

Mentally Healthy Return to School Toolkit

Resource Inventory Assessment – Audience View

A menu of resources has been compiled/created by School Mental Health Ontario and Mental Health Leadership Team members from boards across the province during the summer of 2020. Together, this menu of resources forms the **Mentally Healthy Return to School Toolkit**. These resources are freely available to Ontario school boards. Mental Health Leadership Teams can review the resources, with their priority areas of focus in mind, selecting and adapting those that are most relevant to local needs.

Check the resources you wish to use:

Audience	Resources	Priority area	Used with this key activity:
Mental Health Leadership Team	<input type="checkbox"/> Mentally Healthy Return to School Action Plan Template <ul style="list-style-type: none"> ○ Audience-focused sample ○ blank 		
	<input type="checkbox"/> Framework for a Mentally Healthy Return to School		
	<input type="checkbox"/> Mentally Healthy Return to School Video		
	<input type="checkbox"/> Mental Health Leadership Return to School Frequently Asked Questions		
	<input type="checkbox"/> Mentally Healthy Return to School Protocol Checks <ul style="list-style-type: none"> ○ Circle of Support/Service Pathways Checklist ○ Suicide Intervention and Postvention Protocol Checklist 		
	<input type="checkbox"/> Mentally Healthy Return to School Early Reflection Tool		



Audience	Resources	Priority area	Used with this key activity:
System Leaders	<input type="checkbox"/> Key Messages to Support Directors of Education for a Mentally Healthy Return to School (Word or PDF)		
	<input type="checkbox"/> Director's Messaging for Trustees (Word or PDF)		
	<input type="checkbox"/> Key Messages to Support System Leaders for a Mentally Healthy Return to School (Word or PDF)		
	<input type="checkbox"/> Leading a Mentally Healthy Return to School Slides for Directors of Education		
	<input type="checkbox"/> Five Things You Need to Know – PowerPoint		
	<input type="checkbox"/> Beyond the Binder Position Paper		
	<input type="checkbox"/> Talking with Parents and Families about Mental Health - Tip Sheet		
	<input type="checkbox"/> Personal Resiliency During Covid-19 - Tip Sheet		





Audience	Resources	Priority area	Used with this key activity:
School Leaders	<input type="checkbox"/> Key Messages to Support School Leaders for a Mentally Healthy Return to School (Word or PDF)		
	<input type="checkbox"/> A Mentally Healthy Return to School - Considerations for School Leaders to Work with Staff - PowerPoint		
	<input type="checkbox"/> Considerations and Reflection Questions for School Leaders		
	<input type="checkbox"/> Student Mental Health and Return to School: Understand and Respond to Staff and Parent Concerns - Tip Sheet		
	<input type="checkbox"/> Five Things You Need to Know – PowerPoint		
	<input type="checkbox"/> MH LIT Online Course		
	<input type="checkbox"/> Circle of Support Flowcharts		
	<input type="checkbox"/> Personal Resiliency During Covid-19 - Tip Sheet		





Audience	Resources	Priority area	Used with this key activity:
Support Staff	<input type="checkbox"/> Emotion Coaching Learning Modules for Support Staff		
	<input type="checkbox"/> Mental Health Promotion and Prevention: Mobilizing Mental Health Support Staff <ul style="list-style-type: none">○ Workshop PowerPoint○ Overview for Mental Health Leadership Teams○ Implementation guide		
	<input type="checkbox"/> A Tip Sheet for Staff to Support Positive Mental Health for All Students		
	<input type="checkbox"/> ONE-CALL Desk Reference		
	<input type="checkbox"/> Circle of Support Flowcharts		
	<input type="checkbox"/> Talking with Parents and Families about Mental Health - Tip Sheet		
	<input type="checkbox"/> Personal Resiliency During Covid-19 - Tip Sheet		





Audience	Resources	Priority area	Used with this key activity:
Educators	<input type="checkbox"/> Supporting Student Mental Health During the Return to School: Practical resources to promote and project mental health at school <ul style="list-style-type: none">○ PowerPoint○ Implementation guide		
	<input type="checkbox"/> The First 10 Days (And Beyond): Creating caring connections and supporting student mental during the return to school		
	<input type="checkbox"/> SEL / HPE lesson plans for elementary		
	<input type="checkbox"/> Understanding Mental Health and Mental Illness - Secondary student MH literacy slides		
	<input type="checkbox"/> Info Sheet: Supporting Student Mental Health During a Pandemic (COVID-19)		
	<input type="checkbox"/> MH LIT Online Course for educators		
	<input type="checkbox"/> Everyday Mental Health Classroom Resources		
	<input type="checkbox"/> Social-Emotional Learning Classroom Posters (Elementary or Secondary)		
	<input type="checkbox"/> Student SEL Videos		
<input type="checkbox"/> ONE-CALL Desk Reference			



Audience	Resources	Priority area	Used with this key activity:
Educators continued	<input type="checkbox"/> Classroom Strategies for Supporting Minds		
	<input type="checkbox"/> 6 Rs for Guidance Teachers		
	<input type="checkbox"/> Circle of Support Flowcharts		
	<input type="checkbox"/> Talking with Parents and Families about Mental Health - Tip Sheet		
	<input type="checkbox"/> Personal Resiliency During Covid-19 - Tip Sheet		
Parents and families	<input type="checkbox"/> Tip Sheet for Parents and Families: Supporting Mental Health and Wellness During the Return to School		
	<input type="checkbox"/> Noticing Mental Health Concerns for Your Child - Info Sheet for Parents and Families		
	<input type="checkbox"/> Prepare, Prevent, Respond - A guide on suicide prevention for parents and families with coping plan document		
	<input type="checkbox"/> Everyday Mental Health Activities for Home (Blog post or file with jpegs)		
Students	<input type="checkbox"/> Social media visuals <ul style="list-style-type: none"> o Mental health literacy package o Breathing exercises package o Muscle relaxation exercises package 		
	<input type="checkbox"/> Class Conversation Starters: Card Deck for Teachers		
	<input type="checkbox"/> No Problem Too Big or Too Small Student Help-Seeking Resource		

Audience	Resources	Priority area	Used with this key activity:
Students continued	<input type="checkbox"/> Reaching Out Student Help-Giving Resource		
	<input type="checkbox"/> Self-Care 101 Student Resource		
	<input type="checkbox"/> Student SEL Videos		
	<input type="checkbox"/> COVID-19 Youth Mental Health Resource Hub		
All – Equity	<input type="checkbox"/> Understanding Anti-Black Racism to Support Mental Health and Well-being of Black and Racialized Students		
	<input type="checkbox"/> Supporting Mentally Healthy Conversations about Racism and Anti-Black Racism with Students – A resource for educators		
	<input type="checkbox"/> Supporting the Mental Health and Well-being of Students who will Return to School Remotely – Enhancing equitable access to virtual school mental health and well-being supports and services		
	<input type="checkbox"/> Social media visuals <ul style="list-style-type: none"> ○ Allyship ○ General equity resource for students impacted harder by COVID-19 – suite of social media visuals 		
	<input type="checkbox"/> Recording of KOJO Institute Session for School Clinicians		
	<input type="checkbox"/> Leadership portal archives of learning materials for school clinicians related to mental health and support for students from specific populations (IRER, LGBTQ, Indigenous, early years)		