



School-Based Approaches and Programs for Building Students' Resilience

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- School Mental Health ASSIST (SMH ASSIST)
- Mental Health Leadership Team (2012/13):
 - Student Support and Risk Review
- increase in # of students presenting with severe anxiety
- decrease in coping skills
- Friends for Life (all Grade 4 classrooms)
 - coping strategies and resilience building
- Fun Friends (pilot spring 2016)
 - builds resiliency skills through play-based programming

- builds social-emotional competencies
- monitoring using the DESSA



PREVALENCE OF ANXIETY DISORDERS

In an average class, 2 or 3 students may experience anxiety-related symptoms.

Manassis, 2012.



Anxiety disorders occur in 6 to 10% of youth. It is one of the most common mental health disorders.

AACAP Official Action, 2007.



Anxiety disorders frequently originate during childhood or adolescence.

Keeton et al, 2009.



For many reasons, most students who suffer from anxiety do not receive support.

