



**Delta District Parent Advisory Council (Delta DPAC)**

C/O Delta School Board

4485 Harvest Drive, Delta, BC, V4K3C9

Email: [deltadpac@gmail.com](mailto:deltadpac@gmail.com)

Website: [dpac.deltasd.bc.ca](http://dpac.deltasd.bc.ca)

## **DPAC GENERAL MEETING MINUTES**

**Monday January 16, 2023**

Location: Main Boardroom - Delta School District Office & Virtual via Zoom

Time: 7:00 PM – 8:00 PM

### **Members In Attendance:**

Jennifer Rak -DPAC Chair/Brooke  
Simran Dhillon - DPAC Treasurer/Burnsview  
Lakhvir Brar -DPAC Vice Chair -Seaquam  
Kelly Bhandal -DPAC Secretary/McCloskey  
Rebecca Lee -DPAC Member at Large/SDSS  
Carrie Elder -DSS  
Cameron Murdoch -Brooke  
Nikki Joshi - Sunshine Hills  
Davinder Arora -Delview  
Raheela Mohammed-Gibson  
Diane Chubb -Neilson Grove  
Crystal Robinson -Chalmers  
Ryoko Campbell -Nielson Grove  
Krissy Eiben-Pinewood  
Jane Swinglehurst -Beach Grove

### **Members In Attendance: Virtual via Zoom**

(16 total but not all included their names)

Bel -Pinewood  
Tessa Geldreich -South Park  
Stephanie Davis -Ladner  
Julia Mellish -Holly  
Stevie Wild -Devon Gardens  
Garima -Cougar Canyon  
Sarah Ngo -Richardson

**Call to Order and Welcome: 7:00 pm**



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### Guests in Attendance:

- Doug Sheppard - Superintendent, Delta School District
- Val Windsor - School Board Trustee Chairperson
- Alison Roche -Delta Teachers Association
- Christina Lussier -District Councilor
- Patrick Klassan -Director of Learning Service
- Leah Hughes - District Councilor
- Pam Ludda - District Councilor
- Richard

The focus of the meeting was Mental Health

**Presenter:** Christina Lussier

- All handouts and slide show presentations are available upon request.

Before Covid-19 12% of 4-12 year olds had 1 or more disorders that required intervention. As we emerge from the pandemic it's been noted there is a rise in anxiety, depression and tension rising in mental health issues. Health and addiction needs are up with a significant increase in opioid overdose.

What do kids say (McCreary report 2019).

### BC Provincial Stats:

- Health and Wellness trending down.
- Self harm to cope trending up with kids
- 2% said they did not feel safe at home

The majority of kids felt being at school was positive.

- Most planned to complete school
- Smoking was down
- Drinking trending down by 50%
- Attempted suicide is lower
- 90% felt they could talk with their peers or an adult.

### DELTA Stats:

- 39% of students reported to be thriving
- 76% had high empathy towards others

- 63% said mental health was good

Both elementary and secondary schools reported to be doing better than the provincial average.



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**SUPERINTENDENT'S REPORT - Doug Sheppard, Superintendent**

The new accessible playground was officially opened at Jarvis Traditional Elementary by the Ministry of Education Rachna Singh and attended by Doug Sheppard, Val Windsor and Amenn Dhillon.

The universally accessible playground was made possible after the school received a \$165,000 grant through the provincial government's Playground Equipment Program.

The district Pro D day is Friday January 27, 2023 and teachers will be attending Trauma Training and Leadership work.

**ADOPTION OF AGENDA**

Moved by Crystal Robinson & seconded by Simran Dhillon; Approved

**APPROVAL OF MINUTES**

November 2022 Meeting Minutes

One motion made:

- One attendees name was not included on the minutes and would like to be added.

Moved by Simran Dhillon and seconded by Rebecca Lee; Approved

**CHAIR UPDATE**

Jennifer attended the Delta Board Meeting Tuesday Dec 6, 2022.

Lisa Chapieski, District Coordinator Student Options & Opportunities, presented information on new and existing programs and events in Career Programs. There will be a hiring fair for summer jobs in June 2023.



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### CHAIR UPDATE

There will be information available soon for programs and resources in the district outside of school time. Jennifer is working on having guest attend a DPAC meeting to provide more information.

BCCPAC is looking for volunteers and there are opportunities to join committees. There is also opportunities to register for workshops and webinars.

### VICE CHAIR UPDATE

Lakhvir discussed reviewing the PAC guidelines and having all documents up to date and current. For the PAC's proper operation the constitution and bylaw, the categories of conflict resolution and code of ethics conduct should be updated and reviewed.

This ensures running a successful PAC for promoting the school community needs. Also PAC training sessions can be provided if there is a need.

- For help with updating Bylaws & Constitutions or Code of Conduct, please email Lakhvir at: [deltadpacvicechair@gmail.com](mailto:deltadpacvicechair@gmail.com)

### TREASURER'S REPORT

Cheques cleared for Secretary Supplies and BCCPAC Membership fee.

**Gaming Account: \$4982.81**

**General Account: \$4725.66**

### PARENT EDUCATION UPDATE

Application for approval can be submitted for parent ed grants.

Spreadsheet updates are available soon with fresh new ideas. If anyone has a fundraising idea they would like to share, please email Jennifer: [deltadpac@gmail.com](mailto:deltadpac@gmail.com)

## **BCCPAC UPDATE**

Nil

## **NEW BUSINESS**

### Question Period

The zoom connection and sound is a concern therefore looking into how to update and improve this issue.

The next meeting will have the trustees present and there will be breakout sessions to sit with their trustee and discuss topics. This will be an in person meeting only.

## **NEXT MEETING**

February 27, 2023 @7pm

**ADJOURN 8:50 pm**

## Community Counselling Supports

Here are some counselling services available to Delta residents should more regular support (than we can provide at school) be helpful...

- For youth 13+ years, community counselling is available through the **Boys & Girls Club (BGC)**, 3rd Floor, 11861 88th Avenue, Delta, BC, V4C 3C6 Telephone: 604-591-9262.
- Child and family counselling is available through **Deltassist**. You can give them a call at 604-594-3455 and ask for the general counselling intake line (local 136).
  - **Addiction Services Counselling** is also available for individuals and families through Deltassist. Call them at 604-594-3455, and ask for local 108. You will be prompted to leave a message...briefly explain your situation, and that you and/or your children are affected by the substance use of a loved one. A counsellor will call you back, usually within a week.
- If you are interested in connecting with **Delta Child & Youth Mental Health** for extra support, you do not need a doctor's referral. Parents and youth 12+yrs can call and request an intake appointment. A clinician will then reach out to the youth/family to discuss concerns further, and arrange next steps. Call 604-940-7900.
- **START Team** – If there has been a rapid onset (in past 2-4 weeks) of extreme mental health symptoms resulting in the child/teen being unable to participate in their typical daily activities or relationships. Symptoms may include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others. Parents and children/youth can self-refer to START (Short Term, Assessment, Response, Treatment) by calling 1-844-782-7811. They are located at: 9634 King George Blvd (Shirley Dean Pavilion), Surrey Memorial Hospital, Monday – Friday Hours: 9am – 9pm, Weekends & Holiday Hours: Noon – 9 pm
- **Little House Society** - offers individual & family counselling, assessment, referral, recovery meetings, and peer-to-peer support. Qualified drug and alcohol counsellors offer up to 4 free one-on-one sessions to individuals, or affected family members, who reside in Delta. They also offer a weekly group workshop called "Heart of the Family" for family members, caregivers, & friends worried about someone's substance use. Register on-line at <https://www.littlehousesociety.ca/group-therapy>
- **Fraser Region Aboriginal Friendship Centre Association (FRAFCA)** – fostering the health and well-being of urban indigenous people in the Fraser Salish Region by providing culturally-relevant services, support, and advocacy. Call: 604-595-1170, or email [reception@fracfa.org](mailto:reception@fracfa.org)
- **Parent Peer Support Program** – BC parent peer support. Call and connect with another parent who understands where you are at. They provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental health and/or substance use challenge. No waitlists or fees. In Delta and Surrey, call 604-878-3400, or email [surreydeltawhiterock@familysmart.ca](mailto:surreydeltawhiterock@familysmart.ca)

