

Our Partners

- ◇ Alberta Health Services
- ◇ Prairie Rose School Division
- ◇ Oyen Family and Community Support Services
 - ◆ Communities in Action
 - ◆ Youth Program
- ◇ Alberta Mental Health (AHS)
- ◇ Oyen Community Health Services
- ◇ Family School Liaison Worker
- ◇ Canadian Mental Health Association
- ◇ South Central High School
- ◇ Oyen Public School
- ◇ Oyen Ministerial Association
- ◇ Town of Oyen
- ◇ Oyen RCMP
- ◇ SAMDA
- ◇ Oyen Senior Facilities
 - ◆ Oyen Lodge
 - ◆ Oyen Extended Care
- ◇ Moving and Choosing
- ◇ McMan Youth Family and Community Services Association
- ◇ Big Country Community Adult Learning

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REAL Project

Resiliency Empowerment Attitude for Life

Oyen Mental Health Capacity Building Project



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<http://oyenschool.com/REAL.php>
<https://www.facebook.com/realprojectoyen/>

What is REAL?

The REAL project began in 2009 as part of a province-wide initiative to enhance mental health capacity in schools and communities throughout Alberta. Oyen was selected as one of 37 locations to implement positive mental health programming in its two public schools: **Oyen Public School (K-9) and South Central High School (10-12).**

The aim of the project is to advance cultures that **strengthen the capacity of schools and communities to promote mental health and wellness & prevent mental illness** in students and their communities through:

- ◆ capacity building
- ◆ universal programming
- ◆ mentorship and collaboration with community partners and school staff.



Why is mental health important?

Mental health — an essential part of our overall health — has an interactive relationship with a student's physical health and their ability to succeed in and out of school. Both physical and mental health affect how we think, feel and act on the inside and outside. Similar to physical health, if a student is dealing with mental illness or is unable to cope with stress and anxiety, learning and living up to their potential may be difficult.



The goal of the REAL Project is to introduce important facets of positive mental health at each grade level to **ensure that students have the building blocks to become resilient, happy and productive citizens.** We also work with the Family School Liaison Worker and community partners to make referrals to appropriate services when students need them.

Our vision is to develop and implement sustainable positive mental health education and awareness in our schools and communities in Oyen. We strive towards this vision through community engagement, mentorship and programming in partnership with the public schools and community.

Programs and Services

- ◇ Universal Programming including: Mental Health Matters, Dhpelia Project, Mind-up, Kids Have Stress Too, The Fourth R
- ◇ Yoga and mindfulness exercises
- ◇ Peer to peer mentoring program
- ◇ Student-led Connection Clubs including: Book club, Lego club, Sharing Kindness group, Fun FIT Club, Art Club
- ◇ Facilitate guest speakers including: Dwayne Peace, Live Different, Mitch Dorge, Ryan Liard
- ◇ Facilitate community presentations including: Who do you tell? (SARC), Addictions and Mental Health (AHS)
- ◇ Community Garden
- ◇ Lunch and Learn opportunities
- ◇ Volunteering within the community
- ◇ Advocacy (ex: Autism awareness day)
- ◇ Annual solidarity events including: Food Bank drive, Light in the Darkness Campaign, Random Acts of Kindness, Pink Shirt Day
- ◇ One on one student coaching
- ◇ REAL Student Advisory including student representatives from each grade.