



Looking back

FISA applauds your commitment to your students and to their mental health and well-being!

WEBINARS IN 2021-2022

This year was a productive one for virtual Pro-D opportunities. We were fortunate to learn with Dr. Laurie Anderson who spoke about educator well-being in uncertain times. We also explored Compassionate Systems Leadership with Dr. Shirley Giroux over four engaging sessions. Furthermore, we hosted an info session with Foundry BC, where we learned more about the extensive virtual and in-person services offered across BC. Plus, we held two sessions on understanding the MDI.

Recordings of these webinars are available in under the "Media" tab on the [FISA website](#).

Looking ahead

PROVINCIAL OUTREACH 2022-2023

We are so excited to get back to in-person Pro-D in 2022-2023!

For this years Provincial Outreach offerings, FISA's Mental Health Coordinators, Jamie Morris and Michelle Hussey, will be meeting with educators across BC to offer practical strategies designed to assist school staff in building their capacity to promote mental health and well-being for students, staff, and parents while also understanding the importance of establishing boundaries and appropriately accessing professional assistance.

Locations, dates and registration links will be provided in September.

MENTAL HEALTH COMMITTEE

We want to take a moment to thank the members of the FISA Mental Health Committee for their work this year. These representatives from each of the 5 FISA member associations were integral to the conversations and decision-making to enhance Mental Health education in BC's independent schools.

Thank you to:

- | | |
|--------------------------|----------------------------|
| Rachel Calder (AMS) | Michelle Meadows (AMS) |
| Jenny Williams (SCSBC) | Grace Voo (SCSBC) |
| Samantha Butler (CISDV) | Nicole Regush (CISVA) |
| Dennis Tjernagel (ACSI) | Phil Hills (ACSI) |
| Tracey-Ann Lee (ISABC) | Heather Nolan-Wood (ISABC) |
| Jamie Morris (FISA BC) | Michelle Hussey (FISA BC) |
| Shawn Chisholm (FISA BC) | Janet Dhanani (FISA BC) |

WELLBEINGBC.CA

A website created by FISA to support all schools as part of a school-based mental health initiative, in alignment with the three pillars of wellbeing:

- Social Emotional Learning (SEL)
- Mental Health Literacy
- Trauma Informed Approaches

Make sure to check out wellbeingbc.ca



MIDDLE YEARS DEVELOPMENTAL INSTRUMENT (MDI)

Eighty-eight independent schools and over 4,500 independent school students in BC participated in this project in 2021-2022!

Grade 8 participation is funded next year! Indicate your interest for the [MDI in 2022-2023 here](#)





YOUR FISA MENTAL HEALTH COORDINATORS

Jamie Morris and Michelle Hussey

The primary role of the Mental Health Coordinators is to support our independent schools across our province in improving mental health education for our students, staff, and families. They do this by acting as a liaison between outside systems and schools. They collaborate and connect schools with outside service providers such as the Ministry of Education and Child Care, Ministry of Children and Family Development, and other resources in the community, as well as attend annual Ministry of Education and Child Care Mental Health Conference and other relevant Professional Development. Your Mental Health Coordinators also sit on the FISA Mental Health committee, with representatives from each of the 5 FISA Associations. They also support schools in engaging with, and understanding the benefits of implementing the MDI.

"We feel so privileged to be in this role, collaborating and supporting with all the amazing educators across this province, to lift up Mental Health and Well-being education in our independent schools.

Thank you all, for all you do. We look forward to what we will do together in 2022-2023!"



WE VALUE YOUR FEEDBACK

PLEASE COMPLETE THIS [FEEDBACK FORM](#), TO HELP INFORM US OF WHAT YOU WOULD LIKE TO SEE FROM YOUR FISA MENTAL HEALTH COORDINATORS IN THE FUTURE!



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