## In Surrey...

- **Options Community Services** is a non-profit agency which offers counselling services. Their main office is at 9815 - 140 St. , Surrey, Phone: 604.584.5811
- **Sources Community Services**
  - Rent Bank - <https://www.sourcesbc.ca/our-services/sources-rent-bank/>
  - **Sources Addiction Services** offers counselling for individuals and families struggling with addictions. Call 604-538-2522
  - Sources also has a support group –**The Affected Others Support Group**, is committed to providing information, counselling and support to community members who are affected by the substance use of a loved one - please call to inquire about the next group date (604-538-2522)
- **DiverseCity** also offers individual and group counselling services. They are located at 13455 76 Avenue, Surrey, Phone: 604.597.0205 (continued...)
- **Atira** is a women's resource centre which provides support to women and children. Suite 1- 2970 King George Blvd in White Rock, Phone: (604) 531-9143
- **SFU Surrey Counselling Clinic** offers free counselling for adults, children and youth provided by supervised graduate students in counselling psychology. Phone: 604-587-7320  
<http://www.sfu.ca/education/centres-offices/sfu-surreycounselling-centre.html>

*\*Many of the above agencies offer programs for children who have witnessed abuse. Please call to inquire.*

### **Low-Barrier Counselling**

- Moving Forward Family Services offers "Low Cost/Free/Pay What You Can" Counselling for individuals, couples, and families. Phone: 778-321-3054. Requests for free services require proof of no/low income. Services are available in: English, Punjabi, Hindi, Mandarin, Cantonese, Farsi and Arabic. Traditional fee for service counselling is also available in English, Punjabi, Hindi, Urdu, Bengali, Khmer, Korean, Mandarin, Cantonese, Farsi, Arabic, Tagalog, and Spanish, and have NO wait-times. Cost is \$35.
- Alongside You Counselling Services - 4840 Delta St #203, Delta, BC; phone: (604) 283-7827; They offer individual counselling, groups, and therapeutic art services

## Helpful Websites

- [Kelty Mental Health](#)  
Provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across B.C.
- [Here to Help](#)  
Mental health and substance use self-help resources and personal stories.
- [From Grief to Action](#)  
A voice and support network for families and friends affected by substance use.
- [Foundry](#)  
Free and confidential supports for young people ages 12-24 – mental health care, substance use services, medical services, youth and family peer supports, and social services – both online and in-person in communities across B.C.
- [BC Children's Hospital – Grief and Loss Information](#)  
Resources and information to support children, teens and adults who are experiencing the grief of losing someone.

## Crisis Information

- [kidshelpphone.ca](http://kidshelpphone.ca) - 1-800-668-6868 OR text CONNECT to 686868
- **Crisis Line** 604-872-3311
- **Suicide Help Line** 1-800 -784-2433
- **KUU-US Crisis Line Society** - Indigenous, culturally safe, crisis help 1-800-588-8717

**\* In an emergency, please dial 911**

**or go to your nearest hospital emergency room.**



Please join us...

**A Conversation About Mental Health**

DPAC Meeting January 16<sup>th</sup>, 2023

It's hard. When one of our children is struggling with their mental health, it's hard.

The good news is that help is out there! However, knowing where to start, as well as how to best navigate the various avenues of help, and the diverse array of support agencies within our community, can sometimes feel confusing and overwhelming for parents and/or caregivers. Please join us for a brief presentation and discussion with Delta School District staff: Leah Hughes (MEd RCC) Coordinator with Inclusive Learning, and Christina Lussier (MEd RCC) District Counsellor.

*Leah Hughes is a Registered Clinical Counsellor and District Coordinator. She has previously worked as an Elementary French Immersion Teacher, and as a Secondary School Counsellor. She currently works as a District Coordinator with the Department of Inclusive Learning in supporting the mental health and learning engagement of secondary students.*

*Christina Lussier is a Registered Clinical Counsellor and District Counsellor with Delta School District. Over the years, she has walked alongside clients as young as 4 years old, and as young at heart as 86 years, providing counselling support for issues associated with traumatic events, adverse childhood experiences, anxiety, depression, self-harm, addiction, grief and loss, as well as school related challenges.*

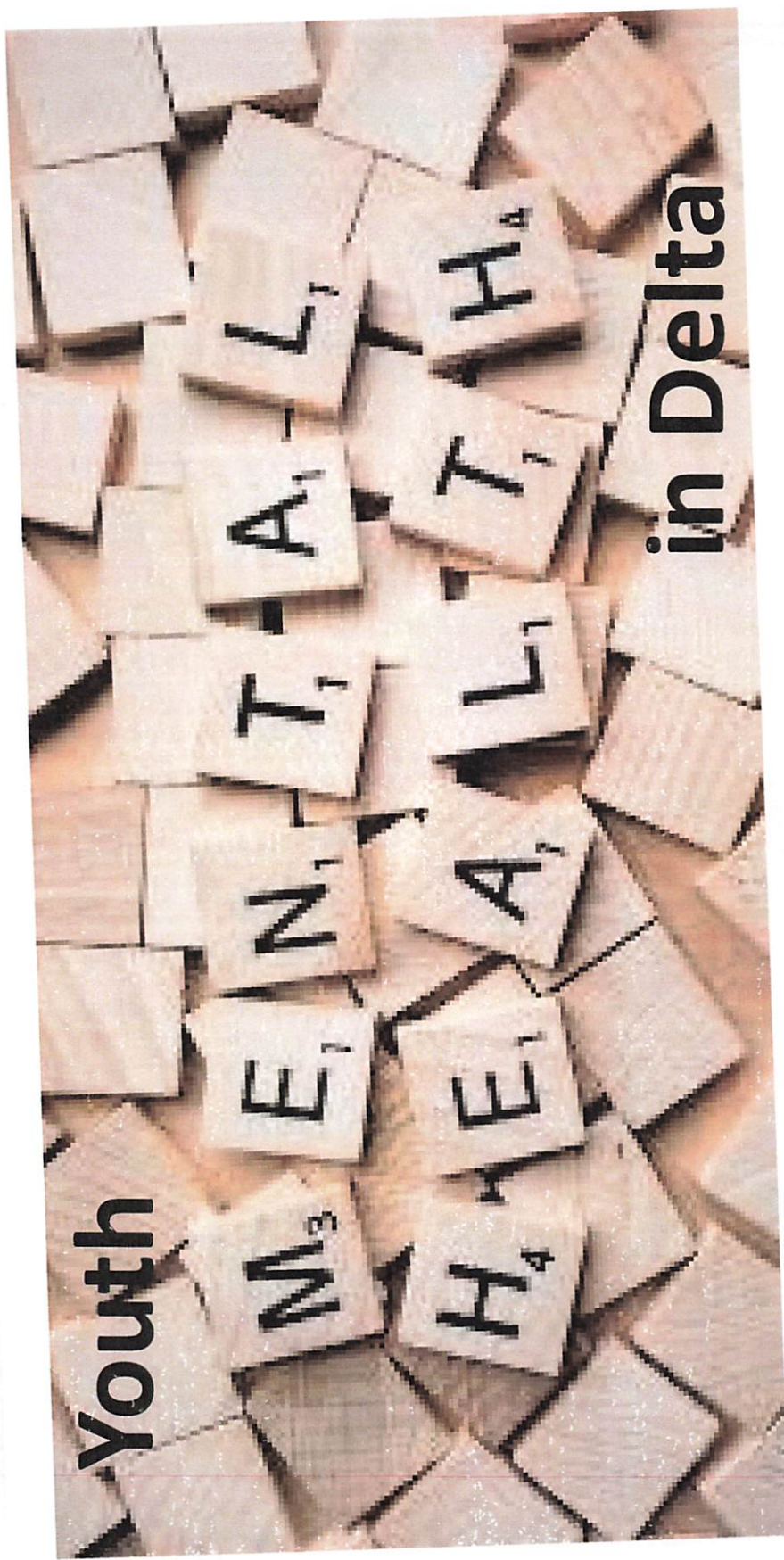
Leading up to the January 16<sup>th</sup> DPAC meeting, for those interested in exploring some on-line resources, please check out the following links to helpful mental health websites:

- [Kelty Mental Health](#)  
Provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across B.C.
- [Here to Help](#)  
Mental health and substance use self-help resources and personal stories.
- [United Way 211 Online Directory](#)  
Helping you find support services for all of life's challenges. The service is free, confidential and available 24/7 in over 150 languages.
- [Family Smart – Parent In Residence Peer Support](#)  
Emotional support, information, resources, and help in navigating services for parents and caregivers of a child, youth or young adult with a mental health and or substance use challenge. Other parents provide peer support by sharing their experiences and ways of coping.

