

Mental Wellbeing Coaching Initiative Overview

Summary

School districts and their community partners have tremendous knowledge and understanding about their local context and the issues surrounding wellbeing in their school communities. At the same time, they may benefit from an outside “critical friend” to act as a thought partner in their planning, connect them to outside resources and expertise, and provide frameworks and innovative ways of thinking to support strategy development.

To support school districts/regional groupings of schools and their partners in efforts to improve student wellbeing, [WellAhead](#) is partnering with Healthy Schools BC to offer coaching supports to a cohort of 9 school district/regional teams in BC starting in 2017-2018.

Purpose: To embed mental wellbeing into district priorities, structures, practices, cultures & resource flows, and to build province-wide capacity to support districts ongoing

Goals

1. **Learning:** Enhanced knowledge and understanding of approaches that effectively support the leadership of the school district/regional group of schools in supporting student wellbeing.
2. **Relationship:** Enhanced relationships between partners, including districts, health authorities, Aboriginal communities, and community partners, to support student and staff well-being.
3. **Capacity:** Increased capacity of coaching participants to take approaches that embed mental well-being across the district/region, and creation of a province-wide structure and network of coaches that are seen as trusted allies and resources in furthering mental well-being efforts.
4. **Impact:** System transformation – mental well-being is embedded at all levels throughout school and community priorities, structures, practices, cultures, and resource flows.

Participating Districts

- SD35 Langley
- SD37 Delta
- Tsleil-Wautush Nation Band School and SD44 North Vancouver
- SD83 North Okanagan-Shuswap
- SD47 Powell River
- SD54 Bulkley Valley
- SD62 Sooke
- SD64 Gulf Islands
- SD92 Nisga'a

Coaches



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