

BCPVPA Member Support Services: Supporting Member Health & Well-being

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Member Health is one of
the pillars of the BCPVPA's
2023-2026 Strategic Plan,
and the upcoming
2026-2030 Strategic Plan.

The Member Health Goal under the
current 2023-2026 Strategic Plan is:

**Principals and Vice-
Principals have the support
and resources required to
maintain and improve their
overall well-being.**

The Objectives related to this Goal
establish our pathway to ensuring that our
members have the education, resources,
and tools to maintain and improve their
overall well-being, including physical and
psychological safety, and mental health
support.

We will continue this work under the
2026-2030 Strategic Plan which will be
released this fall.

BCPVPA Member Health and Well-Being Services — At a Glance

A new school year is upon us! As you consider your school's or district's strategy for the year ahead – including your own growth plan – remember to be intentional in planning ways to support your health and well-being throughout the year.

Here are some core areas to consider:

- Incorporate more activity and movement that gets your heart pumping
- Discover how you can improve your sleep quality, duration, and consistency
- Eat healthier including enhancing gut health, ingesting more fibre, and reducing processed food
- Increase your H2O consumption
- Include daily ways to calm your nervous system, from practicing mindfulness to increasing your vagal tone, to noticing moments that bring you joy

Find ways to better manage your workload or environmental stressors through enhancing your self-efficacy by:

- Setting boundaries
- Increasing self-awareness of how overextending your strengths may lead to exhaustion
- Enhancing your understanding of your circles of concern, influence, and control
- Calming rumination
- Better navigating difficult conversations
- Protecting your psychological safety



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in planning ways to support
your health and well-being
throughout the year

BCPVPA Member Health and Well-Being Services — At a Glance

Whatever your plan, we are here to support your efforts to maintain or strengthen your health and well-being.

As a BCPVPA Member, how do BCPVPA's Member Health and Well-Being services support you?

One-on-One Direct Member Support

Reach out for direction and support if you:

- Are looking for resources or information related to a particular health topic
- Are coping with a health issue that is impacting your ability to be your best at work
- Have a health condition that requires a medical leave and would like help navigating the disability system
- Need assistance when applying for short-term disability (STD) or long-term disability (LTD)
- Need assistance when injured at work and need to file a WorkSafeBC (WSBC) claim
- Need help or advocacy navigating the LTD or WSBC system for appeal support or rehabilitation resources
- Are concerned about your physical or psychological safety at work
- Are returning to work after a disability leave
- Need a workplace accommodation
- Have been asked to participate in an independent medical examination
- Have a human rights concern related to your health
- Are reassigned due to health issues
- Are looking for how to source a counsellor tailored for your specific needs
- Require coordination with other BCPVPA Directors of Member Support Services when health and employment issues intersect

Education, Tools, and Resources

Whether it is one member seeking information, or a Chapter coordinating a workshop, we provide a wealth of content, education sessions, and targeted direction to resources.

• Content

Website and Member Content:

Our [website](#) includes a wealth of member-only information, including the following resources:

- WorkSafeBC injury claims – and in particular, mental injury claims
- Frequently asked questions regarding disability leaves
- Health and safety
- Psychological safety in the workplace
- Information and connecting links for mental, physical and general health resources
- Upcoming workshops, or how to request a workshop for your Chapter

BCPVPA Member Health and Well-Being Services — At a Glance

ReFresh: Bi-weekly articles on topics from the full wheel of well-being, emailed to members every Wednesday.

ReCharge: An archive of self-directed articles and exercises related to your nervous system, regulation, and rumination.

The Learning Brain: An archive series on mental health across the continuum (*look for an updated version coming out in 2026/2027!*)

Regular articles: in *Principled* and *Leading: Back to School* magazines

• Chapter Webinars

The BCPVPA can offer Zoom or Teams webinars on a wide variety of topics, including content related to mental health.

Please [reach out](#) to discuss and schedule a session that can be customized based on your Chapter's needs.

• Targeted Resources

Looking for information on a particular health topic, or even a specific type of clinician?

We may have the answer, or can help you to find the information.

• Wel-Tel

Wel-Tel is a weekly to bi-weekly text connection between the BCPVPA and participating members that simply asks, “How are you?”

Wel-Tel is a great way for participating members to do a quick self-check-in, and be in regular touch with a trusted advisor who can answer questions or direct them to support. It is also another great way to stay connected.

New BCPVPA members will be automatically signed up to WelTel, with an opt-out option.

To learn more about Wel-Tel, check out [this article](#) and [this article](#).

• Research Targeted to Member Well-Being

The BCPVPA periodically conducts research on our members' experiences, asking for input, and seeking to better understand member needs.



BCPVPA Member Health and Well-Being Services — At a Glance

What we learn helps us to target our efforts and resources to best align with improving member health, and the data can be shared with sector partners to help form a contemporary picture of employee health in K-12 education.

In 2021, our members completed the Thriving in Education survey which helped us to identify the workplace factors that promoted their ability to thrive, and the workplace factors that potentially contributed to burnout.

In 2024, we engaged in research related to our members' experiences with violence at work and exposure to trauma.

• Coming in 2026-2027

- In collaboration with our professional learning colleagues, we are launching an online health module in our D2L Brightspace Learning Management System (LMS) called: *Round and Round: Halting Rumination - Getting Off the Not-So-Merry-Go-Round*. This will be part of a growing library of learning and support
- Research into a Virtual/Digital health vendor, to add a layer of mental health support for our members
- Updates to The Learning Brain series on the BCPVPA website
- The development of a "Nervous System Maintenance Manual" to guide members in keeping their nervous systems healthy, to prevent nervous system harm, and to direct members to appropriate support when their nervous system is in need

Ideally, BCPVPA members are practicing self-care and engaging in healthy behaviours. However, members who are struggling can be assured that they are not alone. Principals and Vice-Principals have very demanding jobs, and there will be ups and downs. Reach out when you recognize that you are struggling: it may be the critical call that helps you get back on a healthy track!

