



• What do you do to foster your own mental health?

– Write as many things as you can think of on sticky notes and post on the Wellness Wall.

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HIGH FIVE is Canada's only comprehensive quality assurance standard for children's recreation and sport.



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Why Quality Matters?

- People are more likely to stay active for life if they have a positive experience in sport, recreation and physical activity as a child.
- Physical activity has benefits both physically and emotionally!

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Principles and Design Guidelines

A Caring Adult Friends Play Mastery Participation

Developmentally Appropriate Safe Welcoming of Diversity & Uniqueness

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Emotional Safety – The Need

- Ensuring mental health is just as important as ensuring physical health
- Broken arm vs broken heart
- Many young leaders or even experienced coaches are not equipped to handle the challenges many children bring with them.



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Why Children Don't Engage

Poor relationship with leader or coach
 Frustration
 Hunger
 Bullying
 Lack of interest in the activity
 Just having a bad day
 Low self esteem or confidence
 Anger
 Fear
 Tired
 Boredom

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Why Children Don't Engage

Two reasons children don't engage

- ★ Mental Health Distress
- ★ Mental Health Disorder or Condition

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Mental Health Distress

- Sadness
- Anger
- Worry

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Common Mental Health Conditions



- Anxiety
- Attention Deficit Hyperactivity Disorder (ADHD)
- Depression

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Mental Health Distress



- Distress is a normal human emotion and reaction to sadness or suffering
- Distress tends to disappear when the situation is relieved or the stressor goes away

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Mental Health Distress can lead to a Mental Health Condition when:



- The child has significant trouble with a stressful situation and his/her response is not appropriate
- Problems do not go away when the stressful situation is resolved
- The child cannot adapt to the stressful situation

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A Mental Health Condition can lead to:

- Emotional or behavioural challenges
- Severe symptoms that can occur spontaneously
- Social or academic struggles
- The need for professional help

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The Ticking Time Bomb...

- 800,000+ kids in Canada have mental health conditions
- Children facing these challenges are a ticking time bomb.
- It's critical that we reach them in a positive way.
- You can help.

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Resiliency

- ★ A child with a mental health condition does not necessarily have poor mental health.
- ★ When a child has strong character traits, they are able to build resiliency.
- ★ Resiliency is the ability to overcome challenges and stress in a way that promotes health and wellness.

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Dual Continuum Model

The diagram illustrates the Dual Continuum Model with a vertical axis for 'Positive Mental Health' (top) and 'Poor Mental Health' (bottom), and a horizontal axis for 'Symptoms of a MH condition' (left) and 'No symptoms of a MH condition' (right). The four quadrants are:

- Top-Left: A mental health condition and positive mental health
- Top-Right: Optimal mental health with no mental health condition
- Bottom-Left: Poor mental health and a mental health condition
- Bottom-Right: Poor mental health without a mental health condition

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Resiliency

- You can help build a child's resiliency!
- And help them support themselves through challenges.

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Engagement through building Key Character Traits

- **Cooperative** – Able to get along with others
- **Ability to Cope** – Able to successfully manage stress
- **Adaptable** – Good problem solving skills, able to learn from mistakes
- **Sociable** – Acts appropriately and in a friendly way in social situations
- **Responsible** – Knows the difference between 'right' and 'wrong'
- **Optimistic** – Has a positive view of the future
- **Confident** – Comfortably able to express emotions in positive way

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Putting your house in order!

- Let's take a look at how much you and your organizations are already doing around mental health.

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Text Us and Participate – Reminders!

- Please turn ON your phones.
- If you do not have a texting plan, you may incur texting charges.
- If you do not have a phone or a texting plan, you can participate by hand.
- Your privacy is protected. You will not receive any spam or follow-up messages outside of this presentation.

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Group Discussion

- With your group, outline strategies for yourself or your organization around the question assigned to you.



