

# POSITIVE MENTAL HEALTH IN WEST VANCOUVER SCHOOLS

Aligned with Indigenous Ways of Knowing, this framework provides a common language and understanding to guide our work, identify goals, and support our school community.

**In West Vancouver Schools, we aspire to foster resilience, social emotional well-being, and positive mental health.**

**Resilience** is the ability to recover and adapt to misfortunes and setbacks.

**Social emotional well-being** is the understanding and managing of emotions, the ability to set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Social emotional learning (SEL) is the process through which we achieve these competencies (CASEL, 2017).

**Positive mental health** is an ongoing journey, informed by a variety of emotions, that takes courage, patience and humility. Positive mental health is holistic, relational, inclusive, and a shared responsibility.

## THE FOUR GUIDING PRINCIPLES OF POSITIVE MENTAL HEALTH

### Holistic:

We have a personal understanding of ourselves in relation to the world. We recognize the interconnectedness of the cognitive, physical, social, and emotional domains of well-being.



### A Shared Responsibility:

Different people need to be involved at different times to work intentionally towards common goals and purposes. This includes collaboration, communication, and community partners.



## Positive Mental Health is:

### Relational:

Positive mental health requires a sense of belonging and connection. This is built through care, compassion, and the recognition that relationships take patience and time.



### Inclusive:

Healthy communities value diversity and are culturally aware. We treat everyone with dignity and respect. Recognizing that trauma may affect learning, we create environments in which all people feel safe and supported.

