

**Board:** Keewatin Patricia District School Board

**Mental Health Leadership Team Members:** Candice Kerkermeier, KPDSB Mental Health Lead & Joan Kantola, KPDSB Superintendent of Mental Health, Special Education and Human Resources

<b>Priorities for a Mentally Healthy Return to School</b> (Do these address the identified needs? Where is there alignment with your MHA Strategy and Action Plan?)						
<b>Priority #1</b>	Elementary and secondary educators, and school support staff, feel equipped to intentionally and actively support student mental health and well-being in their classrooms every day, in keeping with their role					
<b>Priority #2</b>	Principals and vice-principals feel confident in creating a safe, welcoming, and inclusive space for learning and connecting, and in inspiring a sense of confidence and belonging amongst staff, students, and families					
<b>Priority #3</b>	System leaders understand their role in supporting a mentally healthy return to school, and show commitment through their messaging and decisions					
<b>Priority #4</b>	Students and parents/caregivers have access to resources that support student mental health and well-being, and how to seek/provide help when mental health concerns arise					
	<b>Key Activities</b>	<b>Audience</b>	<b>Timeline</b>	<b>Indicators of Success</b>	<b>AIM Tier</b>	<b>Resources SMHO and Board</b>
<b>Priority #1</b>	Provide professional learning to all staff to support student mental health	All school staff / Administrator Lead & School Based	PA Day Sept 1 <sup>st</sup>	School staff report feeling knowledgeable and confident about supporting student mental health, in keeping with their role  School staff can describe key concepts (e.g., learning brain vs stress brain) and ways they can support mental health	1	SMHO PA Day materials, Leading Mentally Healthy Return to School Power Point Slides and SMHO 5 Things You Need to Know Power Point Slides  Board-developed SMHO mentally healthy return to school video message

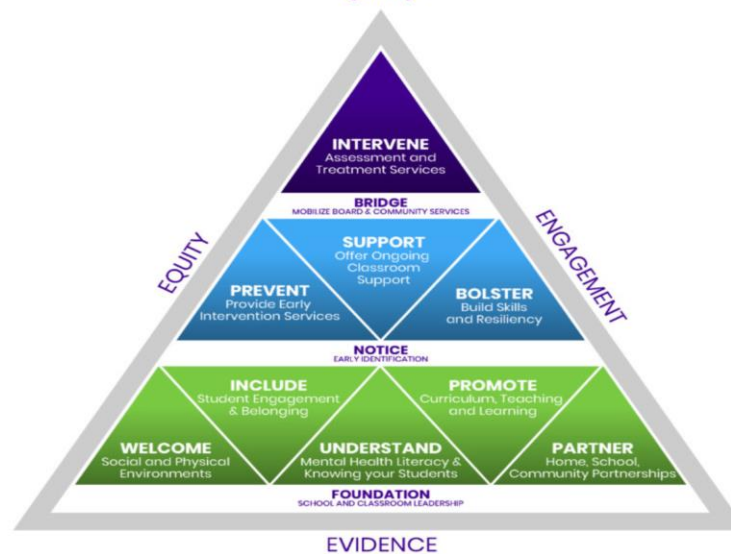
	Collate and make accessible educator resources (elementary and secondary) that provide instructional activities and strategies to bolster student mental health and well-being	Educators who work directly with students	Ongoing throughout school year	Resources will be sent to KPDSB Mental Health Champions on monthly basis, resources to flow from Champions to Staff	1	Board resource package which includes SMHO resources (Everyday Mental Health Practices, SEL Posters, SEL Lesson Plans, Student MH Literacy slides); Board supports available to educators for consultations
			All Staff Email Sept 1 <sup>st</sup> following all staff PD on mental health	Resources shared to ALL staff <ul style="list-style-type: none"> <li>- Info Sheet for Educators, Supporting Mentally Healthy Return to School</li> <li>- Frist Ten Days and Beyond</li> </ul>	1	SMHO  Resources saved to board website
			Email to ALL staff assigned to virtual learning  Sept 10 <sup>th</sup>	Resources shared to ALL Staff assigned to virtual learning <ul style="list-style-type: none"> <li>- Supporting Mental Health and Well-Being for Students who Return to School Remotely</li> </ul>	1	
<b>Priority #2</b>	Review of School Leader Resource Package at system meeting	Principals, Vice-Principals	August 27 <sup>th</sup>	School leaders are confident in the use of the resources and in their ability to lead a mentally healthy return to school	All	Key messages for staff and parents, tips for talking with parents about mental health concerns, Five Things School

