

Keewatin-Patricia District School Board Strategic Plan

2016-2019

2017 KPDSB Mental Health and Addictions Strategic Plan

Areas of Focus:

Mental Health Organizational Structure	Administrator Leadership PD / Support
Life Promotion / Suicide Prevention	Leading Mentally Healthy Schools
Trauma Informed and Proactive Response	Staff Mental Health and Well-Being
Parent Engagement	Parent Mental Health and Well-Being Resources

Goals:

- 1) Building Organizational Mental Health / Well Being Structure
- 2) Increasing Mental Health Literacy
- 3) Changing Classroom Climate

Strategic Goal 1: Building Organizational Mental Health / Well Being Structure

Area of Focus	Action Plan
Creating Mental Health Leadership Team	Parent and student representative to be added
Principal Group	Continued leadership support
Mental Health Champions System Wide	Beaver Brae: Sheena Kivisto / Sherrie Quistberg Evergreen: Shelley Penner / Sarah Ferguson Keewatin: Olivia Roberts King George: Kristi Tella Sioux Narrows: Tim Flynn Valleyview: Melissa Ewanchuk Ear Falls: Mandy Walker GLC: Jennifer From Red Lake: Stephanie Meek / Wellness Committee Red Lake Madsen: Janet Morse Dryden High: Ted Mitchell Ignace: Denise Coady Lillian Berg: Jolie Kujansuu New Prospect: Theresa Lambert / Tisha Beckman Open Roads: Karen Kudlacek Queen Elizabeth: Sara Flowers Savant Lake: Andy Schardt Sioux Mountain: Lindsay Young / Kristin Ward Upsala: Chantal Moore Crolancia: Kayla Blakney Board Office: Gayle Mutrie Dryden Office: Sheena Valley Additional: Tracy Lindstrom / Cindy Hayward / Kim Douglas / Chris Edie / Area SELS
Create Mental Health / Well-Being Student Groups	Sioux Lookout, Red Lake, Dryden, Ignace, Kenora Secondary Groups. Jack.org Chapter start up
Parent Resource	KPDSB Website Resource Link Parent representation on CAALM committee Waterfall Parent Resource Document

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Strategic Goal 2: Increasing Mental Health Literacy

Area of Focus	Action Plan
Continued implementation of the Applied Suicide Intervention Skills Training (ASIST) for staff	Ongoing training continued through out 2017-2018 school year KPDSB to offer ASIST training through internal trainer Sheri Blake
Leadership PD / Support for Staff and Students	Ongoing tele mental health education sessions Jack.org student mental health modules VMR Series Education Sessions
Implementation of School Mental Health Assist and Additional Mental Health Documents / Resources	Continued implementation of Leading Mentally Health Schools for Administrators Continued implementation of Supporting Minds Implementation of Leading Mentally Healthy Classroom Document Patrick Carney Well Aware
KPDSB Website Mental Health Link	HR / IT / MHL continued collaboration
Staff Mental Health Needs Assessment	Results reviewed, consideration of ideas/suggestions brought forward to senior admin
Staff Well-Being	Continued partnership with HR Vicarious Trauma / Dr. MacLachlin Toronto Sick Kids / Webinar Development KPDSB website link

Strategic Goal 3: Changing Classroom Climate

Area of Focus	Action Plan
Trauma Informed and Proactive Response	Trauma PD throughout 2017-2018 school year Creation of webinars for PD Board trauma informed self-assessment
Suicide Protocol	Changes made to Life Promotion, Prevention, Intervention Suicide Protocols completed Continued approval from Senior Admin as approved working document
Help for Administrators and Staff in Time of Tragedy	Document completed and in printed format by June 2018
Creating Hope and Vision for the Future	Continued implementation of Creating Pathways to Success areas of learning with Student Counsellors
Aboriginal Perspectives	Collaboration with KPDSB Aboriginal Advisor Aboriginal Perspectives A Guide to the Teacher's Toolkit First Nations and Inuit Mental Health Framework Dr. Restoule tele mental health consultations Feather Carriers Life Promotion exploration First Nations Mental Wellness Continuum Model

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Year Two and Three Areas of Focus
Continued implementation of trauma informed
Mental Health First Aid Training
Continued ASIST training
Continued implementation of School Mental Health Assist Documents / Resources
Parent Engagement/Resources for Mental Health / Well-Being
Implementation of Evidence-Based Programs

STUDENTS	STAFF	COMMUNITY PARTNERSHIPS	PARENT RESOURCES
Student Counsellors	Let's Talk Campaign	Mental Health Week	Parent representation on CAALM Committee
Grad Coaches	Employee and Family Assistance Program	FIREFLY	Parent Mental Health / Well-Being Resource Tab on KPDSB website
Brief Intervention for School Clinicians (BRISC)	School Based Wellness Committees	NWHU (DPA, Naloxone Kits, SHAPES, Youth Suicide Prevention Committee)	Parent Resource Waterfall Document
Tragic Events Response Team	Human Resources Central Safety Steering Committee	BE SAFE	
Tele Mental Health Services	Vicarious Trauma Professional Development	RISK Table	
Mental Health and Addictions Nurses	Staff Mental Health / Well-Being KPDSB Website Resources	Women's Shelter, Saakaate House	
ASIST Training	Daily Physical Activity (DPA) Pilot	Center for Addictions and Mental Health (CAMH)	
Mental Health Literacy	Not Myself Today Campaign	Tele Mental Health (Sickkids, CPRI, CHEO)	
Transitions North Classroom		NAN / KO	
SPARK Classroom		Kenora Chief's Advisory	
Alternative Education		Kids Help Line	
Stop Now and Plan (SNAP)		O.P.P. (Kids Program)	
Stuart Shanker Self-Regulation Focus			
Be Safe App			
Mind Shift App			
Student Mental Health / Well-Being Focus Groups			
Project Sunset			
Dog Therapy			

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Resources / References:

- FMNI Mental Health Wellness Continuum Framework
- Aboriginal Perspectives A Guide to the Teacher's Toolkit, Teaching Resources and Strategies for Elementary and Secondary Classrooms

Ministry of Health Documents:

- Open Minds, Healthy Minds, Ontario's Comprehensive Mental Health and Addictions Strategy (2011)

Ministry of Education Documents

- Equity and Inclusive Education in Ontario Schools (2009)
- Learning for All (2011)
- Foundations for a Healthy School (2013)
- Creating Pathways to Success, An Education and Career/Life Planning Program for Ontario Schools (2013)
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School Mental Health Assist Documents

- Supporting Minds (2013)
- Leading Mentally Healthy Schools (2013)
- Leading Mentally Healthy Classrooms (2016)

All stakeholders create a culture of learning where students come first.

Joan Kantola _____

Candice Kerkermeier _____

Superintendent of Special Education /
Human Resources

Mental Health Leader

"Mental wellness is supported by culture, language, Elders, families and creation, and is necessary for healthy individual, community and family life" (First Nations Mental Wellness Continuum Framework, 2015)