If you, or someone you care, for is struggling, there are places you can call for help:

- **Crisis Line** 604-872-3311
- **Suicide Help Line** 1-800-784-2433
- **KUU-US Crisis Line Society** - Indigenous, culturally safe, crisis help 1-800-588-8717
- [kidshelpphone.ca](http://kidshelpphone.ca) – Children and youth can call 1-800-668-6868 OR text CONNECT to 686868

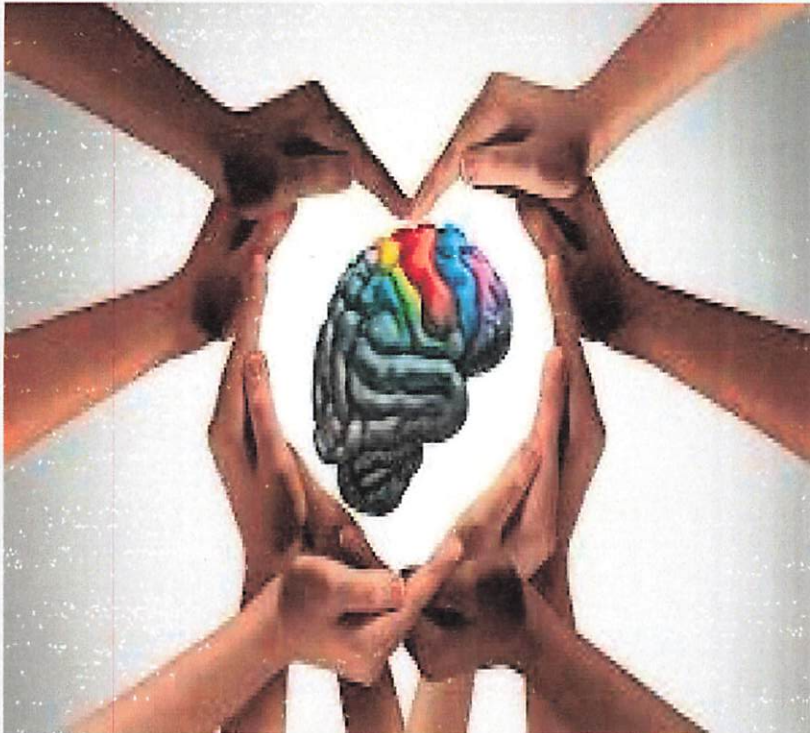
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Youth

