



## **BCTF HEALTH AND WELLNESS RESOURCES**

BCTF has a number of valuable supports for Members. Regular Contract Teachers have Health and Wellness Resources available from the Salary Indemnity Plan and from the Health and Wellness Program. All members can access a Cognitive Behaviour Therapy Program from Starling Minds.

The BCTF Salary Indemnity Plan provides both short-and long-term benefits to teachers who, due to illness or injury, are unable to work and who have exhausted sick leave with the School District. Benefits are based on the member's salary at the time of application, are non-taxable and include Teacher Pension Plan contributions. Please contact the Local President if you are running out of sick days and may require the assistance of the Salary Indemnity Program.

The BCTF Health and Wellness Program is a partnership between the BCTF, ADTU and School District 70 (Alberni). This voluntary program assists members who are unable to maintain, or return to, their teaching assignment due to a medical illness or disability. The Program operates on a confidential basis utilizing Professional Health and Wellness consultants from around the province. The program may also provide funding for paramedical services and personal wellness initiatives upon the recommendation from the Health and Wellness Consultant. Referral to the Program may be done by the individual, Local President, or School District Human Resources Administrator. Information is available at your school or from the Local President.

Starling Minds is a highly recommended online program that provides education and a mental health toolkit to manage stress and prevent depression and anxiety. The program is free to all members and is based on the protocol Dr. Andrew Miki developed specifically for teachers. The program consists of 10 modules that includes education about mental functioning and teaches you to manage stress, anxiety and depression. It is recommended that members engage in the program as a preventative strategy in order to learn the strategies prior to having a need to use them. Members can access the program on-line using their BCTF Member ID. Please contact the Local President for more information on the Starling Minds Program.

Helpful Links:

BCTF Salary Indemnity Plan: <http://www.bctf.ca/SalaryAndBenefits.aspx?id=4782>

BCTF Health and Wellness Plan: <http://www.bctf.ca/SalaryAndBenefits.aspx?id=4788>

BCTF Starling Minds: <http://www.bctf.ca/SalaryAndBenefits.aspx?id=38267>