

Webinar

THE FUTURE TALKS: CULTIVATING HEALTHY SCHOOL ENVIRONMENTS NAVIGATING MENTAL HEALTH

Wednesday 27th January 2021

Time: 3pm - 4:30pm AST

Register to
attend
the webinar
here

The objectives of this webinar, *The Future Talks – Cultivating Healthy School Environments - Navigating Mental Health*, are to explore the mental health challenges that students from across the region are experiencing within the school context and to identify student-led initiatives and higher-level policies that can be integrated into the school system to better support positive mental health and well-being. These suggestions will be used to help populate the Healthy Caribbean Coalitions My Healthy Caribbean Schools' page which provides guidance on building healthy schools.

The COVID-19 pandemic has radically transformed various aspects of students' lives. Youth are not only navigating a new school system but are managing new interactions with peers, teachers and parents. Circumstances surrounding extra-curricular activities and other activities have also been shifted. It is evident that structures need to be put in place to better support students – students should be one of the primary voices that shape these structures and systems.

The webinar panellists representing Antigua and Barbuda, Barbados, St. Lucia and Trinidad and Tobago will be offering their perspectives and collectively developing solutions to address these challenges.

Through a guided discussion, panellists will explore the following key themes over the course of the webinar:

1. Exploring school-based mental health support
 - Challenges in and outside of the classroom
 - Current systems to support students (on and offline)
2. Finding solutions to enhance school-based mental health support
 - Identifying existing and emerging student, school-based, Ministry of Education-led programmes, initiatives, strategies to assist students in coping with mental health

Opening Remarks



Ms. Maisha Hutton
Executive Director, HCC



Mr. Pierre Cooke Jr
HCC Youth Technical Advisor



Ms. Tara Amour
Healthy Caribbean Youth



Ashley Foster-Estwick
Healthy Caribbean Youth

Panellists/presenters



Dr. Claudina Cayetano
Psychiatrist, PAHO Mental Health
Regional Advisor (NMH/MH)



Danielle Treasure
Barbados



Kerro Knight
Antigua & Barbuda



Alens Plante
St. Lucia



Priyanka Lalla
Trinidad and Tobago

Register for the webinar [here](#).

Any questions or for more information please email hcc@healthycaribbean.org