

## FOR IMMEDIATE RELEASE

# Community Guide to Support Youth Struggling with Mental Health and Substance Use

**Kemptville, ON (Thursday, October 21, 2021)** – The **Catholic District School Board of Eastern Ontario** has officially begun implementation of a newly revised Guide for Working Together to Respond to Children and Youth Struggling with Substance Use, Addictions and Mental Health Concerns, with 11 other community partners.

The development of the guide, which was coordinated by the CDSBEO, is the result of hard work and partnerships between the school board, community mental health agencies, hospitals, health units and Kids Help Phone.

The document is a collaborative response for children and youth struggling with their mental health and turning to substances to cope. It assists the school board and community partners with active, consistent, and collaborative steps to link students to community partners and school-based supports. The resource is designed to empower young people to become involved in their own goal setting and recovery.

“The CDSBEO is proud to announce a refresh to the Guide for Working Together to Respond to Children and Youth Struggling with Substance Use, Addictions and Mental Health Concerns. Now more than ever, as we support our families moving out of a global pandemic, collaboration between school boards and community partners is essential to respond to student needs,” noted Norma McDonald, Superintendent of School Effectiveness.

In addition to this resource, CDSBEO Mental Health Leader, Michelle Neville, also offers mental health training to staff, including Core Addiction Practice (CAP) training and Mental Health First Aid for Adults who Interact with Youth.

To learn more about the mental health initiatives of the Catholic District School Board of Eastern Ontario, visit <http://www.cdsbeo.on.ca/our-programs/mental-health/>.

The Catholic District School Board of Eastern Ontario operates 39 elementary and 11 secondary schools across eight counties. The CDSBEO offers excellence in Catholic education through provincial-leading programs to approximately 13,300 students.

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