

# MENTAL HEALTH STRATEGIC PLAN

Lakehead District School Board's (LDSB) 3-year mental health strategy promotes the wellbeing of every student recognizing that good mental health is foundational to achievement and students who report feeling mentally well, are more ready to learn, feel a stronger sense of belonging at school and perform better academically. Engaging School leaders to understand the importance of mental wellbeing, mental health promotion and prevention activities and collaborating with school and system partners will ensure student and staff wellbeing is prioritized. With a continued focus on capacity building at all levels, each student in all learning environments will benefit from the universal promotion of mental wellbeing.

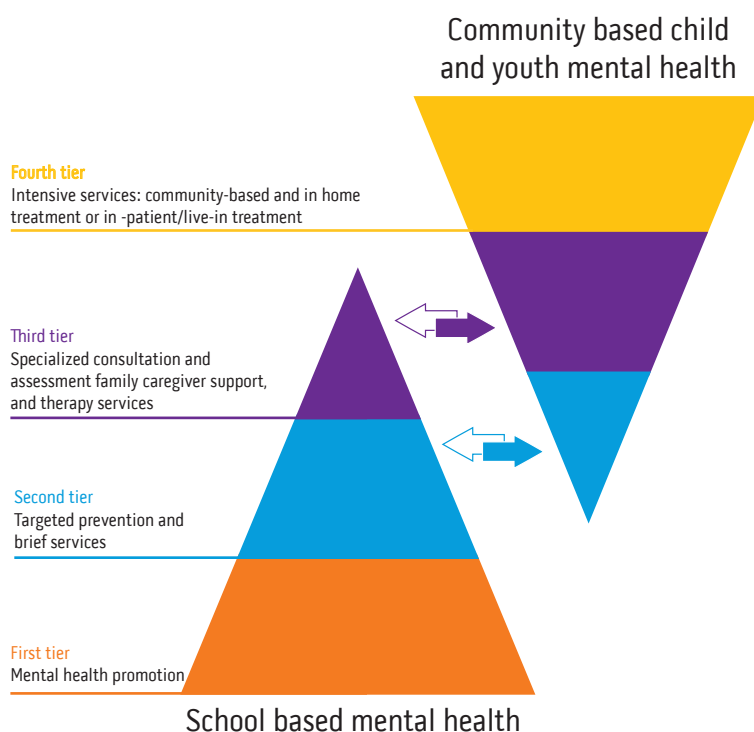


Lakehead Public Schools aligns its 3-year strategy with the requirements of the Ministry of Education's Policy and Program Memorandum 169 which outlines the importance of building a continuum of mental health and addictions care across schools, community-based child and youth mental health providers and hospitals that is coordinated, comprehensive and responsive to the needs of every student. The Lakehead District School Board emphasizes the importance of helping children thrive, learn, and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience.

## 1

### PROVIDE A MULTI-TIERED SYSTEM OF SUPPORTS

Lakehead Public Schools uses a multi-tiered approach to establish priorities to deliver school based mental health services across all levels of promotion, prevention, early identification, and intervention. This approach ensures a continuum of services across all grades including universal classroom tools and programming and individualized focused support. LDSB believes there is the opportunity to focus on embedding mental health in curriculum and throughout daily classroom activities. LDSB believes in focusing on recognizing when more support might be required for students and responding with evidence informed, universal classroom program delivery. LDSB continues to services students with mild to moderate challenges with individual clinical services by referral to regulated mental health professionals in schools.



**2**

## **CONSISTENT USE OF EVIDENCE-INFORMED BRIEF INTERVENTIONS AND STANDARDIZED MEASUREMENT**

Lakehead District School Board will continue to focus on the professional development of its mental health professionals by providing the necessary opportunities to learn and develop skills related to client service. Accessing training that focuses on evidence informed interventions that are effective for students across all levels of promotion, prevention and intervention in the school environment will continue to be a priority. LDSB will ensure collected data is securely managed and stored according to the regulatory colleges' privacy and reporting obligations and the Personal Health Information Protection Act (PHIPA). Lakehead Public Schools' social work services is also committed to using Greenspace Mental Health to allow for the collection of assessment information to inform client service and measure progress and satisfaction in client treatment sessions.

## **JOINT LOCAL PLANNING WITH COMMUNITY-BASED CHILD AND YOUTH MENTAL HEALTH PROVIDERS**

**3**

Centering students and their families at the center of care is imperative and requires active engagement with local child and youth mental health providers at different service levels. This coordination will promote a proactive, integrated mental health care system that includes sharing relevant information across organizations, establishing clear pathways to/through/ and from mental health care services and clarifying roles and responsibilities at each tier of service to further the vision of "one system of care." LDSB remains committed to working diligently with community agencies delivering services to youth to ensure there is a right time right care approach across all publicly funded agencies for students accessing services.

# 4

## ENHANCED EDUCATOR AND STAFF MENTAL HEALTH LITERACY

Lakehead Public Schools continues to acknowledge the pivotal role educators and schools staff play in prioritizing belonging, relationships, and safety for students to learn, be successful and reach their full potential. Educators and staff are ideally positioned to increase the capacity and knowledge of mental health literacy and social emotional learning in students to foster overall mental health and well-being and to support the ability to learn and thrive. The mental health team is committed to supporting learning and sharing evidence informed resources on mental health and addictions promotion and prevention by way of professional development, training initiatives, educational opportunities, and awareness activities. We are committed to the ongoing learning and development of members of our school board for the benefit of students and staff.

# 5

## LEADING MENTALLY HEALTHY SCHOOLS

At Lakehead Public Schools we believe a student's ability to learn, succeed, and reach their full potential is supported by good mental health. A mentally healthy school focuses on assessing, reflecting, and prioritizing to consider how best to foster a sense of belonging, inclusivity, community, and relationships. Our commitment to leading mentally healthy schools at LDSB will continue by prioritizing identity affirming mental health, nurturing positive learning environments, creating a culture of wellness for staff and students with dedication to compassion and selfcare.



**Committed to the success of every student**

[www.lakeheadschoools.ca/mentalhealth](http://www.lakeheadschoools.ca/mentalhealth)