

Taking Action with the MDI



A collaborative conversation with independent schools
on what can be done with the data

MDi

Who we are:

Your FISA Mental Health Coordinators



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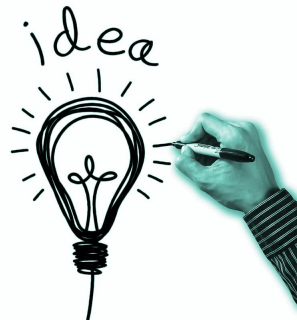


Role of Mental Health Coordinators

- Support and advocate for independent schools
- Liaison between outside systems and our schools
- Provide professional development

Objectives:

- Learn about the resources on discovermdi.ca
- Understand the MDI report
- Brainstorm ideas for action



Agenda:

- Why MDI
- Be Curious
- Lesson Planning
- Share out



What is the MDI?

“The Middle Years Development Instrument (MDI) is a self-report questionnaire that is completed online and asks students in Grades 4 through 8 about their experiences in school, in the home, and in the community.

It is a valid and reliable measure with strong scientific evidence. It focuses on highlighting the protective factors and assets that are known to support and optimize development in middle childhood.”

<http://www.discovermdi.ca/>

“Once children start expressing themselves we should be paying attention; right from the beginning. As they grow older they learn to understand that somebody is listening.

When we start hearing their stories and paying attention, we learn from each other.”

Joan Gignac, Executive Director, Aboriginal Head Start Association of BC

<http://www.discovermdi.ca/>



The MDI at a glance

- The MDI uses a strengths-based approach to assess five dimensions of child development that are scientifically linked to social and emotional well-being, health, academic achievement, and overall success through school and life.
- Students complete the survey during class time in January or February through a secure, online portal hosted by the University of British Columbia.
- The MDI project is voluntary. School administrators, teachers, parents or caregivers, and the children themselves are able to choose whether or not they wish to participate.
- The questionnaire is administered by an educator and takes one to two class periods to complete.
- Teachers and other school staff are fully supported by the MDI team including training, presentations and a variety of online and printed resources.
- Within two months of the MDI being complete, administrators can access Online School Reports, a comprehensive overview of MDI results for all questions and measures. MDI reports include data and infographics that are easy to interpret and share.

Five dimensions of the MDI



Physical Health & Well-Being

Children evaluate their own physical well-being in the areas of overall health including help-seeking for emotional well-being, transportation to and from school, nutrition, and sleeping habits.



Connectedness

Children are asked about their experiences of support and connection with the adults in their schools and neighbourhoods, with their parents or caregivers at home, and with their peers.



Social & Emotional Development

Children respond to questions about their current social and emotional competencies in several areas such as optimism, self-esteem, happiness, empathy, prosocial behaviour, sadness, worries, self-awareness, and self-regulation.



School Experiences

Children are asked about their school experiences in 4 areas: academic self-concept, school climate, school belonging, and experiences with peer victimization (bullying).



Use of After-School Time

Children are asked about the time they spend watching TV, doing homework, volunteering, reading, hanging out with friends, and playing video games.

Why the MDI?

- Inform schools what is working well and areas where further growth is required
- Support the continued positive development of our schools and our students
- Data speaks!

Data Speaks

- Data informed decision-making
- Celebrating and sharing successes
- Tracking growth

A large, light teal speech bubble with a thin black outline, containing two lines of text. The bubble has a tail pointing towards the bottom right corner. The background is white with teal geometric shapes in the corners.

*“Comparing the results of the MDI from multiple years,
helped me see a bigger picture of how our students
were doing **over time**.*

I now know where to focus supports moving forward”

The MDI is not an assessment of individual children, it is a unique and comprehensive tool that collects and aggregates information on groups of children at a population-level, such as children in a school, a school system, a neighbourhood, or community.

2022/2023
(*this* year)

FISA covered the cost for
Grade 8 students to engage
(*Many schools added extra grades*)

2023/2024
(*next* year)

FISA is covering the cost for
one grade

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MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI)

A Quick Users' Guide for Understanding and Using your MDI Results to Make Positive Change for Your Students

STEP 1: Before working with your MDI results, what are your thoughts, based on what you know about the MDI?

1. **Your Context** – what has been happening in your school and community in the last few years AND, what have you been working on that may have an impact on the MDI results you will see? Areas to consider include: the overall well-being of your students, dimensions of their social and emotional development (e.g., optimism, empathy, happiness, self-regulation, worries), their assets with regard to adult relationships, peer relationships, sleep and nutrition, constructive use of after school time.

Be curious

- What data from your MDI reports stand out to you?
- Is anything surprising?
- What are the strengths of your children? What challenges do they face?



Resist jumping to conclusions, seeking explanations, or moving to action right away: focus first on reviewing the data and noting your observations and curiosities about the results.

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Access your Report:

Go to:

<https://mdi.ubc.ca/school/report/>

User Name - Use your email as your username.

Password - Use the same password you used at the time of MDI administration.

Forgot your password? Request a new one here:

<https://mdi.ubc.ca/accounts/forgotten/>

The image features a light blue background with teal geometric shapes in the corners. In the top right corner, there are two overlapping teal triangles pointing towards the center. In the bottom left corner, there is a teal triangle pointing towards the center.

