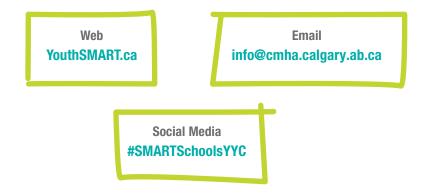# YouthSMART Initiative

Hello SMART Schools!

We are so happy your school is participating in YouthSMART— CMHA Calgary's Youth Mental Health Initiative!

The initiative is designed to generate an awareness of mental health topics, and increase your skills and confidence to foster resiliency in your school-community.

By participating in the initiative, your SMART School has committed to the development and implementation of student-led projects to spark meaningful mental health promotions and dialogue amongst your peers.

As SMART School Leaders, you and your designated teachers will work collaboratively to execute ongoing, school-wide mental health awareness activities throughout the year. You will follow the 5 "SMART Steps to Success" outlined in this toolkit to maximize the success of these projects.

We ask for you to share your amazing activities with YouthSMART. You will read occasional electronic newsletters and respond to 3 brief seasonal (fall, winter, spring) progress report emails. However, you are very welcome to reach out more often. We LOVE hearing from you!

Web
YouthSMART.ca

Email
info@cmha.calgary.ab.ca

Social Media
#SMARTSchoolsYYC

SMART School Leaders may also attend optional YouthSMART events throughout the year, to share your ongoing work within the initiative. These events will inspire and motivate you, while also providing you with exciting opportunities to learn from other participating schools.

YouthSMART looks forward to working with you and your SMART School this year!

Incredible changes surrounding mental health are about to happen…

YouthSMART Initiative

INTRODUCTION

About this Toolkit

This toolkit will provide you with the 5 "SMART Steps to Success" in the YouthSMART Initiative, and will help you to thrive as a SMART School this year. It offers you tools to design, coordinate, and implement mental health awareness projects within your school, and gives important information regarding CMHA Calgary, YouthSMART, and other community organizations.

What is The Canadian Mental Health Association— Calgary Region?

The Canadian Mental Health Association—Calgary Region (CMHA Calgary) builds awareness and provides education and support for individuals and families living with mental health or substance use concerns, or a loss by suicide. CMHA Calgary works closely with other community organizations to bridge gaps in the mental health care system and facilitates access to important services and resources.

What is the YouthSMART— CMHA Calgary's Youth Mental Health Initiative?

CMHA Calgary's YouthSMART (**Youth S**upporting **M**ental Health **a**nd **R**esiliency **T**ogether) integrates collaborative, youth-led mental health learning opportunities in local junior and senior high schools. YouthSMART knows that students are incredibly influential amongst their peers, within their schools, families, and communities. As such, YouthSMART values youth as peer contributors, actively involved in the programing and opportunities that directly impact their wellness, and works with SMART School Leaders to transform the culture of their school surrounding mental health.

What is a SMART School?

As part of a comprehensive, "whole-school" approach to student wellness, SMART Schools actively embrace the key pillars of YouthSMART—support, mental health, resiliency, and togetherness. Motivated, energetic student leader teams are championed by YouthSMART, their administration and designated teachers to collaboratively contribute to the overall climate of mental health within their school-community. SMART School Leader students and their designated teachers work together to execute ongoing, school-wide mental health awareness activities throughout the year. SMART Schools commit to the development and implementation of student-led action plans. Together, they read occasional electronic newsletters from YouthSMART and respond to 3 brief seasonal (fall, winter, spring) progress report emails.

Why become a SMART School?

In the past, outcomes from the YouthSMART Initiative have demonstrated that participating schools experience a reduction in stigma, an improved understanding of mental health and resiliency, an increase in help seeking behaviours, and a substantial shift toward a safe and supportive school culture.

What is the process of being a SMART School?

SMART Summit
Centered on concepts co-generated directly from youth, 300+ ambassador students from up to 35 schools participate in a powerful expression of sharing, learning, and subject matter co-development.

SMART Successes
Students reflect and celebrate the impact they have made on their own mental health, and the mental health of their peers. New prevention and concepts are co-generated for youth supports provided by CMHA Calgary.

SMART Schools
With best practice toolkits, and personalized guidance from CMHA, SMART School ambassador students co-led, co-design and co-deliver engaging, school-wide prevention-based mental health supports, with the capacity to impact over 35,000 Calgary and area youth.

A key culture-shift around mental health engagement and peer support for youth.

Co-lead, co-designed and co-delivered by youth, for youth.

Discovery College (New!)
Youth advise, promote, co-develop and co-deliver CMHA Calgary's Discovery College courses. Using an educational-based approach, and informed by schools, Discovery College offers a variety of courses to help youth aged 16-24 recognize and develop their own resourcefulness and awareness in order to support their wellness and/or recovery journey.

SMART Supports
Ambassador students attending SMART Schools undergo evidence-based, peer focused learning on prevention topics of "Support" "Mental Health" "Resiliency", and "Togetherness", resulting in improved helping skills and ongoing promotion of CMHA's Discovery College courses.

What can YouthSMART provide to my school?

