

SCHOOLS AS A SETTING FOR PROMOTING POSITIVE MENTAL HEALTH BETTER PRACTICES AND PERSPECTIVES

Fostering Positive Mental Health Environments

Recent better practice research across health and educational domains assert the importance of moving beyond a problem-focused approach. This shift towards a more positive view of mental health involves the recognition that people's state of psychological wellbeing is influenced by both problems and concerns but also impacted by the existence of positive factors present within individuals and their social settings that contribute to healthy growth and development.

Dr. Patricia Peterson
Centennial Secondary School
Wednesday, October 29th
7 pm



Dr. Patricia Peterson holds a doctoral degree in Educational Psychology from Boston University. A tenured faculty member at the University of New Brunswick, she is also Co-Executive Director of the university's Health and Education Research Group, serving as Principal Investigator on several initiatives related to educational program evaluation, student wellness and mental fitness. She is a consultant on initiatives related to integrated service delivery for children and youth with complex needs and positive psychology approaches in comprehensive school health contexts. Recently, Dr. Peterson has authored a book outlining comprehensive positive mental health perspectives, practices and policies for creating cultures of wellness in schools.