

## Mental Health and Addiction Strategy and Action Plan 2020-2021 School Year

Board’s Mental Health Strategic Vision: Students and staff throughout the Catholic District School Board of Eastern Ontario will work together to create a culture of acceptance, compassion, and peace. Students will feel supported academically and emotionally, maintain a sense of belonging at school, feel as though their voice makes a difference, and know where to turn if they begin to struggle with their mental health.

CDSBEO Mental Health Priorities	Activities to Accomplish Priorities	Tier	Timeline	Responsibilities	Indicators of Success	Monitoring and Update	Activities Completed by Year-End Review with SMHO Coach
Ensure that the 10 Organizational Conditions outlined by School Mental Health Ontario (SMHO) are embedded throughout our school board’s and schools’ cultures	1. Commitment: Maintain updated information on the Mental Health sections of our CDSBEO websites (both public and internal)	Tier 1	Ongoing	Mental Health Leader (MHL) and Communications Department (i.e., Amber)	Websites (internal and external) remain updated and current	MHL will review websites monthly to ensure updated and relevant info is posted	
	2. Mental Health Leadership Team: Expand our team to include increased staff, student and parent voice	Tier 1	Fall 2020	MHL and Superintendent responsible for mental health (SO)	Our board mental health team consists of staff, student and parent voice	MHL will review this with the SO in November to ensure these voices are included within our board MH team	
	3. Clear and Focused Vision: Update our Mental Health Strategy and Action	Tier 1	Fall 2020	MHL, SO, board MH team and Communications	Our updated 2020-2021 Strategy will be posted on our	MHL will send updated plan to SMHO coach for feedback in Nov.	

	plan for the 2020-2021 school year and present this plan to the Executive Council and Trustees to ensure consistency between the Mental Health Strategy, the Board Overall Strategic Plan and the Board Improvement Plan			Department (i.e., Amber)	CDSBEO website and schools, Exec Council and Trustees will be aware of same	Once feedback is received and incorporated, it will be sent to the SO for approval and, finally to the board MH team. It will then be posted on our CDSBEO website. Following this, in Dec or early 2021, this Strategy will be presented to Exec Council and Trustees	
	4. Communication and Shared Language: Remind staff about our CDSBEO Mental Health Protocols and Guidelines to ensure consistency, transparency, and a shared language	Tier 2 and 3	Winter 2021	MHL and SO	Many of our protocols are undergoing reviews during the fall of 2020. Once complete, all schools will be aware of updated Protocols and Guidelines	MHL will work with the SO to ensure all Guidelines and Protocols are updated as required by Feb 2021 so that these can be shared with schools. Schools will be aware of these updates as measured in the School MH Needs Assessment	
	5. Assessment of Need and Capacity: Provide each schools' Mental Health Team with a Needs	Tier 1,2 and 3	Winter 2021	MHL and SO	An updated MH School Needs Assessment will be developed by the MHL and	By March 2021, results from the MH School Needs Assessment will be condensed by our	

	Assessment to review current needs and assess how the school board can best support our schools during this challenging year				shared with the SO. This will then be shared with all schools in Feb 2021	MHL and presented to the SO who may wish to present these findings to the Exec team and Trustees	
	6. Standard Processes: Ensure all school administrators become aware of our new community <i>Guide for Supporting Students Struggling with their Mental Health and Substance Use Concerns</i>	Tier 2	Fall 2020	MHL	MHL will create a video to be shared with all school administrators	All school administrators will have awareness of our new Guide. This will be measured using the MH School Needs Assessment	
	7. Systematic Professional Learning: Offer professional development opportunities as needed and ensure schools have the resources they need to review prior learning (i.e., School Review PowerPoint of our CDSBEO Suicide Protocol)	Tier 1, 2 and 3	Ongoing	MHL	MHL will offer, or arrange to offer, professional learning as requested by schools	The majority of schools will feel that their professional learning related to MH was met during the 2020-2021 school year as measured in the MH School Needs Assessment	
	8. Mental Health Strategy and Action Plan: Review our Strategy and Action	Tier 1	Nov 2020	MHL	Our updated 2020-2021 Strategy will be posted on our	MHL will send updated plan to SMHO coach for feedback in Nov.	