With multiple access points, YouthSMART features a well-developed spectrum of mental health education for schools to select from. YouthSMART is designed in such a way, that students, teachers, and school administrators can actively choose the types of learning they deem the most beneficial for their school community.
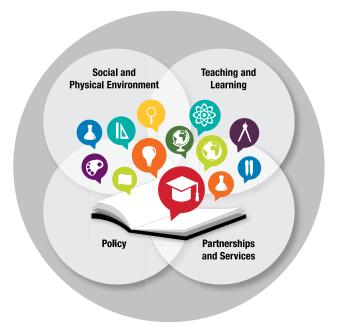
Although some of YouthSMART's learning opportunities require a deeper time commitment, all services and time frames are fully customizable, based on the individual needs and readiness of each school. YouthSMART aims to meet and support schools "where they are at" in their existing mental health supports, and works in collaboration with SMART School Leaders and their designated teachers to create unique services within each school community

Opportunities include:

A "whole-school" approach to youth mental health

A whole-school, or comprehensive approach, to student success incorporates well-being as an essential aspect of student achievement. Actions address four distinct but inter-related and mutually reinforcing components:

- **Positive social environment:** the quality of relationships and emotional well-being among students and staff
- **Teaching and learning:** age-appropriate instruction to build understanding and skills related to mental health topics
- **Policy:** practices, policies and procedures to promote a safe and supportive learning environment
- **Partnerships and services:** home/school/community relationships

Joint Consortium of School Health: http://www.jcsh-cces.ca/

For further information about a whole-school approach to well-being, please reach out to YouthSMART.

SMART Supports

SMART Schools may participate in optional learning sessions throughout the year to increase knowledge, share their ongoing work within the initiative, and learn from other schools. These learning sessions feature the pillars of YouthSMART as key topics—support, mental health, resiliency, and togetherness.

Youth Peer Supports

CMHA Calgary's Youth Peer Support service provides the opportunity for youth to speak with or learn from someone with personal experience. Our peers provide understanding, knowledge of the mental health and/or substance use community, connection to services, and support to others who share a common experience. CMHA Calgary has a variety of youth and young adult peers available to help guide your projects, speak at your events, or provide valuable insight into the recovery and resiliency journey.

Family Peer Supports

CMHA Calgary's Family Peer Support offers family members valuable education on coping and support skills, as well as the tools necessary to decrease burnout for themselves. With an opportunity to connect to others, Family Peer Support aims to decrease feelings of isolation, and increase feelings of hope. Parent/caregiver and youth family support is available with school-hosted workshops, as well as classes, drop-in groups, and one-on-one help onsite directly through CMHA Calgary.

BreathingRoom

Created independently by CINIM, BreathingRoom is an online third party program for youth who want to learn new ways to manage symptoms of stress, anxiety, and depression. By participating in the YouthSMART Mental Health Initiative, CMHA Calgary will provide access to the Breathingroom materials for 500 students free of cost. These will be available on a first-come, first-served basis.

Discovery College

Discovery College offers a variety of courses to help youth recognize and develop their own resourcefulness and awareness in order to support their wellness and/or recovery journey. Offered by CMHA Calgary, Discovery College features a variety of courses for youth. Courses are co-developed and co-delivered in partnership with our peer supporters and students who are experts by experience: they have their own personal experience of a mental health or substance use concern, or are supporting a loved one. Discovery College courses are delivered outside of schools, at various times and locations.

Understanding Mental Health and Resiliency

Understanding Mental Health and Resiliency

What is mental health?

Mental health is more than having or not having a mental illness. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with normal stresses of life and being involved in our community, such as our school, an art group, or a sports team. Good mental health is not about avoiding problems or trying to achieve a "perfect" life. It's about living well (wellness) and feeling capable despite challenges. Each of our individual paths to mental health will be unique, as we all have our own goals, our own struggles, our own talents, and our own supports.

What is a mental health issue?

Everyone will experience a mental health issue, like grief or stress, at some point in their lifetime. A mental health issue may arise anytime change happens, such as the death of a loved one, a relationship ending, or a big school exam. These types of feelings happen to everyone and can affect how we think, our ability to handle situations and how we function in our day-to-day life.

What is mental illness?
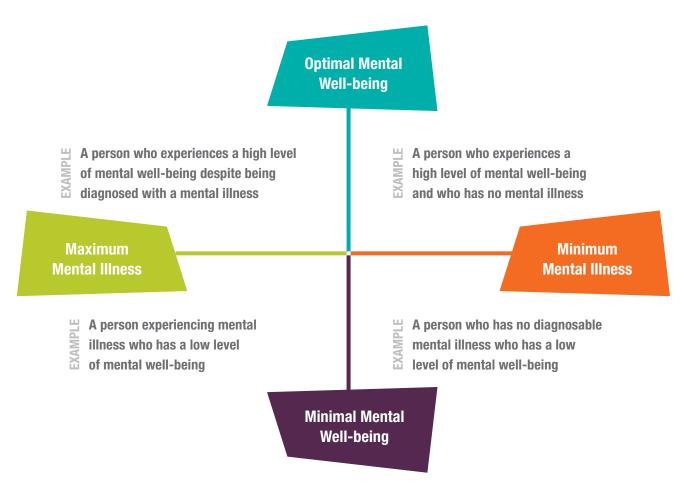
Mental illness is a serious, prolonged change in thinking, mood or behaviour that negatively impacts a person's life over a period of time. Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. Caused by a complex interplay of genetic, biological, personality and environmental factors, mental illnesses can affect our thoughts, feelings, and behaviours. Culture, background, and personal beliefs also shape the way people understand mental illnesses. Mental illnesses can disrupt a person's life or create challenges, but with the right supports, a person can get back on a path to recovery and wellness.

