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# Helping Our Children & Youth Cope



1 Dec 2020

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# Land Acknowledgement

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December 1, 2020

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**Kathy Jarrell**, Alberta Lead  
Alberta Mental Health Literacy Project

**Brian Madill**, Coordinator – Student Services  
Red Deer Public Schools,

**Jodie Mattia**, Director of Support Services  
Wetaskiwin Regional Schools  
PhD Student: Educational Administration (research focus:  
leadership well-being)

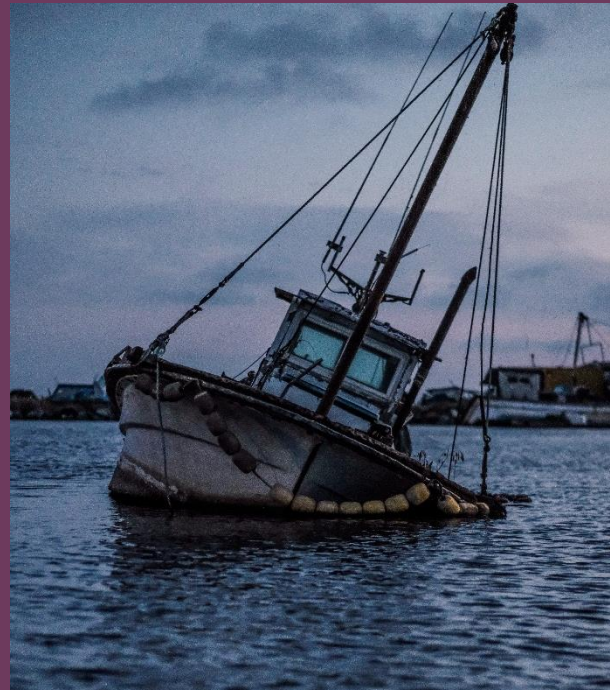
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# Session Outcomes

- Parents feeling more confident in their approach to talking about and supporting their child's mental health
- Parents are more mindful of taking care of their personal well-being

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We are in the same storm but different boats.



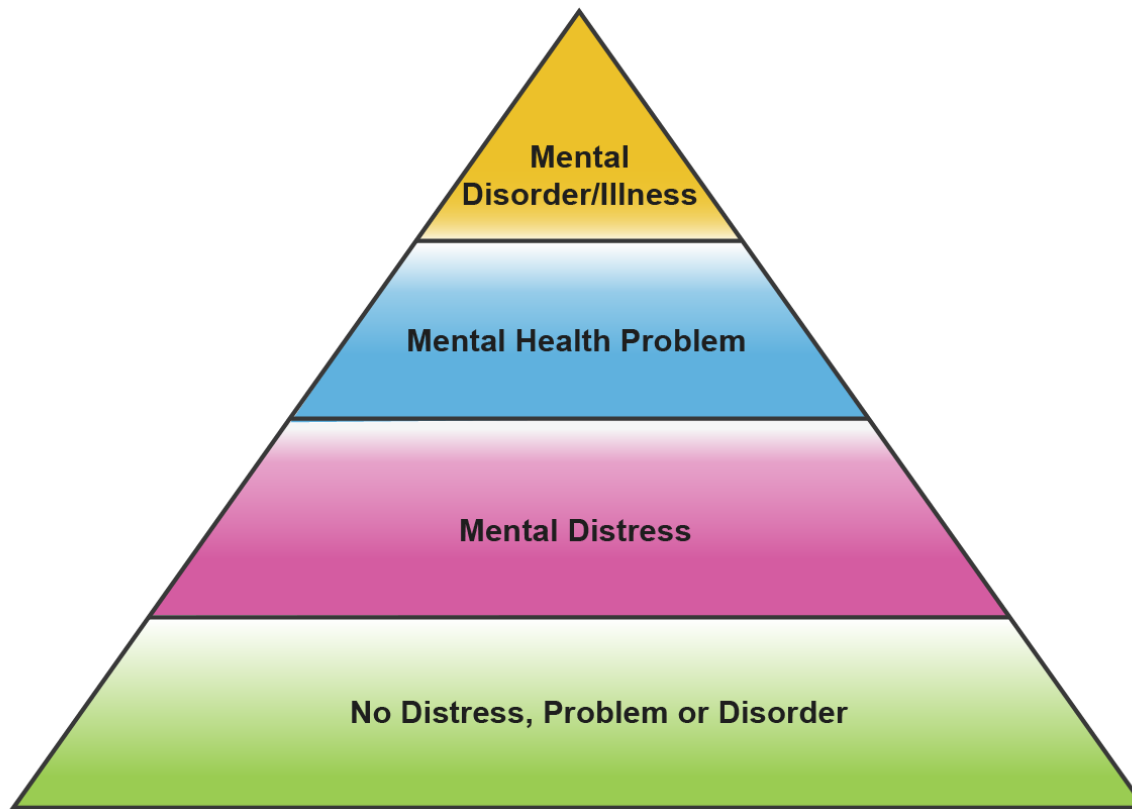
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# LANGUAGE MATTERS

THE IMPORTANCE OF USING THE RIGHT WORDS  
WHEN WE'RE TALKING ABOUT MENTAL HEALTH



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“Where there are unknowns,  
people are unsettled.”

