

KPDSB 2016-2017 MENTAL HEALTH & ADDICTIONS STRATEGY

All stakeholders create a culture of learning so that students come first.

- ◆ Each school year the KPDSB creates a Mental Health and Addictions Strategy with an accompanying action plan. The strategy includes goals for the current year, as well as predicted goals for the following two years.
- ◆ This newsletter serves to provide you with information on the 2016-2017 Mental Health Strategic plan, including the three main goals, action items within those goals and the direction of KPDSB in regards to supporting student's and staff's mental health and well-being.
- ◆ Areas of focus for this strategic plan include the following:
 - Mental Health Organizational Structure
 - Leadership Professional Development / Support
 - Suicide Intervention Training / Protocol Development and Approval
 - Leading Mentally Healthy Schools
 - Trauma Informed and Proactive Response
 - Staff Well-Being

2016-2017 GOALS

1. Building Organizational Mental Health and Well-Being Structures
2. Increasing Mental Health Literacy
3. Changing Classroom Climate

2017-2019 FUTURE GOALS

- Continued implementation of trauma informed practice
- Mental Health First Aid Training
- Continued ASIST Training
- Continued implementation of School Mental Health Assist Document
- Parent Council Mental Health / Well-being Focus
- Implementation of Evidence Based Practice / Programs

What is Trauma Informed Practice?

Trauma informed practice is a philosophy that facilitates identification of trauma responses in individuals and is used to ensure that clients and service providers are supported appropriately so as not to cause re-traumatization. It also includes different levels including a personal level (i.e. self-awareness, vicarious trauma, self-care), a practice level (i.e. trauma awareness, professional development) and an organizational level (i.e. protocols, organizational structure).

Watch your email for a trauma informed rating scale measure. This measure will be completed by all staff as a pre measure and again at the end of the school year (post) to measure our success in regards to moving towards becoming trauma informed.



ADDITIONAL ACTION PLAN ITEMS

Creating Mental Health Leadership Team	KPDSB Website to include Mental Health Link
Student Mental Health / Well-Being Focus Groups	Vicarious Trauma Training
Trauma Training	Roll out of SMHA Leading Mentally Healthy Classrooms
Jack Talks Student Body Presentations	Ongoing Tele-Mental Health Resources
Mental Health Prevention	Cultural Awareness and Aboriginal Perspectives