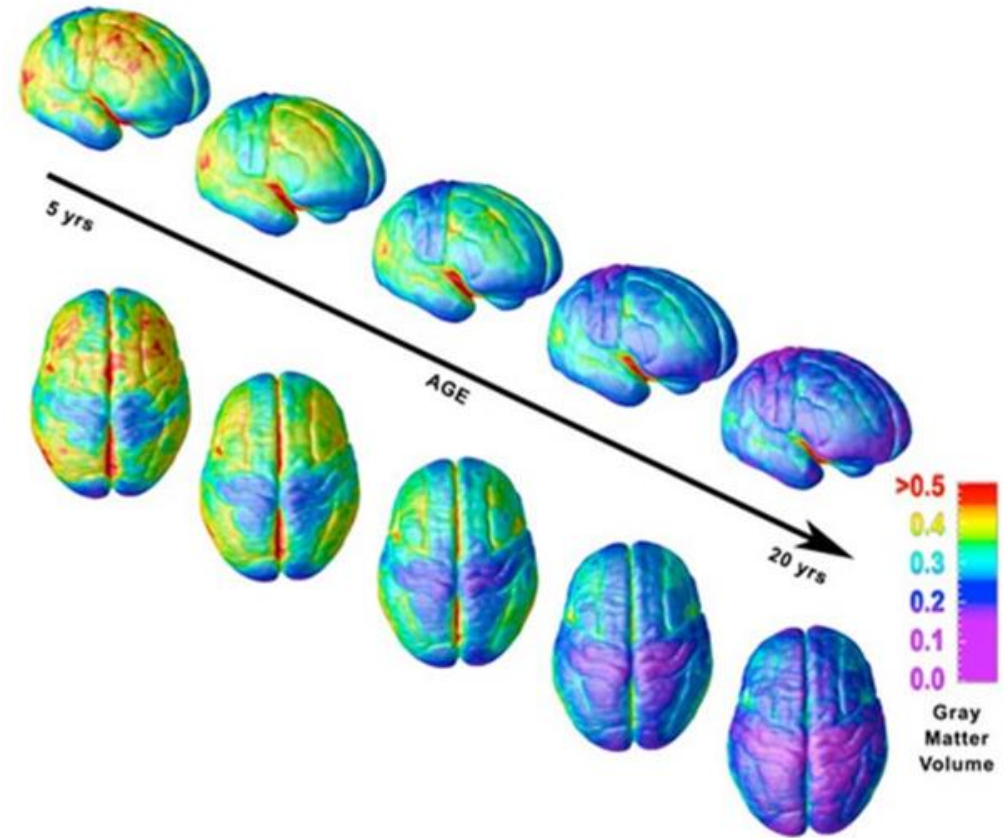


Source: American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.)

Brain Growth and Development

Significant brain growth and development occurs during adolescence and continues into the twenties.

Some studies show that this growth and development extends to the age of 30!



Gogtay, Nitin & Giedd, Jay & Lusk, Leslie & Hayashi, Kiralee & Greenstein, Deanna (Dede) & Vaituzis, A & Nugent, Tom & Herman, David & Clasen, Liv & Toga, Arthur & Rapoport, Judith & Thompson, Paul. (2004). Dynamic Mapping of Human Cortical Development during Childhood through Early Adulthood. Proceedings of the National Academy of Sciences of the United States of America. 101. 8174-9. 10.1073/pnas.0402680101.

What causes a
mental disorder?

Life Stages

Prenatal
Perinatal
Birth
Postnatal
Infancy
Childhood
Adolescence
Adult
Senior years

