

2018-2019 Mental Health and Wellness Action Plan

2018-2019 Theme: “Reverencing the dignity of the whole person”

A new addition to this plan is Physical Health and Outdoor Education. The Mental Health Steering Committee recognized that outdoor and physical education were strong components of mental health and wanted to ensure that the link between Physical Health and Outdoor Education was explicitly connected to the Mental Health and Wellness Plan.

Priority Areas/ Strategic Themes	Key Activities	Faith-Based Intervention	Physical Health and Outdoor Education	Timeline
ORGANIZATIONAL CONDITIONS				
Safety Net/ Suicide Prevention	<p>Continue to train staff in ASIST (Applied Suicide Intervention Skills Training) Goal: To have 1 ASIST-certified staff member per school. Target schools (currently with no ASIST certified staff members): Cathedral, Holy Name, Valleycrest Pembroke, Valleycrest Renfrew, St. Joseph’s Arnprior, St. Anthony’s Target staff: Principals, vice principals, principal designates, SERTS, religious education teachers Add newly trained ASIST staff members’ names to the RCCDSB’s database on health and safety.</p>	<p>Many religious education teachers have already received ASIST training.</p> <p>Create supportive prayers for students in crisis</p>	<p>Schools with high-risk students can be offered special wellness physical health and outdoor education sessions run by Rick Klatt and Sandy Brannan</p>	<p>December 2018</p>

	Mental health videos on resilience for monthly staff meetings.	Videos capture resilience through a faith lens.	Videos also reflect on the importance of healthy life style choices, exercise and a focus on being in nature.	June 2019
Early Student Intervention	Student wellness imbedded into the BIP and SIPs through Mental Health/Caring Schools team.	A comprehensive approach to mental health and wellness necessarily involves a strong faith component.	Health goals are wellness goals.	October 2018 to May 2019
	Amplify Youth Summit – Collaborative Youth Summit for hearing student voices in Renfrew County and bringing community partners together. This summit should spur the creation of student groups who will advocate for positive change within their schools.		Afternoon activities are outdoor physical education games.	Oct 2018
	Mental Health and Wellness EOCCC K-8 material presented to staff with schools willing to pilot the material	Connect all Chaplaincy leads and faith Champions to the resource	Fundamental Movement skills will be explored and supported throughout the board by Rick Klatt.	May 2019

<p>Parent Engagement</p>	<p>Expand Mental Health and Wellness public page on the RCCDSB website that includes the Board’s Mental Health Strategy. -This expansion will include videos on mental health and wellness for students as well as videos exploring the great work done encouraging mental health and wellness in our classrooms.</p>	<p>Inclusion of faith-based resources a priority.</p>		<p>October 2018</p>
<p>CAPACITY BUILDING</p>				
<p>Safety Net/ Suicide Prevention</p>	<p>Professional development for all RCCDSB staff at staff meetings on Self-Regulation</p> <p>Mentally Healthy School Module - Second package of principal materials will be distributed at an LTM for all schools.</p> <p>Creation of High Needs Behavioural Team to support students of promise</p>	<p>Training will be framed within a Catholic context, highlighting Christian meditation.</p> <p>A priority for this team will be each child’s identity as a unique part of God’s creation.</p>	<p>Mindful movement will be incorporated into the presentation.</p> <p>The team will include physical strategies to support students.</p>	<p>January 2019</p> <p>October 2018</p> <p>June 2019</p>
<p>Early Student Intervention</p>	<p>Christian Meditation with Children Integrate Christian Meditation practice in schools to a deeper degree with additional resources. Continue connection of Christian Meditation to PINK Week, Wellness Week and Catholic Education Week.</p>	<p>Kinder resource created last year. Junior resource to be created this year.</p>		<p>2018-2019 school year</p>

	<p>Mindful Breathing – TLLP will create mindful material for high school students. This material will be moved into all Grade 8 classrooms.</p>	<p>This curriculum will expand on the Catholic exploration of silence.</p>	<p>In tandem with mindful breathing, mindful movement will be explored in this curriculum created by teachers for teachers.</p>	<p>May2019</p>
<p>Parent Engagement</p>	<p>Mental Health Newsletter –this resource will encourage parents to become aware of mental health and to seek resources inside or outside the school system as needed.</p>	<p>Highlight faith-based resources</p>		<p>2018-2019</p>
	<p>A recent parent survey has indicated a need for additional parent awareness of mental health resources, and these could be highlighted in the director’s notebook.</p>			<p>2018-2019</p>
<p>IMPLEMENTATION OF EVIDENCE-BASED MENTAL HEALTH PROMOTION AND PREVENTION PROGRAMMING</p>				
<p>Safety Net/Suicide Prevention</p>	<p>Mental Health and Addiction Decision trees to be updated and presented at LTM</p>	<p>Add Parishes to resource list</p>		<p>Sept 2018</p>
	<p>Summer Institute – self-regulation Experts in self-regulation in the school board will be exploring tools for student self-regulation.</p>	<p>Kinder Christian Meditation to be presented that day.</p>		<p>August 2018</p>
	<p>Sources of Strength – High school staff members will be trained in the Sources of Strength program to facilitate evidence-based groups building resilience.</p>	<p>Catholic faith is an important part of this program.</p>		<p>June 2019</p>

Early Student Intervention	Self-regulation toolkit to be left in each staff room for all staff to explore.	Christian meditation highlighted as a self-regulation tool.	Physical activities are also exceptional self-regulation aids	January 2019
	Zones of Regulation – four schools will be supported implementing zones of regulation.	Christian meditation highlighted as a ‘yellow zone’ tool.	Gaga pits continuing to be build at schools, which encourage physical activity, the development of social skills, and self-regulation.	May 2019
	Wellness Week – continuation of Resilience Wellness Week with theme of reverencing the dignity of the whole person linked to activities	Wellness Week days are connected to Catholic virtues.	Action activities are an important part of wellness week to highlight the importance of movement.	January 2019
Parent Engagement	Promote community events and agencies that can support parents through Twitter – Focus on Twitter campaign and providing community supports in various media formats. Parent sessions on evidence-informed programs being used within the school. These may include Zones of Regulation and/or other self-regulation activities.	Emphasize the evidence-based connection between faith/prayer and mental health and wellness.		December 2018