

2020-2021 Mental Health and Wellness Action Plan

2020-2021 Theme: Love Unconditionally

This plan will carry forward the category *Reverencing the Dignity of the Whole Person*. The Mental Health Steering Committee recognized that specific populations within the larger school community may benefit from targeted wellness interventions. The Mental Health Steering Committee wanted to ensure that there was an explicit focus on reverencing the dignity of each individual person and therefore any activities directed at specific groupings will be added in this category including those that may include Indigenous wellness, Equity and Inclusion wellness, poverty or special education wellness.

Priority Areas/ Strategic Themes: Data/ Rational for Theme	Key Activities	Faith-Based Intervention	Physical Health and Outdoor Education	Reverencing the Dignity of the Whole Person
ORGANIZATIONAL CONDITIONS				
Safety Net Ministry mandate	Safe Talk Training Target staff: Principals, vice principals, principal designates, SERTS, religious education teachers Add Online Section to Suicide Prevention and Postvention Protocol and adapt to the new reality of covid-19 as well as how the online community can navigate resources. Update Mental Health Protocol delineating the Tiered Intervention Approach. Use of telemental health case consultation to embed supervision and expertise.	Create supportive prayers for students in crisis Add Parishes as supports within protocol Mental health protocol will ensure that reaching out to those in need as prescribed by Catholic Faith is	Tier 1 will include physical and outdoor education strategies.	Wellness focus on cultural identity as having a deeper understanding of cultural identities mitigates risk. Consider cultural supports to enhance protocol Cultural supports will be explored in Tier 1, 2 and 3.

		central to all interventions.		
Early Student Intervention	<p>Student wellness imbedded into the BIP and SIPs through Mental Health/Caring Schools team.</p> <p>Improved referral system for mental health concerns The new system will allow for enhanced data collection, improved efficiency and better oversight</p> <p>Use of empirically validated scales for Tier 2 and Tier 3 students when receiving support from the school mental health team.</p>	<p>BIPS and SIPs will already have strong Faith goals.</p> <p>Referral options to parishes</p> <p>Faith is resilience-building. Asking about faith will be added to the assessment.</p>	<p>Health goals would also be included as wellness goals.</p> <p>Referrals to active programs recommended as they are evidence-based mood enhancers</p>	<p>Goals related to reverencing the dignity of the whole person offered as options to the mental health/caring schools team.</p> <p>Referral option to specific supportive agencies</p> <p>Consultation with heads of various teams about scales that have best been named for specific populations.</p>
Parent Engagement	<p>Enhance Mental Health and Wellness public page on the RCCDSB website 'Parents and Caregivers' section works to decrease mental health stigma and provide mental health and faith based resources.</p>	<p>Faith-based resources as suggested by David Afelskie</p>	<p>Highlight the connection between physical health and mental health in parent material.</p>	<p>Highlight the connection between equity, inclusion, and culture with mental health.</p>
CAPACITY BUILDING				
Safety Net	<p>School Mental Health Assist resources sent to principals</p>	<p>Prepare prayer to frame the training within a Catholic context</p>	<p>Deep pressure, intentional movement and grounding exercises with a rhythmic base will be</p>	<p>Indigenous and Black anti-racism will be a component of the resources.</p>

	<p>Guidance Counsellor and support personnel advanced training on community resources.</p> <p>Use of Technology to decrease barriers responding to students in need. Principals will be able to connect with ASIST team members via internet connections to provide support to student in need.</p> <p>Additional Psychoeducational testing for students with a change in functioning since the pandemic.</p>	<p>Supportive Catholic networks highlighted</p> <p>Sessions can begin with prayer.</p>	<p>connected to the presentation.</p> <p>Community active locations</p> <p>The team may include outdoor physical strategies to support students.</p>	<p>Military, black, poverty and Indigenous resources highlighted</p> <p>Cultural-specific resources will be offered to students.</p>
<p>Early Student Intervention</p>	<p>Christian Contemplation with Children Continue to connect Christian Contemplation to PINK Week, Wellness Week and add supplementary material for Catholic Education Week.</p> <p>Data Management system – A new system will be purchased in order to manage data from the mental health and wellness team.</p> <p>Changes to School and Attendance Counsellor service model. Use of a brief services model and single session supportive groups to intervene.</p>	<p>Kinder resource created two years ago. Junior resource created last year. Intermediate resource to be created this year.</p> <p>All sessions are started with prayer.</p>	<p>Christian Contemplation has included movement in the Mind FULL of Jesus material.</p>	<p>Mechanisms for supporting specialized student groups will be added to capture important data.</p> <p>Students from a specific populations will be offered counselling in the community from that group as an option.</p>

