

Community Partners

Alberta Health Services/
Alberta Mental Health Board

Alberta Education

Canadian Rockies Public Schools

Bow Valley Mental Health and Addiction
Services- Alberta Health Services

Alberta Alcohol and Drug Abuse
Commission (AADAC)

Alberta Health Services/
Calgary Health Region -
Bow Valley Public Health

Town of Canmore -
Family & Community Support Services (FCSS)

Town of Banff -
Family & Community Support Services (FCSS)

Parent Link

YWCA Banff

Wildrose Community Connections

Right from the Start Project Team & Schools

Laura Wellmann, *Project Coordinator*

Banff Elementary School

Erin Jones, *Success Coach*
Allison Van Impe, *Wellness Mentor*

L'Ecole Elizabeth Rummel Elementary School

Tanya Schatzmann, *Success Coach*
Lauren Moore, *Wellness Mentor*



Right from the Start Project:

Mental Health Capacity Building Expansion Project for Children and Families



Banff Elementary School

PO 748 325 Squirrel Street
Banff, AB T1L 1K1
403-762-4465



L'Ecole Elizabeth Rummel School

1033 Cougar Creek Drive
Canmore, AB T1W 1C8
403-678-6292



*And additional interested community agencies

The Right from the Start Program is one of 32 pilot projects in a province-wide Mental Health Capacity Building in Schools Initiative. The initiative is led by Alberta Health Services/Alberta Mental Health Board in partnership with Alberta Education, health service areas and other partners and community agencies, with funding from Alberta Health and Wellness.

The Right from the Start Project



Vision

The Right from the Start project asserts that mental health is not an affliction. We envision a shift towards a culture that will establish the spectrum of mental health as a vital part of each person. Every child, family and community will maintain and value health and well-being, in its entirety, right from the start.

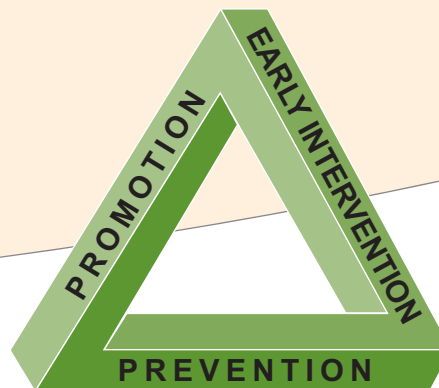
Mission

The Right from the Start project will cultivate a community that values and supports mental health and well-being by using a framework of promotion, early intervention and prevention.

Promotion: Right from the Start aims to promote a positive and realistic view of mental health, facilitate skill building opportunities and encourage a safe and supportive environment.

Early Intervention: Right from the Start aims to recognize and employ positive mental health practices in the early stages of development to optimize life-long wellness.

Prevention: Right from the Start aims to dispel stigma around mental health and lessen the impact of risk factors by strengthening each child's resiliency.



Programming Goals

- ⇒ Schoolwide wellness initiatives
- ⇒ Environmental initiatives
- ⇒ Character development
- ⇒ Role modeling
- ⇒ Self esteem
- ⇒ Positive behaviour management
- ⇒ Citizenship
- ⇒ Healthy relationship building
- ⇒ In class presentations
- ⇒ Individual support
- ⇒ Healthy lifestyles
- ⇒ Nutrition
- ⇒ Social series
- ⇒ Newsletters
- ⇒ Strengthening school - community connections
- ⇒ Professional referrals with community partners