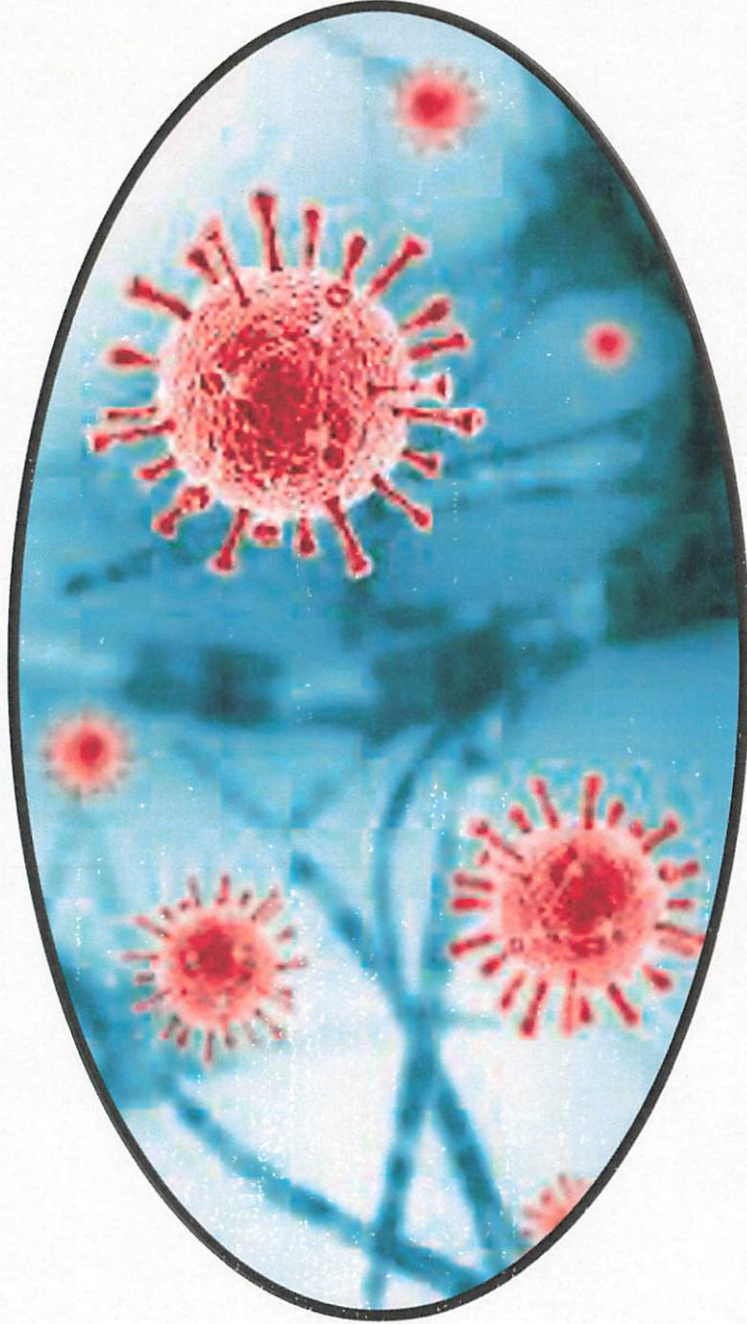
in Delta

# Agenda



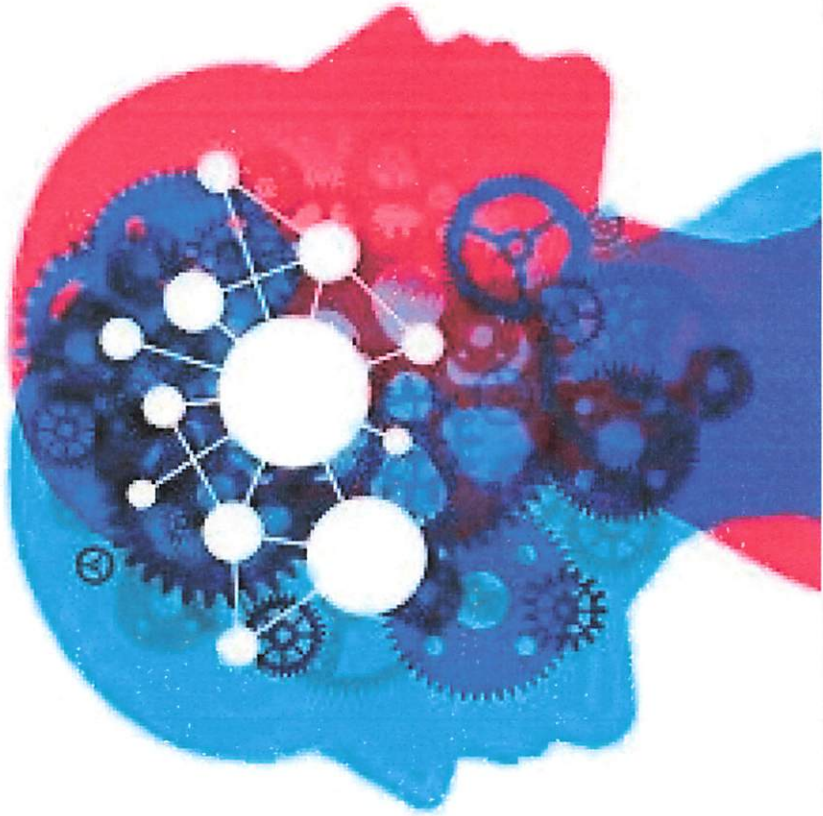
- Covid-19
- Statistics
- Supports and services
- Crisis information
- Protective factors
- Discussion / Q & A

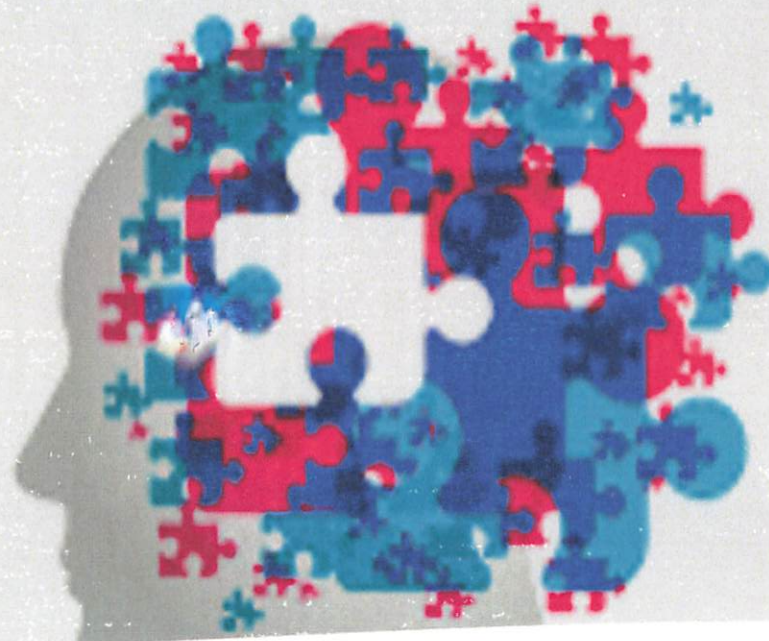
Mental Health Before...



Mental Health After...

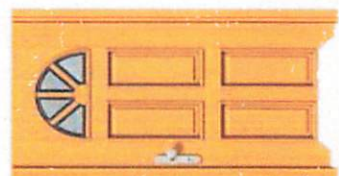
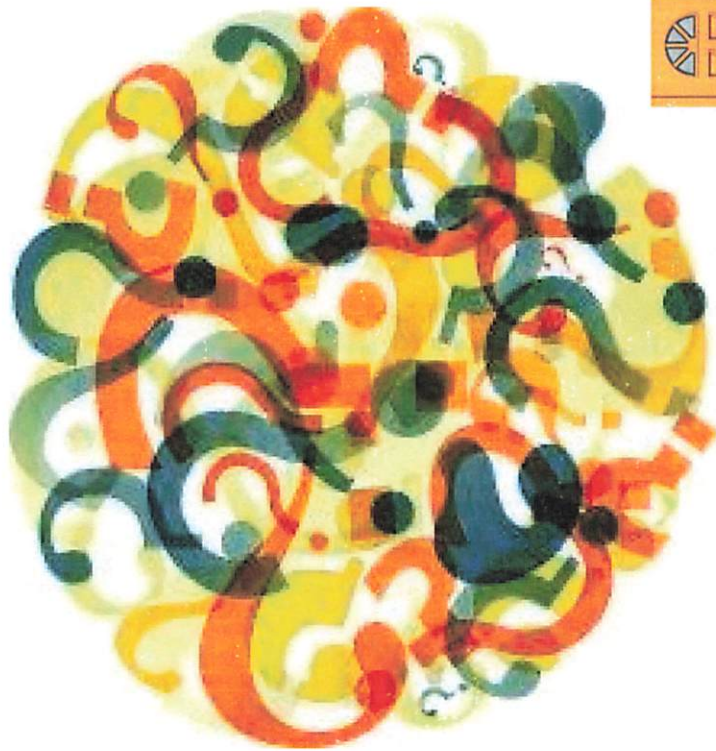
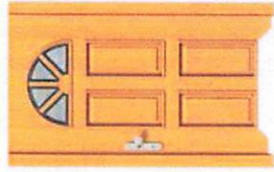
# What Do the Kids Say Here In BC?