Who is impacted by mental health issues and mental illness?

Mental health issues and mental illnesses indirectly affect all Canadians at some time whether personally, or through a family member, friend, or peer. Mental health issues and mental illness affect people of all ages, education, income levels, and cultures.

What is "the continuum of mental health"?

Mental health runs on a continuum, moving from optimal mental health to minimal mental health. Mental health is not a fixed state; everyone will experience changes in their mental health at some point in their lifetime. When the demands placed on any individual exceed their resources or coping abilities, their mental health may be negatively affected.

Optimal Mental Well-being

EXAMPLE **A person who experiences a high level of mental well-being despite being diagnosed with a mental illness**

EXAMPLE **A person who experiences a high level of mental well-being and who has no mental illness**

Maximum Mental Illness

Minimum Mental Illness

EXAMPLE **A person experiencing mental illness who has a low level of mental well-being**

EXAMPLE **A person who has no diagnosable mental illness who has a low level of mental well-being**

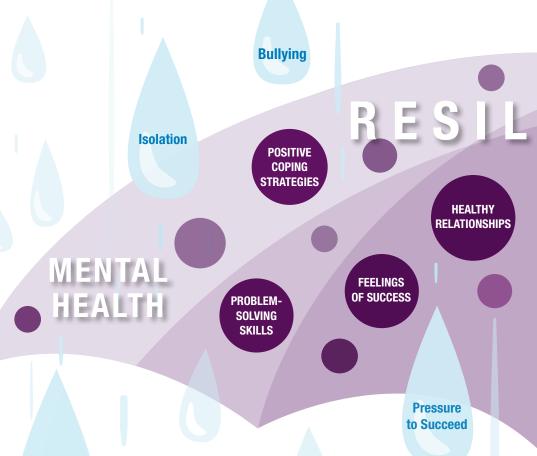**Minimal Mental Well-being**

Together to Live: http://www.togethertolive.ca/mental-health-continuum

Resiliency and Mental Well-Being Umbrella

What is resiliency?

There are a variety of factors within the mental health continuum that increase mental wellbeing, called **"protective factors"**. Factors that decrease mental wellbeing are called "risk factors". All of these factors are key topics within mental health.

Bullying

Isolation

RESIL

POSITIVE COPING STRATEGIES

HEALTHY RELATIONSHIPS

MENTAL HEALTH

PROBLEM-SOLVING SKILLS

FEELINGS OF SUCCESS

Pressure to Succeed

Toxic Stress
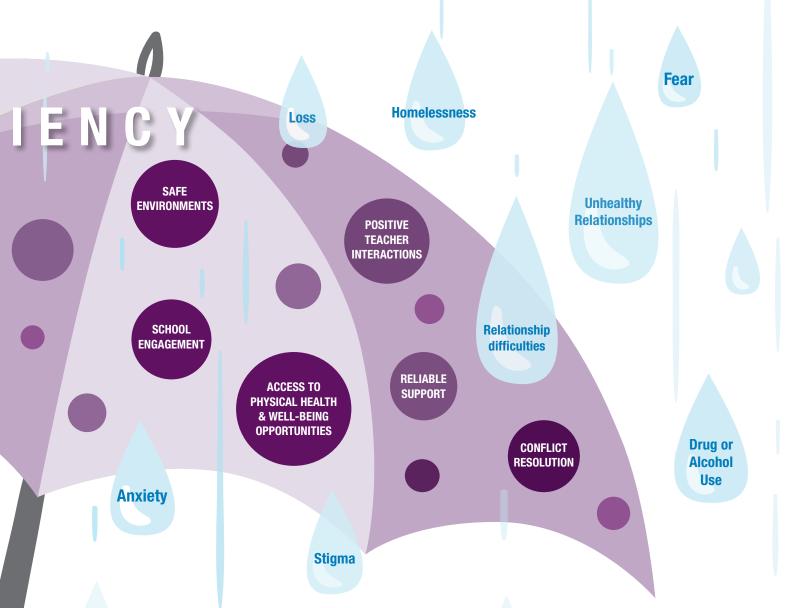
Trauma

RESILIENCY
Resiliency is the ability to bounce back from adverse situations. Despite challenging or stressful experiences, resilient individuals have developed skills to adapt and move forward. Resilience is not a trait that people either have or do not have. Rather, it is built through the combination of supportive relationships, adaptive skill-building, and positive experiences.

TOXIC STRESS—Positive childhood experiences, environments and relationships help build strong brain architecture. Experiencing positive stress is an important part of healthy development. All of us must develop strategies to cope effectively with normal levels of stress. Speaking in front of the class, taking exams, going for a job interview or making new friends provide growth opportunities for developing resiliency skills. However, when the body's stress response system remains activated at high levels for a long period of time, toxic stress results.

