

RCDSB Strategic Plan 2023-2026 for Student Mental Health & Well-Being

Priority Areas

Educator & Student Capacity Building	Student leadership, participation and agency	Parent Engagement	Early Intervention & Clear Pathways to Care
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Goal Statements

<p><i>To strengthen foundational conditions for building educator and student capacity for identity affirming mental health literacy, stigma reduction and mental health promotion in the classroom and school community.</i></p>	<p><i>To establish grade and age appropriate leadership opportunities addressing the skill areas that are most important as identified to students.</i></p>	<p><i>To create a circle of support through connection and communication to develop a community of care.</i></p>	<p><i>To develop clear pathways to support students presenting with emerging and escalating mental health needs.</i></p>
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Key Actions Year 1: 2023/2024

<p>Develop a clearly articulated vision statement for student mental health informed by stakeholder engagement.</p> <p>Build educator and student advisory groups to inform planning for systematic and sustainable use of resources (SMHO and board identified).</p> <p>Develop sustainable processes to track and monitor capacity building, including delivery of initiatives, training, protocols, and core resources across the District.</p>	<p>Support educators with using SMHO classroom and curriculum resources, with a focus on gr 7 and 8 mental health modules, to support students with building skills in mental health literacy, and coping with major transitions and stress.</p> <p>Identify a core set of resources to support students to practice strategies to identify, support and manage emotions.</p> <p>Explore standard practices and strategies to ensure access to equity based and culturally responsive resources and supports as well as identify affirming practices.</p>	<p>Create welcoming spaces that strengthen supportive relationships with families and foster a collaborative approach for supporting students to reduce the stigma related to mental health or seeking support/asking for help.</p> <p>Build awareness of partnerships with community resources to help families navigate/access the system of support.</p> <p>Identify strategies to reduce financial barriers & increase equitable access for planning and participating in school activities.</p>	<p>Establish/refine/ strengthen school mental health teams (SST).</p> <p>Develop and support use of a consistent process/framework to support students presenting with emerging and escalating mental health needs.</p> <p>Define clear pathways for tier 3 intensive mental health supports, updated protocols includes website development.</p>
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Key Actions Year 2: 2024/2025

<p>Identify/develop core set of annual mechanisms (ie. video, website, activities at schools, parent sessions) to be maintained as part of sustainably increasing awareness of and engagement in the shared vision for student mental health at the board and school level.</p> <p>Build educator, student and school team capacity using classroom resources through pilot initiatives.</p> <p>Implement methods to track and monitor initiatives, training, protocols, and core resources for Tier 1 capacity building.</p>	<p>Identify processes to support educators with using provincial and district approved classroom resources for supporting and engaging students in learning skills to cope with stress and major transitions.</p> <p>Increase how we support students to learn and practice strategies to identify and cope with stress and emotions.</p> <p>Introduce standard practices and strategies to ensure access to equity based and culturally responsive resources and supports and identity affirming practices.</p>	<p>Increase capacity for welcoming spaces that strengthen supportive relationships with families and foster a collaborative approach for supporting students to reduce the stigma related to mental health or seeking support/asking for help.</p> <p>Promote awareness of, and partnerships with community to support parents and students with accessing services.</p> <p>Implement strategies to reduce barriers and increase equitable access for participating in school activities where cost is a factor and plan activities with sensitivity to families affected by financial hardship.</p>	<p>Support school mental health team capacity to use tiered support for student mental health and well-being.</p> <p>Support consistent use of framework to support students presenting with emerging and escalating mental health needs</p> <p>Increase awareness of pathways for tier 3 intensive mental health supports, updated protocols and website development.</p>
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Key Actions Year 3: 2025/2026

<p>Maintain sustainable processes and feedback mechanisms to support awareness of, and engagement in the vision for student mental health.</p> <p>Embed standard practices to support educator and student voice as central to planning and implementing resources and initiatives for mental health literacy, stigma reduction and mental health promotion.</p> <p>Identify resources for tracking district and school capacity building.</p>	<p>Implement processes to support educators with access and use of provincial and district approved classroom resources for supporting student learning of skills to cope with stress and major transitions.</p> <p>Implement identified strategies to support capacity to utilize student voice when planning for student learning about and practicing strategies to identify, support and manage emotions.</p> <p>Maintain standard practices and strategies to ensure access to equity based and culturally responsive resources and supports and identity affirming practices.</p>	<p>Identify indicators to support welcoming spaces that foster supportive relationships with families and foster a collaborative approach for supporting students to reduce the stigma related to mental health or seeking support/asking for help.</p> <p>Identify mechanisms to monitor parents/students awareness of partnerships/community resources for accessing help services.</p> <p>Develop a continual improvement process to support implementation of strategies to reduce financial barriers and increase equitable access for planning and participating in school activities.</p>	<p>Implement core resources/training to support school mental health teams capacity to use tiered support for student mental health and well-being.</p> <p>Monitor school team awareness and usage of a consistent framework to support students presenting with emerging and escalating mental health needs.</p> <p>Identify strategies to promote ongoing awareness and access to pathways for tier 3 intensive mental health supports, updated protocols and user friendly website navigation to access resources.</p>
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