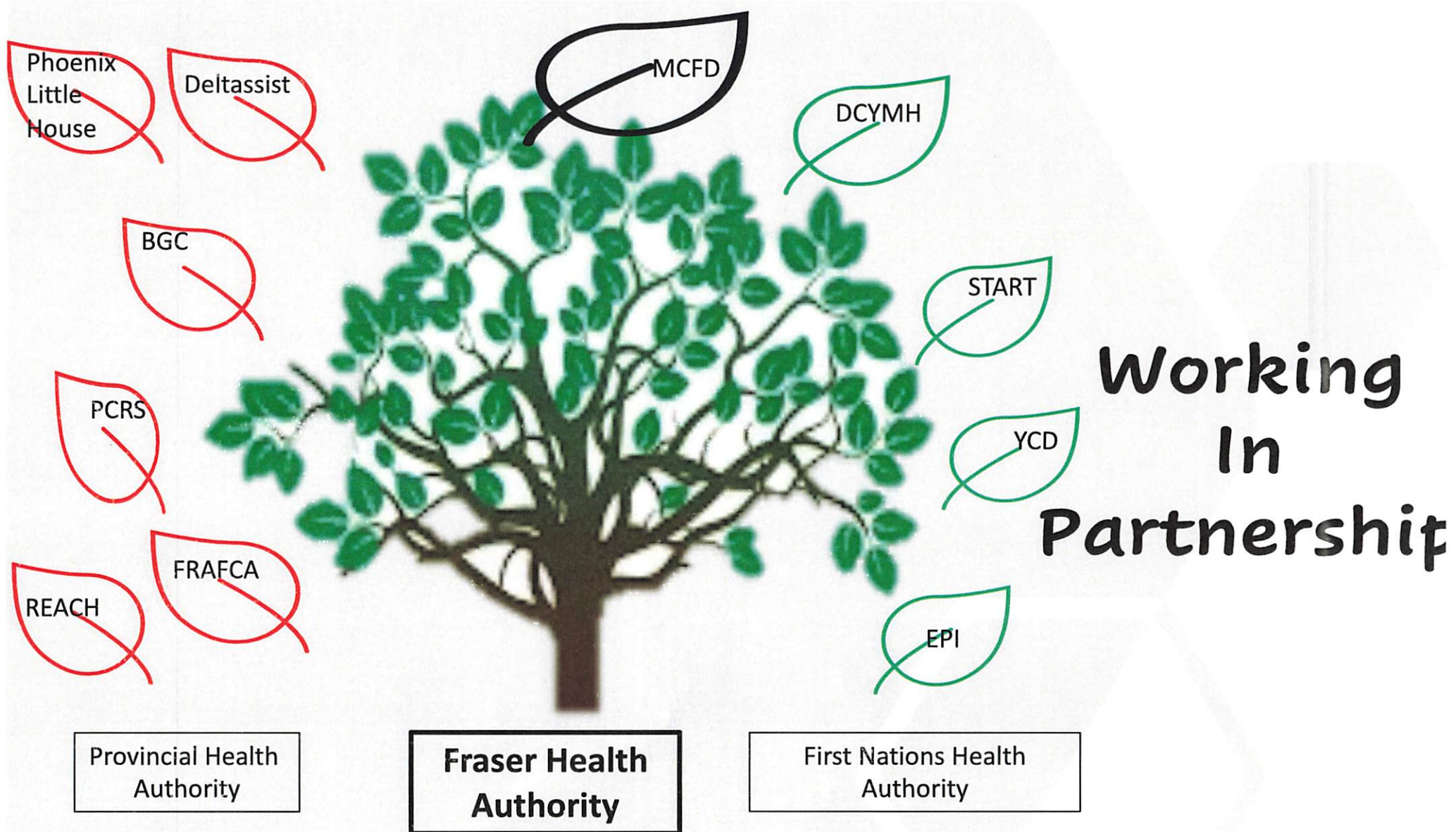




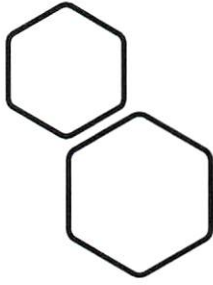
Closer to  
home....

