



# Calgary and Area RCSD eNewsletter

## **Supportive Environments for Youth with Complex Needs**

Webinar March 11, 9:00 a.m. – 10:30 a.m.

This webinar will present new findings from the Children and Youth in Challenging Contexts (CYCC) Network report exploring what makes a supportive service environment that can help children and youth with complex needs. In order to best meet the needs of these young people, interdependence between different services and systems is an important principle. Seven core elements of effective interventions leading to supportive environments will be discussed.

Click [here](#) for more information and to register.

## **Enhancing nutritional environments through access to fruit and vegetables in schools and homes among children and youth: What's the Evidence?**

Webinar March 31, 2015 10:00 a.m. – 11:30 a.m.

Low fruit and vegetable consumption is one of the top 10 global risk factors for mortality, and is related to increased risk for cancer, cardiovascular disease and diabetes. Many environmental, sociodemographic, and personal factors affect fruit and vegetable consumption. This review explores strategies to improve fruit and vegetable availability.

Click [here](#) to register.

## **Early Years Conference Nurturing Developmental Wellbeing Strengthening Children and Families – Early Notice**

January 28 – 30 2016 Hyatt Regency Vancouver

Over the last 20 years there has been an explosion in research in areas of child development, child welfare, infant mental health, and family support. This conference will improve skill development, practice and systems.

Click [here](#) for more information.

## **Time to Grow Up: Family Policies for the Way We Live Now**

**Kate McInturff and David MacDonald**

This piece finds the current approach to family policy is falling short of the needs of parents. It makes the case for access to affordable childcare, improved leave for fathers, and tax policies that level the playing field in order to improve the quality of family life in Canada.

Click [here](#) for the full article.

## **First Nations Mental Wellness Continuum Framework**

Developed in partnership with First Nations and Health Canada, the First National Mental Wellness Continuum Framework presents a shared vision for the future of First Nations mental wellness programs and services and practical steps towards achieving that vision.

Click [here](#) for the full article.

## **Alberta's Plan for Promoting Healthy Relationships and Preventing Bullying**

This Plan builds on the important work already underway within government and the broader community. It draws upon the most current research and insights, with a focus on supporting people to be in healthy relationships and mitigating the risk factors to prevent bullying behaviours.

Click [here](#) for the full article.

### **Taking the Next Step Forward: Building a Responsive Mental Health and Addictions System for Emerging Adults**

The Mental Health Commission of Canada has identified “youth transitions” as a significant area of mental health policy concern. Emerging Adults who are engaged in child and adolescent mental health services must transition into adult services at a prescribed age. Emerging adults are not adequately supported during this transition, despite evidence that interventions at this stage will positively impact an individual’s lifetime trajectory of mental health.

Click [here](#) for the article.

### **The Wellness, Resilience and Partnership (WRaP) Project**

The WRaP website is now live and will continue to expand with strategies for staff working with students who have FASD.

Click [here](#) for the website.

If you want to know more about the WRaP Project or are interested in participating in opportunities for shared learning please contact the Project Coordinator, Tracy Mastrangelo at [tmastrangelo@gsacrd.ab.ca](mailto:tmastrangelo@gsacrd.ab.ca)

### **Without Denial, Delay, or Disruption: Ensuring First Nations children’s access to equitable services through Jordan’s Principle**

This report presents the results of two studies conducted by the research team participating in the Jordan’s Principle Working Group and identifies major features of the response that must be amended to better ensure that First Nations receive equitable services without denials, delays or disruptions.

Click [here](#) for the full article.

### **Advancing Healthy Schools and Communities**

The University of Calgary is now offering this graduate four course program that focuses on ensuring learning environments are safe and socially just in order to promote healthy behaviour, social-emotional maturity, and resiliency.

Click [here](#) for the flyer.

Click [here](#) for more information or to apply.