	Plan with our Leadership Team and our SMHO Coach				CDSBEO website and schools, Exec Council and Trustees will be aware of same	Once feedback is received and incorporated, it will be sent to the SO for approval and, finally to the board MH team. It will then be posted on our CDSBEO website. Following this, in Dec or early 2021, this Strategy will be presented to Exec Council and Trustees	
	9. Broad Collaboration: Continue to work collaboratively and cooperatively with our community partners	Tier 1,2 and 3	Ongoing	MHL	MHL will continue to attend community MH committees (i.e., Every Kid in Our Community; Suicide Prevention Committee, etc.)	Schools will be aware of MH supports within their communities (including events and community MH Hubs) as measured in the MH School Needs Assessment	
	10. Continuous Quality Improvement: Offer focus groups for students to voice their feedback regarding mental health programming and supports available in schools	Tier 1	Spring 2021	MHL and Religion Department	In collaboration with the Religion Department, our MHL will set up focus groups within interested schools to ensure that the student voice is heard and acknowledged	Based on the feedback obtained through the various focus groups, a report will be created and sent to each respective school with their students' feedback. Schools will be	

						encouraged to utilize this feedback when developing their SIPSAs. This feedback will also be condensed at a board level by the MHL and presented to the SO	
Learning and training for schools, community partners and senior students	Offer Applied Suicide Intervention Skills Training (ASIST) at the request of school principals to ensure that each school feels confident and capable of supporting students struggling with suicidal ideation	Tier 2 and 3	Ongoing	MHL	MHL will offer, or arrange to offer, professional learning as requested by schools	Following the training, the participant feedback forms will indicate that participants feel more confident and capable to support someone struggling with suicidal ideation	
	Work with community partners to offer ASIST training for those working with students/families from our school board	Tier 2 and 3	Ongoing	MHL	MHL will offer, or arrange to offer, ASIST training as requested by community partners working directly with our students	Following the training, the participant feedback forms will indicate that participants feel more confident and capable to support someone struggling with suicidal ideation	
	Offer safeTALK training to our PSW students and to those	Tier 2	Ongoing	MHL	MHL will offer this training to CDSBEO PSW	Following the training, the participant	

	students enrolled in the Specialized High Skills Major (SHSM) – Health and Wellness program	and 3			instructors and educators involved with the SHSM – Health and Wellness program	feedback forms will indicate that participants feel more confident and capable to support someone struggling with suicidal ideation	
	Arrange for Victim Services from across our school board to offer a training for our administrators about Human Trafficking to increase awareness of this issue	Tier 3	Fall 2020	MHL and Victim Services across our school board	MHL will arrange for Victim Services to present about Human Trafficking to all secondary administrators at a Principals' Meeting regarding	The majority of schools will feel that their professional learning related to MH was met during the 2020-2021 school year as measured in the MH School Needs Assessment	
	Naloxone training will continue to be offered to interested school staff	Tier 3	Spring 2021	MHL	As an RN, our MHL is able to offer this training to any interested school	The majority of schools will feel that their professional learning related to MH was met during the 2020-2021 school year as measured in the MH School Needs Assessment	
	LivingWorks START and the half-day ASIST Tune-Up will be explored	Tier 1	Winter 2021	MHL and SO	MHL will brief SO about these programs and a determination will	The majority of schools will feel that their professional	

					be made as to whether these trainings can take place in our board	learning related to MH was met during the 2020-2021 school year as measured in the MH School Needs Assessment	
Development and support for evidence-based, implementation-sensitive practice	Increased mental health literacy in elementary and secondary school through the promotion of School Mental Health Ontario (SMHO) resources, and increased awareness of the Mental Health section of our CDSBEO websites (both public and internal)	Tier 1	Ongoing	MHL	MHL will promote the SMHO/Ministry webinars to introduce interested staff to the various resources available on the SMHO website. Information about these resources will also be added to our MH Newsletters monthly as appropriate	The majority of schools will feel that their mental health literacy needs were met during the 2020-2021 school year as measured in the MH School Needs Assessment	
	During the summer months, provide students transitioning from grade 6-7 or 8-9 and to a new school with additional support in partnership with our local Child and Youth	Tier 1	Summer 2020	MHL, MHA counsellor, Summer Spec Ed consultant and Open Doors counsellors	Students identified by their schools as having anxiety about their upcoming transition will transition successfully to their new school	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	

