

## Annual Action Plan for Mental Health and Wellness

Prepared for Committees Meeting - 18 October 2022

Department/Portfolio: Program Services & Special Services

Senior Staff Lead(s): Jenny Smith, Superintendent of Education - Program Services

Growth Targets: The following growth targets (qualitative and quantitative) have been established for the system:

- promote and amplify the protective influence of schools by supporting the system and school teams with resources, as well as hopeful and aligned communication for tiered support;
- identify and address emerging and escalating student mental health problems, and focused support for those disproportionately impacted by Covid-19; and,
- build and sustain strong safety nets across the school district and within the community.

***To increase by 3% the students in Grades 4-12 who feel their school is a safe and inclusive environment (currently 52% in grades 4-8 and 54% in grades 9-12).***

This indicator measures whether students feel safe at school, both physically and emotionally, and feel that their school is a safe and inclusive environment. A positive learning environment is essential for students to succeed and thrive in school. The school climate OurSCHOOL Survey to be administered 2022/2023 school year.

***To provide professional learning in student mental health literacy and district protocols regarding student mental health (including but not limited to suicide prevention, intervention and post-intervention protocols and pathways to mental health care within and external to the school board) as follows:***

- ***16 Staff will receive Applied Suicide Intervention Training (a number of Ps/VPs and SSCs);***
- ***30 Staff will receive SafeTALK for suicide prevention;***
- ***all School Support Counsellors and Social Workers will receive in-depth training on Anti-Sex Trafficking and protocol response***
- ***20 Elementary School Support Counsellors to receive training in Collaborative and Proactive Solutions through Lives in the Balance.***

This indicator measures how the District is prioritizing mental health and well-being, as a key condition for students to learn and flourish, through their staff professional development. Positive mental health is foundational to academic achievement, life skills and overall well-being.

Areas of Focus	Responsibility Centre(s)	Timelines	Resources Required	Notes
<p>Promote and amplify the protective influence of schools through:</p> <ul style="list-style-type: none"> <li>Engagement of staff in mental health promotion and sharing of resources (SMHO and board identified resources);</li> <li>Collaboration between school mental health teams, student trustees, student senate, parent involvement committee to implement strategies that increase awareness and engagement in mental health promotion and access to resources among the student community;</li> <li>Support continuation of summer learning capacity building into school year practices;</li> <li>Attend provincial and regional SMHO meetings;</li> <li>Embedded capacity building opportunities related to well-being at Meetings of Senior Administration, as well as through school staff meetings;</li> <li>Task team to continue guiding Mental Health Leadership team with developing multi-year strategic plan focusing on transition from post-pandemic, and in</li> </ul>	<p>Mental Health Leader</p> <p>Task team &amp; Mental Health Leadership Team</p> <p>Shannon Cassidy Rouleau</p> <p>School Support Counsellors</p>	<p>Short term</p> <p>Sept 2022 – June 2023</p>	<ul style="list-style-type: none"> <li>SMHO resources and board/local resources)</li> <li>Release for task team and mental health leadership team meetings.</li> <li>Collaboration with Student Trustees, Student Senate, Parent Involvement Committee</li> </ul>	<p>Task team: 5 members; release for 5 half day meetings = \$1800.00- \$2,000</p> <p>MH Leadership Team: release for P, VP, educators X 3 meetings = \$1500 - 2,000</p>

alignment with the board strategic plan and provincial directions;				
<p>Identify and address emerging and escalating student mental health problems by:</p> <ul style="list-style-type: none"> <li>• Providing a structured approach to professional development to support processes for capacity building with School Support Counsellors and Social Workers focusing on addressing emerging needs, targeted support and implementation of evidence based programs (ie. CPS; KHST/SL; Coping Cat/Cat Project);</li> <li>• Increasing intentional collaboration with the Principal of Equity and Anti-Racism, and Vice Principal of Indigenous Education, to provide targeted capacity building for school mental health teams, initiatives in student engagement, and culturally-responsive practices for groups who have been historically oppressed.</li> <li>• Aligning with the Tiered Supports Special Project Lead, to continue role clarification of School Support Counsellors, School Based Social Workers, and process for</li> </ul> <p>tiered support for student mental health, with focus on targeted prevention/early intervention for social, emotional and behavioral challenges impeding success at school;</p>	<p>Mental Health Leader</p> <p>Social Workers</p> <p>Collaboration with other portfolio leads: Amy Johnson; Tina Nelson.</p>	<p>Short Term</p> <p>Sept 2022 – June 2023</p>	<ul style="list-style-type: none"> <li>- 40 Anxiety Student workbooks</li> <li>- Release for some SSC to attend team meetings, as needed.</li> </ul>	<p>Elementary Workbook <b>Coping Cat Workbook, 2nd Edition (ages 7-13)</b> Cost 26.95 10 copies X 26.95 Total: \$269.50</p> <p>Secondary Workbook <b>C.A.T. Project Workbook for the Cognitive- Behavioral Treatment of Anxious Adolescents (ages 14-17)</b> Cost 26.95 30 X 26.95 Total: \$808.50</p>

<p>Build and sustain strong safety nets across the school district and within the community, including:</p> <ul style="list-style-type: none"> <li>• updating and posting school mental health teams to increase awareness of school staff for supporting students;</li> <li>• completing mandatory mental health modules as part of healthy and safety training for staff;</li> <li>• planning and implementing training in ASIST and SafeTALK to support suicide prevention and intervention;</li> <li>• Continue form updates, training and implementation of a secure data management system for storing, sharing and reporting student mental health information, and making referrals to community partners;</li> <li>• increasing system awareness and system training for Anti-Human Sex Trafficking protocol; and,</li> <li>• attend community meetings to collaborate in support of student mental health across the school board and within the community</li> </ul>	<p>Mental Health Leader</p> <p>School Support Counsellors</p> <p>RCDSB ASIST and SafeTaLK trainers</p> <p>Database Team &amp; Paperwork revision team</p>	<p>Short Term</p> <p>Sept 2022 – June 2023</p>	<p>Release for ASIST and SafeTALK training</p>	<p>ASIST- 2 day</p> <p>16 roles can vary: P, VP, SSC, or identified staff for school support X 2 release days</p> <p>= between \$8000 - \$9000 + 2,000 mileage/food</p> <p>SafeTALK – 3 hrs</p> <p>30 educators, school staff</p> <p>X ½ day release</p> <p>= \$3660 + 1,000 mileage/food</p>
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Note: As part of the ongoing commitment to the District’s measurement of progress over time, the metrics for Mental Health and Wellness are denoted in bold font.