

APPENDIX D

TCDSB Student Mental Health and Well-Being Strategy

Actionable Items

2017-18 School Year.

1. Highlight the connection between **Mental Health and Well-Being and our Catholic Faith Values (“Faith for Mental Health”)**.
 - i. The 2015-18 Strategy revision incorporates this and demonstrate the links.
 - ii. Communicate to our school and parish community the “protective” and supportive nature of our Catholic Faith as it pertains to wellness, wholeness, and the dignity of the human being and human spirit.
 - iii. Continued collaboration with our Religious Education Department.
 - iv. Continued Liaison with the Archdiocese of Toronto
 - v. Inclusion of Faith and Mental Health connection in the TCDSB Mental Health and Well-Being Newsletters and at Student Symposiums and Parent Events.
2. It is suggested that Mental Health be considered for inclusion in the **School Learning Improvement Plan**. Development this year will focus on expanding the examples of :
 - i. Schoolmental health goals, and
 - ii. Mental health resources schools can employ to meet those goals.
3. The **Supporting Minds Module “Mentally Healthy Classroom”** to the modules available to schools for presentation. Social Work and Psychology staff will be in-serviced fall 2017, with availability to schools 2017-18. Communication will include presentation to all K-12 principals, as well as relevant resource and curriculum areas / groups.
4. Review of the TCDSB **Mental Health Crisis Response Guidelines** with all principals will be completed annually. Annual communication of the Mental Health Policy which will now include the Mental Health Crisis Response Guidelines.

5. Continuation of organizing and delivering suicide awareness (safe TALK) for all TCDSB staff groups and suicide intervention (ASIST) professional development and training for targeted groups (i.e. Social Workers, Psychology Staff, Guidance Counsellors, and School Administrators).
6. Continuation of delivering Professional Development for Health and Physical Education (HPE) teachers regarding the connection between HPE and mental health in the curriculum from a mental health and faith based lens (focus on grade 7-8).
7. Exploration of the development of specific schoolwide social emotional learning Professional Development for Child and Youth Workers (CYWs) and Educational assistants (EAs) and Kindergarten staff (e.g. Zones of Regulation, Stress Lessons, FRIENDS).
8. By focusing on areas of targeted need, pursue the development of more **mental health partnerships with children's mental health agencies**. A focus on further developing our partnership and collaboration with Toronto Lead Agency (East Metro Youth Services).
9. Building on TCDSB's collaboration with the Registered Nurses Association (RNAO) and Toronto Public Health "**Youth Mental Health Champions Project**" at 5 TCDSB schools, we expanded this awareness campaign at more elementary schools in 2014-15. Adding 6 additional elementary schools 2015-16, 10 more in 2016-17, and 15 additional schools in 2017-18 (a total of 36 elementary schools will be participating in 2017-18). The Stop the Stigma program will involve "on-boarding" new teacher mentors in the fall, a Student Symposium in early winter, and training days in the early spring. Our TCDSB Student Mental Health Advisory Council (SMHAC) is instrumental in planning, designing, and delivering both staff and student events.
10. Examination and exploration of **Parent engagement strategies** with respect to student mental health. Continued consultation with the Parent representatives to the Mental Health Advisory council, as well as consultation with CPIC and OAPCE to further develop parent engagement in this area.

11. Exploration of the creation of **School Well-Being teams** for the 2018-19 school year. School Well-Being Teams will be a consolidation of existing Safe and Accepting School Teams. School Well-Being Teams will be a joint initiative between Special Services, Safe and Accepting Schools, Equity and Inclusive Education, and Student Success. School Well-Being Teams aim to consolidate at the school level the various Ministry Initiatives and Strategies that contribute to the “Well-Being Strategy” at the provincial level. The four elements of Well-Being are: Positive Mental Health, Equity and Inclusion, Safe and Accepting schools, as well as Healthy and Successful Schools. Student voice will be an integral element of the future School Well-being teams
12. Exploration of **Employee well-being** as it supports student mental health and well-being. Collaboration with Ministry of Education, as well as neighbouring School Boards will be pursued. Completion of the Healthy Minds at Work workshop series focusing on the 13 Psychological Safety Standards (Mental Health Commission of Canada) will be pursued as a support to our board efforts.