

KPDSB Mental Health Action Plan 2023 – 2024

Board: Keewatin Patricia District School Board

Mental Health Leadership Team Members: Candice Kerkermeier, Mental Health Lead & Shawnda Norlock, Superintendent of Mental Health

PPM169 Vision Statement for Student Mental Health in Ontario - *Students have the knowledge and skills to understand and support their mental health and have access to high quality mental health and addictions services that provide appropriate supports for their complex and individual needs when and where they need them across the provincial mental health continuum of care.*

The priorities and key action items within this action plan have come from student, system and community needs; alignment with **PPM#169**, alignment to **Right Time, Right Care** and alignment to SMHO guidelines and recommendations for school boards across Ontario related to supporting student mental health and well-being. The action plan has been clearly aligned to the **Board's Student Achievement Plan for 2023-2024**.

Priorities for a Mentally Healthy School Year		
	Priority #1	Increasing mental health literacy for students. This includes awareness of and understanding of mental health; access to in-school mental health services and external community based mental health services.
	Priority #2	<ol style="list-style-type: none">1. Identify and address emerging and escalating student mental health problems and attendance concerns.2. Using a multi-tiered system of support the board will support student mental health and attendance, ensuring students are connected to services when required.3. Additional resources for family/parent/caregiver mental health literacy and importance of school attendance will be provided.
	Priority #3	Ensure elementary and secondary educators, school support staff and mental health champions feel equipped to intentionally and explicitly support student mental health in the classroom with implementation of SMHO materials and resources.
	Priority #4	Development of new three-year mental health and addictions strategy for KPDSB and implementation of all Policy and Program Memorandum 169 (PPM 169) requirements.



PRIORITY	ACTION ITEMS	AUDIENCE	TIMELINE	INDICATORS OF SUCCESS	AIM TIER	RESOURCES SMHO & BOARD
PRIORITY #1	Mandatory implementation of new SMHO Mental Health Literacy Modules	Students Grade 7&8	January 2024 implementation start date	Completion of 3 modules per grade for all Grade 7 and 8 students by June 30 th 2024	1	<ul style="list-style-type: none"> SMHO Mental Health Literacy Modules MINISTRY DATA REQUIREMENT
	Continued target on help seeking behaviour. Increasing student awareness on how to access in-school mental health services and external community based mental health services	Students Grade 4-12	October Start Date	Completion of classroom presentations by student counsellors and mental health community partners in all grades 4 to 12 Measurement on SAP	1	CLIMATE SURVEY DATA REQUIREMENT
	Counsellor supports directly in the classroom	Student Counsellors External Community Agency Counsellors Kids Help Phone NWHU	Ongoing	Referrals to student counsellors and external community partners for tier 1 mental health promotion class wide (i.e., SMHO virtual field trips, kids help phone counsellor in the classroom, kids have stress too, stressbusters etc.)	1	<ul style="list-style-type: none"> BOARD SMHO Virtual Field Trips SMHO Health & Physical Education Curriculum Lesson Plans Kidshelpphone Counsellor in the Classroom Strong Minds Strong Kids NOW BEWELL PASSPORT



PRIORITY #2	Continued use of and increased awareness of multi-tiered system of support, to support student mental health and well-being	Student Counsellors / Administrators	Ongoing	Use of tiers for supporting student mental health by student counsellors and administrators for proper referral pathways for students	ALL	<ul style="list-style-type: none"> ● TIERS Aligned and Integrated Model (AIM) ● CMHO ● Right Time Right Care <p>MINISTRY DATA REQUIREMENT</p>
	Supporting Student Attendance and Absenteeism related concerns & Life Promotion Focus	Student Counsellors / Administrators	Ongoing	Supporting Attendance @ School Level Attendance Referral Process Measurement on SAP Family Engagement Community Partnerships KPI 90% Attendance Rate Target Suicide Protocols / Safety Planning & Life Promotion Activities		<ul style="list-style-type: none"> ● Board Attendance Process ● Enrolment Register ● Board Life Promotion Suicide Prevention & Intervention Protocol ● Board Postvention Suicide Protocol ● A Life Promotion Toolkit <p>MINISTRY DATA REQUIREMENT</p>
	Implementation of evidence informed practice and interventions in supporting student mental health	Student Counsellors	Ongoing	Increased professional development and training opportunities for student counsellors. Ensuring interventions provided adhere to trauma informed practices, are culturally	ALL	SMHO <p>MINISTRY DATA REQUIREMENT</p>