Environment

Interaction

Genetics



Disruption in Usual Brain Functions

No Disease

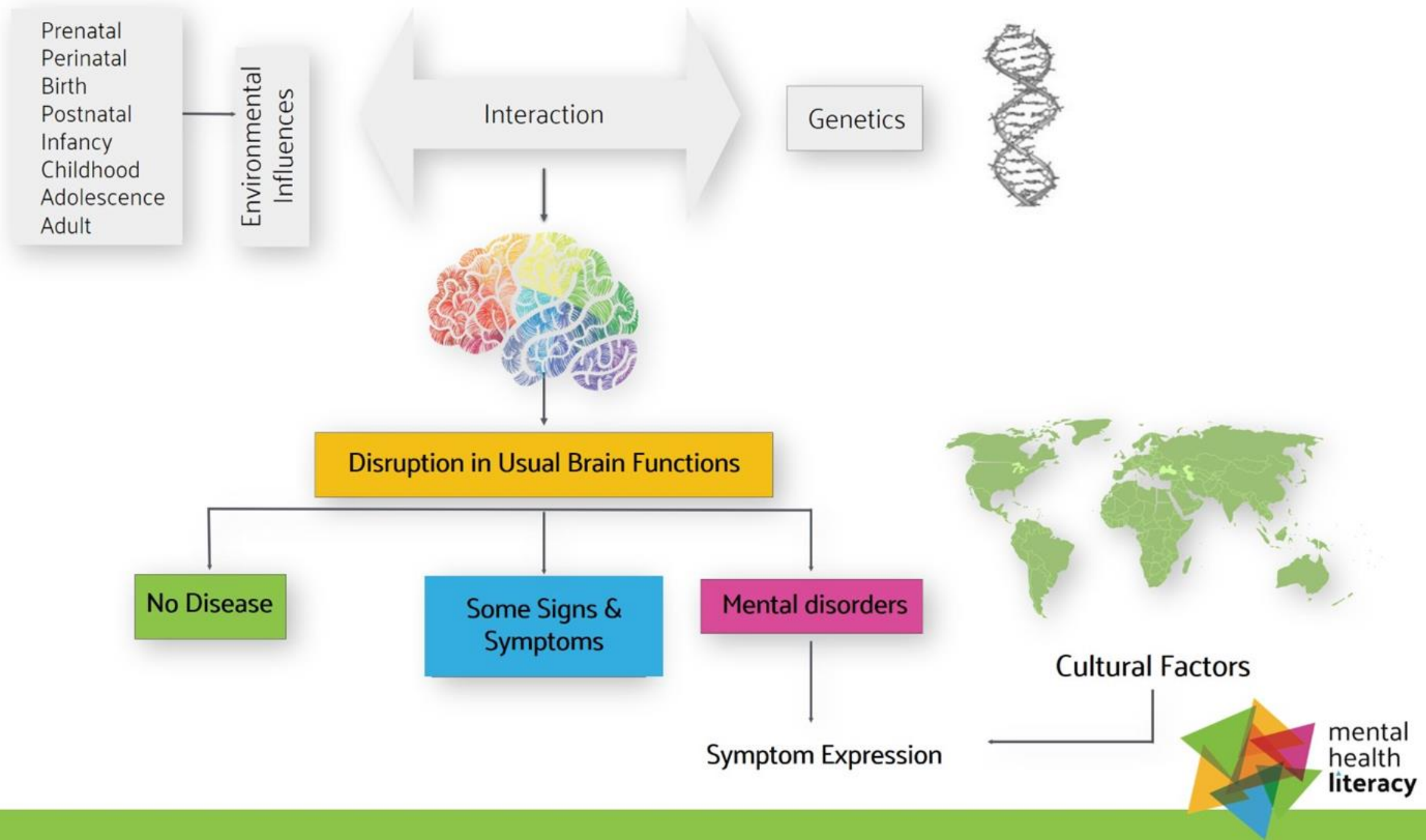
Some Signs &
Symptoms

Mental disorders

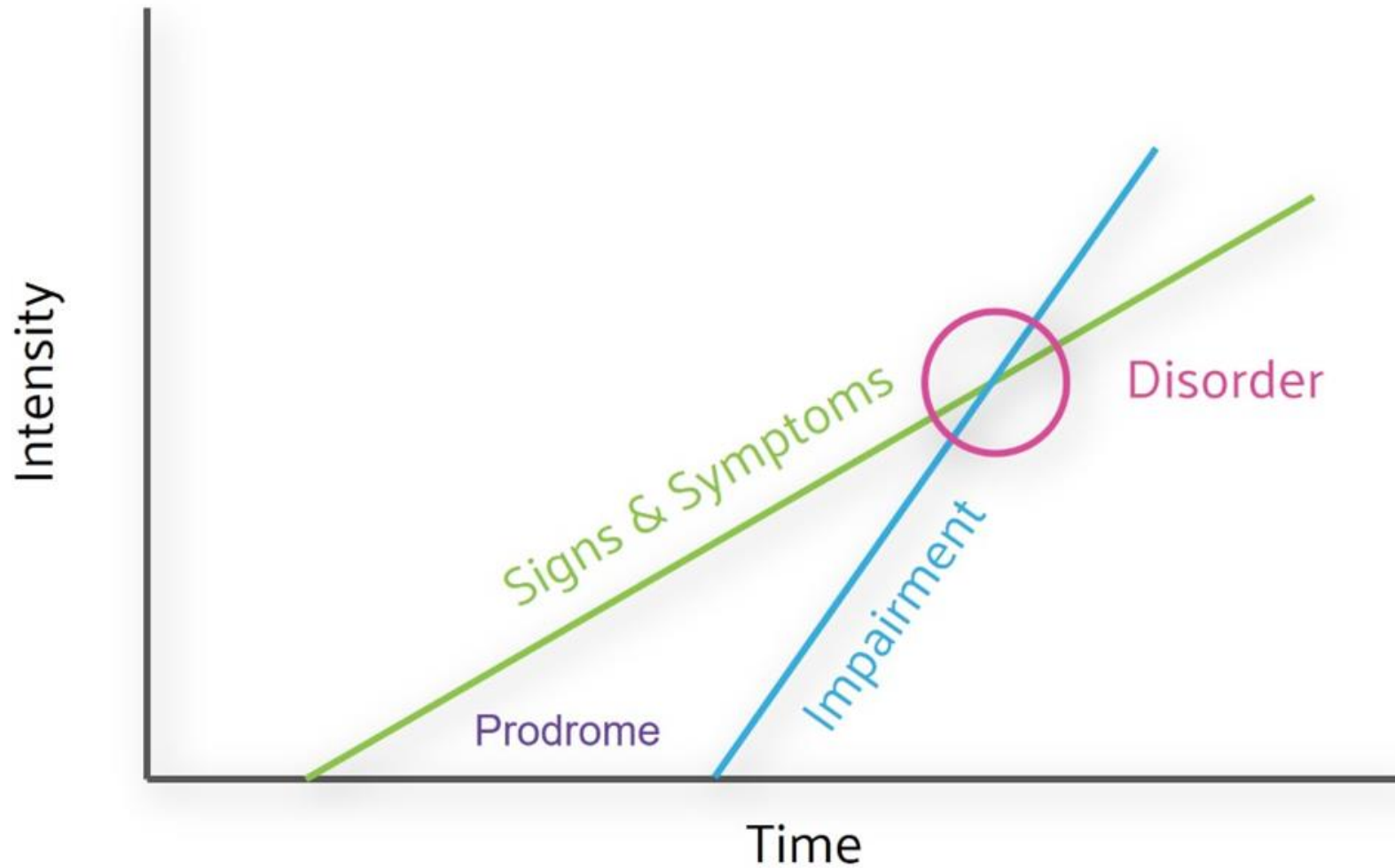
Symptom Expression

Cultural Factors





Mental Disorders: Symptoms + Impairment



Fast Facts about Mental Disorders

20%
of us

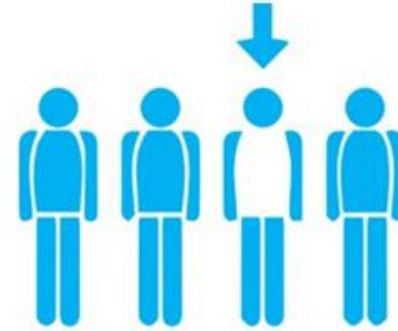
will experience a
mental illness
/disorder



Early identification
and treatment
leads to better
outcomes



Treatment
success rate is
on par with
other health
conditions

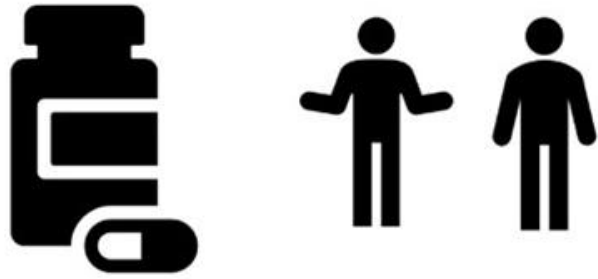


Stigma often
stops people
from getting
help



More free,
accessible
treatment
services are
needed

Standard Treatments



Complementary Treatments



Alternative Treatments



What should I know
about 'treatment'?

When should I be concerned?



CHANGES in
behaviour,
attitude,
appearance,
performance



Withdrawal
from family,
others and
activities



Change in
peer group
or more
secrecy



Physical
complaints



Expressing
more negativity
about self and
others

Check out your concerns

Look, listen,
express
concern

Check if
others are
concerned

Connect to
more help
(family doctor,
counsellors)

Mental States



How can we help
children and youth
manage stress?

