

Mental Well-being Coaching

Mental Well-being Coaching pairs expert coaches with school district teams to support the development and implementation of district-wide approaches to promoting the mental well-being of students and staff.

Supporting Districts to Achieve Their Mental Well-being Goals

Across BC, schools and districts have acknowledged the need to support the mental well-being of students and staff.

The goal of Mental Well-being Coaching is to support districts and their health authority partners to improve mental well-being district-wide by embedding well-being in their priorities, structures and cultures.

Expert coaches provide 10 days of support to districts including in person, by phone and e-meetings.

There is no specific program to be followed. Instead, district teams with the support of their coach, use data to assess their current situation, engage others in the discussion, and develop and start work on a plan for moving forward.

Mental Well-being Coaching is in its second year in 2018-19, with six school districts participating.

The model, inspired by the work of [School Mental Health ASSIST](#) in Ontario, was developed as part of the McConnell Foundation's [WellAhead initiative](#), in partnership with [DASH BC](#) and [Healthy Schools BC](#).

The 1st-year evaluation found coaching to be beneficial to all districts, regardless of where they are on their mental well-being journey.

The coaches' knowledge of the BC school system, engagement approaches and implementation strategies help districts create the conditions that contribute to success and avoid missteps.



“ It has been good to have a coach that has a perspective provincially and provides the needed critical thinking to help us move forward. ”

DISTRICT TEAM MEMBER

SCHOOL DISTRICTS TEAMS ARE ESSENTIAL

to making sustainable, district-wide changes to support mental well-being. Their deep knowledge of their district and community are key to engaging others, and determining appropriate strategies for the local context. Teams should include, at minimum:

- a senior administrator;
- a district-wide teacher / counsellor; and
- a health authority partner

who have all have committed to dedicating time to work with their coach.

To learn more about Mental Well-being Coaching, contact Faye Willick
fwillick@dashbc.ca