	SOs, MHL and front-line MH staff provide ongoing support			School leaders have experienced support from SOs, MHL and MH staff  Mental Health Lead created draft agenda for MH PD day		Leaders Need to Know, Mentally Healthy Return to School Checklist
<b>Priority #3</b>	Communication of key messages by the director to key stakeholder audiences	Trustees, Senior Team, principal team and school communities		Key messages about mental health are woven into overall communication about health, safety and student learning	1	SMH-ON Key Messages, Board MHA Strategy and Action Plan, Student and parent voice data
	Continued mental health representation on KPDSB COVID Operations Committee	Mental Health Lead / SO	Sept / ongoing	Mental Health Lead and SO to participate in COVID operations committee meetings  Mental Health Lead works alongside Communications for mental health lens on community to families/caregivers and staff	All	Board level
<b>Priority #4</b>	Successful Recruitment of School Based Mental Health Service positions	Mental Health Lead / SO / Human Resources	Sept Postings  Tentative Offers October	Post and hire for Student Counsellor for Dryden Area Schools  Post and hire for Student Counsellor for Virtual Schools	All	Board
	Provide parents / caregivers with resources to support their child's mental health during the return to school	Parents / Caregivers	Sept 1, 2020	Resources are made available and are accessible to all parents and caregivers. Added to family guide and school-based guides for families  Added to KPDSB website	1	SMHO Noticing Mental Health Concerns for your Child  SMHO Parent Info Sheet Supporting Mental Health

						and Well-being During Return to School
	Provide students with resources for help-seeking	All students	September and ongoing through student counselling or referral	Students have access to resources about how and from whom to seek help  Resources added to board website  Instagram and Facebook – sharing of resources	All	No Problem Too Big or Too Small, Self-Care 101 Caring Adult  SMHO / KPDSB Instagram and Facebook accounts
	Outreach to families / caregivers to provide additional transition support two weeks prior for first day of school	Principals, System leads, parents/ families	2 weeks prior to DSB start date and ongoing	Transition plans are in place for students that may require supports; System MH Teams are working in collaboration with the Transition Planning Team to support all students	2-3	Local Medical Health Unit Protocols/Restrictions and related Board protocols; Board outreach plan; Special Education Plans
	Increasing and identifying pathways/referral process for students with emerging mental health concerns	Principals, Mental Health Champions, Student Counsellors, Students, Student Trustees, Jack Chapters	Ongoing through our school year	Increased awareness of signs and symptoms of mental health concerns within students to watch for  Identifying and creating pathways to care for students with emerging mental health concerns. Easily identifiable and accessible service both in school and remotely.	2-3	SMHO ONE CALL Desk Reference P/VP Referral Awareness KPDSB Mental Health Handbook
	Communication with key community MH partners on mental health services	Community MH partners, Joint Memo with KCDSB	Sept 4 <sup>th</sup>	Community MH partners are following protocols for delivery of services across schools; Students are connected to	2 / 3	

	Memo / hold on virtual services in school for month of September			appropriate pathways for Tier 3 support  Re-evaluating virtual care options both internally for school board as well as service provided by community service providers		
	Community with key community MH partners for mental health services  Memo / virtual services update	Community MH partners, Joint Memo with KCDSB	Tentative October	Community MH partners are following protocols for delivery of services across schools; Students are connected to appropriate pathways for Tier 3 support	2 / 3	

### Aligned & Integrated Model (AIM)





## Framework for a Mentally Healthy Return to School

