



# CSDBEO Mental Health & Addictions Three-Year Strategy 2022-2025

## Priority

## Goals

## SMH-ON Focus Area(s)

### TENET OF BELIEVING

**Priority 1:** Continue to use Catholic Professional Learning Communities and other faith-based resources to support student learning and achievement, and the faith development of all staff, to promote the intrinsic connection between faith and mental wellness.

- Goal #1** Increase Mental Health Literacy and Capacity of Staff to Support Students
- Goal #2** Increase Mental Health Literacy and Capacity of Parents to Support their Children
- Goal #4** Establish Robust Engagement and Collaboration Mechanisms

- 1:** Amplify protective influence

### TENET OF PROTECTING

**Priority 2:** Inquire, collect, and analyze data to inform the development of safe learning environments and to identify and implement the necessary supports for student learning, mental health, and wellbeing.

- Goal #1** Increase Mental Health Literacy and Capacity of Staff to Support Students
- Goal #2** Increase Mental Health Literacy and Capacity of Parents to Support their Children
- Goal #4** Establish Robust Engagement and Collaboration Mechanisms

- 1:** Amplify protective influence
- 2:** Emerging and escalating problems
- 3:** Disproportionately impacted

### TENET OF LEARNING

**Priority 3:** Foster the mental health and well-being of all students through explicitly teaching social emotional learning, empathy, and self-regulation, and by purposefully including Indigenous and marginalized voices, resources, and practices that serve as protective factors to overall wellbeing.

- Goal #1** Increase Mental Health Literacy and Capacity of Staff to Support Students
- Goal #2** Increase Mental Health Literacy and Capacity of Parents to Support their Children
- Goal #3** Expand Internal Systems of Data Collection
- Goal #4** Establish Robust Engagement and Collaboration Mechanisms

- 1:** Amplify protective influence
- 3:** Disproportionately impacted
- 5:** Hopeful communication

### TENET OF NURTURING

**Priority 4.1:** Gather and respond to stakeholder voices through groups such as Special Education Advisory Committee, Indigenous Education Advisory Committee, Parent Involvement Committee, and Catholic School Councils, and through purposeful engagement of students, parents, and staff.

**Priority 4.2:** Build on strong relationships and nurture mental health and overall well-being for all members of the school community and value the importance of community partnerships in maintaining and fostering well-being and achievement.

- Goal #1** Increase Mental Health Literacy and Capacity of Staff to Support Students
- Goal #2** Increase Mental Health Literacy and Capacity of Parents to Support their Children
- Goal #3** Expand Internal Systems of Data Collection
- Goal #4** Establish Robust Engagement and Collaboration Mechanisms

- 1:** Amplify protective influences
- 2:** Emerging and escalating problems
- 4:** Strong safety nets
- 5:** Hopeful communication