Types of Stress



POSITIVE

Brief, increase in heart rate, mild elevations in stress hormone levels

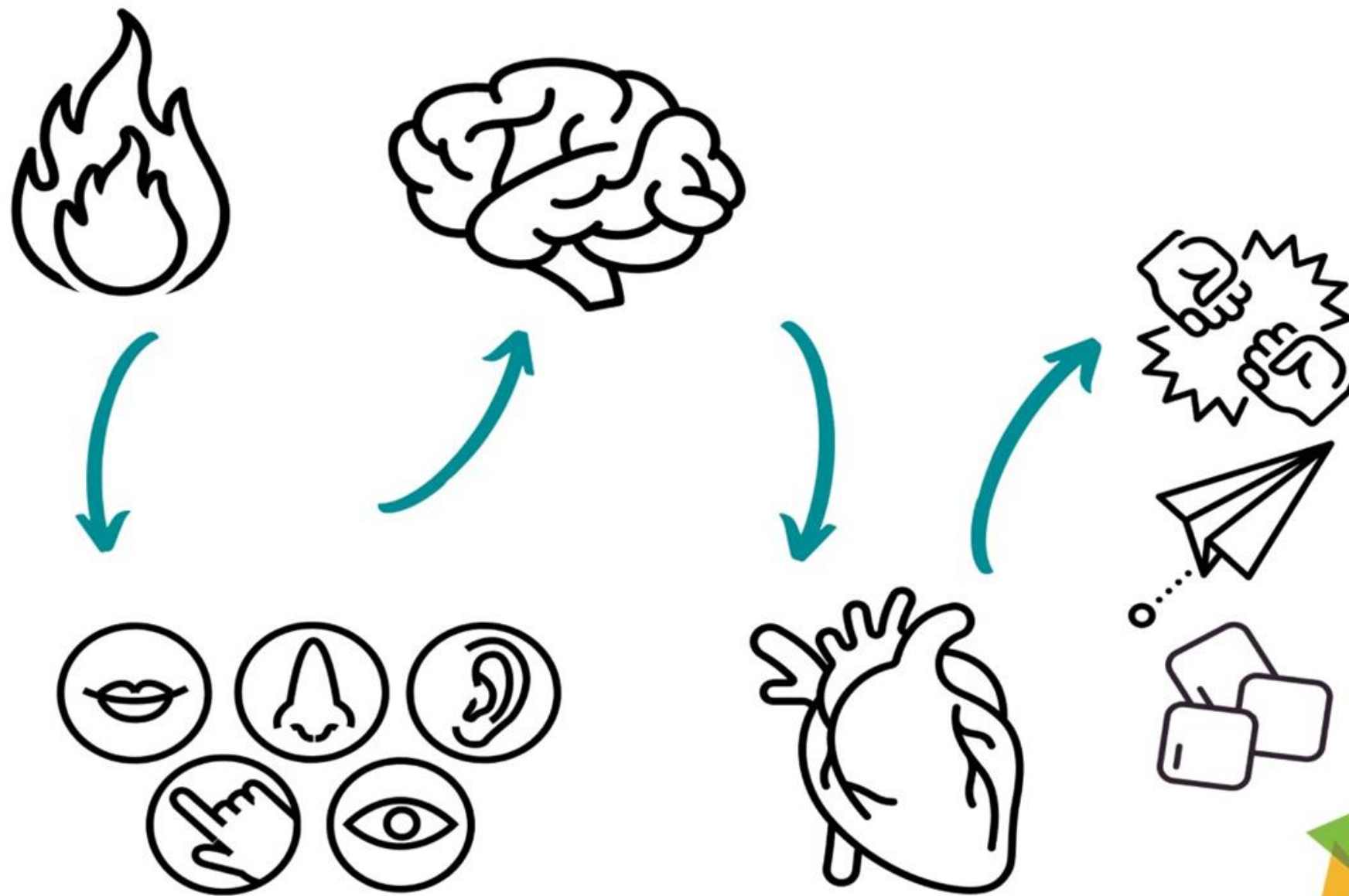
TOLERABLE

Serious, temporary stress response, buffered by supportive relationships

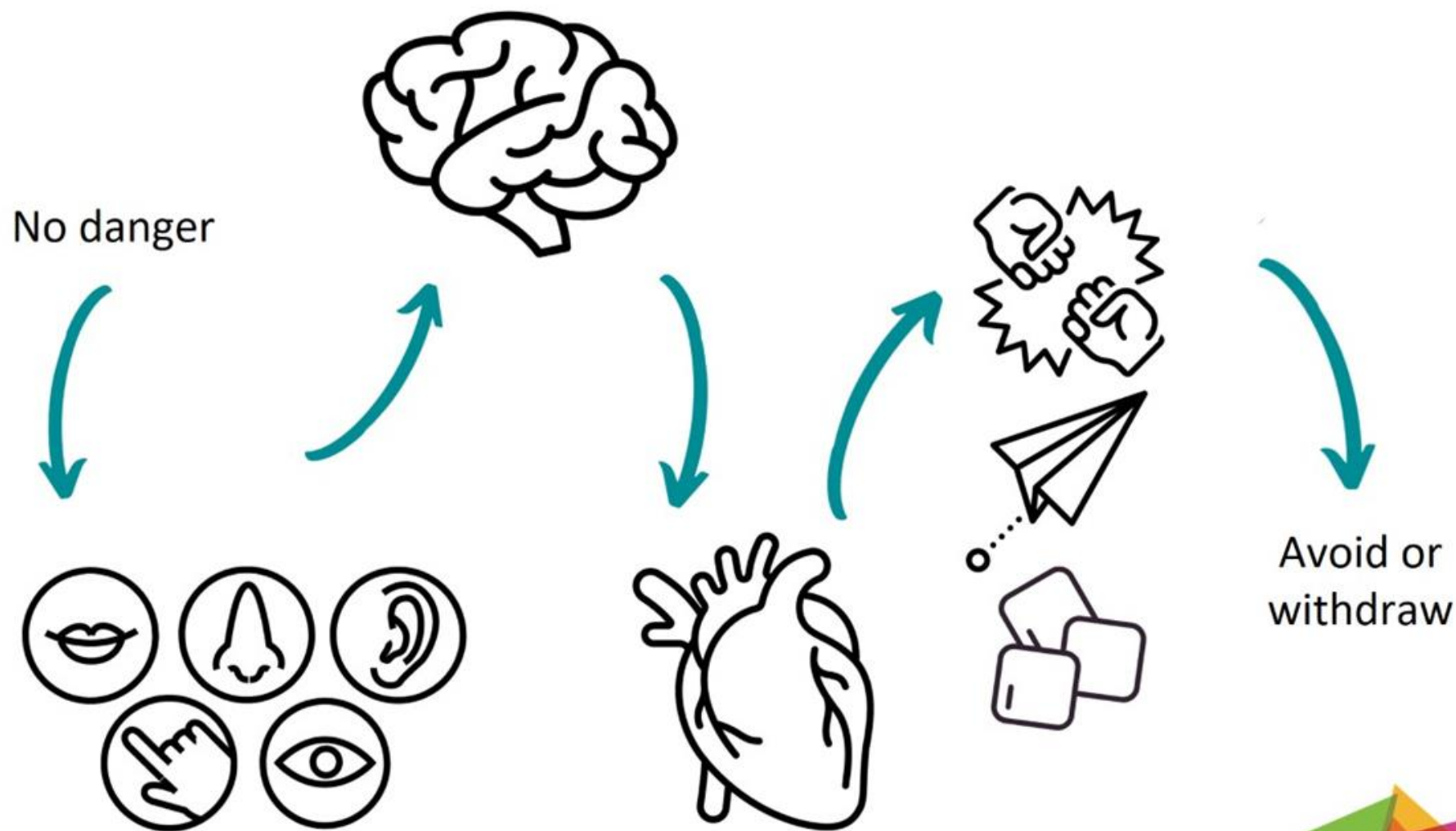
TOXIC

