



REPORT TO

## GOVERNANCE AND POLICY COMMITTEE

### MENTAL HEALTH AND WELL BEING POLICY (S.03)

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| Created, Draft   | First Tabling      | Review                                      |
|--|--------------------|---|
| May 30, 2017   | September 12, 2017 | <a href="#">Click here to enter a date.</a> |
| Cristina Fernandes, Superintendent of Student Achievement and Well-Being , Special Services<br>Patricia Marra-Stapleton , Mental Health Leader |                    |   |
| <b>RECOMMENDATION REPORT</b>   |                    |   |

**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 uniting home, parish and school and rooted in the love of Christ.*

*We educate students to grow in grace and knowledge to lead lives of faith, hope and charity.*



D. Koenig

Associate Director of Academic Affairs

A. Sangiorgio

Associate Director of Planning and Facilities

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Executive Superintendent of Business Services and Chief Financial Officer

Rory McGuckin

Director of Education

## **A. EXECUTIVE SUMMARY**

In order to set out a clear internal process for supporting students and schools in the aftermath of a crisis of a mental health nature, staff recommends that the document “Mental Health Crisis Response Guidelines” found in APPENDIX A be appended to the TCDSB Student Mental Health and Well-being Policy (S.03). An update of the policy in Meta format is also recommended in APPENDIX B.

**The cumulative staff time dedicated to developing this report is 5 hours.**

## **B. PURPOSE**

This Recommendation Report is on the Order Paper of the Governance and Policy Committee as it recommends an addition of an appendix to the existing TCDSB Mental Health and Well-Being Policy (S.03).

## **C. BACKGROUND**

1. TCDSB’s Mental Health and Well-Being Policy (S.03) was approved by the Board of Trustees in 2013.
2. The Ministry of Education has encouraged school boards to develop crisis response guidelines to address mental health crisis situations.
3. The TCDSB Mental Health Steering Committee subsequently revised previous foundational work contained in “*Metropolitan Separate School Board Guidelines for a Crisis Response*” (1994), as well as the work of the TCDSB Social Work Department “*Guidelines for a Crisis Response*” (2002) to inform the Mental Health Crisis Response Guidelines.
4. The TCDSB Mental Health Crisis Response Guidelines (APPENDIX A) were approved in 2014.

## **D. EVIDENCE/RESEARCH/ANALYSIS**

1. The Mental Health Commission of Canada Mental Health and addictions Strategy 2012 indicated that 1 in 5 of Canadian youth suffer from a mental health illness. Of these mental health illnesses, some youth may experience a crisis situation which may include emotional upset, altercation with others, suicide attempt, or death.

2. Evidence based protocols such as “ *School Boards Youth Suicide Prevention Guide*” by the University of South Florida ( 2012), have pointed schools and school boards to the most current evidence directing schools in best practice approaches in addressing mental health crisis situations.
3. Ontario School Mental Health Assist (an implementation group supporting all Ontario School Boards in the implementation of School Mental Health Strategies) developed its “*Youth Suicide Prevention: A Leadership Tool*” in 2013. This tool also highlights the need for crisis or “postvention” response.
4. The TCDSB Mental Health Crisis Response Guidelines completes the continuum of support represented in the TCDSB Mental Health and Well-Being Policy (S.03). Currently the TCDSB Mental Health and Well-Being Policy (S.03) includes mental health response (promotion and preventative measures) as well as Suicide Intervention (measures for intervention). The addition of the TCDSB Mental Health Crisis Response Guidelines would complete the continuum with the addition of “postvention” measures.
5. This report recommends that the TCDSB Mental Health Crisis Response Guidelines be appended to the existing TCDSB Mental Health and Well-Being Policy (S.03).

## **E. METRICS AND ACCOUNTABILITY**

1. Recommendations in this report will be monitored through policy development and departments responsible for policy and procedures therein.
2. Further reports to board regarding recommended changes or updates to the policy or its appendices will be brought as necessary.

## **F. IMPLEMENTATION, STRATEGIC COMMUNICATIONS AND STAKEHOLDER ENGAGEMENT PLAN**

1. Communication to the system regarding the appending of the Mental Health Crisis Response Guidelines to the current policy will be made via necessary communication channels.

2. Targeted groups for communication include psychology staff, social workers, guidance staff, K-12 principals and vice principals, all other staff.
3. Methods will include annual staff meeting discussion at all schools, with the discussion facilitated by school social work and psychology staff.
4. Inclusion of the newly revised policy on the public facing website.

## **G. STAFF RECOMMENDATION**

This report recommends that the TCDSB Mental Health Crisis Response Guidelines (Appendix A) be appended to the updated TCDSB Mental Health and Well-Being Policy (S.03).