

Mental Health Capacity Building for Children, Youth and Families in Schools FACT SHEET

Background

The Mental Health Capacity Building (MHCB) for Children, Youth and Families in Schools is a unique initiative in that mental health promotion, prevention and early intervention services are integrated into and provided in a school-based setting. There are currently thirty-one project sites implemented across Alberta with plans for an additional nine sites in the upcoming school year.

The purpose of the MHCB initiative is to provide the staffing and structures required to implement an integrated, school – based community mental health promotion and prevention program. The thirty-one sites address the capacity building and risk reduction service components in selected-at-risk communities – specifically targeted to children ages 0-19 years and their families.

The aim is to increase coping, knowledge and skills of children and youth to enable them to make better choices and adopt behaviours to self protect their physical and mental health at as early an age as possible. Project sites also reach out to parents and other family members to assist them in their skill and capacity to create an environment conducive to mental wellness. Support and knowledge is also provided to school staff and other community service providers to build their capacity to support children and families.

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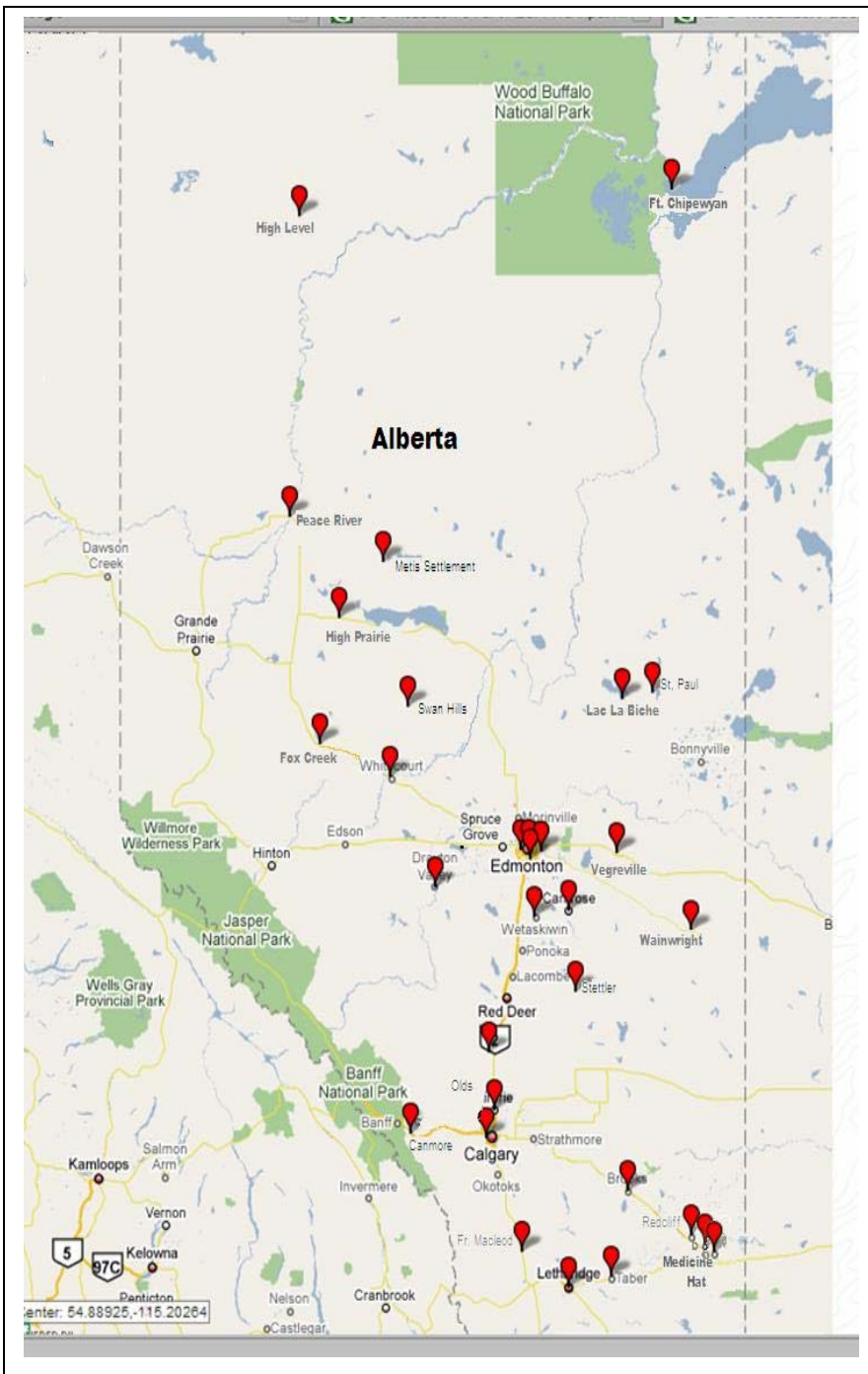
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Current Mental Health Capacity Building Sites

Ft. Chipewyan
High Level
Peace River
High Prairie
Metis Settlement
Swan Hills
Fox Creek
Whitecourt
Edmonton – Jasper Place
Edmonton – Millwoods
Edmonton – Francophone
Sherwood Park
Lac La Biche
St. Paul
Vegreville
Drayton Valley
Camrose
Wetaskiwin
Wainwright
Stettler
Canmore
Airdrie
Calgary
Redcliff
Brooks
Olds
Ft. Macleod
Medicine Hat Catholic
Medicine Hat Public
Taber/Grassy Lake
Lethbridge

The Mental Health Capacity Building projects are led by Alberta Health Services – Addiction and Mental Health and supported by Alberta Education with funding from Alberta Health and Wellness. Alberta Health Services and Alberta Education work in partnership to provide support to all of the sites implemented through this initiative.