1. Physical and Emotional Safety

- **Safety and Wellness Audit**
 - Discussions/surveys with staff, stakeholders
 - Create a plan
- **Community Roundtable**
 - Input from education, police services, healthcare
 - Find opportunities for kids to reach potential

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2. Fostering Resiliency

- **Professional Development**
 - Offer staff learning exchange/training in this area (ie: with psychologist, university/college professor, other experts/organizations)
- **Practice Strategies**
 - Use staff meetings to discuss issues or potential issues
 - Use teaching moments and other strategies to help build missing character traits

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3. A Caring Adult

- **Develop relationships**
 - Get to know each child and their strengths
 - Be there to listen
 - Offer suggestions/guidance to help kids overcome adversity
- **Staff Nurturing of Each Other**
 - Role model A Caring Adult among staff and provide best practices

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4. Linking Physical Activity to Mental Health

- Additional Resources
 - Ensure best practices and new resources are readily available to incorporate physical activity
- Physical Literacy
 - Understand your role in helping children develop competence in fundamental movement skills and the desire to be active

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5. Staff Stress

- Work Environment
 - Address factors you can control – job responsibilities, morale, positive attitude
 - Talk about support for factors you can't control – health/family issues
- Encourage Self Care
 - Take mental health days to recover just like sick days
 - Find your Caring Adult

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6. Organizational Mental Health

- Create Open and Supportive Environment
 - Listen to concerns
 - Take a non-judgemental stance
 - Address stigma
- Assist Staff in Finding Services
 - Be flexible to allow for self-care
 - Be A Caring Adult

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It begins with YOU!

- Positive mental health cannot flourish in a negative environment!
- Think about what you can do immediately to foster positive mental health with staff, volunteers and kids in your programs.

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Barriers to Engagement

- When you have a child who is difficult to engage, there are many ways to interact/engage with that child
- Some engagement strategies can be better than others

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Engagement Strategies

- ★ **Strategies to avoid**
 - ★ Finding and fixing what is wrong with the child
 - ★ Labelling children
 - ★ Ignoring a child's interest
- ★ **Strategies that work**
 - ★ Being respectful...be there to listen
 - ★ Adapt your approach
 - ★ Give options even when options are limited

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Engagement Strategies

- ★ Some engagement strategies will work the first time you try them
- ★ Others will take more work and more strategies
- ★ Every child is unique and you will need to build a relationship to know how to help them

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Strength Based Approach

- ★ A strength based approach:
 - ★ Identifies child's strengths and builds on them
 - ★ Focuses on engagement strategies that have been successful
 - ★ Finds good in the worst situation

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You may have to get help when:

- ★ Engagement strategies aren't working
- ★ You are faced with unsafe behaviours

- ★ Next Steps
 - ★ Ask another staff member or your supervisor for help
 - ★ Speak to parents

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Communicating with children and parents about sensitive topics

- Start with the positive
- Use a joining statement
- Provide your observations
- Discuss openly and honestly
- Apply solutions
- Monitor and evaluate

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Other Supports

HIGH FIVE Healthy Minds for Healthy Children

- Free online training module that follows front line leader/coaching courses (PHCD, HIGH FIVE Sport)
- Takes healthy child development to the next level
- Includes a downloadable resource for additional support

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Strengthening Children's Mental Health Supervisor Training



- New HIGH FIVE Training - developed with CMHA Ontario

Outcomes:

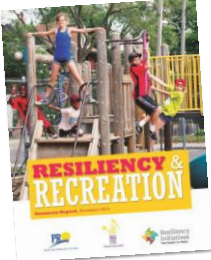
- Identify key mental health concepts
- Foster positive mental health
- Identify strategies to respond to challenges
- Stay connected to PRO for updates

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Resiliency and Recreation: Summary Report



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- New training informed by this new study
- Looked at the link between resiliency in children to recreation
- Come to PRO Forum in March to find out more!



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Important Reminder!



- ✦ You are not a mental health expert.
- ✦ Your job is to foster healthy child development, not label and diagnose children.



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Thanks for attending!



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