	Mental Health partner, Open Doors						
	Increased connection made evident to staff and students between mental health and faith	Tier 1	Ongoing	Principal of Religion, Religion Consultant and MHL	MHL and Religion department will work with increased collaboration	MHL will meet regularly with the members of the Religion department to review goals, brainstorm and collaborate on projects	
	Offer free access to the <i>Kids Have Stress Too!</i> (kindergarten – grade 6) and <i>Stress Lessons</i> (grades 7-12) for interested educators	Tier 1	Ongoing	MHL and SO	MHL will offer free access to KHST! and Stress Lesson programming for interested educators (board will pay the \$25 fee per download)	MHL will keep a list of those who received these links. All schools will be made aware of this opportunity as measured in the MH School Needs Assessment	
	Continue with an increased focus on the “Transitional Years” (gr 7, 8 and 12) and provide added support to students during these critical years. Remind schools with students in grades 6 and 8 about the <i>Healthy</i>	Tier 1	Spring 2021	MHL	MHL will include information about the <i>Healthy Transitions</i> program and how to access it in the monthly MH Newsletter sent to schools	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	



	<i>Transitions</i> resource they were provided a couple of years ago						
	Our Mental Health Leader will offer virtual class presentations on mental health topics of the educator's choice to meet classroom needs	Tier 1	Ongoing	MHL	Students from all grade levels will have access to virtual presentations related to MH by our MHL	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Further publicize the Good2Talk Resource to our grade 12 students as they prepare to go to post-secondary	Tier 1, 2 and 3	Spring 2021	MHL	Information about Good2Talk will be made available within the schools' monthly Newsletters so that this info can be shared with grade 12 students	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Explore the Link Crew program and/or other Peer Support program	Tier 1	Spring 2021	MHL and SO	MHL and SO will meet to discuss whether these programs would be feasible in our system at this time and, if so,	MHL and SO will have met to discuss whether these programs were feasible in our system at this time and, if so, an action plan will be	

					how to get them started	developed to get them started	
	Continue to partner with Kids Help Phone (KHP) to ensure that all staff and students are aware of this valuable resource	Tier 1	Ongoing	MHL	MHL will continue to include info about KHP in the monthly MH Newsletters to schools	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Further publicize the <i>Counsellor in the Classroom</i> program developed by Kids Help Phone	Tier 1	Fall 2020	MHL	MHL will include information about this program in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	Work with our Community Agencies in their continued work to develop the Community Hubs across our school board (Rockland, Cornwall and Kemptville)	Tier 1	Ongoing	MHL and Indigenous Lead	Meetings surrounding these Hubs will continue to be attended by either the MHL and/or the Indigenous Lead. Info about these Hubs will be shared in the monthly MH Newsletters to schools	Schools will indicate that they are aware of these Hubs as measured by the MH School Needs Assessment	

	Continue to partner with Hopewell, the Eating Disorder Support Centre, so they can offer their Celebrate EveryBody program to our students	Tier 1	Ongoing	MHL and program coordinator at Hopewell	MHL will include information about this program in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	Work with Girls Inc to continue to offer their empowering programming virtually to girls throughout Leeds and Grenville	Tier 1	Ongoing	MHL and program coordinator at Girls Inc	MHL will include information about this program in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	Build awareness about the virtual programming being offered by Big Brothers Big Sisters virtually throughout this pandemic	Tier 1	Ongoing	MHL and program coordinator at Big Brothers Big Sisters	MHL will include information about this program in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	Continue to offer the Talking About Mental Illness (TAMI) program in partnership with the Canadian Mental Health Association	Tier 1	Ongoing	MHL and program coordinator at CMHA	CMHA will inform schools that they are offering this program virtually this year for interested classrooms	Schools will indicate that they were aware of this program being available to students as measured by the	

