



**The Northwest Catholic
District School Board**

Mental Health and Well-Being Strategy

Overview Statement

The Northwest Catholic District School Board Strategy recognizes the importance of mental health and well-being in connection with student's learning and their experience at school. As a school board we seek to create a mental health system in our schools to support students and staff in supporting well-being through a holistic approach. In order to support that commitment the mental health and well-being strategy was created.

Mental Health Strategy Pillars

Mission

It is the Mission of The Northwest Catholic District School Board to provide for students entrusted to our care excellence in Catholic Education in partnership with home, Church and community.

Vision

The Northwest Catholic District School Board will be an excellent provider of Catholic Education so our students are able to succeed spiritually, academically, socially, emotionally and physically to be caring, responsible citizens and lifelong learners.

- A new and transformed culture where mental health and well-being is integrated into every aspect of each student's school experience from Early Learning to Graduation.
- A shared understanding of the connection between Mental Health, Safe and Accepting Schools, Equity and Inclusiveness, Special Education, Student Success, School Effectiveness, Catholicity/Religious Education, and that this understanding is reflected in our SIPSA's, BIPSA's and procedures and policies.
- A focus on mental health and well-being which will support students to learn, progress and achieve both academically and personally.

Values/Commitments

- A whole school approach that enhances resiliency, skills and promotes a healthy community.
- To support the Ontario Catholic School Graduate Expectations within all mental health learning.
- To support vulnerable students and their families through connections and referral to community agencies.
- To support a holistic approach that provides a continuum of service that is responsive to the needs of students, parents and staff.
- To support staff and students through our Board Strategic Five-Year Plan that identifies their Well-Being as a priority.

2016-2018 Action Plan

Priority Areas / Strategic Themes	Key Activities	Needed Resources	Timeline	Responsibility
Resources and Programming				
Mental Health Awareness and Professional Development	Continue to send staff to mental health training including MHFA, ASIST, Supporting Minds and other specialized training.	Session space Funds for release Funds for manuals	Ongoing	Mental Health Leader, Superintendent of Education
	Monthly MH newsletter to be sent out to staff regarding mental health issues and mental health activities across the board.	Access to mental health literature and journal databases	Ongoing	Mental Health Leader, Mental Health Committee

Mental Health Library and Resources for Schools and Classrooms	Purchase and dissemination of mental health literature and resources into schools and classrooms and staff room	Mental Health literature, books, films and related resources	Ongoing	Mental Health Leader
Mental Health Champions	Selection of Mental Health Champions for the upcoming school year.	Space and time for principal, staff and mental health leader to meet	Fall 2016	Mental Health Leader, Mental Health Committee
	Mental Health Champions active in the schools and the board and receiving support and professional development opportunities.	Time, space and release funds for members to meet Release funds for members to attend PD.	Mental Health Champions active by late fall PD for mental health champions is ongoing.	Mental Health Leader, Superintendent of Education, Mental Health Committee
Reduce Stigma Towards Mental Health	Cultural supports and events available for FNMI students and staff	Funds and resources to run events Space to run events Release Time and Encouragement to Attend Events Partnerships with FNMI community agencies	Ongoing	Mental Health Leader, Superintendent of Education, Catholicity Coordinator, FNMI Coordinator, Elders, Mental Health Committee

	Enhance MH programming in classrooms to support students	Funds for resources and funds to train staff.	Ongoing	Mental Health Leader Superintendent of Education
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Environment				
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Continue to strive towards a trauma-informed physical environment	Continue to support calming spaces in each school.	Resources, space and funds to support this.	Ongoing	Mental Health Leader, Special Education Coordinator
	Strive towards making the new school trauma-informed	Funds for resources	Ongoing	Manager of Facilities, Manager of Information Systems, Mental Health Leader, Superintendent of Education
	Making updates to the school that will aid with sensory issues and emotion regulation issues.	Funds for resources	Ongoing	Manager of Facilities, Superintendent of Education, Mental Health Leader, Manager of Information Systems

Staff and Student Well-Being				
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Parent Engagement and Collaboration	Information Sessions held for families regarding mental health	Space and time for sessions	Ongoing	Mental Health Leader, Superintendent of Education, Special Education Coordinator, Parent Council
		Materials for sessions		


	Optional inclusion of parents in mental health activities and committees	Promotion and encouragement from staff for parent engagement	Ongoing	Mental Health Leader, Staff
Strengthen Relationships with Community Partners and Stakeholders	Collaboration with partners and stakeholders in the promotion of mental health	Funds for resources for hosting meetings	Winter 2016	Mental Health Leader, Mental Health Committee , Superintendent of Education
	Develop protocols between TNCSDB and community partners that provide services to youth in the school	Space and time for planning and meetings	Ongoing	Mental Health Leader, Superintendent of Education, Teachers, Mental Health Committee
	Work with the CYW's to facilitate groups in the schools and other mental health activities Facilitation of an emotion regulation group, Dove self-esteem and a social skills group, zones of regulation.	Time and physical space for groups Support from staff to advertise groups and allow students to attend Funds to run group	Ongoing	Child and Youth Workers, Mental Health Leader

	<p>Mental Health Awareness Events ie. Wellness Days at the schools</p> <p>Changing the Language and Negative Attitudes Towards Mental Health by discussing impact through presentations</p>	<p>Funds for Resources to run events</p> <p>Physical Space to run events</p> <p>Release time for staff to attend presentations</p>	Ongoing	Mental Health Leader, Superintendent of Education, Mental Health Committee
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Policy				
Strengthening Pathways	<p>Review of referral process</p> <p>Review pathways and importance of confidentiality with staff and families</p> <p>Develop policies on trauma-informed care</p> <p>Develop policies suicide prevention, intervention and postvention</p> <p>Development of more seamless pathways for staff access to Employee Assistance Program support</p>	<p>Board policies and protocols</p> <p>Community partners protocols</p>	Ongoing	Mental Health Leader, Superintendent of Education, Director of Education, Human Resources, Principals and Vice Principals, Parent Councils, Community Partners, Staff, Employee Assistance Program Provider

District Mental Health Steering Committee / Consultation Team Membership

Signature: 
Mental Health Leader – Riley Keast

Signature: 
Responsible Superintendent – Joanne Querel