- CUSP study
- MDI
- Student Satisfaction Survey
- Fraser Health

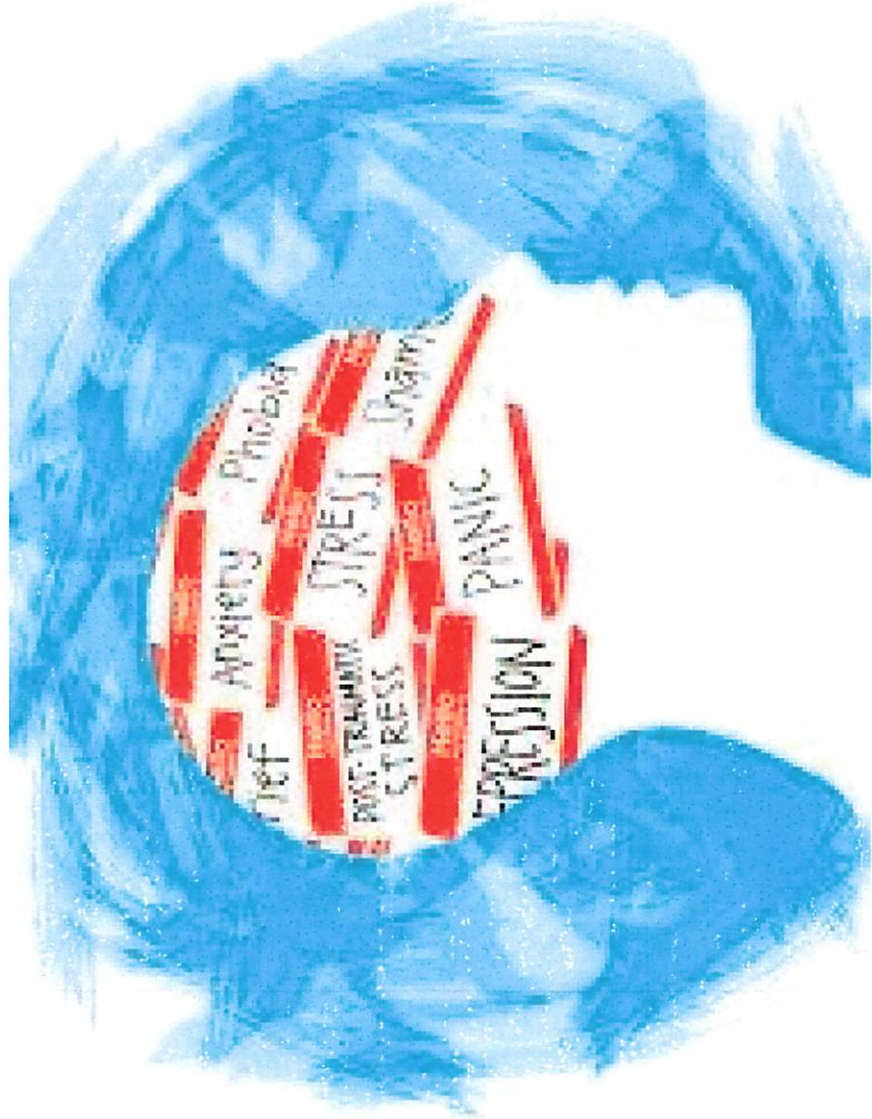




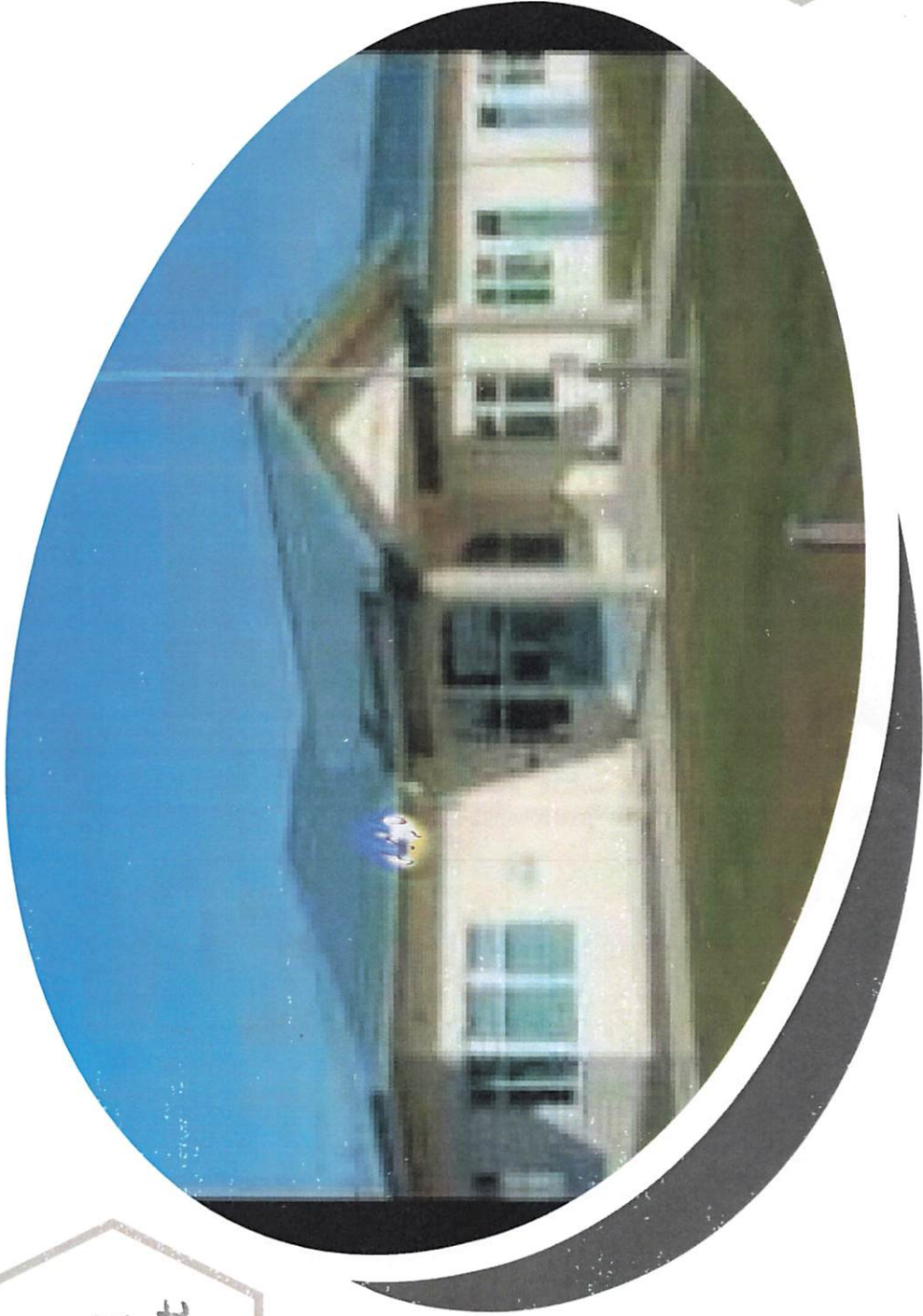




# Where To Start?

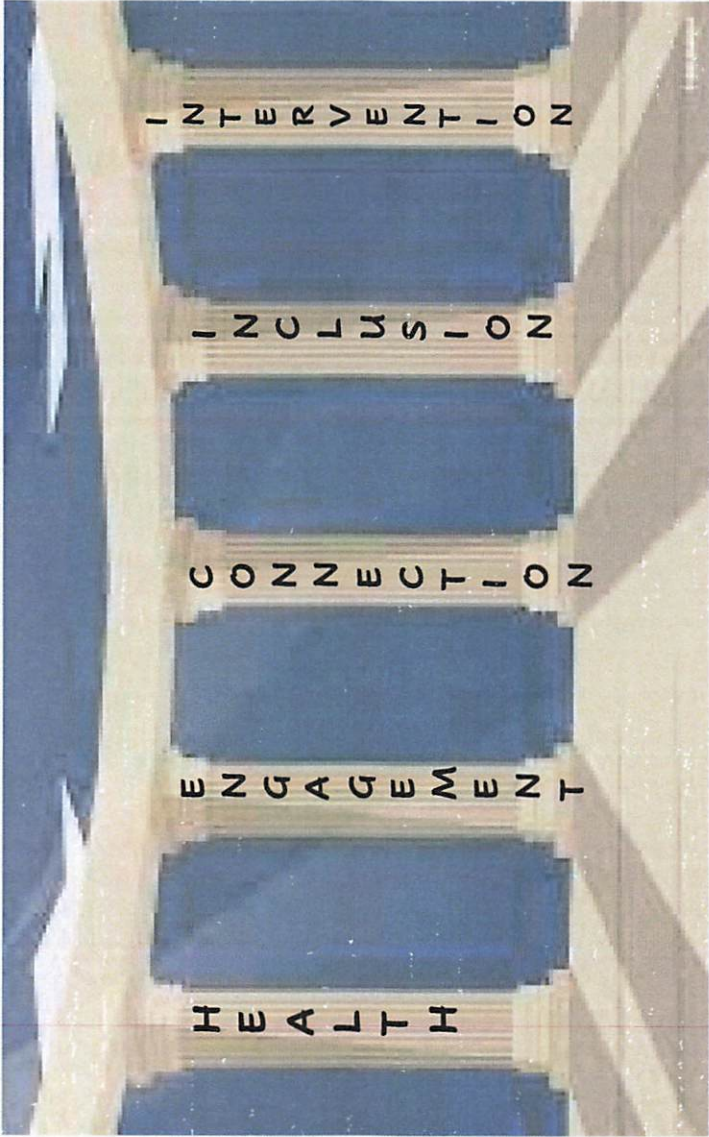


Delta  
School  
District

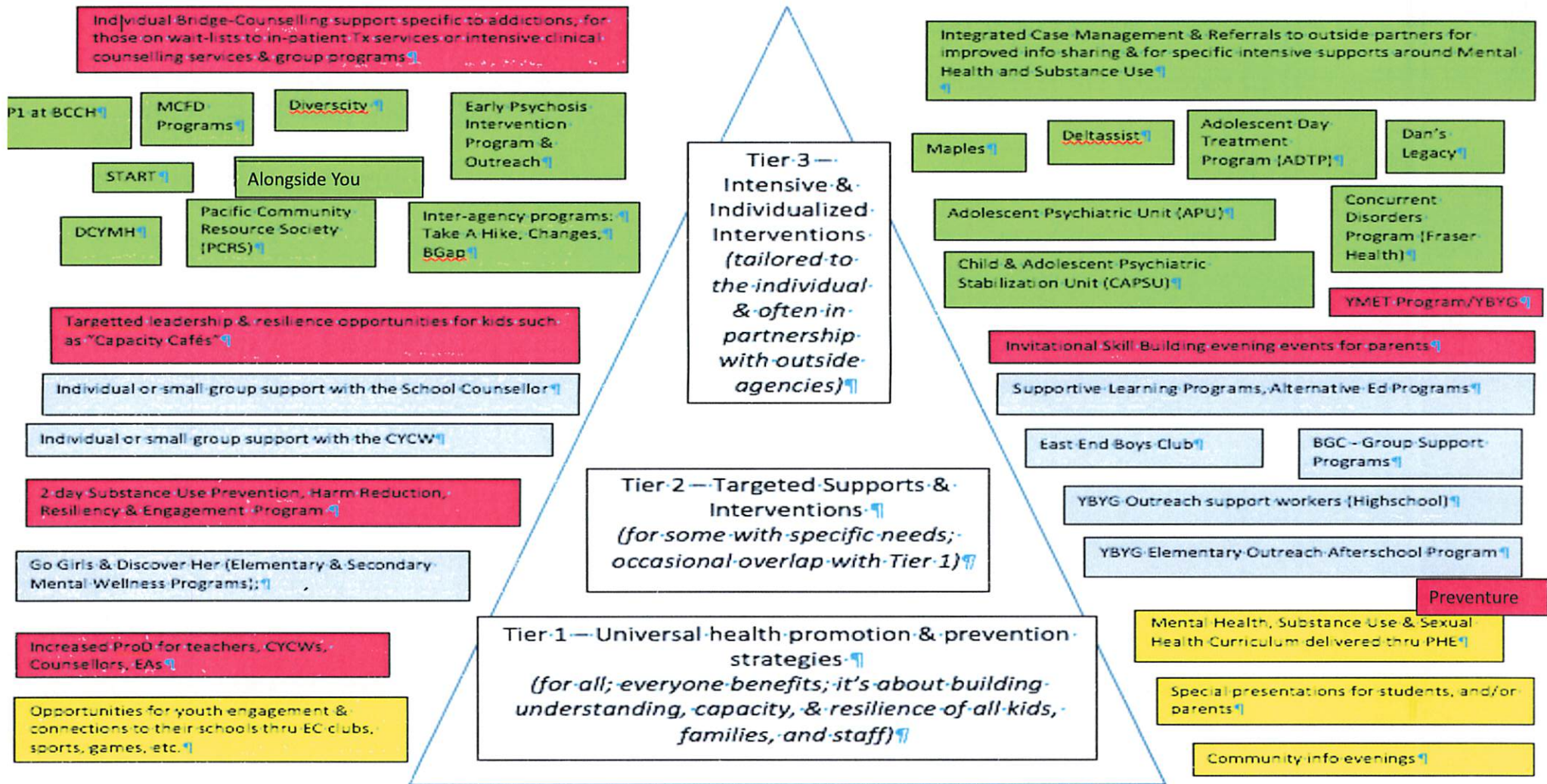


What's  
the  
Good  
Word?