	(CMHA) Champlain East					MH School Needs Assessment	
	Christian Meditation will continue to be offered throughout our school board to any interested educator who wishes to pursue this practice with their class	Tier 1	Ongoing	MHL and Religion Department	MHL will include information about this practice in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this opportunity being available to students as measured by the MH School Needs Assessment	
	Cognitive Behavioural Therapy techniques will continue to be brought into the grade 7 and 8 classrooms using the Harry Potter novel	Tier 1	Ongoing	MHL	MHL will include information about this program in the monthly MH Newsletters to schools	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	The Umbrella Project will be introduced to pilot schools throughout our board to help teach students various coping strategies and techniques	Tier 1	Ongoing	Religion Department	Pilot schools will receive ongoing support to offer this program in their schools throughout this challenging school year	Pilot schools will indicate that they felt they were supported in bringing this program to life in their schools as measured by the MH School Needs Assessment	
	A new mental health widget will be added to the mycdsbeo site	Tier 1	Fall 2020	MHL and IT department	The MH widget will be available for all students	Schools will indicate that they were aware of this	

	for our virtual learners to access mental health supports in their region				(including our virtual learners) within the mycdsbeo platform for easy access to MH support in their region	program being available to students as measured by the MH School Needs Assessment	
	Ensure school has a Mental Health bulletin board so that promoting positive mental health – with staff and students – remains top of mind	Tier 1	Spring 2021	MHL and HR	A Mental Health bulletin board will be present in each of our 39 schools	Schools will identify that they have a MH bulletin board in their staff room as measured by the MH School Needs Assessment	
	Provide each of our schools with more copies of the CDSBEO Finding Directions brochure which provides staff with valuable information about where to turn should they be struggling with their own mental health	Tier 1	Winter 2021	MHL and HR	Each school will receive additional copies of the Finding Directions brochure for interested staff. Any new staff will also be given this resource as part of their orientation package	Schools will be aware of this resource and will identify that they have additional copies at school available for staff as measured by the MH School Needs Assessment	
	Our MHA counsellors will work with secondary students across the school board to offer Tier 2 intervention and support. Students	Tier 2 and 3	Ongoing	MHL, MHA counsellors and community partners including MHAN	Students across our system requiring mental health support will receive the support that they	When utilizing the new Guide for supporting struggling students and/or our Suicide Protocol, the student feedback	

	requiring Tier 3 intervention and support will be appropriately referred to our community MHA partners				need when they need it	will indicate that they received the support they required when they needed it	
	The External Partnership Agreements with our community partners (i.e., MHAN, YouthNet, Open Doors, CMHLG, Valoris, CCH, etc.) will be reviewed by the Superintendent responsible for Mental health along with the Mental Health Lead to ensure accuracy and consistency in services provided	Tier 1	Fall 2020	MHL and SO	All community partners who work with our schools to support student MH will have signed the External Partnership Agreements	MHL will retain copies of these Agreements in her records	
The lens of equity across mental health and substance use prevention initiatives	Explore incorporating the principals outlined in the Anti-Racism Act within our student, parent and staff OurSchool Surveys to collect data to ensure that we are incorporating a lens of equity across	Tier 1	Fall 2020	MHL, data coordinator, SO, The Learning Bar	OurSchool Surveys will have additional questions added so that we can assess our level of equity across the various MH and substance use prevention	These new questions will be added to our surveys	

	our mental health and substance use prevention initiatives (i.e., race, socio-economic status, religion, etc.)				programming and interventions in our board		
	Our school board will hire 3 additional MHA counsellors to work with our elementary students as opposed to having these counsellors only available at the secondary level	Tier 2 and 3	Ongoing until hired	SO, Principal of Spec Ed, HR	Elementary students will get the MH support that they need when they need it	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	All students requiring Tier 3 support will be connected to their local MHA Child and Youth Agency	Tier 3	Ongoing	MHL, MHA counsellors	All students will get the MH support that they need when they need it	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Provide free “Keep Talking About Mental Health” t-shirts to all interested staff and students	Tier 1	Fall 2020 and May 2021	MHL and Spec Ed secretary	“Keep Talking About Mental Health” t-shirts will be visible within all schools	Schools will be aware of the opportunity to have these free shirts for interested staff and students as	