TRAUMA—When the body's systems become overwhelmed and are unable to cope with an adverse or extremely challenging experience (toxic stress), it results in trauma. Fortunately, with supportive relationships and caring adults the impact can be prevented, reduced or reversed.

IENCY

SAFE ENVIRONMENTS

POSITIVE TEACHER INTERACTIONS

SCHOOL ENGAGEMENT

ACCESS TO PHYSICAL HEALTH & WELL-BEING OPPORTUNITIES

RELIABLE SUPPORT

CONFLICT RESOLUTION

Loss

Homelessness

Fear

Unhealthy Relationships

Relationship difficulties

Drug or Alcohol Use

Anxiety

Stigma

ANXIETY—Anxiety is something that everyone experiences from time to time. It is normal to feel anxious about starting at a new school, or taking a big test. Normal anxiety is unpleasant, but often increases motivation or performance. Normal anxiety is a feeling that comes and goes, and does not typically interfere with everyday life. In the case of an anxiety disorder, the feeling of fear may be consistent, intense, or debilitating.

STIGMA—Stigma is the result of negative and prejudicial attitudes and behaviours that are expressed by people to those living with a mental health issue or a mental illness. Stigma is destructive. It leaves a mark of shame that makes people feel different and socially excluded, and is a major barrier to recovery. Among youth, the stigma often associated with mental health issues or mental illnesses can lead to teasing and bullying, and in extreme cases, catastrophic outcomes including suicide. Having a positive experience with people who have recovered, or who are in the process of recovery, from a mental health issue or mental illness can help change negative perceptions and stereotypes.

Common Myths about Mental Health and Mental Illness

Myth #1

Mental illnesses aren't real illnesses.

FACT: The words we use to describe mental illnesses have changed greatly over time. What hasn't changed is the fact that mental illnesses are not the regular ups and downs of life. Mental illnesses create distress, don't go away on their own, and are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to just "get over it." Nor would we blame them if they needed a cast, sling, or other help in their daily life while they recovered.

Myth #2

Mental illnesses will never affect me.

FACT: All of us will be affected by mental illnesses. Researchers estimate that as many as one in five Canadians will directly experience a mental illness at some point in their life. You may not experience a mental illness yourself, but it's very likely that a family member, friend, or peer will experience challenges.

Myth #3

Mental illnesses are just an excuse for poor behaviour.

FACT: It's true that some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of a mental illness are like anyone else: they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness

Myth #4

Bad parenting causes mental illnesses.

FACT: No one factor can cause mental illnesses. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences. Family members and loved ones do play a big role in support and recovery.

Myth #5

People with mental illnesses are violent and dangerous.

FACT: Researchers agree that mental illnesses are not a good predictor of violence. In fact, if we look at mental illnesses on their own, people who experience a mental illness are no more violent than people without a mental illness. Excluding people from communities is linked to violence. And people with mental illnesses are often among those who are excluded. It's also important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

Myth #6

People don't recover from mental illnesses.

FACT: People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. No one should expect to feel unwell forever. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. If someone continues to experience many challenges, it may be a sign that different approaches or supports are needed.

Myth #7

People who experience mental illnesses are weak and can't handle stress.

FACT: Stress impacts wellbeing, but this is true for everyone. People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illnesses. Many people who experience mental illnesses learn skills like stress management and problem-solving so they can take care of stress before it affects their wellbeing. Taking care of yourself and asking for help when you need it are signs of strength, not weakness.

Myth #8
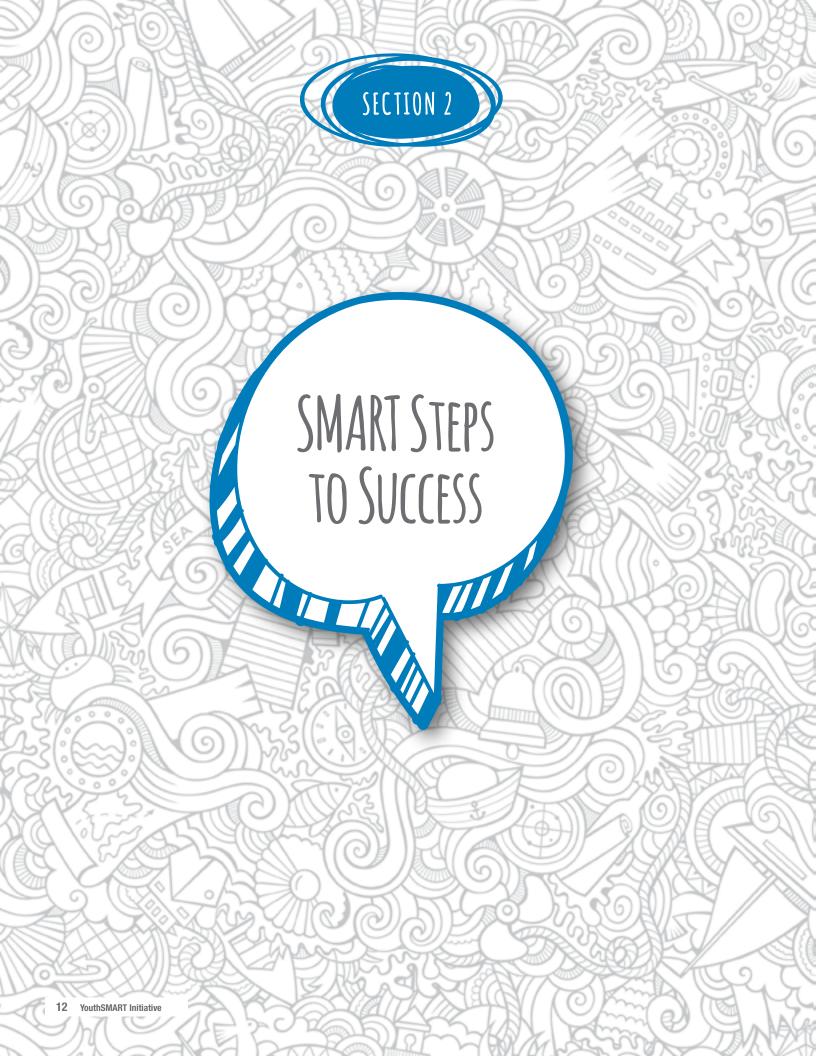
Youth can't have a mental illnesses. Those are adult problems.

