# ThriveSMH Team Application for St. Thomas Aquinas High School

20/21 School Year

## Hello!

Thank you for your interest in joining School Mental Health Ontario’s (SMH-ON) provincial student reference group, ThriveSMH!

ThriveSMH aims to be a safe and supportive environment for you to share ideas and voice your opinion on how best schools and boards can provide mental health resources to Ontario students. To ensure that our ThriveSMH members are properly supported and engaged in projects in meaningful ways, we would like to get to know you better!

Please note, SMH-ON is committed to maintaining your confidentiality in this application. The personal details you provide will not be shared outside the organization.

### What is School Mental Health Ontario?

School Mental Health Ontario (SMH-ON) is a provincial support team designed to help Ontario school districts support student mental health. SMH-ON is funded by the Ministry of Education, and provides school districts with leadership and guidance, coaching support, and evidence-based resources.

[Check out our website for more information on SMH-ON](https://smho-smso.ca/about-us/%C2%A0)

### What is ThriveSMH?

ThriveSMH (Thrive School Mental Health) is a group of passionate students from across the province working with SMH-ON’s Student Engagement Team to help develop and inform student-friendly mental health materials and programming. ThriveSMH members are change-makers – they support the SMH-ON team, health professionals and community partners on a variety of projects related to improving student mental health each year.

### Purpose of ThriveSMH

The purpose of ThriveSMH is to amplify student voice across the province and within the education and mental health sectors. This team works to reduce stigma of mental illness, promote mental health and help-seeking in students across Ontario. ThriveSMH provides up-to-date information about the challenges Ontario students face — having materials and programming co-designed with students leads to more sustainable, relatable, and effective resources.

[Check out our website page for more information about ThriveSMH](https://smho-smso.ca/students/take-action/get-involved/)

## What You’ll Need

Before completing the application, it is important to keep in mind the requirements for the position.

### Time Commitment

* A mandatory 2.5-hour orientation meeting
* Monthly 2-hour full team meetings, last Tuesday of each month
* Additional time or meetings dedicated to projects that you sign up for
* Students are expected to serve for a minimum of one school year

In between monthly meetings, the main point of contact will be via WhatsApp. ThriveSMH members are expected to keep in regular contact with SMH-ON's Student Engagement Team and fellow ThriveSMH members.

### Access to technology

* Access to a computer, laptop, tablet, or smart phone for Zoom video calls
* An email address
* Ability to download and use WhatsApp application for communication with fellow ThriveSMH team members and leads

### Interest in mental health and well-being

* Interested in sharing ideas about how we can best support student mental health
* Interested in contributing to youth-friendly MH resources that bring awareness, support and reduce stigma around student mental health

## Why Join?

* **Be a changemaker**: an opportunity to work to reduce stigma of mental illness, promote mental health and help-seeking in students across Ontario
* **Connect** with other passionate youth from across the province
* **Enhance** leadership and communication skills
* **Build** self-confidence
* Gain advocacy and volunteer **experience**
* Receive **honoraria** (e.g., gift cards)
* Receive a **reference** letter from SMH-ON for future jobs or post-secondary education
* Have **fun**!

### Incentives

* Volunteer hours for every meeting
* Honoraria (e.g., gift cards)
* Job reference letters
* Access to more opportunities
* Represent your part of the province

## Additional Opportunities

### Communication Team

This team is all about spreading awareness and information about mental health through various media (e.g., Instagram, visuals, graphics). Check out our Instagram page @ThriveSMH!

### Operations Team

This team helps ThriveSMH run smoothly by setting up meeting dates, developing surveys to gather information and supporting team spirit and relationship building. If organization and coordination are your strong suits, this may be the right team for you!

### Various working projects

Project-specific groups that work on things like [TBTS poster and pocketbook](https://smho-smso.ca/students/take-action/find-a-resource/?id=4447&url=https://smho-smso.ca/blog/online-resources/no-problem-too-big-or-too-small-student-help-seeking-resource/) and [anxiety management materials](https://smho-smso.ca/blog/new-student-resources-for-anxiety-management-and-mental-health-literacy/). We’ve had the opportunity to work with many organizations including Harvard, Wisdom2Action, Centre for Addictions and Mental Health and more!

# Application

I have reviewed the information above and acknowledge the requirements of a ThriveSMH member.

Yes \*

## Student details

First Name:

Last Name:

Preferred Name:

Address: (line 1)

(line 2)

Town / City:

Province:

Postal code:

Phone Number:

Email:

Grade:

### Parent/Guardian Contact Information

Full Name:

Phone Number:

Email:

## Demographic Information

In our effort to develop and sustain a representative student group, we have a few questions that will help us learn more about our applicants! All questions are optional and will not be shared beyond the SMH-ON team.

1. My cultural background is…
2. One thing that is beautiful about my background is…
3. I appreciate when people refer to me as (pronouns, for example, they, ze, she, he)...
4. When people use my preferred pronouns, it makes me feel…
5. The community I identify with is…
6. For me, community means…
7. Do you have a caring, supportive staff member in your school community that you can turn to for support?
   * Yes
   * No
   * Unsure
   * Prefer not to answer

## Questions

Before you answer these long-form questions, here are a few tips to help you out:

* We encourage you to aim to answer each question in about a paragraph or two. This is your opportunity to tell us about yourself and why you think you are a good candidate for ThriveSMH.
* Read each question carefully before answering.
* Consider your spelling and grammar. You can practice on a Word document first, then transfer your spell-checked answers into the box.
* **Just be yourself!** ThriveSMH is made up of students from across the province with a variety of different background, skills, and life experience, so it’s important on your application to be true to yourself.

Why would you like to join ThriveSMH? What interests you about ThriveSMH?\*

What strengths (skills and/or experiences) could you bring to the group? What skills and/or experiences do you hope to gain from the group?\*  
Skills and experiences don’t have to include formal work experience. **We all have our strengths!** Think about your work, school, volunteer, and personal life experiences. What did you learn from these experiences? How did they shape your perspectives?

What youth mental health topics are you interested in and why?\*  
Example: mental health promotion, equity and mental health, mental health literacy (knowledge), etc. How do you think student mental health could be improved?

How would you manage your schedule to participate in ThriveSMH? How will you balance your other commitments (extracurriculars, home-life, work, school, etc.)?\*

Is there anything else you would like for us to know?

Note: Feel free to tell us anything about yourself that you haven’t shared yet. If there a tie among students for a position on ThriveSMH, this question could be used to select one of those students. This is your opportunity to share your personality, fun facts, and passions with us.

How did you hear about ThriveSMH?  
Example: school, Instagram, friend, website

## Closing Message

“Don’t be afraid. Be focused. Be determined. Be hopeful. Be empowered.” – Michelle Obama

We know that applying for this opportunity may have been challenging for many reasons. We appreciate you taking the time to complete this application. We look forward to reviewing your responses and we will reach out to you within a couple weeks after the application submission period is closed. If you have any questions, please do not hesitate to contact Sue Devlin at sdevlin@kcdsb.on.ca

School Mental Health Ontario

<https://smho-smso.ca/>