



# Mental Health & Your Child

## A MAPC Forum for Parents

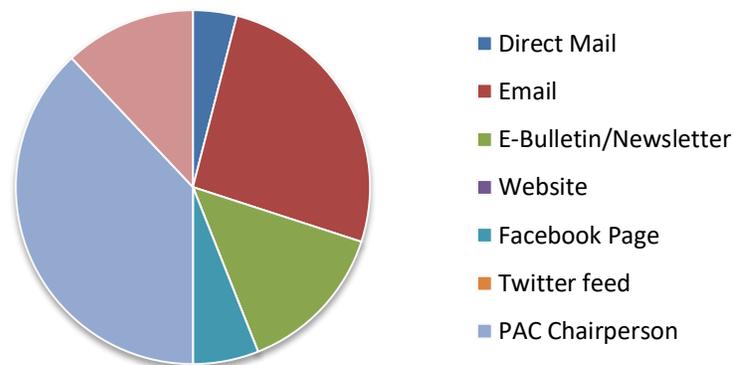
*Here's What Attendees Had to Say!*

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*Attendees for the Mental Health and Your Child parent forum included representatives from 31 schools (public and independent), 12 school divisions, 3 MAPC board members, MAPC staff (2 people), 6 invited guests, an MLA representing Manitoba Education and Training, and the River East Transcona School Division superintendent and chair of the school board.*

*Promotion of the parent forum (as well as other MAPC events) is done through a variety of methods, including: MAPC Newsletter and E-Bulletin announcements; traditional hard-copy mail; email; social media and website posts; and word- of-mouth.*

1. How did you find about the MAPC Mental Health & Your Child Forum today? Please check all that apply:



### Comments

*I did not receive it till 2 weeks ago.*

**MAPC response:** *Invitations for this event were **sent to member** schools in the province via hard copy mail, and **emailed** to all PAC Chairpersons for which we have email addresses. Promotion also included announcements in all MAPC E-Bulletins and newsletters since September and frequent posts on MAPC social media. MAPC events are also posted on the website. Please continue to let us know how we can improve our communication with you!*

## 2. Was today's forum interesting / helpful?

*(100% of respondents answered "Yes")*

### Comments

*Definitely need more.*

*Very – as a parent of a child with mental illness, I take any opportunity I can to learn and educate myself in this area to not only help myself and my family but to help other families through my school.*

*Very interesting and helpful.*

*Yes, there was some interesting discussions.*

*Dr. John Walker was very informative (and proactive) and should have had more time to speak and questions at the end.*

*It was so helpful. The speakers were so knowledgeable.*

*Open discussions and keynote address.*

*Yes – we need to find a way to relay this information back to the parent community group over the next couple of meetings.*

*Dr. Walker was amazing support and speaker. Would have loved to hear more from him. Panel was amazing.*

*Great to get feedback and info on mental health.*

*Very informative! Lots that I can take home and take back to the PAC.*

*Each panelist was a key piece to the issue of mental health. Good hearing all the angles.*

*Very interesting; lots of information that seems like common sense but not everyone is familiar.*

*Fantastic panel and keynote. Thank you so much.*

*Getting information and perspective from members of the community with various experiences and knowledge was enriching as a parent.*

*Great panel speakers.*

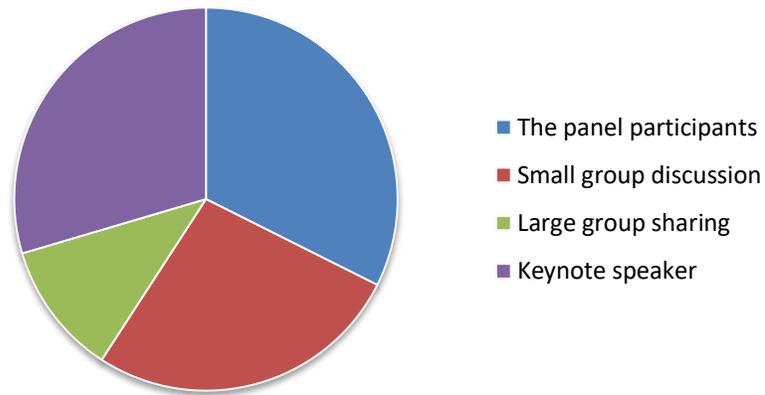
*Very interesting; I feel as if I learned a lot and I'm excited to share this info with my PAC.*

*It was great to hear experts from so many areas. I liked the small group discussions best.*

*I'd like to see more of these and longer.*

*Loved networking with other school divisions.*

### 3. What did you find most useful about today's forum?



#### Comments

*A lot covered in a short time.*

*I enjoyed having the discussions with other parents and representatives from other schools to understand their challenges and resources that they were able to share.*

*I would have liked for him to have more time as he still had more interesting looking slides that he had to skip past.*

*Dr. Walker. Panel participant Marg Synyshyn was useful and provided the resource options available.*

*There was so much useful information from a diverse group of speakers. I really enjoyed the small discussion and connection with other parents.*

*Great sharing and networking opportunity.*

*Each panel member had relevant things to say; the small group was informative as different experiences and ideas came forward. The keynote speaker was a great facilitator between the presentation as well as having audience participation.*