FACT: Children and youth can experience mental illnesses. In fact, many mental illnesses first appear when a person is young. Mental illnesses may look different in youth than in adults, but they are a real concern. Mental illnesses can impact the way young people build skills, which can lead to challenges in the future. Unfortunately, many young people don't receive the help they need.

Myth #9

Youth who experience mental illnesses can't go to school.

FACT: People can and do recover from mental illnesses. Today, there are many different kinds of treatments, services, and supports that can help. No one should expect to feel unwell forever. The fact is, people who experience mental illnesses can and do lead productive, engaged lives. They work, volunteer, or contribute their unique skills and abilities to their communities. Even when people experience mental illnesses that last for a long time, they can learn how to manage their symptoms so they can get back to their goals. If someone continues to experience many challenges, it may be a sign that different approaches or supports are needed.

SMART Steps to Success

School Action Planning
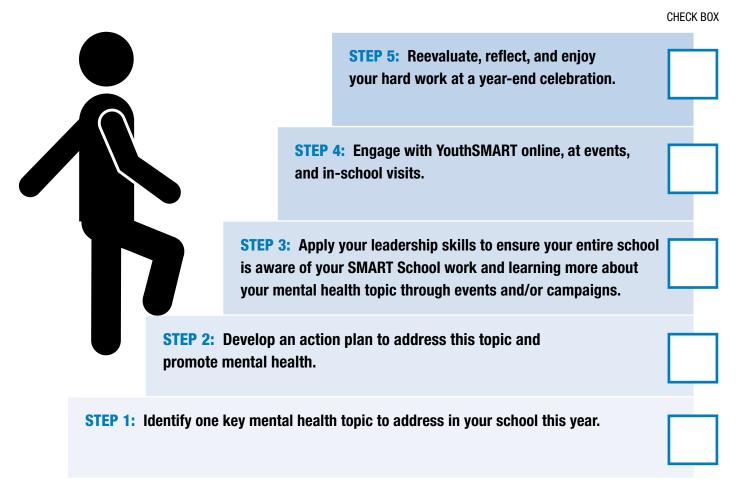
The YouthSMART Initiative is designed to generate an awareness of mental health topics, and to provide participating SMART Leaders with the skills and confidence to make change surrounding mental health in their school-communities.

As SMART School Leaders, you will design an action plan to spark increased awareness and understandings about a topic related to mental health. Your advocacy and activities will promote mental health, and help foster a sense of resiliency in your school-community.

To facilitate learning from one another, you will be sharing the on-going process of developing and implementing your student-led action plan seasonally (fall, winter, spring) with YouthSMART.

We ask that your projects wrap-up by the first week of May, during Mental Health Awareness Week.

How is your team going to do this?

CHECK BOX

STEP 5: **Reevaluate, reflect, and enjoy your hard work at a year-end celebration.**

STEP 4: **Engage with YouthSMART online, at events, and in-school visits.**

STEP 3: **Apply your leadership skills to ensure your entire school is aware of your SMART School work and learning more about your mental health topic through events and/or campaigns.**

STEP 2: **Develop an action plan to address this topic and promote mental health.**

STEP 1: **Identify one key mental health topic to address in your school this year.**

Strategies for success

Pick just one key mental health topic to focus on this year. Page 15 has some great topic examples.

Check-out the suggestions on page 17 of this toolkit for campaign and event ideas. Modify them and make them your own!

Look for other groups in your school doing similar work. Seek out opportunities to connect and collaborate.

Read some mental health information on page 6, and learn more at YouthSMART.ca.

Use the blank calendar pages to schedule regular SMART School Leader meetings and events.

Find other excellent community resources to support your school on page 34.

Collaborate with YouthSMART. Our team of outstanding educators can help guide your projects.

How can your school best support you?

