

Coping in Action



Information for school administrators

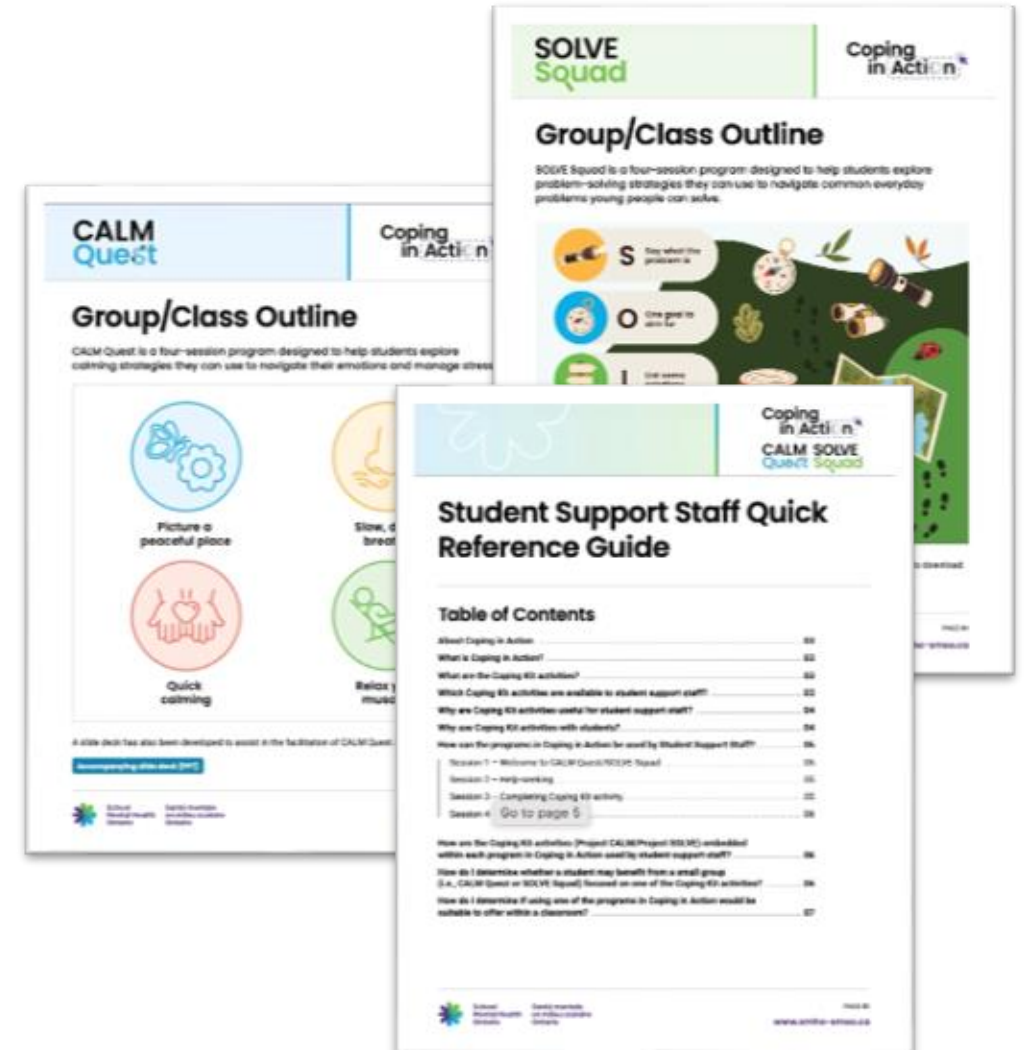


School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

What is Coping in Action?

Coping in Action is a resource designed to be delivered by student support staff in **a small group or class-wide only** that includes evidence-informed programming to support the mental health and well-being of students in grades 5 and 6.



Student audiences

While this program was originally designed to be implemented with students in grades 5 and 6, we recognize that some boards will identify **additional** student audiences based on local context and need. For example:

- students in grade 4 or 7, or in combined classes
- students accessing special education supports and services who may benefit from skill-building in this area



Coping in Action

...is an evidence-informed psychoeducation resource that features two programs: **CALM Quest** and **SOLVE Squad**, which are designed to destigmatize help-seeking and equip students with ways to manage stress and solve problems.

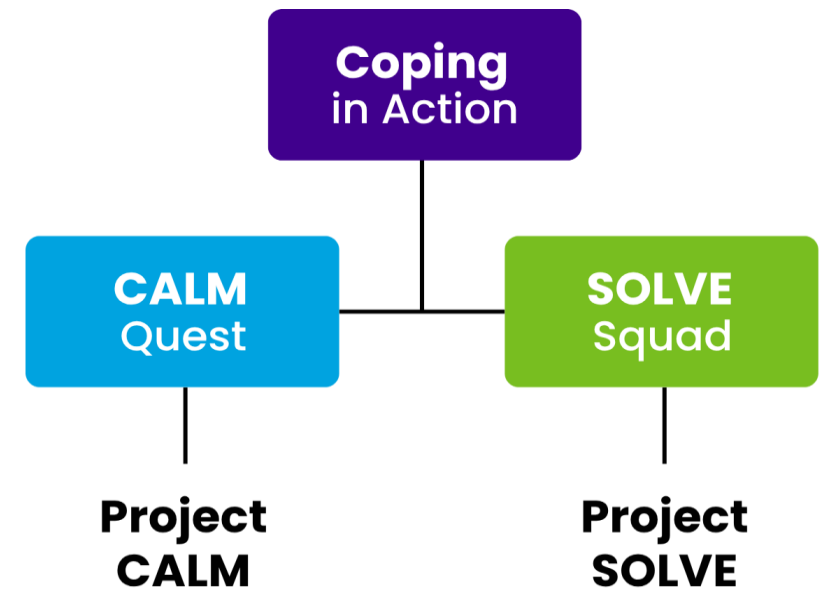


Overview of Coping in Action

Embedded within the CALM Quest and SOLVE Squad programs are **facilitated** “Coping Kits” – Project CALM and Project SOLVE, respectively - which have been adapted from the self-directed “Coping Kits” included in Brief Coping Interventions (BCIs).

