

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

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As you consider your school's and district's strategies for the year ahead –
including your own personal growth plan – remember to be intentional in
planning ways to support your health and well-being throughout the year."***

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

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

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

This Goal is supported by these five Objectives:

1. Identify and promote offerings that provide Principals and Vice-Principals with resources, tools, and education to maintain and improve their overall well-being.
2. Advocate for consistent application of regulations, policies, and practices that prioritize the safety, health, and well-being of Principals and Vice-Principals.
3. Advocate and facilitate access to timely mental health support.
4. Collaborate with sector partners to promote and nurture a culture of psychological safety for Principals and Vice-Principals.
5. Monitor members' access to the well-being support provided through the BCPVPA.

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

That may mean a better focus on the basics:

- Good hydration
- Regular activity
- Prioritizing a good sleep schedule
- Healthy eating
- Mindfulness

Or finding ways to better manage your workload or environmental stressors through enhancing your self-efficacy:

- 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

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

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

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 may impact your productivity and focus.
- 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 filing 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 permanent 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.
- Want a referral to counselling through the BCPVPA Early Intervention Program (EIP) provided by humanworks.
- Require coordination with other BCPVPA Directors of Member Support Services when health and employment issues intersect.



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

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

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

My BCPVPA:

Our member-only portal, My BCPVPA, includes a wealth of information including the Member Health tile. This resource offers information about the BCPVPA's Early Intervention Program (EIP), WorkSafeBC injury claims, disability leaves, and psychological safety in the workplace, and provides many links for mental, physical, and general health resources.

You will also find information about upcoming workshops, or how to request a workshop for your Chapter, along with links to helpful articles and health series.

Access the portal from our website bcpvpa.org by selecting My BCPVPA from the navigation bar.

ReFresh:

Columns on topics from the full wheel of well-being, emailed regularly to members.

ReCharge:

An archive series 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.

Articles:

Available in each issue of Principi(ed) magazine, and in our online health article library.

Chapter Webinars

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

Please reach out to discuss and schedule a session that can be customised 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.

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

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. 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 2025-2026

- We are working with our professional learning colleagues to develop online health modules in our D2L Brightspace LMS. This will be part of a growing library of learning and support.
- We will be adding a new folder to the My BCPVPA Member Health tile with a focus on Occupational Health and Safety, which will include information related to tracking violent incidents and the role of Prevention Officers at WorkSafeBC.
- We will be issuing checklists on the steps to take to mitigate the impact of trauma.
- *And, more to come!*

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 the moment you recognize that you are struggling: it may be the critical call that helps you get back on a healthy track!

Please reach out to [**Rochelle Morandini**](#) for more information on any of these topics.



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