						measured on the MH School Needs Assessment	
	Provide schools with monthly CDSBEO Mental Health Newsletters so that all schools are aware of new resources and community programs available to them	Tier 1	Ongoing	MHL	Schools will be aware of new resources and community programs available to their students to support positive MH	The majority of schools will feel as though students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Our Mental Health Leader will continue to work closely with our Indigenous Lead to ensure consistency and transparency	Tier 1	Ongoing	MHL and Indigenous Lead	Regular meetings will occur between the MHL and our Indigenous Lead throughout the school year	The majority of schools will feel as though all students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Further publicize the Canada Learning Bond in our schools so that parents can be made aware of this opportunity	Tier 1	Spring 2021	MHL	Information about the Canada Learning Bond will be added to the school MH Newsletters	Schools will indicate that they were made aware of this opportunity as measured in the MH School Needs Assessment	
Best practice in youth engagement	Involve the Student Senate in decision-making concerning mental health and	Tier 1	Fall 2020 and ongoing	MHL and SO responsible for the Student Senate	MHL will present to Student Senate about issues related to MH	During youth focus groups in the schools, youth from the Student Senate	



	substance use prevention efforts within our schools				within the schools and invite their ongoing feedback throughout the school year	will identify that they feel as though their voice is listened to at the board level	
	Provide the Student Senate with a copy of the overall board Resiliency Results so that these student leaders have an opportunity to develop an “Action Plan” to help increase the Resiliency Results of our students and can bring these plans back to their respective schools	Tier 1	Spring 2021	MHL and SO responsible for the Student Senate	An “Action Plan” will be created by the youth in our Student Senate to support building increased positive MH throughout our system	During youth focus groups in the schools, youth from the Student Senate will identify that they feel as though their voice is listened to at the board level	
	Offer focus groups for students to voice their feedback regarding mental health programming and supports available in schools	Tier 1	Spring 2021	MHL and Religion Department	Each school will be offered a focus group opportunity with students to give them a chance to share their insights about improving MH programming throughout our board	Based on the feedback obtained through the various focus groups, a report will be created and sent to each respective school with their students’ feedback. Schools will be encouraged to utilize this feedback when developing their SIPSAs. This feedback will also	

						be condensed at a board level by the MHL and presented to the SO	
	Youth from YouthNet will continue to deliver presentations to students from grades 7-12 including “StressLess” and “How to Help a Friend”	Tier 1	Ongoing	MHL	Information about how to bring this programming to each school will be shared in the Schools’ MH Newsletter for interested schools to sign up	Schools will indicate that they were aware of this program being available to students as measured by the MH School Needs Assessment	
	YouthNet will provide a “Pens and Paints” program at one of our K-8 schools during 2021	Tier 1	Spring 2021	MHL and SSW from St Mark	Information about how to bring this program to St Mark will be shared and arrangements will be made to bring this program virtually to the school	Students at St Mark will participate in this program during 2021	
Tools for developing and communicating about system pathways	Ensure all educators have the CDSBEO Building Resilient Student Flipbook available. This Flipbook highlights the system pathways available to students who are struggling with mental health	Tier 1	Fall 2020	MHL	Information about this Flipbook will be discussed during the “Back to School” PD session offered by the MHL, including information on how to access more copies	Schools will indicate that they are aware of this Flipbook being available and have one in each of their classrooms as measured by the MH School Needs Assessment	

	and/or substance use concerns						
	Continue to work closely with the three Mental Health Lead Agencies across our school board to ensure the system pathways they are developing align with the system pathways present in our schools	Tier 1	Ongoing	MHL, Valoris, Children's Mental Health of Leeds and Grenville, Cornwall Community Hospital	Our MHL will attend all MH Lead Agency meetings to ensure CDSBEO's voice remains present when developing these system pathways	The system pathways developed by our three MH Lead Agencies will correctly reflect the pathways present in our school board	
	Working with our Spec Ed secretary, ensure that the listing of ASIST-trained individuals from each school remains current and updated. This list is posted on our internal school board website to ensure all staff have access and know who, in their own school, is trained in ASIST	Tier 1	Winter 2021	MHL and secretary for Spec Ed	The listing of ASIST-trained individuals from each school will remain current and updated. This list is posted on our internal school board website to ensure all staff have access and know who, in their own school, is trained in ASIST	Schools will indicate that they are aware of who is currently trained in ASIST in their school and will indicate that they are aware of where to find this listing as measured by the MH School Needs Assessment	