<p>Parent Engagement</p>	<p>Mental Health Newsletter –this resource will encourage parents to become aware of the importance of mental health and seek resources inside the school system or in the community.</p>	<p>Highlight faith-based resources.</p>	<p>Provide parents with information about outdoor and physical health from the Outdoor education teacher.</p>	<p>Mental health stigma will be explored</p>
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IMPLEMENTATION OF EVIDENCE-BASED MENTAL HEALTH PROMOTION AND PREVENTION PROGRAMMING

<p>Safety Net</p>	<p>Mental Health and Addiction Decision trees - to be updated and presented at leadership team meeting for Principals</p> <p>Summer Institute –Safe Talk– This course will be offered to all staff during a summer institute.</p> <p>Enhanced Tiered Interventions – Tier 1, 2 and 3 resources that can be accessed by schools from their School and Attendance Worker or Social Worker and will be enhanced through evidence based groups and classroom presentations.</p>	<p>Add Parishes to resource list</p> <p>Christian Contemplation to be presented.</p> <p>Prayer listed in Tier 1.</p>	<p>Recess running club as mood boosting support</p> <p>Outdoor and physical activities listed under Tier 1.</p>	<p>Indigenous winter games supporting physical fitness and cultural identity.</p> <p>Belonging groups featuring engaging activities to connect students to school, each other and personal strengths.</p>
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<p>Early Student Intervention ministry initiative – mental health in the classroom</p> <p><i>Goal: to increase resources for teachers to use in classrooms</i></p>	<p>Zones of regulation – continue to support the implementation of Zones in schools</p> <p>Wellness Week – continuation of Resilience Wellness Week linked to activities highlighting the Virtues</p> <p>EOCCC Mental Health and Wellness Catholic Resource - This resource will be presented to schools for continued use throughout the year.</p> <p>Daily Faith and Wellness Material – School mental health Ontario will roll out the material to schools throughout next year</p>	<p>Content to reflect faith-based language.</p> <p>Christian contemplation highlighted as a self-regulation tool.</p> <p>Christian contemplation highlighted as a self-regulation tool.</p> <p>Prayers are a component of the material</p>	<p>Physical activities to help students self-regulate and may be Zones strategies.</p> <p>Action activities are an important part of wellness week to highlight the importance of moving and exercising for resilience.</p> <p>High value physical activity student engagement activities</p>	<p>Students with special needs can get</p> <p>Indigenous reader and lesson plan included in Wellness Week</p> <p>Indigenous Art</p>
<p>Parent Engagement</p>	<p>Promote community events and agencies that can support parents – Add to newsletters to ensure that parents can get information on supportive services in the community</p> <p>Parent sessions on Evidence-informed programs used within the school especially Zones of Regulation.</p>	<p>Prayer to frame conversation and highlighting the community Parishes as supports.</p>	<p>Effective interventions such as nature walks and exercise highlighted.</p>	<p>Anti-stigma mental health material.</p>
<p>COVID-19 SPECIFIC STRATEGIES</p>				
	<p>Classroom Evidence Based Kids Have Stress Too - sessions in every class</p>			

	<p>Use of Everyday Mental Health and Faith and Wellness SMHO materials to create daily Covid-19 Wellness Calendar to be used by all teachers</p> <p>Parent Sessions on supporting students with mental wellness during covid-19</p> <p># Share the Good campaign supported within the school board</p> <p>SMHO resources provided to both Principals and teachers</p> <p>SMHO Mental Health Literacy course highlighted to staff</p> <p>Online School supported with Kids Have Stress Too and CBT groups as well as presentations in each classroom.</p> <p>Indigenous and Black anti-racism education embedded in staff presentations</p> <p>Suicide Prevention Plan modified so that all teachers know what to do if they hear a concern.</p>	
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