



Mental Health Supports Offered at the Catholic District School Board of Eastern Ontario



Programs Offered at CDSBEO that Promote Mental Health

Our students from grades 4-12 complete a survey every two years that help us ensure that the students perceive their schools as safe places where they belong and feel valued. We use this data to make our schools and system better.

CDSBEO also offers a variety of programming that supports mental health including: Zones of Regulation, Roots of Empathy, Sources of Strength, Christian Meditation, Kids Have Stress Too! and Stress Lessons, and the Healthy Transitions Lessons for our students transitioning to secondary school. For more information on these programs, please visit the mental health section of our CDSBEO website: [Programs/Initiatives – CDSBEO](#)

School Mental Health Teams

All our schools have Mental Health Teams comprised of the Principal, Vice-Principal, school chaplain, Student Support Worker, an interested teacher and another interested staff member (Educational Assistant, Librarian, Custodian, etc.).

Mental Health Kits

Each school has a Kit complete with several resources that educators can use in their classrooms with the students to help educate the children and youth about mental health and ways to foster resiliency and coping strategies.



School Board Mental Health and Addiction Counsellors

Our school board has four Mental Health and Addiction Counsellors that support our schools:



Marcia St. Pierre



Doug McKenzie



Jessie Burnie



Heather Scott

Protocols

Our school board has several protocols to support students who are struggling. These include our Suicide Prevention, Intervention and Risk Review (SPIRR) protocol, Violent Threat Risk Assessment (VTRA) protocol, our Guide for Supporting Struggling Students. To learn more about these protocols, please see the Community Strategies section of our CDSBEO website: [Community Strategies](#)

Our elementary and secondary schools are blessed to work with Student Support Workers (SSWs) who are trained as Child and Youth Workers. These staff members support students who are struggling and promote mental wellness at their schools. Every secondary school has a full-time SSW.

Our school board partners with the Local Health Integration Unit to offer Mental Health and Addiction Nurses to our schools. These nurses are available for all students from JK-grade 12.

Additionally, we have access to our Mental Health community partners: [Open Doors for Lanark Children and Youth](#), [Children's Mental Health of Leeds and Grenville](#), [Valoris](#) and the [Cornwall Community Hospital](#).

Kids Help Phone

Whenever you need to talk, we're open.

- Text: 686868
- Website: [KidsHelpPhone.ca](https://www.kidshelpphone.ca)
- Call: 1-800-668-6868



Questions?

For more information about the Mental Health programming and partnerships available at our school board, please connect with our CDSBEO Mental Health Leader, Michelle Neville: michellek.neville@cdsbeo.on.ca

“Not all of us can do great things. But we can do small things with great love.”

Mother Teresa