Aaryn Manning, Chinook’s Edge School Division

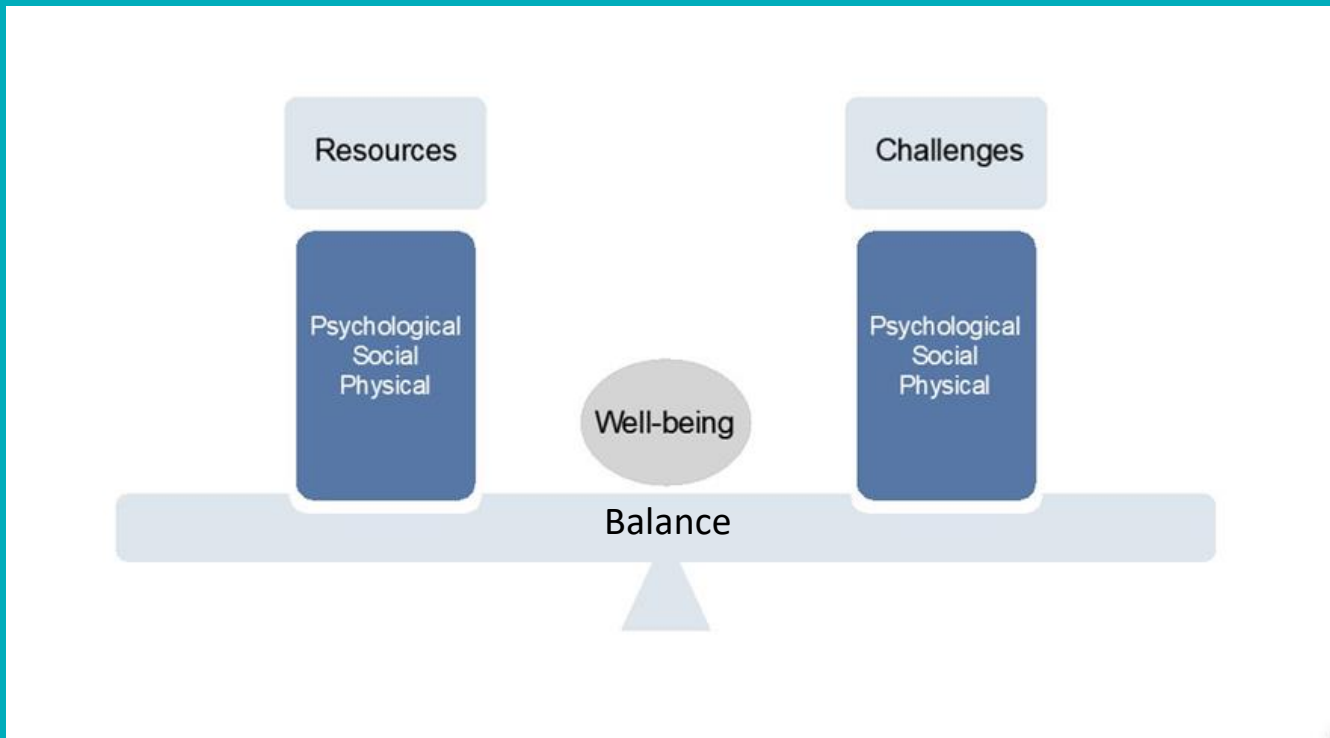
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*Safe, Calm, Connected*



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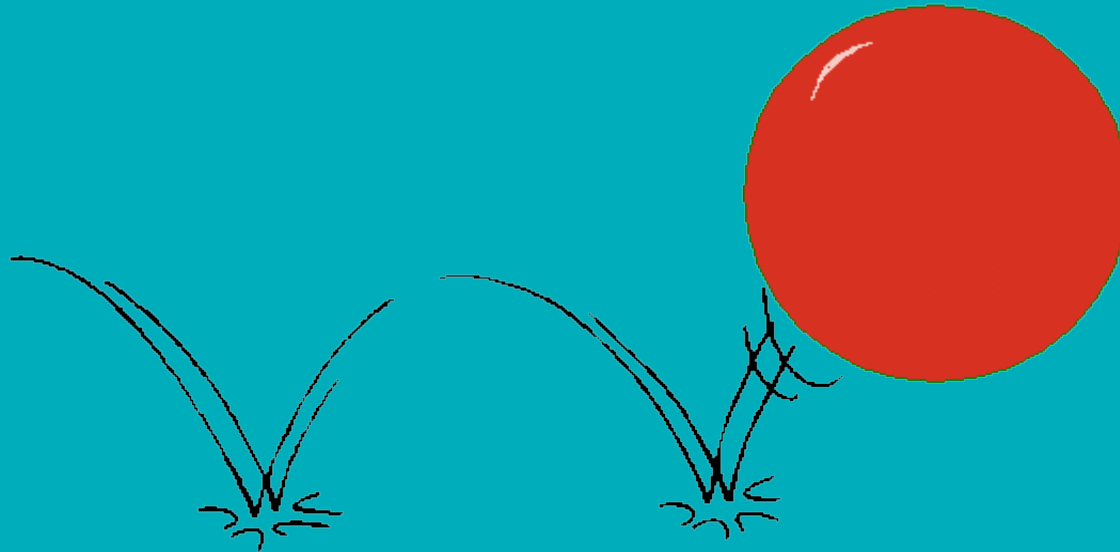
# Wellbeing



**Adapted from:** THE CHALLENGE OF DEFINING WELLBEING  
*(Rachel Dodge, Annette P. Daly, Jan Huyton, Lalage D. Sanders)*

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# Resilient



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# Final Thoughts

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December 1, 2020

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# Thank you!