



3 Year Mental Health Strategy Plan

School Boards in Ontario are expected to create 3-year plans that reflect goals for mental health resources and programming. These plans are shared with the Ministry of Education and also with School Mental Health Ontario, which is an organization working closely with school boards across the province. This document reflects the goals included in our board's 3-year plan.

Overview Statement

Our board will continue to offer quality mental health support to all of our students. We will have a strong focus on ensuring our schools are prepared and well supported during their most difficult times. We will not find ourselves underprepared to deal with crises or traumatic events. With small refinements, we will help our mental health team to continue to provide their excellent services in a focused and sustainable way. Our board will make all efforts to ensure our schools are welcoming and inclusive places that are primed to help our students thrive.

Priorities for our Board's Strategy

- 1) Suicide prevention, intervention, and postvention within our schools.
- 2) Streamlining and standardizing of protocols and processes used by the mental health team.
- 3) Formal integration and roll-out of specific SMHO resources.
- 4) Increase in inclusive practices within our board's mental health programming.
- 5) Increase in student and family voice to inform board mental health processes.

Goals to Address Priorities of the 3 Year Plan

Priority #1	<ol style="list-style-type: none"> 1) Our education staff and school leaders will all receive training re: recognizing risk factors and warning signs for student suicidality. 2) Our board's pastoral response will be updated to include best practices re: responding to traumatic events including suicide. 3) Our board will identify a traumatic event response team from within the counselling team that will respond to schools when needed.
Priority #2	<ol style="list-style-type: none"> 1) With support and input from the counselling team, a standard referral process to be used in all schools will be implemented. 2) With support and input from the counselling team, a standard case note form will be implemented. 3) Formal treatment planning will be used with each student or family receiving counselling support.
Priority #3	<ol style="list-style-type: none"> 1) Our board will post publicly in each school, SEL posters provided by SMHO as well as information for accessing further resources. 2) Our board will consult with stakeholders to determine another formal SMHO resource to roll-out each year.
Priority #4	<ol style="list-style-type: none"> 1) Our board will secure training for mental health staff re: inclusive practices for students of diverse cultural/racial backgrounds. 2) Our board will connect with community partners and increase their access and presence within our schools.
Priority #5	<ol style="list-style-type: none"> 1) Our board will create a parent/guardian mental health committee for guardians interested in participation. 2) Our board will seek increased student voice, either by offering leadership opportunities or polling the student body about important mental health topics affecting them.