

## 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-nine project sites implemented across Alberta with plans for additional sites in the 2010-2011 school year.

The purpose of the MHCB initiative is to provide the staffing and structures required to implement an integrated mental health promotion and prevention program. This initiative is community-driven by partners at the local level to 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.

#### Leadership Team

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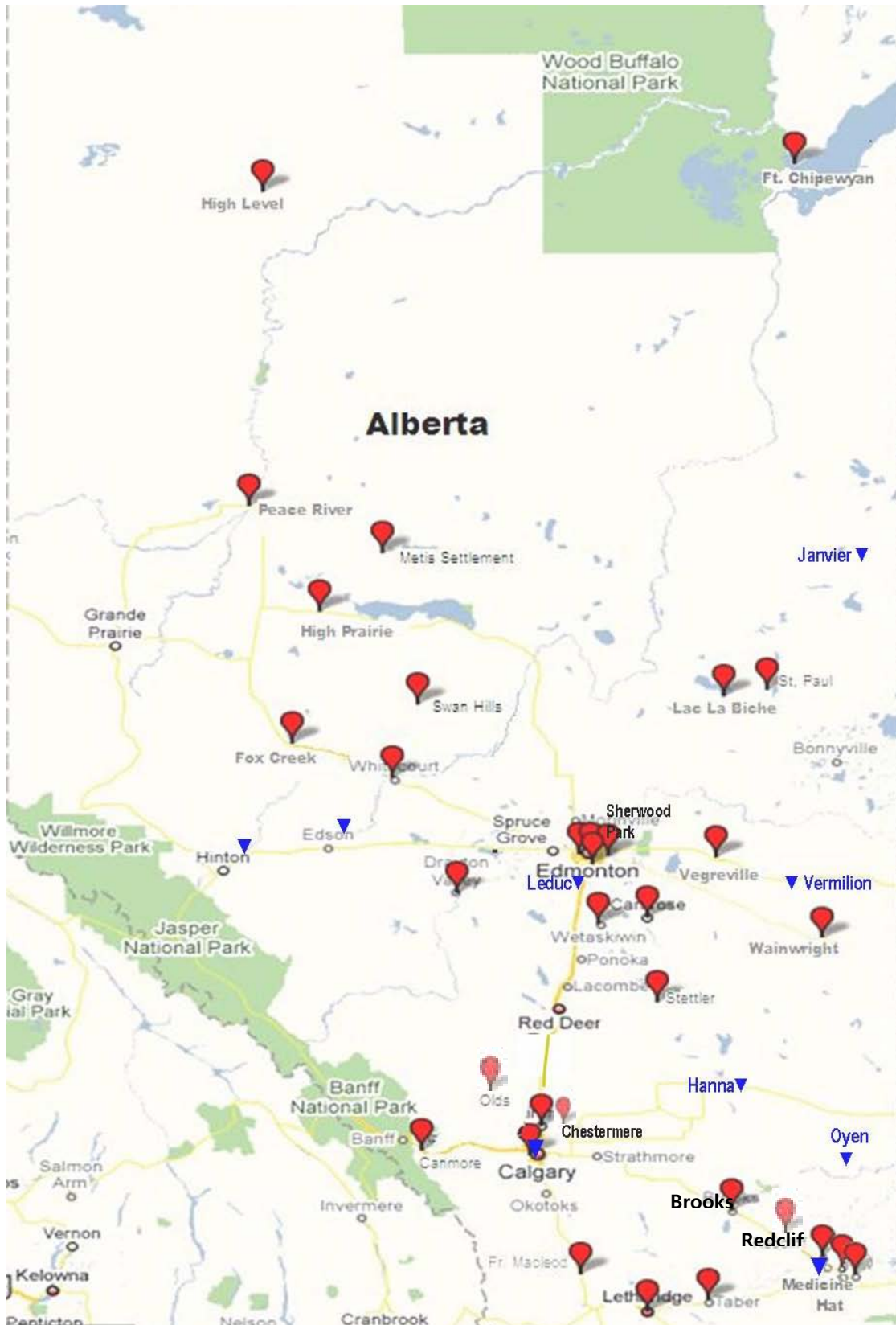
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# Mental Health Capacity Building Sites in Alberta

▼ Blue indicate new sites for 2010-11



- Airdrie/Chestermere
- Brooks
- Calgary -Independent
- Calgary - Francophone
- Camrose
- Canmore
- Drayton Valley
- Edmonton–Francophone
- Edmonton–Jasper Place
- Edmonton–Millwoods
- Edson/Hinton
- Fox Creek
- Ft. Chipewyan
- Ft. Macleod
- Hanna
- High Level
- High Prairie
- Janvier
- Lac La Biche
- Leduc
- Lethbridge
- Medicine Hat Catholic
- Medicine Hat Public-Secondary (2)
- Medicine Hat Public-Elementary
- Métis Settlement
- Olds
- Oyen
- Peace River
- Redcliff
- Sherwood Park
- St. Paul
- Stettler
- Swan Hills
- Taber
- Vegreville
- Vermilion
- Wainwright
- Wetaskiwin
- Whitecourt