**Delta's  
Prevention, &  
Engagement, &  
Empowerment  
Framework**



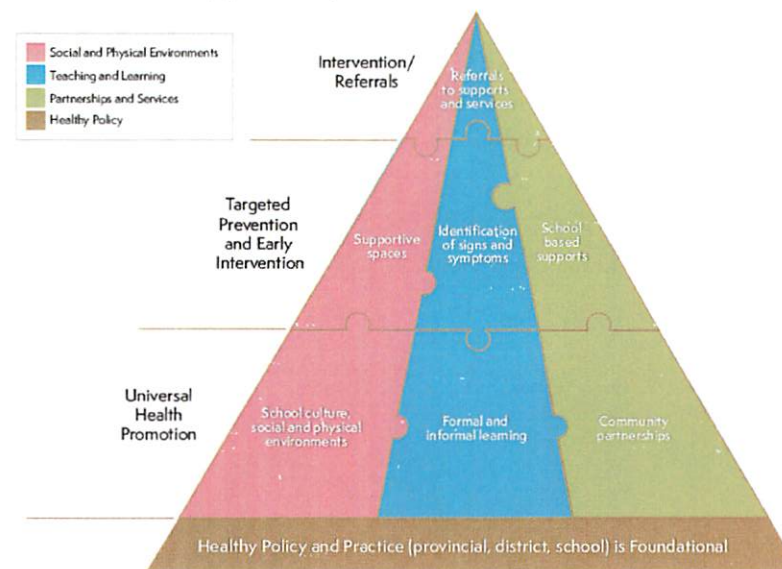
# Delta School District's Tiered Supports



## A Pathway to Hope

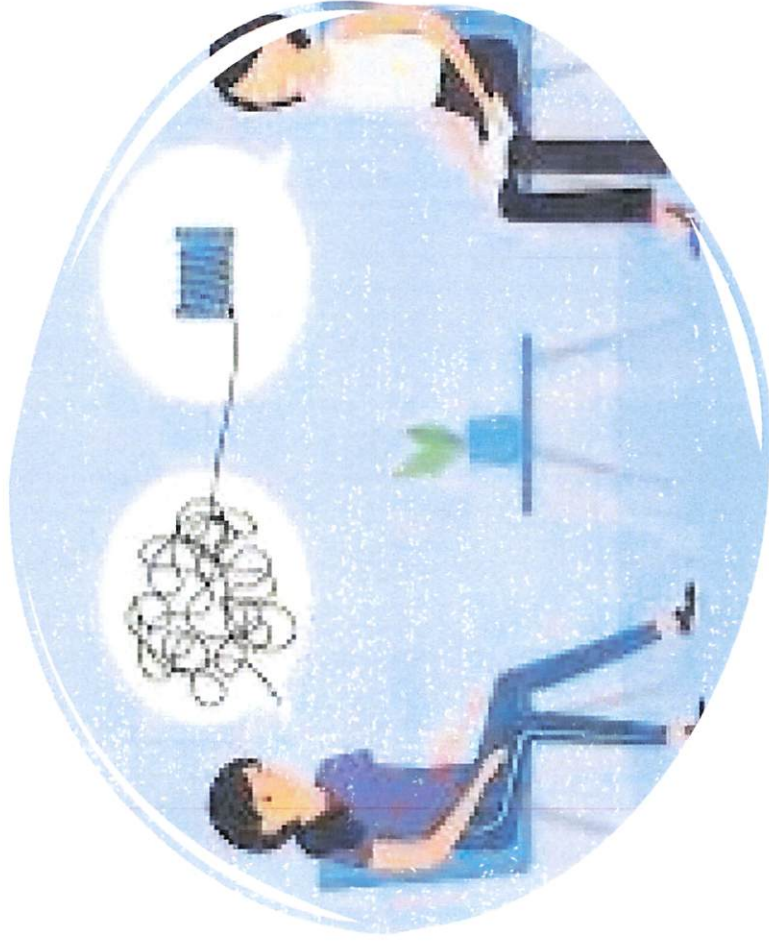
### Mental Health and Well-being in Schools

Purpose: People supporting the mental well-being of children and youth will use this model to understand and communicate a whole school community approach so that they can focus or shift their efforts as needed.



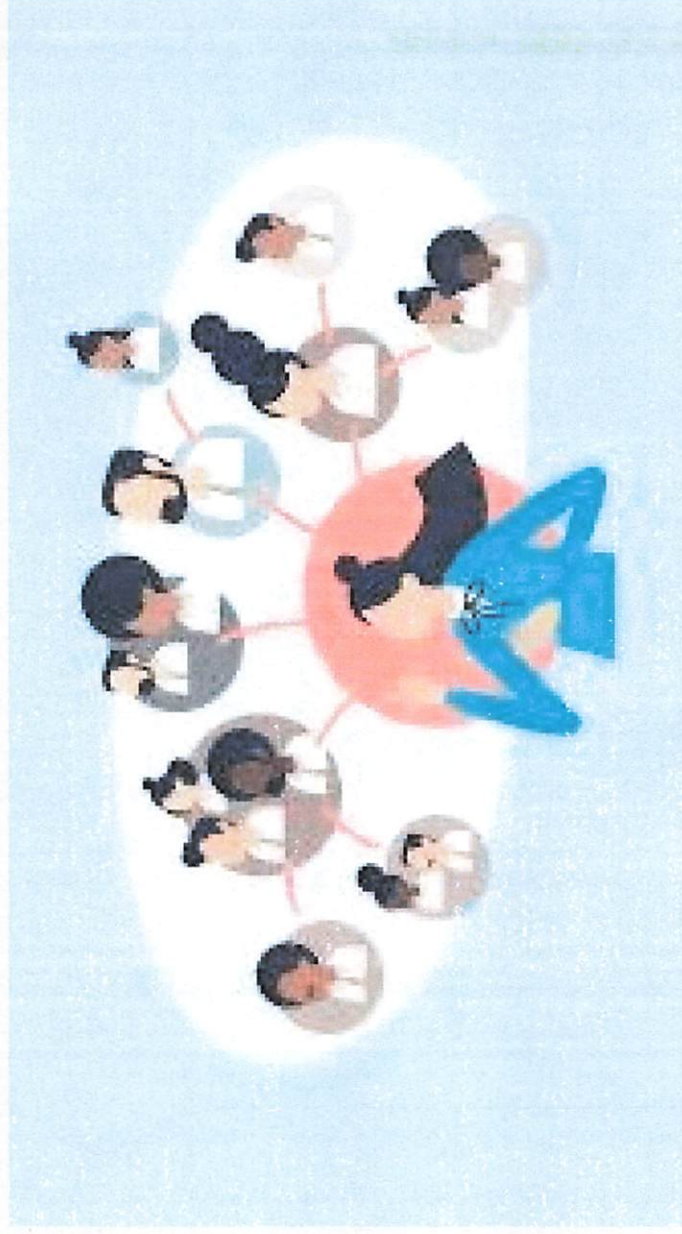
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# School Counselling...

