

A place where we all belong.

Mental Health and Wellbeing Strategy 2022-25 Strategic Direction & 2025 Annual Actions

Overview

Northeastern Catholic District School Board (NCDSB) is committed to embed all facets of the health and wellbeing strategy into the culture of our district board and schools. In doing so, our board mission will be fulfilled as we strive to ensure the wellbeing of our students and provide quality Catholic education, in a safe, equitable, and inclusive environment that prepares them for life.

Mission

Strategic Priorities 2022-2025

Our Destination	Leadership Commitment & Learning	Mental Health Learning Enhancing Sn54 188.9 26.88 re W* n B
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Our product...

Media posts aligned to board
mental health priorities SMHC
content visible in schools,
activities that reflect mental
health & wellbeing promotion
% of MH Lit in Action course
completion
of Leading Mentally Healthy
Schools (LMHS) sessions
attended
LMHS reflection (pre

Priority Area	Success Indicators Looks like, sounds like...	NCDSB 2024-25 Annual Actions Key Activities 2024-25 school year	Target Audience	Resources & Timelines	Measurement & Monitoring	PPM 169#
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<p>Mental Health Learning-Enhancing Staff Capacity</p>	<p>Educators bridge their knowledge and practice to foster positive student identity, mental health and wellbeing at school.</p> <p>Educators know why/how/when/where to align student mental health and wellbeing, across the tiers, within their scope at school.</p>	<p>-Mental health focused learning integrated during professional Activity Days.</p> <p>-Grade 7&8 Health & Physical Ed (HPE): Teacher learning & enhanced curriculum support (mental health, vaping, healthy relationships).</p> <p>-New Grade 10 Career Studies (GLC20): Teacher learning & enhanced curriculum support (mental health).</p> <p>-On-going oversight & support for Child & Youth Workers Tier 1 &2 services in schools: Monthly team meetings, new/updated procedures, onsite visits, additional resources (e.g. grief, engagement activities)</p> <p>-Expand Everyday Speech (EDP) resource to FDK teams</p> <p>-Training on Prepare Prevent, Respond: Suicide Prevention/Life Promotion for Child & Youth Workers, Mental Health Workers, Attendance</p> <p>-Training on emotional validation for Child & Youth Workers, Mental Health Workers, Attendance, Autism & Behaviour Support Team</p> <p>-Single Session implementation support (4 sessions) Community of practice with trainer for Child & Youth Workers, Mental Health Workers, Attendance.</p> <p>-Continuation of implementation support for evidence informed brief interventions (Mental Health Workers).</p> <p>-Create & implement onboarding mental health package for New Teacher Induction Program (NTIP)</p> <p>-Mental health themed planners for teachers (reflections, strategies, resources)</p>	<p>-Principals, Teachers, ECEs, EAs, Child & Youth Workers, Mental Health Workers</p> <p>-Grade 7&8 HPE teachers</p> <p>-Grade 10 GLC20 teachers</p> <p>-CYWs</p> <p>-FDK teams with CYW support (train the trainer model)</p> <p>-CYWs, MHWs, Attendance</p> <p>-CYWs, MHWs, Attendance, ABSS</p> <p>-CYWs, MHWs, Attendance, ABSS</p> <p>-Mental Health Workers</p> <p>-NTIP teachers</p> <p>-Teachers</p>
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Mentally Healthy
Classroom & School
Environments

<p>Parent & Student Engagement</p>	<p>Enhanced mental health learning amongst students and parents (mental health promotion, early identification, help seeking).</p> <p>Visible student leadership for student mental health & well-being in schools.</p> <p>Aligned parent messaging (board to schools) for mental health approach in schools.</p> <p>Students gain skills towards their socioemotional development.</p>	<p>-Start Wellinitiative, first 5 days of school: Five intentional opportunities for students to practice SEL skills and build up positive class community.</p> <p>-New NCDSB mental health video shared broadly with school communities: Website, Facebook pages, parent council, PA day sessions, NTIP, school and board meetings.</p> <p>-Mental health themed social media messages prepared for school FB teams (pathways through, from care, MH7/8, MH grade 10, mental health week).</p> <p>-Parent/Caregiver mental health literacy through 1) Learning sessions: One session aligned with mental health week themes (five ways to well-being) and one session on vaping awareness, and 2) Mental health resources: MH7/8 lit and GLC20 parent communication sent home with reports cards.</p> <p>-Family well-being kits/draws made available for March break: SMHO resources, family activities (e.g., cards, games etc.).</p> <p>-Youth wellness initiatives/YWI at secondary and elementary levels: One youth led activity for mental health promotion supported by Child & Youth Workers and Mental Health Workers.</p> <p>-Five Ways to Well-being activities promoted through mental health team and/or youth wellness initiatives (1 activity per school).</p> <p>-Students</p> <p>-All schools/community</p> <p>-Parent/caregiver</p> <p>-Parent/caregiver</p>
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2022-25 Strategic Priorities and 2024-25 Annual Actions aim to enhance our shared understanding and capacity to support student mental health and well-being. Our implementation plan is built upon engaging our system stakeholders in intentional and explicit actions to help move our strategy forward. We are grateful for the knowledge and resources and support received through our provincial support team, [School Mental Health Ontario \(SMHO\)](#), partner with the Ministry of Education.



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