Prolonged activation of stress response, without supportive relationships

Healthy Signaling



Anxiety

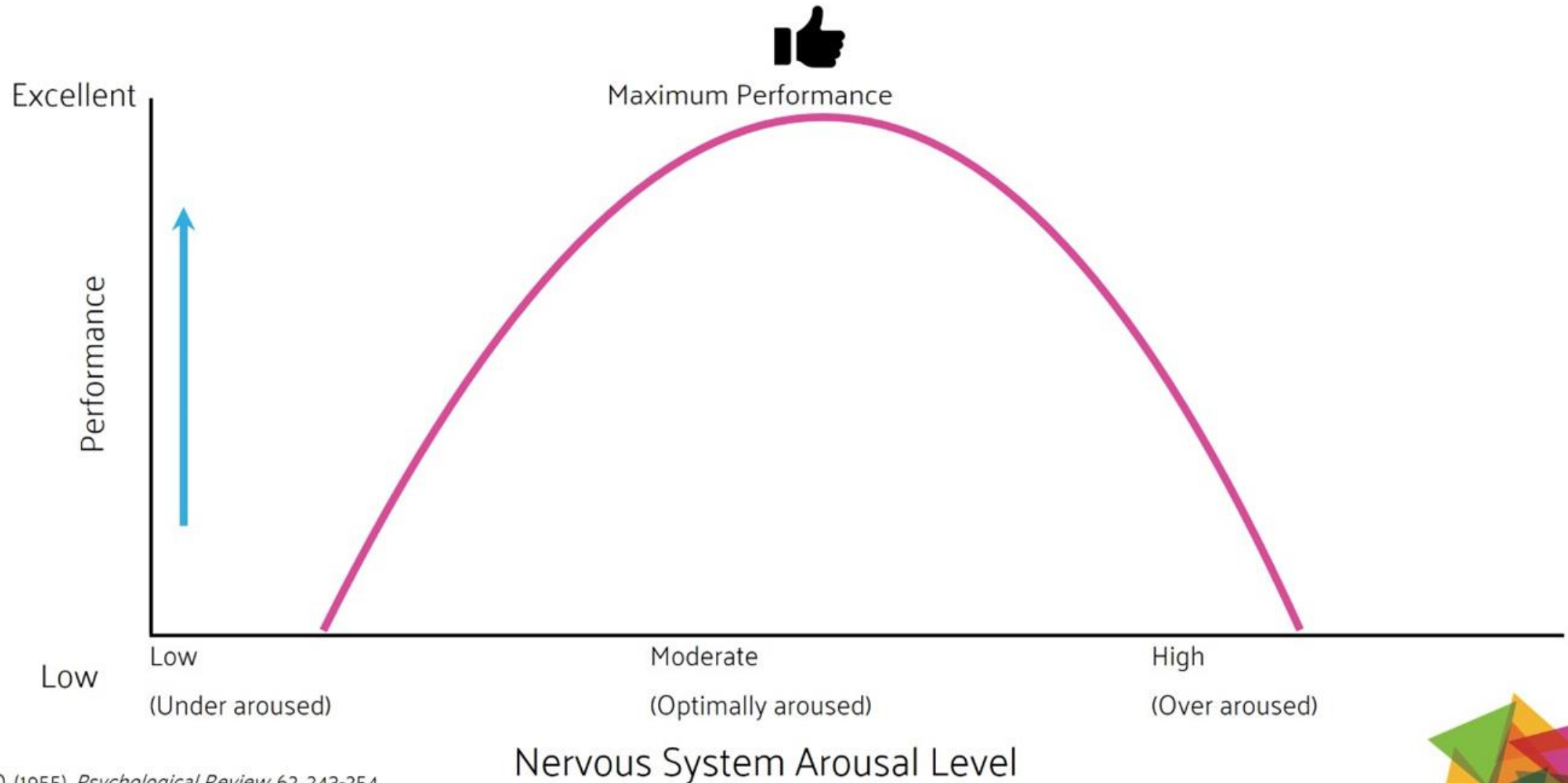




What is stress?

How do I manage it?

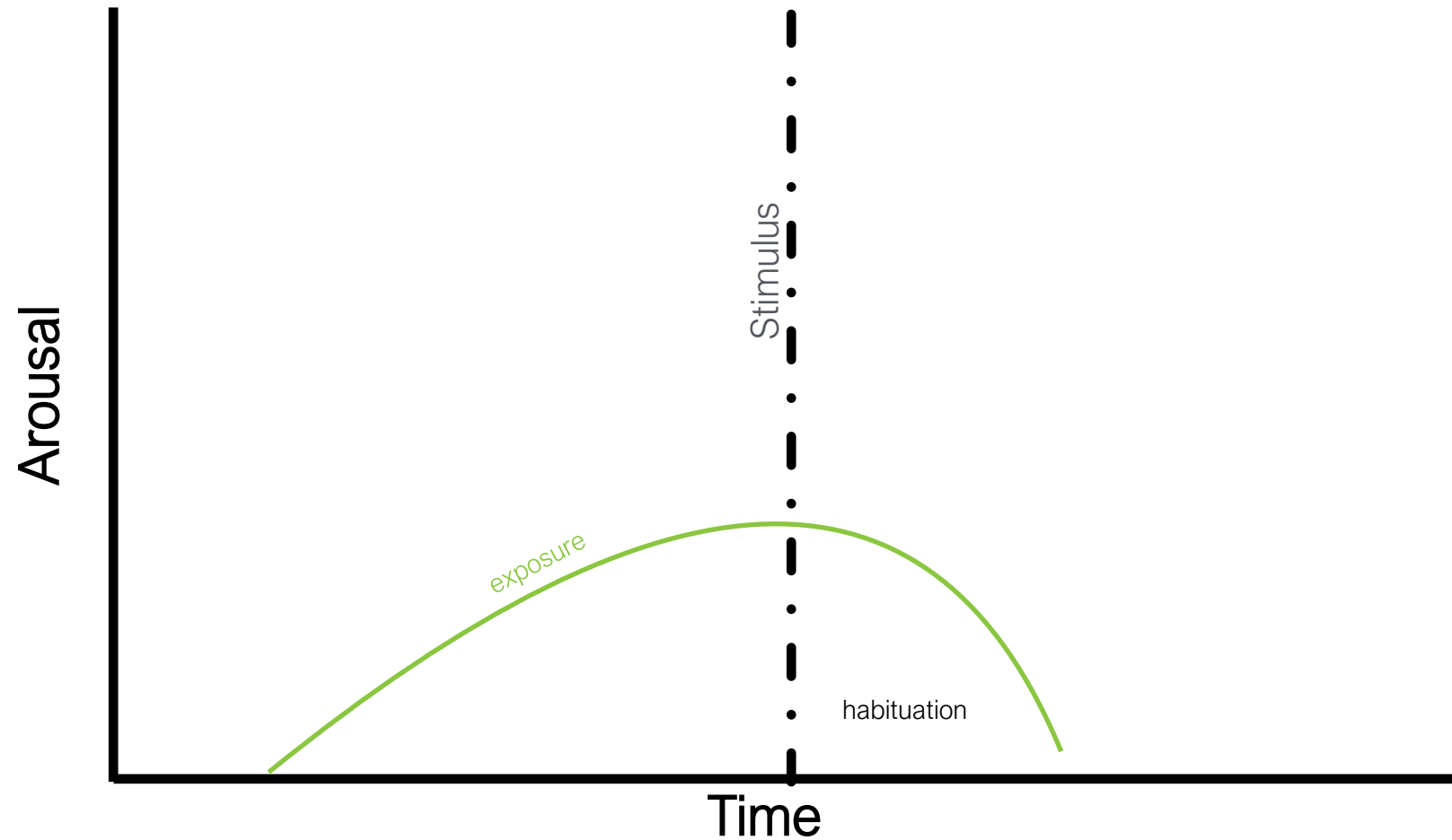
Physiological Arousal Level and Performance