These “Coping Kits” have been shown to improve adolescent internalizing symptoms like anxiety and depressed mood.

A heartfelt thank you to **Dr. John Weisz** for the permission to use Project CALM and Project SOLVE as part of Coping in Action!



What are the Coping Kit activities?



A four-session program that includes:

Project CALM – helps students explore how to use calming strategies to navigate feelings and experiences in ways that feel supportive and effective to them.



A four-session program that includes:

Project SOLVE – helps students explore practical strategies to navigate everyday problems young people can solve.

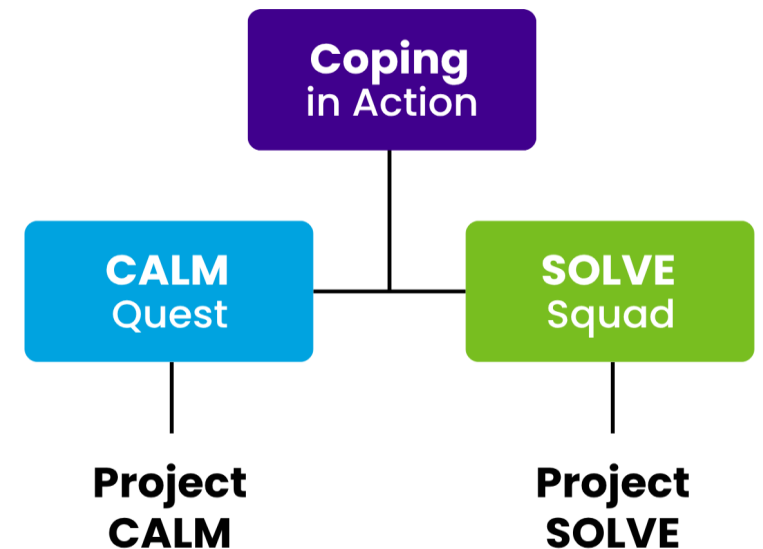


Coping in Action components

- evidence-informed psychoeducation
- discussion and activities focused on help-seeking
- opportunities to practice skills
- tools to include strategies in everyday life

CALM Quest and SOLVE Squad

- ✓ Both programs within Coping in Action follow the same four-session (plus optional booster) sequence.
- ✓ You may choose to offer CALM Quest or SOLVE Squad, or both, depending on student needs and priorities.
- ✓ If you are offering the program in a class-wide manner, you and the educator will decide which program to offer.



CALM Quest and SOLVE Squad flow

Session 1 – Welcome to CALM Quest/SOLVE Squad

- Co-create a supportive and inclusive space and build relationships.

Session 2 – Help-seeking

- Discuss the importance of help-seeking and available supports.
- Complete a help-seeking activity to explore the people, places and things that help them.

Session 3 – Complete the Coping Kit activity

- **NEW*** Complete the moderated Coping Kit as a small group or class ([Project CALM](#)/[Project SOLVE](#)).

Session 4 – Moving forward

- Provide a forum to discuss any opportunities that students had to practice outside the sessions.
- Develop a plan for students to use the strategies in their everyday lives.

Booster session (optional) – Reconnecting with what you learned

Key messages per audience

Audiences	Sample of key message(s)
Educators	• Tier One evidence-informed program for grades 5-6 to increase coping, help seeking and problem-solving skills • skills learned during these sessions can be applied in everyday classroom life • additional resources available to continue the learning throughout the year, including curriculum connections
School mental health professional	• complementary psychoeducational support using common language to facilitate transition to more in-depth mental health services if needed
Students	• fun and interactive sessions to explore ways to cope with stress, to problem solve and to know when and how to ask for help when needed
Parents/ caregivers	• life skills related to stress management, help-seeking and problem-solving • additional resources provided to continue the learning at home

Key role of school administrators

Supportive actions

- collaboration amongst staff
- communication with educators
- communication with parents/caregivers

Logistical actions

- protected time
- protected space
- access to resources to support delivery (e.g., technology, printing)

Questions?

Camila Gonzalez

Early Identification and Support Co-lead, CYCP

cgonzalez@smho-smso.ca





**School
Mental Health
Ontario**

**Santé mentale
en milieu scolaire
Ontario**

Stay informed!
Subscribe for
news and
updates.



School Mental Health Ontario is a provincial implementation support team. We help school districts enhance student mental health through the use of evidence-informed strategies and services.



4,850+
Schools in
Ontario



332,470+
School staff



2.1 million
Students at the
centre



Together, we can
support the mental
health of every
student.



Accessibility and mental health are related.

Ensuring inclusion in Ontario's schools, and throughout society helps to support individual's mental health. We're committed to equal access, complying with the standards defined within the Accessibility for Ontarians with Disabilities Act (AODA) and endeavour to remove barriers in order to accommodate and fully include our stakeholders. If there is a document that does not meet your accessibility needs, please contact us and we will provide alternate formats as requested.

