



REPORT TO

STUDENT ACHIEVEMENT AND WELL BEING, CATHOLIC EDUCATION AND HUMAN RESOURCES COMMITTEE

MENTAL HEALTH AND WELL-BEING REPORT 2014-2015

The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. Psalms 145:15-16

Created, Draft

January 5, 2016

First Tabling

January 14, 2016

Review

[Click here to enter a date.](#)

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INFORMATION REPORT

Vision:

At Toronto Catholic we transform the world through witness, faith, innovation and action.

Mission:

The Toronto Catholic District School Board is an inclusive learning community rooted in the love of Christ. We educate students to grow in grace and knowledge and to lead lives of faith, hope and charity



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A. EXECUTIVE SUMMARY

A key goal within the TCDSB Multi Year Strategic plan is fostering student achievement and well-being. This is accomplished, in part, by creating equitable learning environments. Equitable learning environments strive to ensure that the physical, emotional, intellectual and spiritual needs of all students are met. This is both the responsibility of the board as well as the broader community. TCDSB recognises the importance of partnerships with parents, and community. The Student Mental Health and Well-Being Strategy nurtures these partnerships and thus strengthens public confidence.

Efforts to create mentally healthy school environments for students are evidenced in many ways. Progress across each of the TCDSB Student Mental Health and Well-Being Strategy goals is being made

- Developing and Strengthening the Organizational Conditions needed to support our TCDSB Student Mental Health and Well-Being Strategy
- Raising staff awareness and literacy of mental health thereby building capacity and decreasing stigma.
- Implementing evidence informed and evidence based mental health promotion, prevention, and intervention strategies and programs in both elementary and secondary schools.
- Establishing key working relationships and protocols with our community stakeholders in coordinating school based mental health efforts.

TCDSB Student Mental Health and Well-being Strategy continues to offer professional development opportunities to all staff groups to educate staff and raise awareness of student mental health and well-being. This is complimented by efforts to offer presentations and seminars to both the student and parent community as well. The opportunity to include mental health on the School Learning Improvement Plan (SLIP) will help schools to improve student mental health and well-being thereby supporting equitable learning environments.

B. PURPOSE

1. The Mental Health and Well-Being 2014-15 Report will include both qualitative and quantitative data related to student mental health and well-being procedures, programs, and professional development related to the

creation of mentally healthy learning environments, and the strengthening of public confidence in the TCDSB. The Mental Health and Well-Being 2014-15 Report serves the requirement of the board for an annual review and update.

2. The following areas will be addressed in this report:
 - (1) TCDSB Mental Health and Well-Being Strategy 2012-2015
 - (2) TCDSB Mental Health and Well-Being Policy (S.03) and associated guidelines
 - (3) Professional Learning to build capacity within the system
 - (4) Service Delivery – Board level
 - (5) Service Delivery – Inter-ministerial Partnerships
 - (6) Actionable Items 2015-16
3. The evidence will highlight areas of strength and success as well as areas for future growth for the 2015-16 school year.

B. BACKGROUND

1. The TCDSB Mental Health and Well-Being Strategy was adopted by TCDSB in January 2013. The TCDSB Mental Health and Well-Being Policy (S.03) was adopted in June 2013. This is the first annual review and update report.

C. EVIDENCE/RESEARCH/ANALYSIS

Related Legislation/ Policy

- Open Minds, Healthy Minds Ontario's Comprehensive Mental Health and Addictions Strategy June 2011¹
- TCDSB Mental Health and Well-Being (S0.3)

Sources of Evidence (including, but not limited to :)

Data for TCDSB Psychology and Social Work Departments

- Number of Suicide Interventions using ASIST Model
- Number of Mental Health Awareness / Literacy presentations to staff
- Number of Social Emotional Group Interventions
- Number of Social Emotional Individual Referrals

Data for Mental Health and Well-Being Professional development

- Number of TCDSB Staff Trained in ASIST – Suicide Intervention
- Number of TCDSB Staff trained in safe TALK – Suicide Awareness

- Number of TCDSB Schools that have received Mental health Awareness / Literacy Presentations such as the Supporting Minds : Anxiety Module Presentation
- Number of Parent Workshop/ Presentations

Data from Inter-Ministerial Partners

- Number of TCDSB Students serviced through MCYS Priority Access Counselling program
- Number of TCDSB students served through MHLTC Mental Health and Addictions Nurses (MHAN) Service Navigation Program
- Number of Community Agency Mental Health partnerships

E. MEASUREMENT OF PROGRESS

2012-15 TCDSB Mental Health and Well-Being Strategy	EVIDENCE / DELIVERABLES (2014-15)
<p>Developing the Organisational Conditions needed to support out Mental Health Strategy</p>	<ul style="list-style-type: none"> • Review of The revised <i>TCDSB Mental Health Crisis Response Guidelines</i> by Education Council Fall 2014. The <i>TCDSB Mental Health Crisis Response Guidelines</i> were then shared with all school administrators. • Presentation of the Ministry of <i>Education’s Supporting Minds: Anxiety Module</i> presentation to all schools commencing January 2015. • TCDSB MH Steering Committee (interdisciplinary staff committee, (see APPENDIX A) formed in 2012, continues to implement MH Strategy. • TCDSB Mental Health Advisory Council (MHAC) formed Jan. 2013(see APPENDIX B). Includes all collective bargaining units, trustee, parents, students, and community, continues to provide advice and feedback to the Mental Health Strategy.