	At the beginning of the school year, organize regional meetings between schools and associated community partners so that everyone is aware of who to refer to when a student is struggling and how these referrals take place	Tier 1	Fall 2020	MHL	Schools will be aware of who to refer to when a student is struggling and how these referrals take place	The majority of schools will feel as though all students were offered the MH support they required during the 2020-2021 school year as measured by the MH School Needs Assessment	
	Ensure each of our school buses have posters publicizing the resources offered by Kids Help Phone	Tier 1	Fall 2020	MHL and STEO	Students will see the Kids Help Phone advertising in their school buses and be reminded of this valuable resource available to them	MHL will confirm with STEO that these posters remain in all school buses	
Parent and family engagement for mental health awareness-building	Continue to work with the Parents' Lifelines of Eastern Ontario (PLEO) to ensure families are aware of this valuable resource available to them	Tier 1	Ongoing	MHL	Parents/caregivers will be aware of this valuable resource available to them	Schools will identify that they are aware of PLEO and refer parents to this organization as appropriate as measured on our MH School Needs Assessment	
	Continue to post information pertinent to parents on our CDSBEO social media	Tier 1	Ongoing	MHL and the Communications Department	Parents/caregivers will be aware of the various initiatives in their	Parents will indicate that they are kept informed of MH initiatives within	

	so that all parents can be made aware of various initiatives in their communities that support positive mental health				communities that support positive mental health	their communities on the Parent OurSchool Survey	
	Parents will become more aware of the Triple P Parenting Program available to them for free	Tier 1	Ongoing	MHL and the Communications Department	Parents/caregivers will be aware of the Triple P Programming in their communities through social media and/or communication from the school as this info will be shared by the MHL in the Schools' MH Newsletters	Parents will indicate that they are kept informed of MH initiatives within their communities on the Parent OurSchool Survey	
	Parent voice will be actively sought by providing parents/caregivers with a survey to assess their level of satisfaction with mental health and well-being initiatives in our school board	Tier 1	Spring 2021	MHL, SO and The Learning Bar	Schools will inform parents about the opportunity to take this survey to voice their feedback about mental health and well-being initiatives in our school board	At minimum, 100 parents will participate in this survey. This anonymous information will be collected from The Learning Bar and assessed by the MHL and SO to incorporate ideas in our BIPSA	

System awareness of the CDSBEO Suicide Prevention Protocol	During the summer months, review the Suicide Protocol with our Student Support Workers from all area schools	Tier 3	Summer 2020	MHL, CDSBEO Psychologist and Psyche-Associate	SSWs will feel comfortable utilizing the Suicide Protocol as required	Schools will identify that they feel competent and capable of supporting students with suicidal ideation as measured by the MH School Needs Assessment	
	Ensure each school receives the Suicide Protocol Refresher presentation at the beginning of the school year	Tier 3	Fall 2020	MHL	MHL will provide each school with the Suicide Protocol Refresher PowerPoint to share with staff	Schools will identify that they feel competent and capable of supporting students with suicidal ideation as measured by the MH School Needs Assessment	
	Continue to publicize the Reach Out Now suicide prevention website as this resource covers all areas of our school board	Tier 1, 2 and 3	Ongoing	MHL	Information about the Reach Out Now website will be provided in the Schools' MH Newsletters and shared at any ASIST/safeTALK training	The majority of schools will identify that they are aware of this resource as measured by the MH School Needs Assessment	
	Update the CDSBEO Suicide Protocol as it has been over 3 years since its introduction to the system	Tier 3	Fall 2020/Winter 2021	MHL	The Suicide Protocol will be updated to reflect needed adjustments	Schools will identify that they feel competent and capable of supporting students	

					identified by schools and community partners	with suicidal ideation as measured by the MH School Needs Assessment	
Learning and training for School Mental Health Workers	Keep our five Mental Health and Addiction Counsellors updated on new training opportunities available to them through School Mental Health Ontario (i.e., BRISC training)	Tier 2 and 3	Ongoing	MHL	As information about training opportunities for our regulated MHA counsellors becomes available from SMHO, our MHL will share these opportunities so that they may sign up	In discussion with our MHL at regular check-in times throughout the school year, our MHA counsellors will indicate that they feel supported and able to provide assistance and support to struggling students	
Focused learning and training for educators in special roles and non-regulated workers	Keep our Student Support Workers and Behavioural Crisis Consultants updated on new training opportunities available to them through School Mental Health Ontario	Tier 2 and 3	Ongoing	MHL	As information about training opportunities for our unregulated MHA workers becomes available from SMHO, our MHL will share these opportunities so that they may sign up	Schools will indicate that they have been offered adequate training opportunities to feel competent and capable of supporting students struggling with their MH	
	The Sources of Strength training will continue to be offered to interested	Tier 1	Ongoing	MHL	MHL will share information about how to sign up for this valuable	Schools will indicate that they were aware of this opportunity for training as	