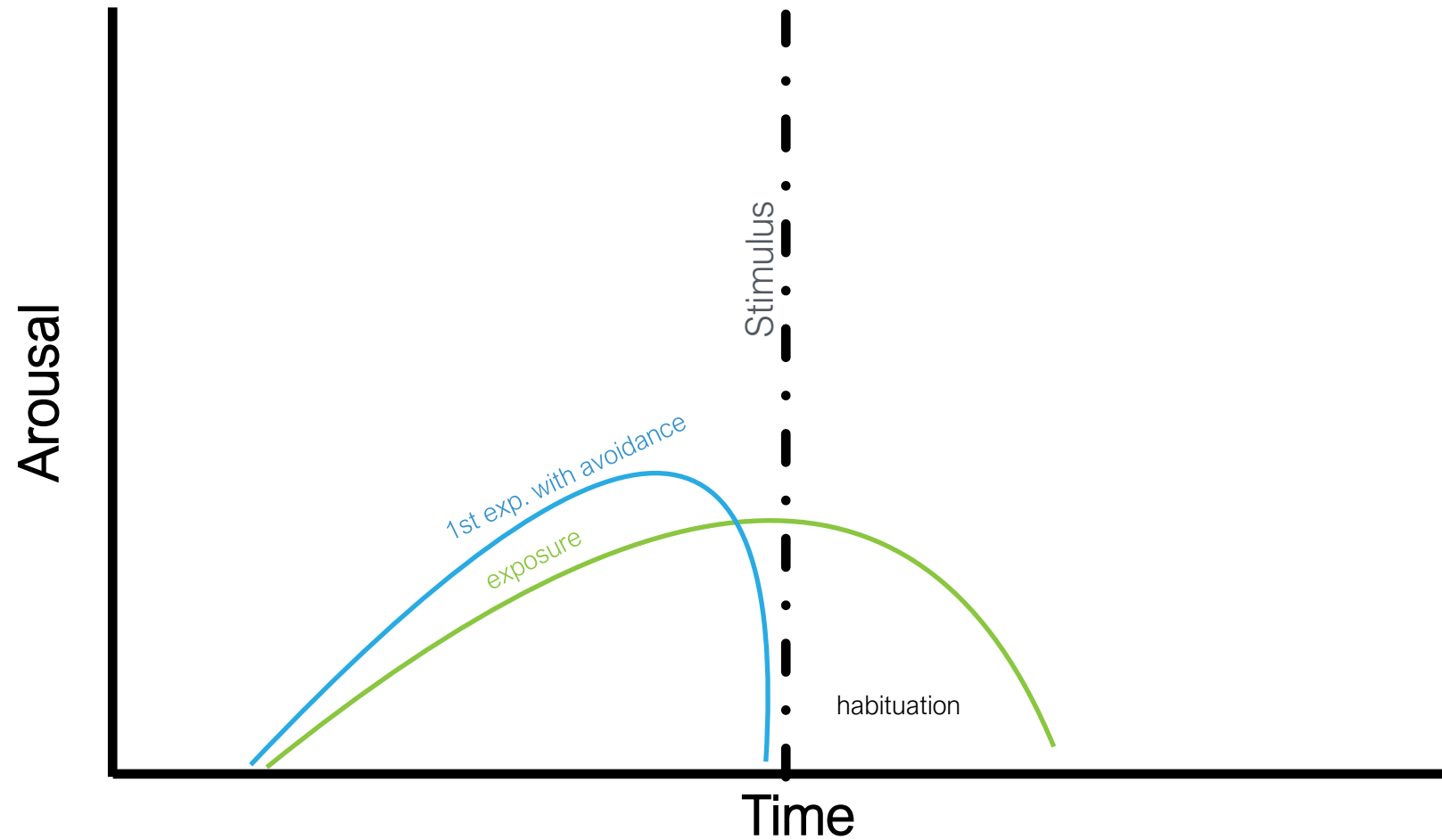
Hebb, D.O. (1955). *Psychological Review*, 62, 243-254

Why is it a problem to
avoid stressful
situations?