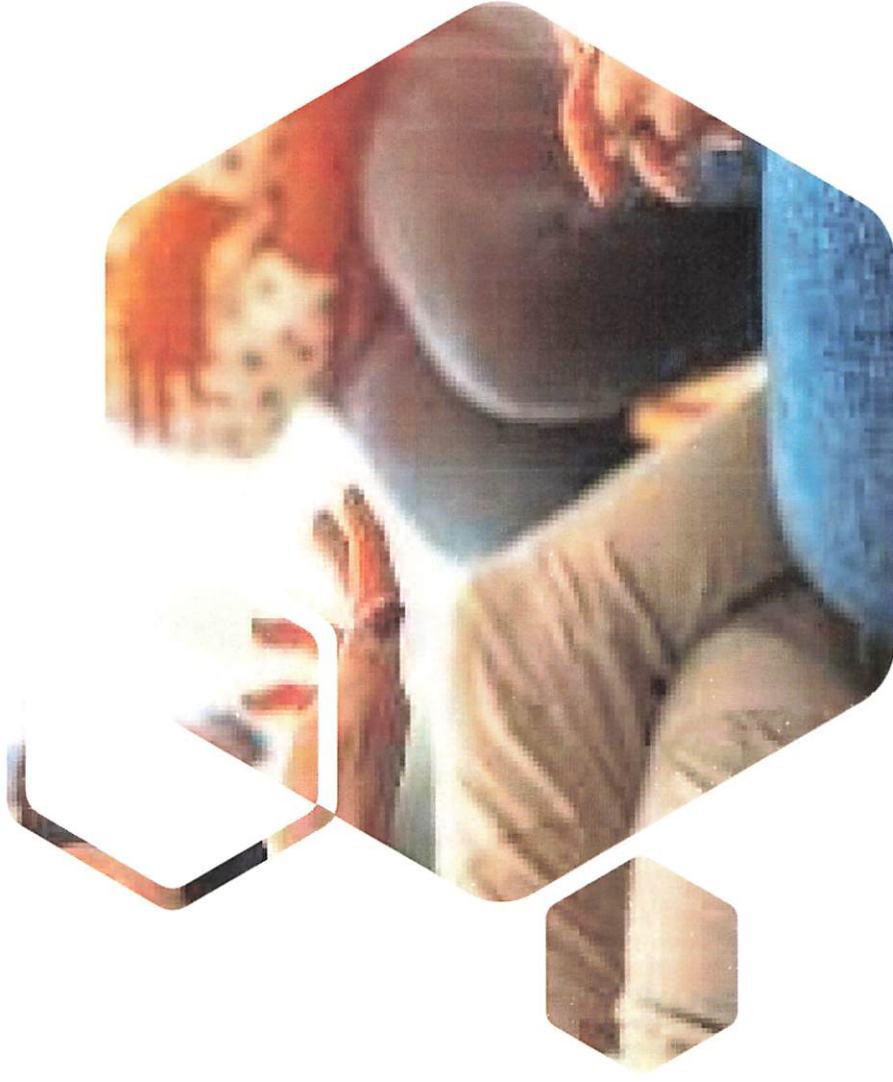


So much more than career  
planning & academic  
guidance!

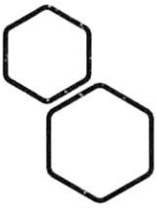
# Support & Advocacy



# Partnerships & Referrals







**Hurry Up &  
Wait...**





## Examples of private agencies:

- Alongside You
- Moving Forward Family Services
- Private Registered Clinical Counsellors
- Registered Psychologists

# Where to turn in a crisis?

- [kidshelpphone.ca](http://kidshelpphone.ca) - 1-800-668-6868 OR text CONNECT to 686868
- Crisis Line 604-872-3311
- Suicide Help Line 1-800 -784-2433
- KUU-US Crisis Line Society - for Indigenous, culturally safe, crisis help 1-800-588-8717

\* In an emergency, please dial 911, or go to your nearest hospital emergency room.



# It Takes A Village

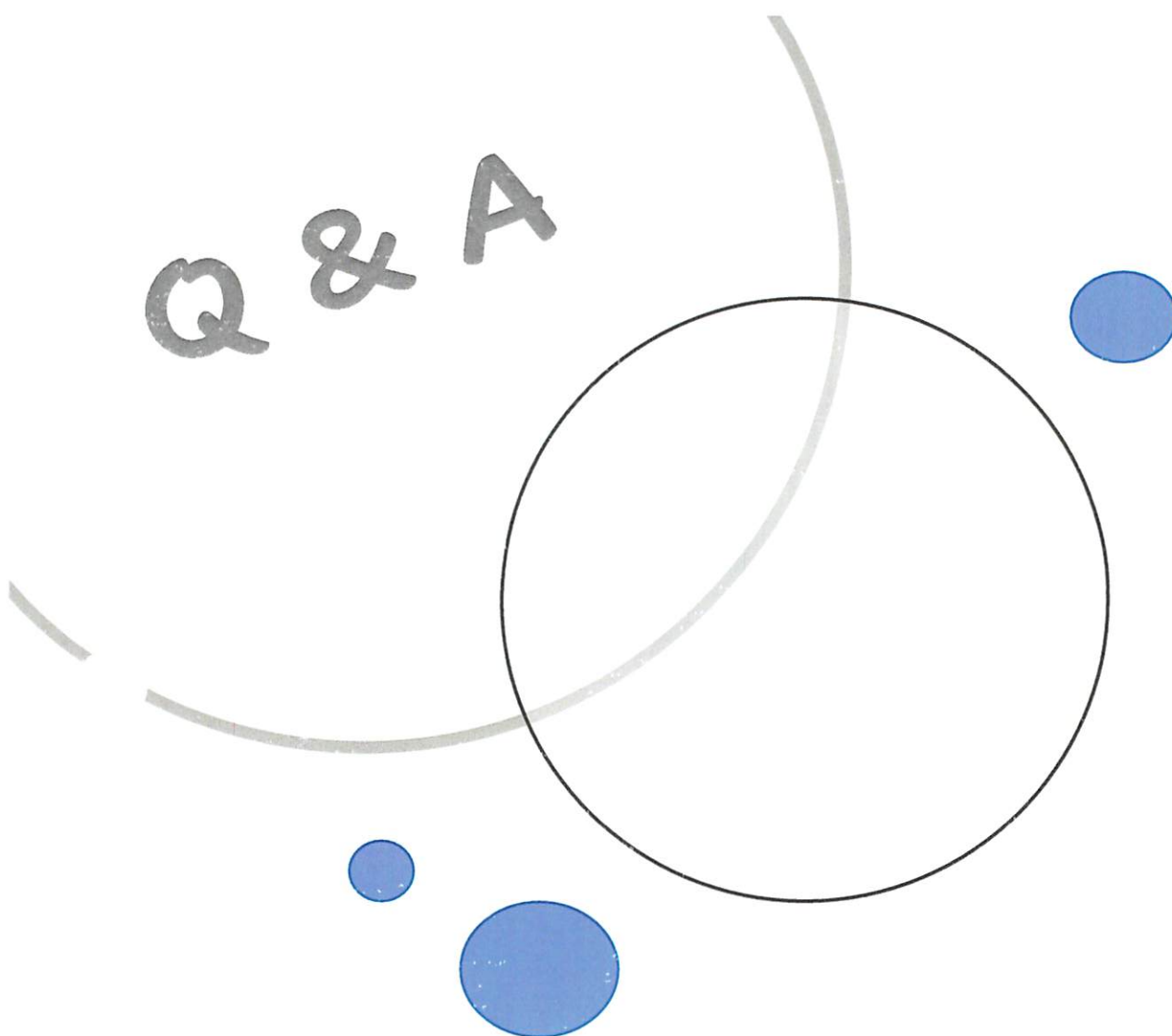


# Good News



## Quotes From The Scholars:

- “Positive coping strategies with family and social supports are important to achieving better outcomes”
- “Data suggests that children are protected when their surrounding communities have more...resources, and when children have more social supports.”
- “Effective parenting is [also] crucial in mitigating children’s distress and improving their coping after disasters.”
- “Resilience is more likely when children have not only good learning abilities, but also close relationships with competent caregivers, access to positive schools and safe neighbourhoods – including freedom from racism – and beliefs that their lives have hope and meaning”.



Q & A

Or, email  
your  
questions:

- Your School Counsellor
  - Christina Lussier  
District Counsellor  
[clussier@deltaschools.ca](mailto:clussier@deltaschools.ca)
- Leah Hughes / Pam Luddu  
Coordinators with Inclusive  
Learning  
[lhughes@deltaschools.ca](mailto:lhughes@deltaschools.ca)  
[pluddu@deltaschools.ca](mailto:pluddu@deltaschools.ca)

## References

McCreary Centre Society (2018). Balance and Connection in BC: The Health and Wellbeing of Our Youth. Retrieved January 2023, from [https://www.mcs.bc.ca/pdf/balance\\_and\\_connection.pdf](https://www.mcs.bc.ca/pdf/balance_and_connection.pdf)

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Human Early Learning Partnership. Middle Years Development Instrument [MDI] Grade 4 report. School District & Community Results, 2021-2022. Delta (SD37). Vancouver, BC: University of British Columbia, School of Population and Public Health; May 2022.

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*Thank  
you*