	schools for individual cohorts of students				training in the MH School Newsletter	measured in the MH School Needs Assessment in 2021-2022. At least three (3) trainings will occur during the 2021-2022 school year	
	Continue to ensure that at least 2 people from each school are trained in ASIST-11	Tier 3	Fall 2020	MHL and secretary for Spec Ed	The listing of ASIST-trained individuals from each school will remain current and updated with at least 2 people from each school identified. This list is posted on our internal school board website to ensure all staff have access and know who, in their own school, is trained in ASIST	Schools will indicate that they are aware of the 2 people (at least) in their school who are currently trained in ASIST in their school and will indicate that they are aware of where to find this listing as measured by the MH School Needs Assessment	
Cannabis and other substance use best practice guidelines for school mental health professionals and other school staff	Working with the local health units, distribute the information regarding vaping to every secondary school within our school board	Tier 1, 2 and 3	Fall 2020	MHL	Information about vaping from the local Health Units will be disseminated to each secondary school within our school board	Schools will indicate that they received this information and that they feel they have adequate knowledge about vaping to support students as	



						measured by the MH School Needs Assessment	
	Ensure all administrators are aware of our new <i>Guide for Supporting Youth Struggling with Mental Health and Substance Use Concerns</i>	Tier 1, 2 and 3	Fall 2020	MHL	MHL will create a video to be shared with all school administrators	All school administrators will have awareness of our new Guide. This will be measured using the MH School Needs Assessment	
	Continue to work alongside Planet Youth Lanark to bring this valuable program to the Lanark region during the 2021-2022 school year	Tier 1	Ongoing	MHL	MHL will continue to attend all Planet Youth Lanark meetings to stay updated in bringing this valuable program to the Lanark region	Planet Youth Lanark will collect their youth survey with the grade 10 students beginning in the 2021-2022 school year. At least 80% of our grade 10 students will participate in this survey	
Progress and impact monitoring	Provide each schools' Mental Health Team with a Needs Assessment to review current needs and assess how the school board can best support our schools during this challenging year	Tier 1	Spring 2021	MHL	MHL will update the MH School Needs Assessment to include questions relevant to COVID and will provide this Needs Assessment to all school MH Teams so that they may provide their feedback	All 39 schools will participate in this MH Needs Assessment. The results will be condensed by the MHL and presented to the SO who may wish to share these results with the Exec Team and Trustees	

					regarding MH supports/ programming available to our students and their families		
	Continue to offer OurSchool Surveys to students to access their level of resiliency and ensure growth. Based on the results of these surveys, each school will develop an Action Plan that will be incorporated into their SIPSA to increase well-being throughout their school community	Tier 1	Spring 2021	MHL, SO, data coordinator, Principal for Spec Ed, The Learning Bar	All students from grades 4-12 will have the opportunity to complete the OurSchool Survey. Schools will be encouraged to incorporate the findings of these surveys in their SIPSAs	At least 85% of students will have completed the OurSchool Survey. The results from these surveys will be incorporated within at least 80% of our schools	
	Our Mental Health and Addiction Workers will continue to monitor their progress and collect data relative to their work with students	Tier 2 and 3	Ongoing	Regulated Mental Health and Addiction (MHA) Workers, data coordinator, MHL	Data, as prescribed by SMHO, will continue to be collected by our Regulated MHA Workers to ensure growth and accountability	MHL will review data collected by the Regulated MHA Workers in January and June to ensure growth and accountability	
	Student feedback will be actively sought following their involvement in our	Tier 2 and 3	Ongoing	Regulated MHA workers, unregulated MHA workers,	Seeking student feedback following the implementation of	The new Guide for Struggling Students and the Suicide Protocol's student	

	Suicide Protocol or following the implementation of our Guide for Supporting Youth Struggling with Mental Health and Substance Use Concerns			community MHA partners, MHL	our new Guide and the updated Suicide Protocol is a component of these resources. This feedback will be collected and adjustments to these resources will be initiated as required	feedback will be taken into account by the MHL when updated either of these resources	
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