

Coping in Action

Key Information

What is Coping in Action?

Coping in Action is an evidence-informed program to support the mental health and well-being of students in grades 5 and 6. It features two programs, **CALM Quest** and **SOLVE Squad**, which are designed to help students manage stress, problem-solve and destigmatize help-seeking when needed.

What is included in each program?

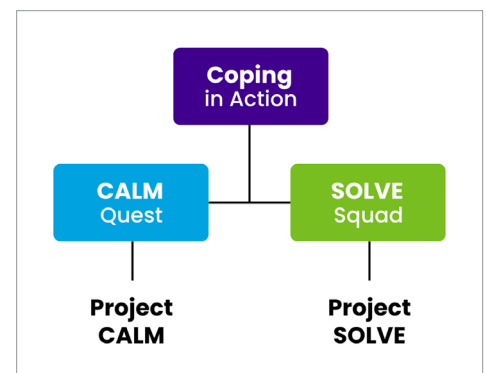
Each program includes four sessions that have been designed to equip students with strategies to manage stress, problem-solve and destigmatize help-seeking when needed. They also include an optional booster session for students to revisit the strategies and consolidate their learning. These programs feature moderated versions of two psychoeducational Coping Kits originally developed by Harvard University.

What are the Coping Kit activities?

The Coping Kit activities (**Project CALM** and **Project SOLVE**) have been adapted from the psychoeducational Coping Kits from [Brief Coping Interventions \(BCIs\)](#) and provide opportunities for students to explore and practice strategies that may support their mental health and well-being. These activities have been designed to be moderated by a student support staff and facilitated as a group or class-wide activity only.

Which Coping Kit activities are available to student support staff?

There are two Coping Kit activities (**Project CALM** and **Project SOLVE**) that are available for student support staff. These Coping Kit activities have been embedded into four-session programs delivered in a group or class wide format. Coping Kit activities have been designed to support the development or enhancement of specific coping strategies and life skills.



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

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

Who is the intended audience?

While this program has been 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 needs, for example: students in **grade 4 or 7, or in combined classes**, as well as students accessing special education supports and services who may benefit from skill-building in this area.

Who can facilitate the programs?

Coping in Action is designed to be facilitated by **student support staff** (e.g., child and youth care practitioners, child and youth workers, graduation coaches, chaplains) who support mental health promotion initiatives in small groups or classroom settings.

How can the programs within Coping in Action be delivered?

The programs within Coping in Action can be delivered in a **small-group** or **class-wide** format. If the programs are delivered in a classroom, student support staff will partner with the educator.

How can the materials for Coping in Action be accessed?

Materials for board implementation teams and program facilitators are available via the School Mental Health Ontario Leadership Portal. Please contact your [mental health leader](#) for more information.

