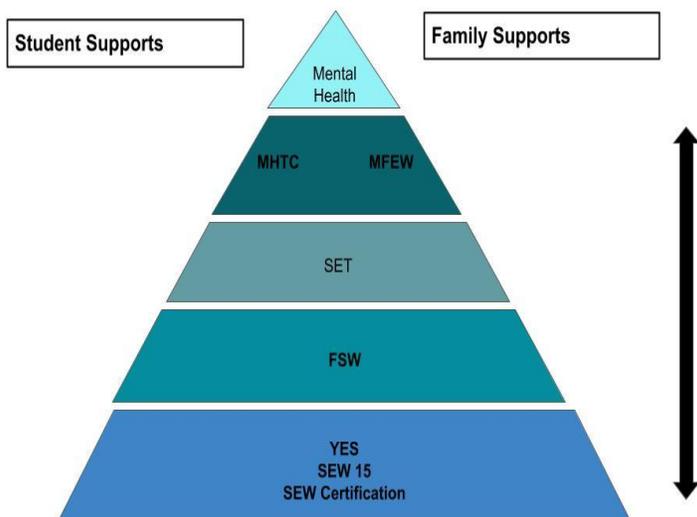


## Building Social Emotional Wellness

- A message from Superintendent Kurt Sacher

Various [studies](#) and [multiple observations](#) tell us it is a challenging time for young people and their social-emotional well being. We take this seriously in Chinook's Edge, and we are focused on making a difference in this key area. Why? We know when students are well emotionally, it sets them up for success in every other area of their lives, including learning at school.

The Chinook's Edge approach to this work can be visualized in a pyramid. It is a multi-layered and proactive approach. Our work begins at the bottom of the pyramid with programming that reaches all students. Moving up the pyramid, our work becomes more tailored to individual students who need additional support. A key element of this plan is the inclusion of families.



In summary, starting at the bottom of the pyramid, here is how Chinook's Edge is supporting students:

- YES = **Youth Empowerment & Support** program. Proactive - building social emotional wellness in all K-8 classrooms. Also - targeted groups at lunch, after school and in the summer.
- SEW 15 - **Social Emotional Wellness 15** is a high school course created to build social emotional wellness for students.
- FSW = **Family School Wellness**. FSW workers help students individually and in small groups to support mild to moderate needs. Families are connected to the conversation and strategies to support student's social emotional well-being.
- SET = **Social Emotional Teams** are based in each school. They work with individual students, and potentially their families, to support moderate to severe mental health challenges.
- MHTC / MFEW = **Mental Health Transition Consultant / McMan Enrichment Workers**. MHTC coordinates with SET specialists to provide support to students experiencing severe mental health or emotional challenges. MFEW provides in-home family support.

Of note, Chinook's Edge and its partners received a [\\$1.4 million provincial grant](#) for a two-year mental health pilot. The grant allows us to hire the MHTC and MFEW workers. Also, the Chinook's Edge Board financially supports the YES, FSW and SET teams with close to \$3 million in funding annually. And, at a more granular level, we have amazing staff who are very committed to helping our students. This is very important work.

If you'd like to know more about these programs - and how they work at your child's school, I would encourage you to reach out to your school's principal.

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