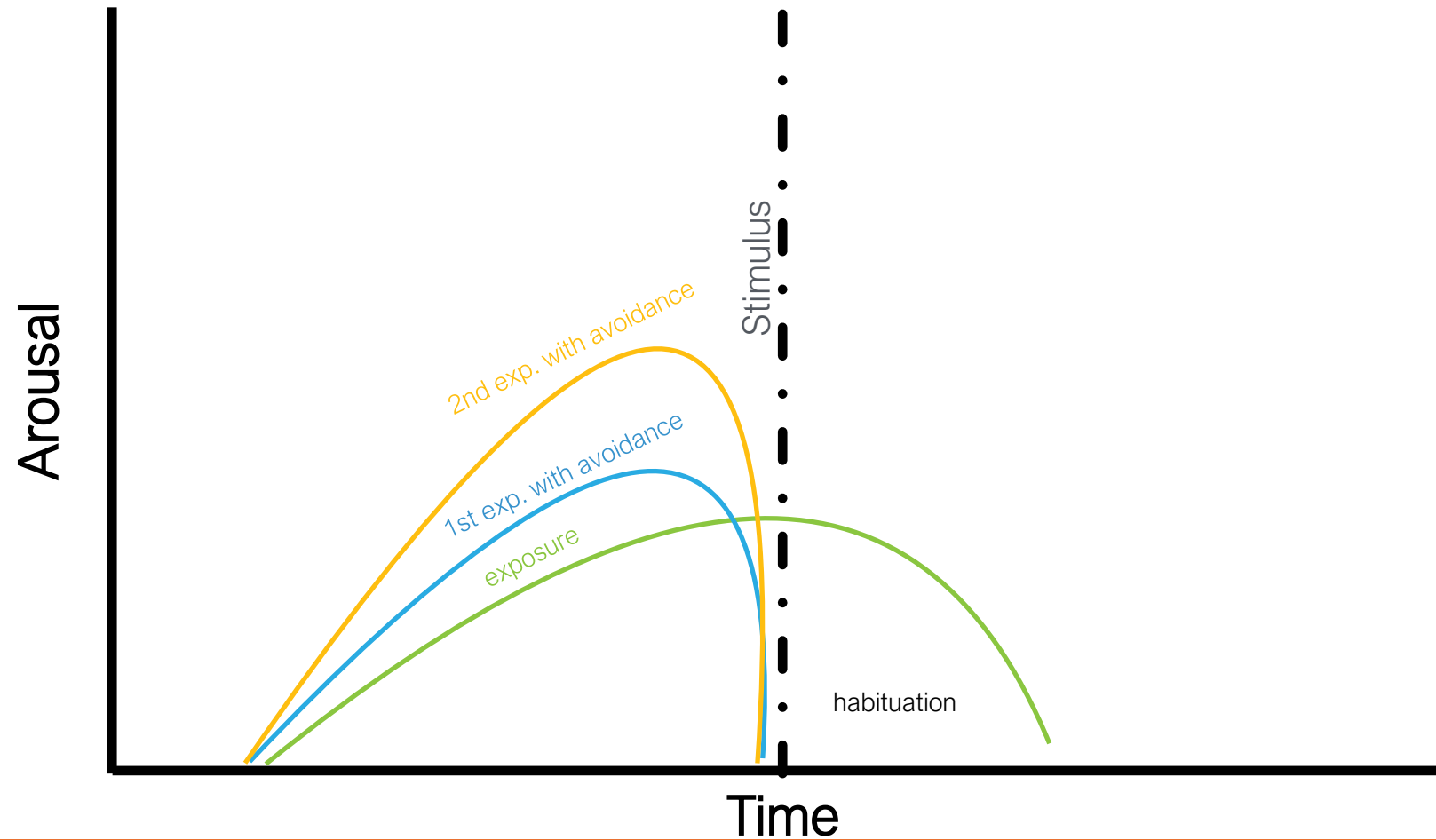
Exposure Curve



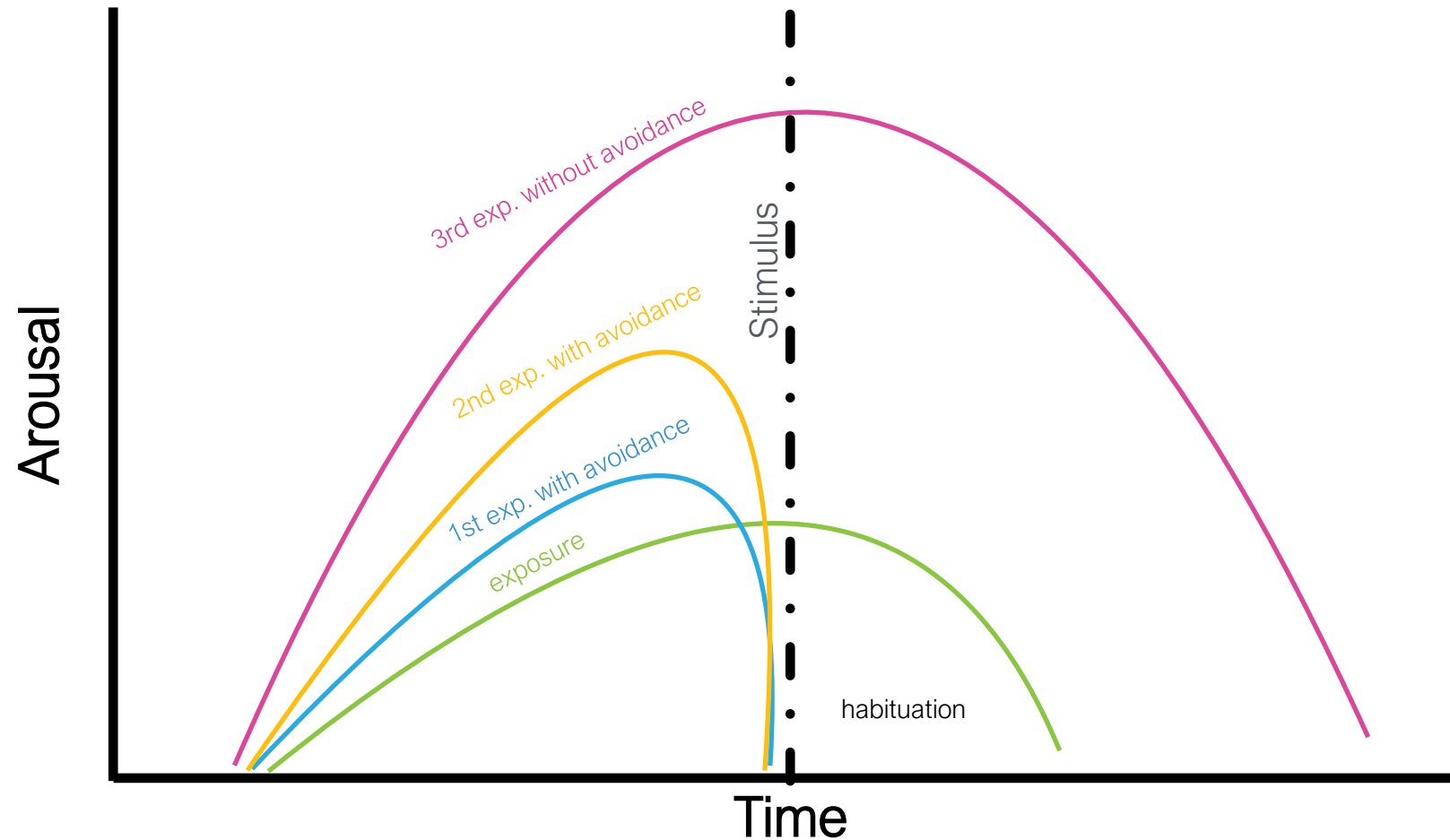
Exposure Curve



Exposure Curve

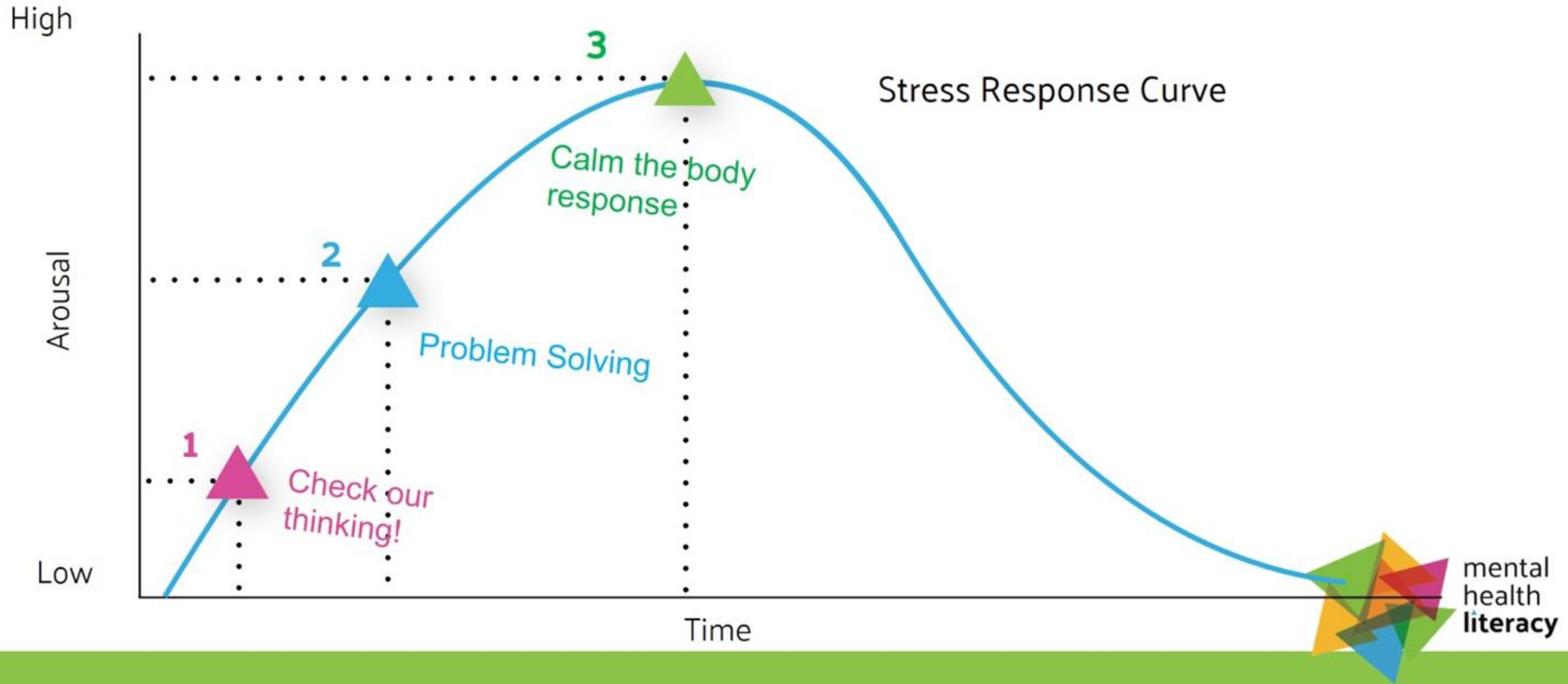


Exposure Curve



Other ways to help
manage stress?