2012-15 TCDSB Mental Health and Well-Being Strategy	EVIDENCE / DELIVERABLES (2014-15)
<p>Raising Educator, Staff, student and parent awareness of Mental health thereby building capacity and decreasing stigma.</p>	<ul style="list-style-type: none"> • All Secondary Schools and 2 pilot elementary schools involved with the Stop the Stigma Student Leadership initiative. This includes many presentations/ seminars for students and staff. • TCDSB Social work and psychology staff delivered 129 Parent mental health information sessions at secondary schools • TCDSB social work and psychology staff delivered 157 Mental Health awareness and literacy presentations to TCDSB school staff groups (includes the Ministry of Education’s Supporting Minds : Anxiety Module Presentation) • TCDSB School Social Workers conducted 350 mental health classroom presentations • TCDSB School Psychology Staff conducted 10 mental health classroom presentations • 42 additional TCDSB School Social Workers, and School Psychology staff, Guidance staff, and school administrators trained in ASIST (Applied Suicide Intervention Training) fall 2014-Spring 2015.(increasing total TCDSB ASIST trained staff to 224) • Additional 215 TCDSB staff (teachers, Educational Assistants (EAs), Child Youth Workers (CYWs), Administrators) Trained in safe TALK (Suicide Awareness) Fall 2014-Spring 2015 (increasing total TCDSB safeTALK trained staff to 615)
<p>Implementing Evidence Informed (EI) and Evidence Based (EB) MH promotion, prevention and intervention strategies and programs</p>	<ul style="list-style-type: none"> • Through consultation with CASEL (Collaborative for Academic, Social, and Emotional Learning) data base as well as the Ontario Centres for Excellence, a MH Steering Committee workgroups developed a directory of EI/EB programs/ resources available to teacher’s k-12,

2012-15 TCDSB Mental Health and Well-Being Strategy	EVIDENCE / DELIVERABLES (2014-15)
in both elementary and secondary schools.	<p>2013-14. This information was posted to the TCDSB portal in fall 2014.</p> <ul style="list-style-type: none"> • TCDSB School Social Workers applied the ASIST suicide intervention model 528 times during the 2014-15 school year (app. 2-3 times a day) • TCDSB School Psychology staff applied the ASIST suicide intervention model 75 times during the 2014-15 school year. • TCDSB School Social Workers provided 445 group counselling sessions during the 2014-15 school year. • TCDSB School Psychology staff provided 430 Group counselling sessions during the 2014-15 school year. • TCDSB School Social Workers received 7,020 mental health related referrals. • TCDSB School Psychology staff completed 261 referrals for individual counselling. • TCDSB School Psychology completed 2550 formal referrals for assessment, many of which addressed mental health components/needs. • Ministry of Child and Youth Services (MCYS) Priority Access Program (see APPENDIX C) completed 142 referrals for counselling from TCDSB Social Workers and Psychology Staff. (2014-15) • Toronto Central – Community Care Access Centre (TC-CCAC) Mental Health and Addictions Nurses (MHAN) completed 109 referrals (2014-15) an increase of 53% in referrals completed.
Establishing key working relationships and protocols with our	<ul style="list-style-type: none"> • TCDSB acted as leader in the collaboration with both Toronto English School Boards, and two

2012-15 TCDSB Mental Health and Well-Being Strategy	EVIDENCE / DELIVERABLES (2014-15)
community stakeholders in coordinating school based MH efforts.	<p>Toronto French School Boards as well as TC-CCAC in devising a joint proposal for transition of students to and from Hospital ER / Psychiatry. (ongoing)</p> <ul style="list-style-type: none"> • Developed 4 new partnership agreements (See APPENDIX D) with children’s mental health agencies (2014-15). This increases our Total number of partnership agreements with children’s mental health agencies to 12. • TCDSB MH Leadership are members of MCYS Priority Access Steering Committee. • TCDSB represented on various community council and expert panels including Toronto Suicide Prevention Strategy, Ministry of Health and Long Term Care (MHLTC) Toronto Child and Family Network 0-6 years, MCYS “ Together to Mobilize”, MYCS “ Together to Live”, TCDSB Psychology and Social Work staff presented at a variety of Provincial Mental Health Conferences.

D. ACTIONABLE ITEMS 2015-16

1. With the opportunity to include mental health goals on the Student Learning Improvement Plan (SLIP), we will focus on helping schools develop mental health goals for their schools and to familiarize themselves with appropriate resources to support these goals.
2. With the Ministry’s release of “*Supporting Minds: Mental Health Resource Guide for Educators*” in 2013-14, TCDSB has in-serviced all school social work and psychology (and some guidance) in the facilitation of the Anxiety Module. The availability of this presentation has been communicated to all principals in the winter 2015. Presentation at staff meetings will continue to be encouraged.

3. Continue to develop and offer high quality professional development for staff regarding student mental health and well-being. This will include links between evidence mental health programs and the Ontario Curriculum expectations, and classroom practice. This will also include assisting in the development of teacher capacity in their support of the mental health content in the revised Health Physical Education curriculum.
4. By focusing on areas of targeted need, we will pursue the development of more mental health partnerships with children's mental health agencies.
5. Building on TCDSB's collaboration with the Registered Nurses Association (RNAO) and Toronto Public Health "Youth Mental Health Champions Project". TCDSB will expand our well established Stop the Stigma Program to 8 elementary schools in 2015-16.
6. Enhance our focus on engaging families and our community by creating innovative parent engagement and communication strategies such as partnering with the Archdioceses of Toronto regarding information on how to support the connection between faith and mental well-being.

E. CONCLUDING STATEMENT

This report is for the consideration of the Board.

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www.health.gov.on.ca/en/common/ministry/publications/reports/mental_health2011/mentalhealth_rep2011