



# Masters of Education

Leadership Stream: Mental Health Education

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# Agenda

- Activity
- About StFX
- Mental Health Literacy and the SDOH
- The M Ed Structure
- Our Students
- The Student Experience
- Leadership via the ‘Capstone Experience’
- Q & A



# Community Building Activity



# About StFX



# ‘Getting Upstream’

Harvard Centre for the Developing Child (5:08)

‘Building Adult Capabilities to Improve Child Outcomes: A Theory of Change’

[https://www.youtube.com/watch?v=urU-a\\_FsS5Y](https://www.youtube.com/watch?v=urU-a_FsS5Y)

Are we doing what Harvard suggests we should be doing?

The M Ed aims to:

- To develop future leaders to improve education
- To prepare leaders for educational change
- To engage in critical reflection
- To challenge assumptions and introduce new thinking
- To cultivate educational inquirers and researchers



# Mental Health Literacy



[https://www.youtube.com/watch?v=5\\_2\\_98Jpv08](https://www.youtube.com/watch?v=5_2_98Jpv08)

# Mental Health Literacy

- 1) To achieve and maintain positive mental health. At StFX this would include the study of topics such as social and emotional learning, resiliency, restorative practices and mindfulness in education.
- 2) To understand the signs and symptoms of mental distress and possible mental health disorders.\* At StFX this would include the study of topics such as mental health first aide, the crisis cycle, non-violent crisis intervention and trauma-informed practices.
- 3) To decrease stigma.
- 4) To increase help and health seeking efficacy.



## The Social Determinants of Mental Health



# The M Ed Structure

- Cohort model (20 students approx.)
- Students are 'together' for every course
- 2 years = 12 courses
- Courses are presented either face-to-face; online or in a blended format on weekends, evenings and in intensive summer school experiences.

# The M Ed Structure: Courses

- 534: Foundations of Education (Social Justice and Equity)
  - 505: Introduction to Educational Research
  - 567: School Law
  - 573: Professional Development and Supervision
  - 561: Leadership and Administrative Theory
  - 508: Critical Research Literacy
  - 533: Dynamics of Change
  - 593: Capstone Experience
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- 521: Approaches to Mental Health Education
  - 520I: Mindfulness in Education and Anxiety
  - 569C: Resilience and Trauma-Informed Practices
  - 569D: Social Emotional Learning and the Restorative Approach

# Our Students

- Mainly from Nova Scotia
- Some students from Ontario
- EXCEPT Cohort #4 which is entirely comprised of full time educators working in the Ottawa area
- Most students work full time
- Most are educators
- From classroom to administration
- PSE Student Services, Retired Educator, Engineer, Guidance Counselor,

# The Student Experience

- Bruce:  
[https://drive.google.com/file/d/0B1wJ\\_sJgpalRR1M4dkdXX1JJSTA/view?usp=sharing](https://drive.google.com/file/d/0B1wJ_sJgpalRR1M4dkdXX1JJSTA/view?usp=sharing)
- Julia
  - What's in our invisible knapsack?
  - What does our flower of power tell us?

# Leadership via the 'Capstone Experience'

A culminating project.  
Action Research for your setting.  
We walk you through the steps.  
Results in real change!

# The Student Experience

- Mike

<https://drive.google.com/file/d/0B28HGVKANr5VSmZzcXcwQ0VLbDQ/view>

- Stephanie

<https://drive.google.com/file/d/0BzB8MaAJe42EX3NxOS1PblhqYXc/view>

- Terri

<https://drive.google.com/file/d/0Bz0X8angXtG8eXlwVV RVVFREZDg/view>

# Q & A