To optimize students' impact in their school, commitment from administration and designated teachers is essential. Actively supporting the SMART School Leaders, connecting their work to related school priorities and building staff capacity will help build a strong foundation for creating a welcoming, caring, respectful and safe school that nurtures mental health and a positive sense of self. Current research clearly shows that using comprehensive, school-wide strategies is the best approach to building learning environments where all students feel safe and supported.

Check out some examples of mental health topics SMART Schools could focus on.
Which topic is the most important to address at your school?

Mental Health Awareness	Busting Stigma	Stress Management
Youth Anxiety	Depression	Healthy Relationships
Empowerment	Sense of Belonging	Resiliency
Positive Coping	Screen Time and Social Media	Appropriate Help Seeking
Preventing Isolation	Kindness & Respect	Peer Support
Resource Building	Suicide Prevention	Diversity
Add your own idea if not listed	*Add your own idea if not listed*	*Add your own idea if not listed*

Our School Name	
Mental health topic will we address this year? *Look at page 15 for topic suggestions.*	
Why is this topic important to address in our school community?	
What is our project? How will our project address this topic? *Look at page 17 for awesome ideas.*	
What resources will we need from our school?	
What support will we need from YouthSMART?	
How will we ensure our entire school community knows about our topic and our project?	
How will we measure our success? **How will we know we are making a difference in our school?**	
How will we communicate our goals and successes back to YouthSMART?	

Check-out Step 3 on page 17 for ideas!

Your plan may change and grow throughout the school year—this is part of the creative process

Share your school's action plan on social media using **#SMARTSchoolsYYC**

Apply your leadership skills to ensure your entire school is aware of your SMART Schools' work and learning more about your mental health topic

What are some examples of SMART School Projects we could consider? Here are some ideas.

Belonging and Bonding
Build a sense of community in your school by making sure everyone feels they belong. Promote an ongoing lunch time activity like games, speed friending, hug-in-a-mug, or buddy clubs to foster connections and reduce isolation.

Show and Tell
Build excitement and get people talking about your mental health topic. Design public visuals in your school with statistics, facts, or inspirational quotes. Invite your entire school to participate!

Wellness Kits
Create and distribute "wellness kits" to help your peers increase their mental health. Include information about YouthSMART, Discovery College, and the Breathingroom.

Mindful Movies
Got your popcorn ready? How about a film fest aimed at generating discussion around your mental health topic? Show a Hollywood blockbuster, make your own film, or encourage your peers to create a variety of PSAs.

Student-Led Wellness Conference
Plan your own summit! Design an entire day for your school dedicated to understanding your mental health topic. Feature speakers, workshops and activities.

Lived Experience Learning
Hearing stories of hope from real people helps to bust stigma! Organize a talk for your school from credible individuals with lived experience of mental illness.

Days of the Week
Plan one mental health theme for each day of the week that highlights a mental health tip or resource. Maybe Motivation Mondays or Wellness Wednesday? Find creative ways to share the info around the school.

Chill Space
Work with your administration to create a welcoming space for students to use when they need to chill. Include calming materials like colouring and meditation techniques, and provide information on Discovery College and the Breathingroom.

Ride Don't Hide
RDH is a bike ride hosted nationally by CMHA to bust stigma and raise funds to support mental health programs in our community. Coordinate your own ride or plan a bike-a-thon for your school.

#SMARTSchoolsYYC—
Tweet, Instagram or Snapchat your mental health projects and share your work with the entire Youth Champions community using our hashtag.

CHOOSE YOUR OWN ADVENTURE!
SMART Schools may use any of the above suggestions, modify the ideas to make them their own, or work together to create something totally original for your school. Remember to ensure your entire school community is aware of your work, and learning more about your mental health topic.

How will our activities increase mental health and a sense of belonging in our school?

Think about the seven dimensions of mental health.

Are your school-based activities addressing these areas?

Which ones are most important for your school this year?

Environmental—Living in and supporting a clean and safe environment

Occupational—Satisfaction with career or academic work, feeling safe and secure in the job or school environment, financial security

Emotional—Positive feelings, optimistic view on life, ability to express and process emotions

Intellectual—Stimulated with activities, growing knowledge and abilities, learning new skills

Physical—Physical health and activities

Social—Positive connection and relationships with family, friends, community; supporting others and asking for help when needed

Spiritual—Connection to ones meaning and purpose, a feeling of or belief in something greater, and/or feeling connected to your spiritual beliefs

YouthSMART is here to help!!

How can YouthSMART support your project?

Menu of services:

- "SMART Supports" learning opportunities
- School visits
- Speakers and youth peers
- Team guidance and advice
- Family Supports
- Discovery College
- Ride Don't Hide

How often will our school engage with YouthSMART?

We ask for you to share your amazing activities with YouthSMART. You will read occasional electronic newsletters and respond to 3 brief seasonal (fall, winter, spring) progress report emails, but you are welcome to reach out as often as you would like. We LOVE hearing from you!

How can we engage with YouthSMART?

