

í X Welcome, Prayer and Land Acknowledgment

Daphne welcomed everyone and all the group in prayer and acknowledgment.

î X Approval of Agenda/Minutes

Approved by ~~San~~ Kalecki

ï X Elections –Chair and Vice Chair

The committee decided to have the elections take place at the November meeting.

õ X Mental Health Update –Presented by Kim McEntee

This presentation shares info about NCDSB's mental health & well-being strategy focus areas, along with some key highlights for the 2023-24 school year. See pages 7-10 of the minutes for full details of the presentation. Slide two shows NCDSB's 5 pillars for our Mental Health Strategy. We develop annual actions to support each of the 5 pillars.

Leadership Commitment in this pillar, we target initiatives, training and support for school principals and superintendents and our Mental Health Advisory Team.

Enhancing Staff Capacity in this p

Parent & youth engagement in this pillar, we target different ways to build up knowledge or support for parents and youth (e.g. info sharing, learning opportunities)

Side three has a few sample initiatives for the 2023 school year.

Single Session Training for mental health team. It takes a strengths based approach and a trauma-informed approach. Staff learned an approach that helps them frame a conversation with students.

Resource calendar teachers received a calendar that has resources they can use in class with students that 1.9 (a)5.2 (

8. Agency Reports

Canadian Mental Health Association

Ryley shared with the committee that stats Canada released the mental health report for Canada recently showing the 2nd leading cause of death is suicide. He also shared the suicide and crisis lifeline number is 988. Minto Counselling Centre and South Cochrane Addictions Services are now under the NAC Cochrane Timiskaming branch.

North Eastern Ontario Family and Children's Services

The Triple P programs are up and running and taking place virtually. Since the program is being offered virtually a large number of parents can participate from different areas.

Virtual Triple P Stepping Stone Group – starts September 19, 2023

This online Stepping Stones Triple P group consists of 5 virtual online sessions followed by 3 personalized phone sessions to support your learning.

Stepping Stones Triple P has been developed for parents of children with a developmental disability. Because it is based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Group Stepping Stones is great if you are having significant problems with your child's behaviour or if you would simply like to learn parenting skills to help promote your child's development and pattern.

Virtual Triple P 0-12 Group for Positive Parenting – starts October 12 2023 English and November 8, 2023 in French

North Eastern Ontario Family and Children's Services (NEOFACS) is pleased to offer a FREE group for positive parenting virtually! Enjoy the interactivity and peer support of a Triple P Parenting Group from the comfort of your home.

This online Triple P-02 Group consists of 5 virtual online sessions.

There is currently an 8–10-month waitlist in Timmins to meet with a counsellor. The Kirkland Lake area now has their own independent family health team.

Ellen also wanted to remind the group about One Stop Talk.

One Stop Talk/Parlons maintenant (OST/PM) offers free virtual counselling services and seamless entry into child and youth mental health services across Ontario. The program serves as a single point of contact for mental health services for children and youth aged 0-17, connecting them with registered and experienced therapists across the province. Our agency's therapists and an integrated network of providers provide infant, child, and youth mental health agencies support this program.

Service Details

Counselling by registered therapists spanning Ontario, including our agency's therapists

Immediate access to free therapy; no prior booking or appointment required

Focuses on addressing one issue at a time and provides the freedom to access the service as many times as needed

OST/PM is not anonymous; the program requires children and youth to provide information about themselves,

including their name, date of birth, and postal code, to receive service

Start with a conversation, leave with a plan. No matter why you connect, children and youth create a personalized plan with their therapist, which is shared with them

Navigation services are available if additional assistance beyond the session is needed. OST/PM refers clients to additional services as close to them as possible in the child and youth mental health sector

OST/PM has dedicated Francophone therapists and interpretation services to over 200+ languages, including A

Who can contact One Stop/Talk/Parlons maintenant?

Children and youth (aged 17 years) located in Ontario

Parents and caregivers located in Ontario are recommended to access the service with their child(ren)

When is the service available?

Monday to Friday, 12 PM to 8 PM EST

Saturday 12 PM to 4 PM EST

Entry to the service closes 45 minutes before posted closure time to allow all clients to be served by end of service.

9. Date of Next Meeting– November 15 2023 at 11:45am

10. Other Business- N/A

11.



Mental Health & Well-Being
Education & Support

Kim McEntee

Supervisor of Mental Health & Wellness | Mental Health Lead



Our Strategy Focus



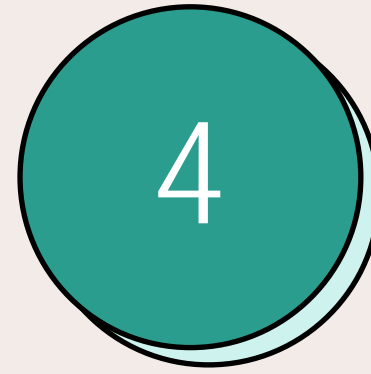
Leadership
Commitment &
Learning



Enhancing
Staff
Capacity



Mentally
Healthy
Classrooms &
School
Environments



Internal &
External
Partnerships



Parent &
Youth
Engagement

