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| **Referrals to Health and Social Services**  **Goal of Component**  To improve the overall health and well-being of students and increase their ability to succeed in school by addressing the coordinated school health components\*, safety and oral health, thereby promoting a lifetime of personal wellness.  \**Coordinated school health components include:*   * *Physical education,* * *Health services,* * *Nutrition,* * *Counseling/Psychological services,* * *Social services,* * *Health promotion for staff,* * *Family/Community involvement* | |
| **Recommendations:** | * Collaborate to provide physical education opportunities for families and the school community * Identify resources and refer for health services * Collaborate to provide nutritional information for families and the school community * Identify resources and refer for mental health counseling and psychological services * Collaborate to provide social services * Identify resources and refer for dental services |
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| **Career Exploration and Development**  **Goal of Component**  To promote college and/or career readiness for all students by preparing them for future employment and successful transition into adult life through collaboration with school and community resources | |
| **Recommendations:** | * Provide or collaborate to provide activities to prepare students for future employment * Provide or collaborate to provide activities for career exploration opportunities * Provide opportunities that encourage students to obtain Post-secondary education, whether it is a university, vocational/technical college or skill training * Provide support to encourage students to graduate on time |
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| **Summer and part-time job development for high school students**  **Goal of Component**  To introduce students to the world of work through education, job-related skills, and work experience by collaborating with community resources. Twenty-first century skills such as critical-thinking, problem-solving, goal-setting, leadership and decision-making will be emphasized. | |
| **Recommendations:** | * Provide employment opportunities for students * Introduce youth to real work environments * Collaborate to provide or provide activities that enhance employability skills and real world experiences |
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| **Substance Abuse Education and Counseling**  **Goal of Component**  To assist in the prevention of the use of alcohol, tobacco and other drugs (ATOD) and improve decision-making skills by education students and families; and the reduction of ATOD use through coordination of counseling services and education. | |
| **Recommendations:** | * Identify resources and make referrals for counseling services * Provide or collaborate to provide activities to increase student awareness of the effects of substance abuse * Provide or identify resources for education and treatment of substance abuse * Provide or collaborate to provide activities that empower youth to make healthy choices and decisions |
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| **Family Crisis and Mental Health Counseling**  **Goal of Component**  To increase self-management and coping strategies by assisting students and families with mental health needs and/or other crises through the identification and coordination of services (i.e. for grief, illness, bullying, incarceration, dating/domestic violence, loss of income child abuse, etc.). | |
| **Recommendations:** | * Collaborate or refer to provide opportunities that assist students in building self-esteem and individual coping skills * Identify resources or refer for mental health services for students and families * Provide, collaborate to provide or refer to meet immediate needs of families in crisis situations |