- YouthSMART.ca
- Via email at info@cmha.calgary.ab.ca
- On social media with #SMARTSchoolsYYC
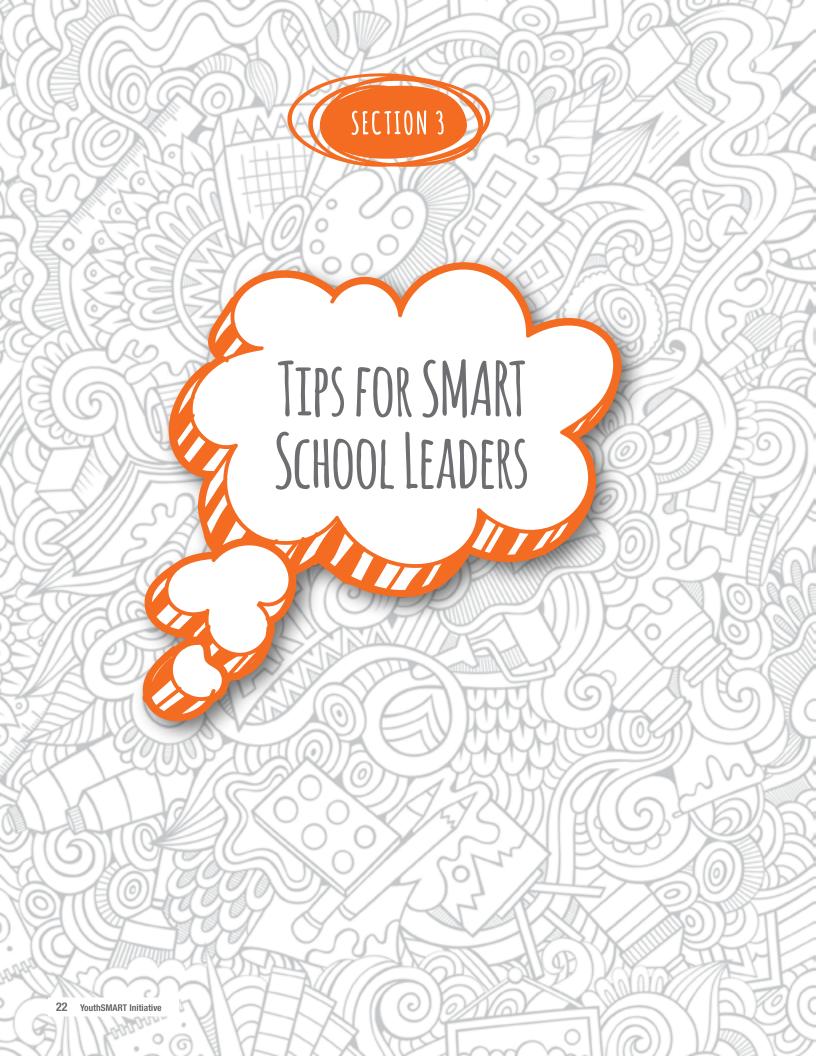
Our School Name	
Mental health topic we addressed this year	
How did our project address this topic?	
Did our entire school community know about our topic and our project? How do we know?	
How did we collaborate and engage with YouthSMART?	
Did our entire school community know about our topic and our project? How do we know?	
What difference did we make in our school? How do we know?	
What could have gone better? What would we do differently?	
What do we hope to work on next year? What are our next steps?	

How Did Everything Go?

STEP 1: Identify one key mental health topic to address in your school this year.

STEP 2: Develop an action plan to address this topic and promote mental health.

STEP 3: Apply your leadership skills to ensure your entire school is aware of your SMART School work and learning more about your mental health topic through events and/or campaigns.

STEP 4: Engage with YouthSMART online, at events, and in-school visits.

STEP 5: Reevaluate, reflect, and enjoy your hard work at a year-end celebration.

AWESOME!

Tips for SMART School Leaders

What does it mean to be a SMART School Leader?