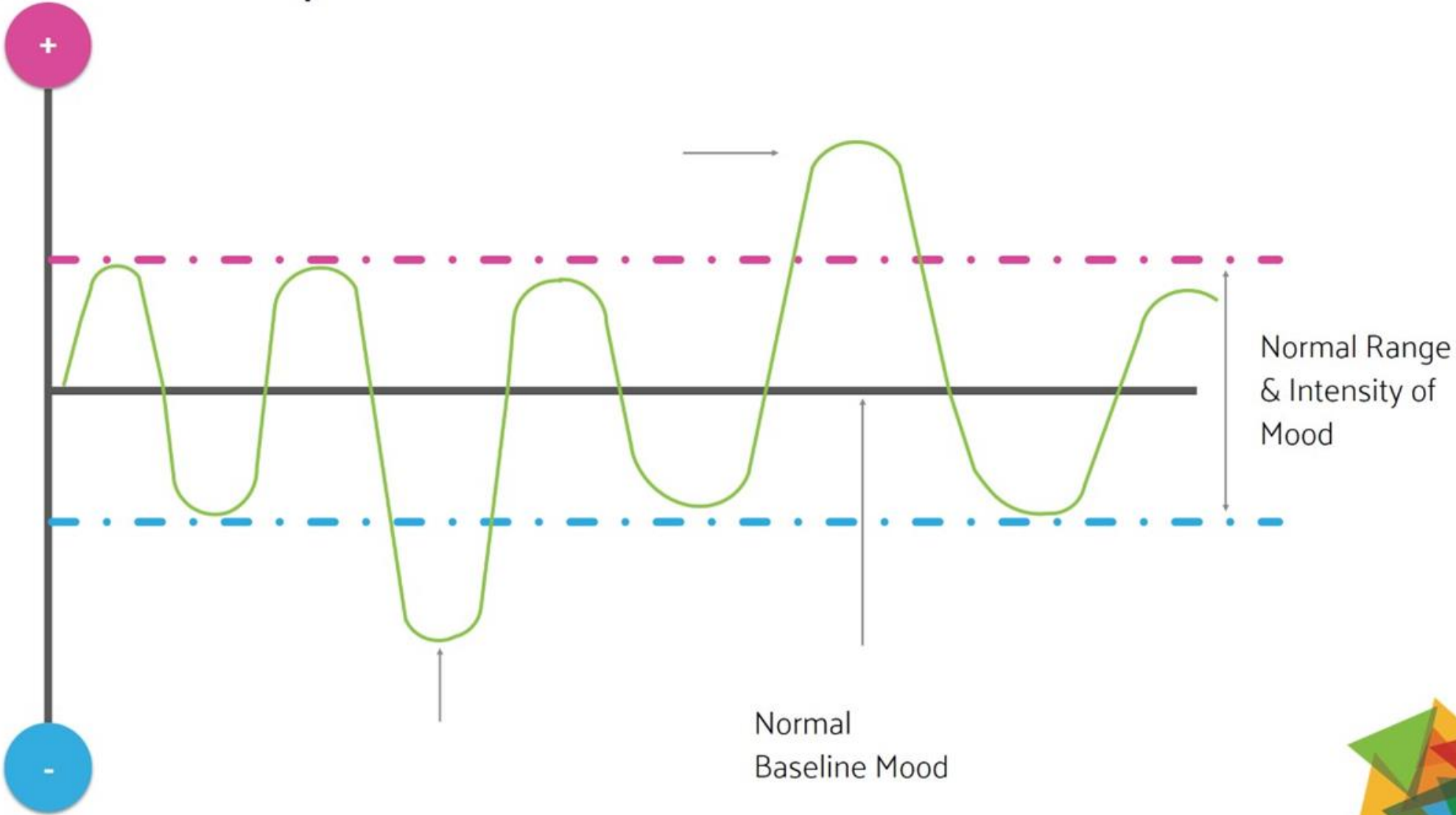
Skills to manage our stress response



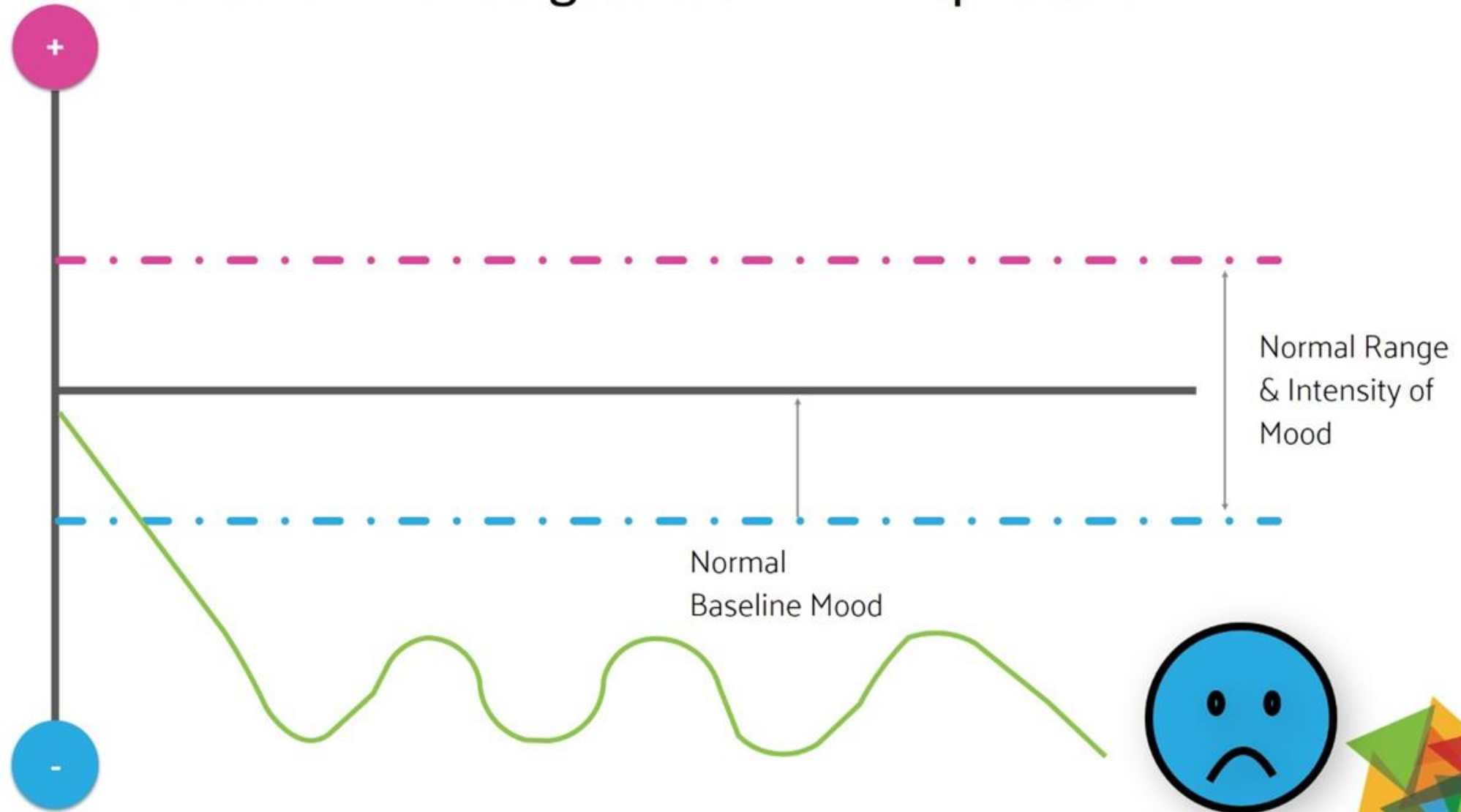
What about emotions
and moods?



Normal Mood Graph



A Baseline Shift To The Negative Pole - Depression



What else can we do to
boost mental health and
promote resiliency?



Movement

Ages 5-17

Recommended combination of activity
that equals at least 60 minutes of
moderate to vigorous activity daily



Getting Enough Sleep

Recommended hours of sleep

6-13 years	9 to 11 hours
14-18 years	8 to 10 hours



Positive Supportive Relationships



Healthy Nutrition



Helping Others



Routine

Any tips for setting limits
and boundaries?

Ideas for holding limits with less conflict:



“Be sad not mad!” Lock in that connection! Acknowledge their feelings and perspective. Share the control around setting healthy limits.

Use enforceable statements e.g., “I am willing to _____ when_____.”

Allow learning from natural consequences (price of mistakes get bigger!)

Disengage from arguments e.g., “Love you too much to argue.”

More ideas to boost
mental health and
resiliency?

