



# Annual Mental Health Action Plan (2024/2025)

School Boards in Ontario are expected to create annual action plans designed to address goals found in their 3 year mental health strategy plans. 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 annual action 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 3 Year 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.

# Our Board's Annual Action Plan 2024/2025

Goals Addressing Priority #1 in our Board's 3 Year Mental Health Strategy Plan			
	Key Actions	Timeline	Anticipated Outcomes
Goal #1	Education staff and administrators will receive training re: suicide protocols and recognizing warning signs.	By December 2024	Staff will be more familiar with our board's approach and resources re: suicide and will feel more prepared to support students in need.
Goal #2	Feedback from stakeholders on our board's suicide response resources will be integrated.	By June 2025	Our board will be prepared with a well-defined suicide postvention protocol as part of our already established pastoral response.
	The suicide response resources created during this process will be integrated into a digital version of our board's Pastoral Response.		The creation of a digital version of this resource will make it more easily accessible to staff. It will also allow for ongoing updating.
Goal #3	Our mental health staff, including those on our board's crisis response team will receive relevant training re: suicide prevention, intervention, and postvention.	By March 2025	Our team will further increase their familiarity, comfort, and preparedness re: supporting students who are suicidal and responding in the aftermath of a suicide.

# Our Board's Annual Action Plan 2024/2025

Goals Addressing Priority #2 in our Board's 3 Year Mental Health Strategy Plan			
	Key Actions	Timeline	Anticipated Outcomes
Goal #1	Our board will implement resources from Green Space. This will include tools for measurement-based care as well as a virtual database for case notation.	By October 2024	Our team will gain access to this database which will streamline their note taking process and allow them to engage in measurement-based care with the youth they support.
Goal #2	Our counselling team will use common tools and formats for note taking.	By October 2024	Our team's notetaking will become more uniform across counsellors and schools as they begin using the same tools and templates through Green Space.
Goal #3	Our counselling team will engage in formal treatment planning with youth they are supporting, using a common template to capture goals and map out treatment.	By December 2024	Our team will be using a common template and will use the treatment plan as a guide in their work with students and families.
Goals Addressing Priority #3 in our Board's 3 Year Mental Health Strategy Plan			
Goal #1	Following recommendations of our SEAC, our board will relocate mental health boards in our schools closer to entrances where they will be more accessible.	By December 2024	The relocation of these boards that include mental health resources will help bring mental health topics to the forefront and make them more accessible.
Goal #2	Our board will participate in a large scale-up of the PreVenture program. We will have staff trained and will offer the program in each elementary school within our board.	By June 2025	Our board successfully ran a pilot of PreVenture at our largest elementary school for grades 7 and 8 in 2024. The project was very successful and this scale-up will allow us to offer this important programming across our board. This program allows our board to take a proactive approach to addressing student substance use.

# Our Board's Annual Action Plan 2024/2025

Goals Addressing Priority #4 in our Board's 3 Year Mental Health Strategy Plan			
	Key Actions	Timeline	Anticipated Outcomes
Goal #1	Our mental health team will receive further training with respect to supporting students and families of diverse backgrounds.	By June 2025	Our mental health team will feel more prepared to support students in ways that are culturally sensitive and supportive of varying needs presented by these students.
Goals Addressing Priority #5 in our Board's 3 Year Mental Health Strategy Plan			
Goal #1	Our board will seek regular involvement and feedback on mental health initiatives by engaging parent groups already meeting throughout the board. If there is interest, members can be identified to move forward with a specific committee for guardians re: school mental health.	By June 2025	Our board's mental health leadership team will solicit and receive direct feedback from guardians to help inform our programming and procedures with regard to student mental health. Efforts will be made to ensure solicitation of guardian input is inclusive and represents the diversity of our board community.
Goal #2	Our board will seek regular involvement and feedback at the student level. We will begin this work by seeking out student groups that are already meeting formally. If there is interest across these groups, a formal committee re: student mental health can be formed.	By June 2025	Our board's mental health leadership team will solicit and receive direct feedback from students to help inform our programming and procedures with regard to student mental health. Efforts will be made to ensure solicitation of student input is inclusive and represents the diversity of our board community.