What do SMART School Leaders do?
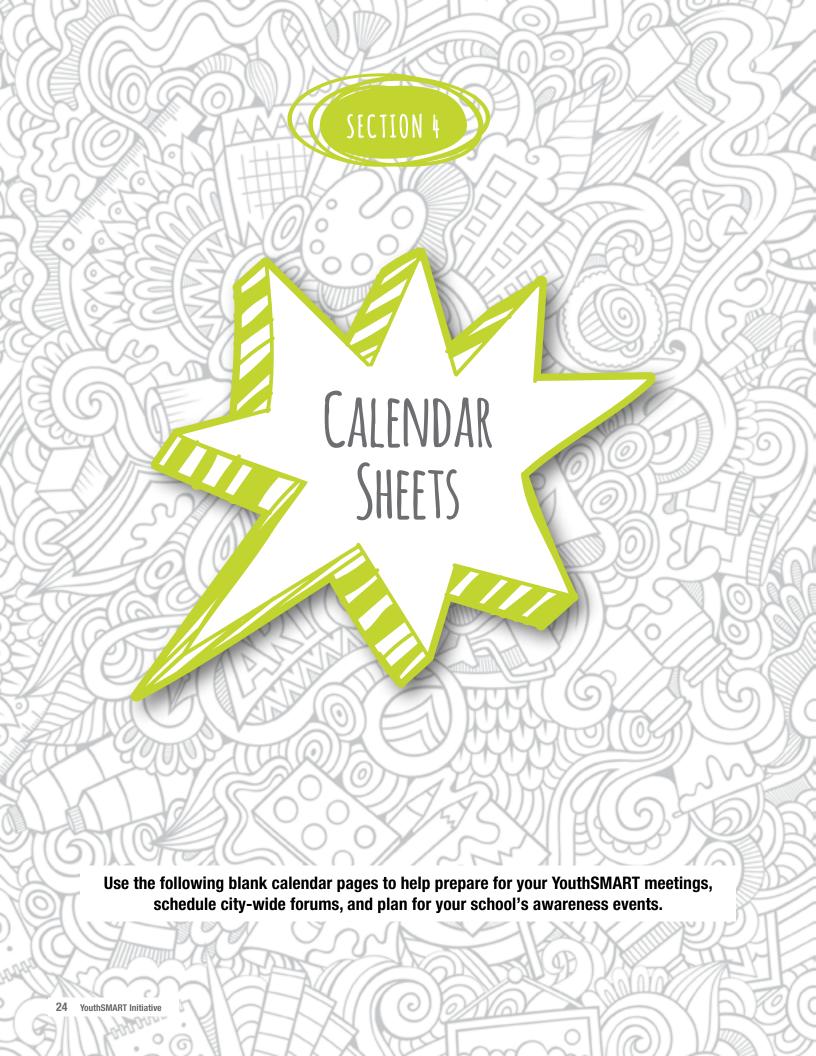
They…

- Work in collaboration with YouthSMART, their administration, and designated teachers to collaboratively contribute to the overall climate of mental health within their school-community.

- Promote "whole-school" mental health awareness by identifying key mental health topics unique to their schools.

- Plan for activities, events, and campaigns to address these topics, utilize their leadership skills to engage others in their school-community, and celebrate their milestones and achievements.

What traits do SMART School Leaders demonstrate within their schools?

A SMART School Leader is…

- Proactive: A SMART School Leader will take positive action. Their actions can and do make a powerful difference in their school.

- A positive thinker: A positive attitude, and an open-mind keeps a SMART School Leader flexible during challenges.

- A planner: A SMART School Leader knows what they want to accomplish, and how they intend to get there. SMART School Leaders have developed a strong action plan to address their mental health topic.

- A motivator: Motivating those around them, helps others to understand and support the plan.

- A communicator: Communicating their plan effectively, helps a SMART School Leader in motivating others around the plan. SMART School Leaders insure their entire school knows about their mental health topic and their project plans. They also regularly communicate and engage with YouthSMART.

- A team player: A SMART School Leader respects and supports the ideas of their teammates, and arrives at the finish line together with their team.

- A celebrator: A SMART School Leader recognizes the importance of celebrating all team accomplishments, and takes pride in their successes.

Calendar Sheets

Use the following blank calendar pages to help prepare for your YouthSMART meetings, schedule city-wide forums, and plan for your school's awareness events.

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SECTION 5

Community Resources

Our Resources

YouthSMART
www.youthsmart.ca

CMHA Calgary
www.cmha.calgary.ab.ca

Discovery College
www.recoverycollegecalgary.ca

CMHA National
www.cmha.ca

Support Resources

Distress Center (24 hour crisis line)
403-266-HELP (4357)

Distress Center (24 hour crisis line)
1-800-SUICIDE (toll free)

Connect Teen (5pm-10pm)
403-264-TEEN (8336) or
text: 587-333-2724

Kids Help Phone
1-800-668-6868

Reporting Child Abuse Calgary
403-297-4995

**Communities Against Sexual Abuse
(24 hour helpline)**
403-237-5888

**Mobile Response Team
(9am – 11pm)**
403-266-1605

**Access Mental Health
(M-F • 7:30am – 7pm)**
403-943-1500

Police Emergency: 911

Police Non-Emergency
403-266-1234

Community and Social Services: 211

Additional Resources

Youth Mental Health Resources

www.breathingroom.me

www.mindyourmind.ca

www.teenmentalhealth.org

www.bluewaveb.ca

www.checkupfromtheneckup.ca

Suicide Prevention Resources

www.kidshelpphone.ca
(use the "resources near me" tool
to find more resources!)

www.distresscentre.com

www.reachout.com

www.morethansad.org

www.thetrevorproject.org

Self-Injury Prevention Resources

www.sioutreach.org

www.cmha.ca/mental_health/
youth-and-self-injury

Understanding Brain Development

www.albertafamilywellness.org

www.developingchild.harvard.edu

www.sciencenewsforstudents.org/
article/teenage-brain

Drugs and Alcohol

www.abovetheinfluence.com

www.drugsnot4me.ca

www.talkaboutalcohol.com

www.teenchallenge.ca

www.drinkwise.ca

www.kidshealth.org

LGBTQ Resources

LGBTQ Crisis Line
1-800-OUT IS OKAY (688-4765)

www.thetrevorproject.org

www.skippingstone.ca

Healthy Relationships

www.thatsnotcool.com

**CMHA Calgary's YouthSMART
does not necessarily support or endorse
the listed community resources.
We have reviewed each source,
however external organizations may
change content without notice.*