

DPAC report - Jan 24th

Presentation on youth mental health by a district clinical counsellor Christine Lussier

-Covid has impacted mental health - reported increased anxiety, depression and loneliness especially in vulnerable groups. Notable opioid overdose crisis during and after covid.

2018 survey of kids in BC on mental health (intermediate-high school)

- wellness trending down, increase in anxiety, depression and adhd
- increasing percentage of kids participating in self harm
- 2% of kids rarely or never felt safe in their homes
- increased risk in non-binary youth
- majority of kids felt part of the school community
- most planned to graduate
- decreased sexting
- decreased tobacco smokers and binge drinkers and teenagers waiting longer to try cannabis
- 95% felt they had an adult to talk to
- 75% good quality of life

Delta specific

Grade 4

- 39% report that they are thriving
- 79% report a strong relationship with parents
- 77% report high self esteem
- 87% report optimism
- 75% say they have the ability to seek help
- 69% report self esteem very good/high
- 2-3% report multiple incidences of bullying
- noted decreased self esteem in high school
- <17% used alcohol
- 10% vaped
- 21% felt no supportive or listening adult in school

Where can you go for help

School counsellor - although their hours have been severely cut  
Fraser Health authority, provincial health authority and first nations health - ministry of children and families/reach/delta assist/delta mental health/start....Start with school counsellor- special training to screen and assess risk and give guidance  
Referrals and intervention and safety planning

There are waiting lists, there are private agencies that can help  
Alongside you

Moving forward  
Private counsellors  
Registered Pschychologists

The schools can help with focus on engagement and connection and committing to education on healthy food, environment and homes

Crisis help lines  
Suicide help lines  
Kids help lines  
911

What can we do as adults/parents

Model healthy coping and making time for leaisure and play  
Connect and listen to children/youth  
Daily mindfulness and coping strategies and activities  
Recognize that stress is normal but theres a point where its not anymore

Superintendant acknowledged that there is a district wide shortage of school counsellors especially at the elementary level (1 counsellor for 3-4 schools)

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Career fairs coming up - watch for info