Think Big, Start Small

Sample MDI report

WELL-BEING INDEX

The Well-Being Index combines MDI measures relating to children's physical health and social and emotional development that are of critical importance during the middle years. These are: Optimism, Happiness, Self-Esteem, Absence of Sadness and General Health.

Scores from these five measures are combined and reported by three categories of well-being, providing a holistic summary of children's mental and physical health.

MEASURES

Optimism
Happiness
Self-Esteem
Absence of Sadness
General Health



High Well-Being (Thriving)

Children who score in the high range on at least 4 of the 5 measures of well-being and have no low-range scores.



Medium Well-Being

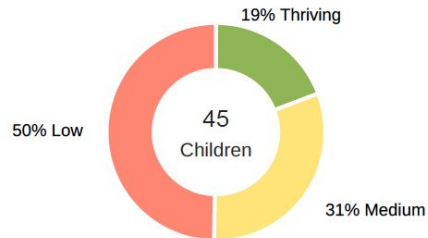
Children who score in the high range on fewer than 4 of the 5 measures of well-being, and have no low-range scores.



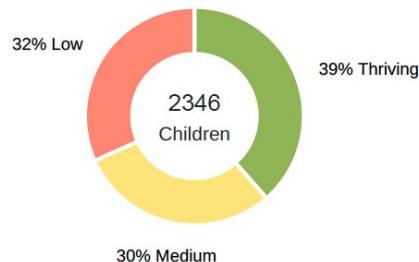
Low Well-Being

Children who score in the low range on at least 1 of the 5 measures of well-being.

SAMPLE ELEMENTARY



ASSOCIATION NAME



Sample MDI report

NUMBER OF IMPORTANT ADULTS AT SCHOOL



2 or more

87%



One

7%



None

7%

Association Average

70%

10%

20%

Consider



- Is there a result to celebrate?
- What is one result that supports what you've seen?
- What is one result that surprised you?
- What is one area that needs some work?
- Is there anything that you find hard to believe?

www.discovermdi.ca

MDi

Admin Portal

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Exploring MDI Data

Getting Started with the MDI

Exploring MDI Data

Sharing MDI Data

Making Change with the MDI >

Research using the MDI

Exploring MDI Data Worksheet

This worksheet contains a few simple prompts to help you and your audience reflect on MDI results and formulate new questions.

[Download PDF](#) ↓

Related Resources



Mental Health Promotion in Schools

Key Principles and
Strategies for K-12
Mental Health

Promotion in Schools

Created: September 14, 2021

[Download PDF](#) ↓



MDI Data Highlights and Trends 2020- 2021

Created: June 14, 2021

[Download PDF](#) ↓



MDI Factsheet – Trauma Informed Practice

Created: April 20, 2021

[Download PDF](#) ↓



MDI Factsheet – Social and Emotional Learning

Created: April 20, 2021

[Download PDF](#) ↓



Making Change in School Systems

The MDI provides valuable insights about students and their experiences both inside and outside of the school system. MDI data can identify both barriers and facilitators to student well-being, while also offering unique opportunities to engage school staff and students in exploring their MDI data, and move from data to planning through to school or system-wide action. Learn more about the ways in which MDI data contribute to creating change across school systems.

Videos and Webinars

Explore video stories from communities across BC, foundational videos and previously recorded webinars to learn the MDI basics and how to get started with making change with MDI data.

[Foundational Videos](#) ▾[Community Stories](#) ▾[Webinar Recordings](#) ▾





THE MDI AS **CENTRAL** TO THE CONVERSATION



Discover MDI | A Partnership

www.dci.gov/mdi

MDI

UNDERSTANDING THE SITE | MAKING CHANGE | CONNECT | TOOLS & STORIES | ADMIN PORTAL

From Data to Action

DISCOVER MDI

A FIELD GUIDE TO WELL-BEING
IN MIDDLE CHILDHOOD

We believe there's strength in numbers.

Positive experiences in middle childhood build the foundation for healthy adolescence and adulthood. Through our partnerships with schools and communities to collect and share rich data through the Middle Years Development Instrument (MDI), we can work to build a future in which all children have the opportunity to thrive.




WELL-BEING

The experience of feeling happy, mentally,
emotionally, physically and spiritually.



Lesson Plan Template (if it helps!)

Title of Action 	
Audience <i>(Is this for a specific grade, for a staff Pro-D, parent presentation?)</i>	
Description <i>(what is the activity about)</i>	
<u>Connections to Core Competencies</u>	Personal and Social Competencies: <ul style="list-style-type: none">•
Materials/Resources to Prepare	
Activity <i>(what are participants doing)</i>	
<u>Take-Aways/Next steps</u>	<ul style="list-style-type: none">•

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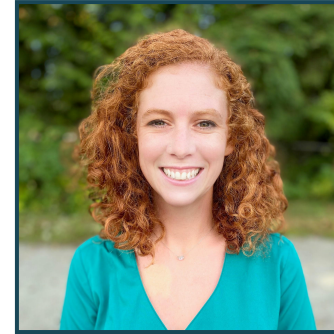
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Share Out

- Did anything resonate with you?
- What are some actions a school could take?
- How would you measure success?

Connect with your FISA Mental Health Coordinators



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Sign up for next year!

Stay tuned for how to sign up for the the MDI
again next year (2023/2024)!



Feedback

We appreciate your feedback!

[Link to Feedback Form](#)

