



Huron-Superior Catholic

DISTRICT SCHOOL BOARD

Mental Health Action Plan 2020-2021

<u>Goal</u>	<u>MYP Priority Areas</u>	<u>Corresponding Key Activities</u>	<u>Targets</u>
Ensure ongoing counselling and mental health services available to students in all schools within our board.	Success and well-being of our students.	<p>Staff schools with mental health workers to address their specific needs.</p> <p>Ensure all students have a clear pathway to access mental health supports.</p> <p>Ensure mental health staff provide evidence-based services to students and families.</p>	Ongoing
Revise board wide mental health protocols to address student needs and emerging complex service areas.	Success and well-being of our students.	<p>Update mental health protocols at use within our board including our tragic event response and mental health promotion strategies in order to incorporate new research and best practice techniques and to foster increased student engagement.</p> <p>Revise protocols including use of consent forms, individual vs. group counselling, and more to address the challenges presented by safety measures relating to COVID 19.</p>	<p>Updated protocols re: activity 1 by May of 2021.</p> <p>Updated protocols re: activity 2 by October 2020 (to be updated as required).</p>
Establish new mental health programming that provides support to students in our virtual school, including tier 1 level supports, benefiting whole classrooms.	<p>Success and well-being of our students.</p> <p>Equitable stewardship of our resources.</p>	<p>Incorporate mental health modules delivered by mental health staff as a means of mental health promotion for students within our virtual school.</p> <p>Provide whole classroom intervention within the virtual school as needed.</p>	<p>Deliver mental health modules by January 2021.</p> <p>Provide whole classroom intervention: ongoing.</p>

<p>Ensure equity of available mental health resources within the board by breaking barriers within the district and allowing schools within our Northern and Eastern communities access to mental health promotion programming and counselling.</p>	<p>Success and well-being of our students. Equitable stewardship of our resources.</p>	<p>Assign mental health staff to provide services to each school within our board's Northern and Eastern communities. Incorporate technology to allow these schools to access services including whole classroom activities and individual interventions virtually.</p>	<p>Assign staff to each school by September 2020. Virtual access to mental health services by September 2020.</p>
<p>Ensure equitable and competent mental health practice with Indigenous and racialized youth and within a catholic lens.</p>	<p>Success and well-being of our students. Engagement with employees and partners. Nurturing of our Catholic faith.</p>	<p>Procure training for our staff from community partners and stakeholders to expand the cultural knowledge and competency of our mental health team. Ensure staff's continued use of culturally sensitive practice in their work with students and families.</p>	<p>Staff will receive this training by May 2021. Staff's continued use of culturally sensitive practice in their work is ongoing and is maintained as a focus for the mental health team.</p>
<p>Create and deliver new resources with the Well-Being Committee to reach out to staff and positively affect their mental health and wellness.</p>	<p>Engagement with employees and partners. Equitable stewardship of our resources.</p>	<p>The Well-Being Committee will maintain a focus on staff wellness for the 2020/2021 school year. The committee will plan and deliver new action items that will positively affect the mental health and well-being of our staff.</p>	<p>The committee will meet throughout the 2020/2021 school year and maintain a focus on staff wellness. Deliverables from the committee will be received by staff by June 2021.</p>