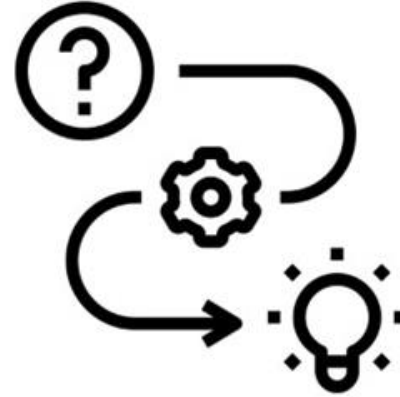
More mental health boosters!



Encourage
flexible thinking
and naming
emotions



Role model
healthy coping
and problem
solving

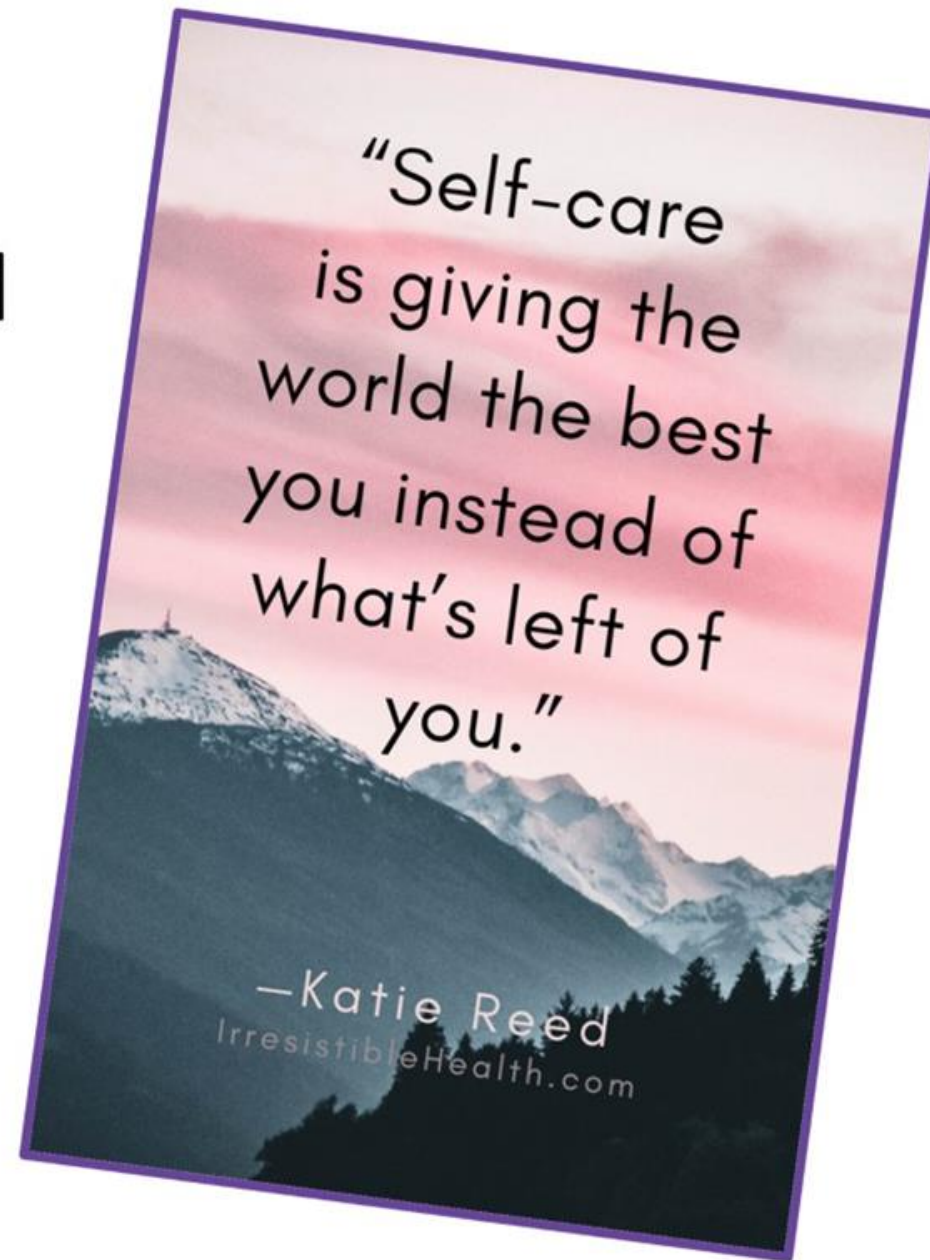


Help clarify who
owns the problem
and what could
help



Sense of humour!
Play, fun and
creativity!

Support for parents and caregivers





WORDS
Matter!



EVIDENCE
Matters!



CONNECTION
Matters!

Hopefully now you are saying...

I can talk about
mental health
with more
clarity!

Stress can be
helpful! Same with
understanding our
feelings!

I understand more
about mental
disorders and
treatment!

I know when to be
concerned, what
to ask, and what
to do!

I have lots of
ideas to boost
mental health!

I want to learn
more!

Further Learning with Mental Health Literacy!

Communicating With Your Health Care Provider
What Every Person Should Ask

Diagnosis

- What do you think my diagnosis is?
- Are there any other possibilities as to what it might be?
- What does this mean for my day-to-day life and for my future?
- What do I need to do to get well?
- Where can I get more information about this condition?

Treatment Options

- What are my treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help me?
- How will the suggested treatments affect me in my everyday life?

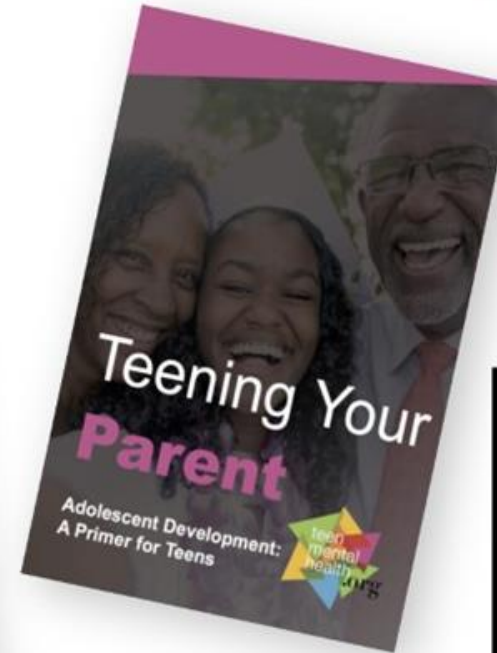
Medication

- What does this medicine do to my body and brain?
- What other medicines would be considered and why are you recommending this one?
- What are the risks and benefits of this medication?
- What kinds of studies have been done with this medication?
- How likely is this medicine to help someone like me?
- Will the medicine interact with anything that I am already taking?
- What are the potential side effects? Will they fade over time?
- When will I start to notice the results?
- How will I know if the medication is working?
- How long will I be on this medication?
- What will happen if this medication does not work?

Psychological Treatment (Therapy)

- How will this therapy help me?
- What are the alternative therapies? Why are you recommending this one?
- How likely is this therapy to help someone like myself?
- What are the risks and benefits of this therapy?
- What kinds of studies have been done with this therapy?
- What are potential side effects of this therapy? Have studies assessed side effects?
- When can I expect to see results?
- How will I know if this therapy is working?
- How long will this therapy last?
- What will happen if this treatment does not work?

For more information visit: teenmentalhealth.org



<https://www.youtube.com/c/MHLiteracy>

Local Supports and Recommended Resources

Connect With Us!

<https://mentalhealthliteracy.org/>



@mh_literacy



mhliteracy



@MHLiteracy



MHLiteracy



mhliterate@gmail.com



Infographic Questions & Answers



**Thank you
for joining us!**