				responsive, respect the needs of students and appropriately aligned with requirements for regulated and non-regulated counsellors		
	Continued partnerships with external agencies in providing culturally responsive mental health services	BOARD / FIREFLY / CHOOSE LIFE / NODIN / KCA / HOME & COMMUNITY CARE	Ongoing	Increased pathways and referrals to external community partners for students experiencing complex mental health concerns	2-3	<ul style="list-style-type: none"> ● BOARD ● Community Partners ● <u>CMHO</u> ● <u>Right Time, Right Care</u> ● Pathways Support Toolkit <p>MINISTRY DATA REQUIREMENT</p>
	Increased awareness of identification of early mental health concerns with clear pathways to care	Principals / Mental Health Champions / Board Staff / Student Counsellors / Students	Ongoing	<p>Increased awareness of signs and symptoms of mental health concerns in students</p> <p>Identifying and creating pathways to care for students with emerging mental health concerns. Easily identifiable and accessible service both in schools and in community</p>	2-3	<ul style="list-style-type: none"> ● <u>SMHO ONE CALL Desk Reference Guide</u> ● P/VP Referral Process ● KPDSB Mental Health Handbook
	Increased supports for students experiencing addictions and substance use concerns	Students / Pathways Teachers / Guidance / Student	October Implementation Kenora & Dryden	Implementation of pilot Preventure Kenora, Dryden, Red Lake, and Sioux Lookout for Grade 8 students	2-3	<p><u>Preventure</u></p> <p>Local Mental Health & Addictions</p>



		Counsellors / External Community Partners	January Implementation Red Lake & Sioux Lookout			Community Programs
	Access to culturally responsive resources to support children and youth mental health for parents/caregivers	Parents / Caregivers	Ongoing	Resources made available and accessible to parents/caregivers in supporting children and youth mental health.	ALL	KPDSB WEBSITE <ul style="list-style-type: none"> ● How to Support a Mentally Healthy Back to School for Your Child ● SMHO Noticing Mental Health Concerns for your Child ● ONECA ● ThunderBird Partnership Foundation ● Suicide Prepare, Prevent, Respond ● Working with Indigenous Families

PRIORITY #3	Continued access to SMHO resources to support student mental health and well-being	Mental Health Lead Mental Health Champions	Ongoing	Educators can easily identify SMHP resources for direct implementation in the classroom	1	BOARD SMHO CLIMATE SURVEY DATA REQUIREMENT
	Professional development, print resources and access to SMHO resources directly for use in classroom setting	Mental Health Lead	Ongoing	Implementation of SMHO resources visible in every classroom	1	BOARD <ul style="list-style-type: none"> ● SMHO Grade 7&8 Modules ● SEL



						<ul style="list-style-type: none"> • Classroom Conversation
	Educators will prioritize 15 minutes a week to SMHO resources for direct use in the classroom	Educators K-12	Ongoing	Evidence of use of SMHO materials, resources and lesson plans directly used in classroom environments	1	SMHO CLIMATE SURVEY DATA REQUIREMENT
PRIORITY #4	Development of new three-year mental health and addiction strategic plan for KPDSB	Mental Health Lead Mental Health Champions Key Community Stakeholders	Completion June 2024	Completion of new three-year mental health and addictions strategic plan for KPDSB by June 30 th , 2024 Feedback from students, staff, and key community stakeholders	ALL	BOARD PPM 169 MINISTRY DATA REQUIREMENT
	External community agency protocol	External mental health community partners	Annual	Updated and signed protocol received from all community partners providing mental health services in-school	ALL	BOARD <ul style="list-style-type: none"> • External Community Partners • External Community Partners Protocol MINISTRY DATA REQUIREMENT
	Continued awareness of sex trafficking, including recognizing signs of trafficking and how to access supports	Students Grades 7-12 / Staff / Administrators / Parents/Caregivers	Ongoing	Mandatory Staff PD – August Sex Trafficking Awareness Poster Series for Students and Parents/Caregivers and Staff		KPDSB WEBSITE <ul style="list-style-type: none"> • KPDSB Anti-Sex Trafficking Protocol • Canadian Child Protection Centre MINISTRY DATA REQUIREMENT

	Continued focus on best practice, evidence-based and trauma informed practices	BOARD External Community Partners	Ongoing	Ensuring mental health and addictions services and supports adhere to trauma informed practices, are culturally responsive, respect the needs of students and appropriately delivered within scope of practice for regulated and non-regulated counsellors. Ensuring focus on promoting protective factors for youth and aiming to reduce barriers in accessing services to promote equity to access for all students	ALL	<ul style="list-style-type: none"> ● Trauma Informed Practice ● Advancing Equity in Mental Health ● Best Practice Guidelines in Mental Health Promotion Programs <p>MINISTRY DATA REQUIREMENT</p>
	Continued partnership with SMHO	Superintendent for Mental Health Mental Health Lead SMHO	Ongoing	Continued partnership with SMHO to support the provision of evidence-informed approaches to school-based mental health promotion, prevention, and early intervention.	ALL	SMHO Knowledge Institute on Child & Youth Mental Health & Addictions