



Mental Health Strategy/Plan 2016/17

Preamble

In accordance with Our Mission to help students reach their full potential, and the goals of the Ministry of Education (Achieving Excellence, Ensuring Equity, Promoting Well-Being, and Enhancing Public Confidence), the Huron-Superior Catholic District School Board has developed its Multi-Year Strategic Plan 2015 -2020.

This plan highlights five Strategic Directions: *Catholicity; Supportive Environments and Well-Being; Relationships; Student Achievement; and Governance*. This Mental Health Strategy/Plan 2016/17 has been drafted to align with the Board's Multi Year Strategic Plan, to be accountable to the Ministry of Education, and to serve as a tool for the Board's Well-Being Committee to monitor goal attainment.

HSCDSB has developed a Mental Health Strategy that is reflective of the four domains of well-being (Physical, Cognitive, Emotional and Social aspects of well-being). In so doing, the following plan takes a holistic approach to wellness, while remaining mindful of each person's individual and spiritual needs for well-being. Listed below are the objectives for the 2016/2017 Mental Health Strategic Plan.

Strategic Direction: Governance

Our goal is...	To achieve success, we will...	To assess our progress, we will
<p>Roles and Responsibilities of the Mental Health Leader</p>	<ul style="list-style-type: none"> • Develop Mental Health protocols and guidelines • Community outreach and collaboration for Mental Health services (e.g. coterminous Board, SEAC, PIC, Focus on Faith, SAL, Secondary Program Team, AFS Mental Health Advisory Table, Community Drug Strategy, Poverty Round Table, City of SSM Employment Initiative) • Transition planning for students • Outreach to parent groups • Co-lead Board Well-Being Committee (a collaboration of Mental Health, Equity and Inclusion and Safe Schools); adoption and implementation of the Good Samaritan theme for all of the initiatives of the Board’s Well-Being Committee • Critical response as part of teams to intervene as high needs emerge at schools 	<ul style="list-style-type: none"> • Consultation on Mental Health(MH) cases • Mental Health team supervision- counsellors (in collaboration with the Special Ed Coordinator and Superintendent responsible) • Program evaluation and development • Data collection via Tell them from Me and Counsellor observed MH trends - what are the most urgent needs and are programs meeting these targeting/identified objectives; this will be a part of the strategic planning of the Board and School Well-Being Committees • Complete an Audit of Existing Mental Health Programs in each community

Strategic Direction: Catholicity

Our goal is...	To achieve success, we will...	To assess our progress, we will
<p>Implement Mental Health Programming in Schools</p>	<ul style="list-style-type: none"> • Implement the theme for the 2016/17 school year, Walking Forward Together, based on the passage from Micah, <i>“Do justice, love kindness, and walk humbly with your God.”</i> • Christian Meditation - All Schools • Restorative Practice occurring within all schools • Roots of Empathy - 2 schools • AI’s Pals- All elementary schools (Kindergarten) • AFS School Based programs (AFY, Building Bridges, Grade 7&8 program, Rebound North) • Mental Health student based groups in partnership with AFS within designated schools • Safe Talk training for grade 10 students and IMPACT team • RNAO training – new in Fall 2016 - MH training for students across all grades • Nutrition programming (exploration of lunch program) • Phoenix and other Section 23 Programs – ongoing • Parent MH training (i.e. Safe Talk, Restorative Practice, Conscious Classroom sessions) • ABCD – Substance Abuse prevention programming with student leadership • APH initiatives – Nutrition & Physical Activity, Smoking 	<ul style="list-style-type: none"> • Mapping all activities that are linked to the Multi-Year Strategic plan to the model of the Good Samaritan, which aligns well with the school year theme • Climate survey and review of data collection

	Cessation, teen pregnancy, etc.)	

Strategic Direction: Student Achievement

Our goal is...	To achieve success, we will...	To assess our progress, we will...
<p>Ensure staff are trained in relevant initiatives</p>	<ul style="list-style-type: none"> • Restorative Practice training for staff - Ongoing as Required • Anxiety and Mood Modules for all staff - Ongoing as Required • ADHD Module provided to staff in 2016/2017 • Safe Talk Training for all Board staff- completed and ongoing as required • Counsellor Clinical PD and Clinical supervision by MH Lead - Ongoing • New Safe School Webinars (those specific to MH) - Ongoing 	<ul style="list-style-type: none"> • Review pathways to MH services and relevant protocols (i.e. calming room, suicide, transition from hospital) with staff annually - Ongoing

Strategic Direction: Supportive Environments & Well-Being

Our goal is...	To achieve success, we will...	To assess our progress, we will
Staff Well Being	<ul style="list-style-type: none">🌐 Continue Employee Wellness Program and encourage daily physical activity for all🌐 A renewed focus on respectful interactions and restorative practice to resolve conflict🌐 Consider well-being in the design of work spaces and buildings (i.e. calming rooms, sensory rooms, accessibility)	<ul style="list-style-type: none">🌐 Development of protocol and implementation/training of operational recommendations

Strategic Direction: Relationships

Our goal is...	To achieve success, we will...	To assess our progress, we will...
<p>Maintaining and Strengthening Partnerships</p>	<ul style="list-style-type: none"> • Continued communication and collaboration with medical staff in the community and with other community partners • Utilization of MH nurses as liaisons between school and medical personnel. • Algoma Leadership Table • Various community tables that MH Lead participates in (i.e. Poverty Roundtable, Situation Table, Drug Strategy table, Employment discussion table, Triple P, Mental Health services table at AFS) 	<ul style="list-style-type: none"> • Board level Well-Being committee (composed of the Safe Schools, Mental Health & Equity & Inclusive Education committees) and individual school based Well-Being committees as reporting/assessment of goals. • MH Team meetings for clinical staff within the Board/case review • Communication re: MH initiatives and progress to parents and SEAC