

Keewatin-Patricia District School Board Action Plan

2019 – 2020

Keewatin Patricia District School Board 2019-2020 Mental Health and Addictions One Year Action Plan

1. The Mental Health and Addictions Strategy Plan

Since the 2018-2019 marked the last year of the 2016-2019 KPDSB Mental Health and Addictions Strategic Plan, the plan will be revised to create a new three-year plan for 2019-2022 school cycles.

The Mental Health Leader will work in collaboration with members of the Board's Mental Health Leadership Committee CAALM (Collective, Awareness, Advocacy of Mental Health and Well-Being Committee) and the school Mental Health Champions to revise the plan.

2. Review of Survey Results

The results of the June 2019 KPDSB Mental Health and Addictions Strategic Plan survey will be reviewed and analyzed. Feedback and survey results will be reflected and embedded within the new strategic plan.

3. Continuation of Strategic Plan Goals and Alignment to KPDSBs Board Strategic Plan

Feedback from Senior Administration and board employees indicates that the goals embedded within the 2016-2019 strategic plan need to remain as a focus moving into the next three years. These goals include building organizational mental health and well-being structure; increasing mental health literacy and changing classroom climate. Good progress has been made over the past three years, so the work related to mental health and well-being across the board will include sustaining and continuing to embed these existing action items.

Two areas of increased focus will include addictions and improving parental engagement related to mental health and well-being.

4. Board Improvement Strategies

The Mental Health Leader will continue to stay connected to the senior administration team to ensure alignment of the Mental Health and Addictions Strategic to KPDSB Board Strategic Plan.

Aim to incorporate mental health and well-being within curriculum content

5. Safe and Supportive Schools

KPDSB current connections between strategies to promote safe and supportive schools, physical activity and the foundations for a healthy school framework:

- Help for Administrators in a Time of Tragedy
- Trauma Informed Board
- Tiered Model of School-Based Interventions

- In-school support team meetings
- Bullying Prevention
- Jack.org JACK CHAPTERS Student Mental Health Focus Groups

6. Foundation for Mental Health and Well-Being across School System

Components	Mental Health Strategy, Priority Area	Programs/ Initiatives
Quality Instruction & Programming	Top Ten Organizational Conditions	Mental Health Leadership Team (CAALM)
Physical Environment	School climate / positive behavior support / trauma sensitive / self-regulation focus	Trauma Sensitive Classroom Surveys Environmental Scans / TIERED model for supporting Mental Health
Social Environment	<p>Mental Health Literacy for Educators</p> <ul style="list-style-type: none"> • MH awareness for all staff • MH literacy for some • MH expertise for those staff in close proximity to supporting vulnerable students 	<p>Pilot Well Aware Mental Health Literacy Books direct use in the classroom</p> <p>Leading Mentally Healthy Schools for Administrators</p> <p>Supporting Minds</p> <p>Leading Mentally Healthy Classrooms</p> <p>Well Aware, Developing Resilient, Active, and Flourishing Students, Patrick Carney</p> <p>Trauma Informed Professional Development / Help for Billy</p> <p>Mental Health Champions</p> <p>LGBTQI2S+ Awareness</p>
Community Partnership	Implementation of Evidence-Based Programming (mental health promotion and prevention)	<p>FIREFLY – school based counsellors, SPARK classroom, Be Safe app</p> <p>Kenora Chief’s Advisory – Crisis Counsellor for RRNST / Crisis Counselling</p> <p>CAMH – Trauma Informed Implementing Planning</p> <p>NWHU - Naloxone Kits, SHAPES, Health Promoter</p> <p>O.P.P. – Kids Program, Community Officers</p>

		<p>O.P.P. / FIREFLY – RISK/Situation Table</p> <p>Jack.org – Student Mental Health Focus Groups, Jack Talks</p> <p>Tele Mental Health – education sessions, monthly consultations, child specific referrals</p> <p>Community Programs – onsite counsellors</p> <p>Women’s Shelter Saakaate House – Healthy Relationship and Domestic Violence Conference</p> <p>NAN – RRNST</p> <p>LHIN – Mental Health and Addictions Nurses</p> <p>KidsHelpLine</p>
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1. Developing Pathways to Care for Vulnerable Students

Internal and External Pathways to Care Ministry Deliverable
 TIERED Model for Supporting Mental Health (school specific flowcharts)
 Guidance Counsellors
 LHIN Mental Health and Addictions Nurses
 Special Education Resource Team
 Tele Mental Health
 Tragic Events Response Team (TERT), Critical Incident Response
 SMHO Provincial Student Reference Group representation from RLDH

2. Suicide Prevention, Intervention and Postvention Protocols / Tragic Events Responding

Prevention:
 Suicide Prevention, Intervention, Postvention Protocol Ministry Deliverable – updates
 SAFE Talk Sessions
 Tragic Events refresher training

Intervention:
 Gatekeeper training in ASIST (Applied Suicide Intervention Skills Training), Sheri Blake KPDSB trainer
 Tragic events responding training

Postvention:
 Postvention Protocol

Life Promotion Binders for all Administrators and Grad Coaches (includes protocols, as well as additional resources specific to life promotion, suicide and postvention practices)

Help for Administrators and Staff in a Time of Tragedy – Roll Out

3. Indigenous Mental Health Focus

First Nations Mental Wellness Continuum Framework, summary report

First Nations Mental Wellness Continuum Model, embedded within board's mental health and addictions strategic plan

Aboriginal Perspectives a Guide to the Teacher's Toolkit (lesson plans/electronic resources to help educators bring Aboriginal perspectives into their classrooms

KPDSB Aboriginal Advisory / direct classroom support / community outreach and crisis responding / representation on mental health leadership team (CAALM)

Children's Mental Health Week and National Indigenous Peoples Day – roll out of resources specific to First Nations mental health and wellness