*Good to hear that everyone is on board to help with mental health.*

*I really enjoyed the small group discussions. I enjoyed hearing the different views from different schools and parents.*

*Good to see the stigma associated with mental health issues becoming less of an issue and roadblock.*

*Great group of people to speak to such an important issue.*

*As a resource teacher, hearing the university education piece. We know where the gaps are, now fix them!*

*Good format, nice to hear other's perspectives and ideas.*

*They were all great!*

*Very difficult to choose just one! Everything was so helpful and interesting!*

*I found the entire thing most useful but the creation of a safe, nurturing environment was most beneficial.*

*Really enjoyed the speakers.*

*I really enjoyed the keynote speaker. Really opened my eyes with regards to parenting!*

*All were helpful, but especially the small group discussions and large group sharing.*

*Although I didn't get many direct strategies, I was given so many resources that I could research to find and learn strategies.*

*All of the above!*

*Could have been longer. All weekend retreat!*

**MAPC response:** *The planning committee's goal was to bring you relevant information to support parents when faced with a child's mental health concerns. We're glad participants found the content helpful!*

#### 4. What improvements could MAPC make to today's forum that would make it more meaningful or relevant?

##### Comments

*A bit more time, but time is always a sensitive thing. Would we have as many come out if it was all day?*

*It was great – just more time for discussions would be great.*

*Make mental health concerns more knowledgeable to parents so that they can have the resources to help their own children and themselves.*

*A compiled booklet of all speakers notes, to follow along and make your own comments on.*

*I feel it was great as it was!*

*Break earlier in the morning.*

*Nothing – topic was very relevant, discussions were relevant, there were lots of opportunities to participate.*

*It was good.*

*More skills to model and teach to our children.*

*Having a class in schools for all ages...how to deal with any mental health disorders.  
Having days for parents showing how to deal with kids with all kinds of mental health disorders. And have more funding for schools that are in need for having teachers that specialize in different mental health disorders.*

*I think more time to have group discussions would have been more beneficial, also a chance for more open forum discussion.*

*Can't think of anything!*

*Make it longer.*

*Could be longer. Very important topic.*

*Thought it was great!*

*A little more discussion time.*

*Parent advocate and personal story and experiences – add as a panel participant?*

*Full day event to allow for more participation.*

*More resources for schools.*

***MAPC response: While we agree that there's a lot to discuss, parent forums are planned as half day events primarily to stay mindful of everyone's personal time and other weekend commitments.***

## 5. What topics would you like to see discussed at a future parent forum?

### Comments

*How to regain control. What is a parent's role in the family – how to discipline in 2016.*

*Family structure (changes and challenges) and the impact on children's well-being.*

*Cover domestic violence and how it impacts families, children and communities.*

*How to implement ideas in our school or how to work with and bring up issues to our administration.*

*Resources for children / families with behavioural and / or learning challenges.*

*Learning disabilities.*

*More movement in classrooms.*

*Representative from an organization that works with newcomers and their mental health.*

*Representative from a counselling organization that may give a snapshot of issues they may be seeing or experiencing.*

*The roles of PAC – Advisory? Fundraising? Organizing workshops for parents?*

*How to effectively partner with school.*

*More resources, links for parents/educators to learn about specific mental health concerns.*

*Ways for parents to become more involved in their children's school and also ways to encourage parents to get involved. Parents seem to have a very hands-off approach when it comes to their child's education more often than not.*

*How to parent teens.*

*Anything related to parenting.*

*How to deal with unsupportive school admin / school divisions.*

*Parent / student educational rights.*

*Coping skills for stress.*

*Anything!*

*How to get more parents involved, not just in council meetings but reaching out to families which is going to need thinking outside the box since parents / caregivers work.*

*Continued focus and actual strategies to put in place to support our children and their schools.*

*Discipline protocol in schools – is there one or does each school have an individual plan?*

*Technology and kids. i.e. screen time.*

**MAPC response:** *Part of how we plan parent forums and events is soliciting your feedback – thank you for your thoughtful topic ideas! They will be sent to the Board of Directors for future consideration.*

## 6. Please share any additional comments you may have about today's forum.

### Comments

*Very informative; loved networking for new ideas.*

*Great day!*

*Great job!*

*You guys are awesome! I'm energized by the topics!*

*Thank you for organizing such an important forum.*

*Thank you for organizing this!*

*Thank you – very informative!*

*Wonderful! Excellent presenters.*

*Thank you for today!*

*Thank you for putting this information together!*

*Very informative – so glad you had it – thanks!*

*Fabulous!*

*Thank you for the opportunity to be involved. A wonderful seminar!*

*I'm so glad I came!*

*The panel focused largely on reactive responses to kids / adolescents in crisis. More information on what is causing so much anxiety and proactive strategies to address these problems, as parents, as schools and as a community. Thank you very much!*

*Nice to have a seminar on mental health. Glad to have the info in pamphlets.*

**MAPC response:** *Thank you for taking the time out of your weekend to join MAPC today. We're glad you found the information helpful.*