

Limestone District School Board 2021-2022 Mental Health and Substance Use Action Plan

| Area of Focus | Key Activities | Audience | Timeline | Status | Actions for Success |
|--|--|---|------------------------------|--------|---------------------|
| Mental Health & Substance Use Knowledge | Pilot of School Mental Health Ontario (SMHO) MH Lit: Student Mental Health in Action Lesson Plans in select secondary school classrooms to support mental health literacy, help-seeking, and peer help-giving. | Secondary students Secondary educators | September 2021 - June 2022 | | |
| | Communication and resources targeted at students that support mental health and substance use concerns for themselves and/or their peers. | All students | September 2021 - June 2022 | | |
| | Communication and resources targeted at families/caregivers that support student mental health and substance use concerns. | Families & caregivers | September 2021 - June 2022 | | |
| Mental Health & Substance Use Support | Implementation of Kids Have Stress Too!/Stress Lessons to help students learn skills to identify emotions and cope with stress. | Elementary and secondary classrooms | September 2021 - June 2022 | | |
| | Enhancement and promotion of the online self-referral mechanism for secondary students to access school-based mental health supports. | Secondary students | Beginning of each quadmester | | |

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| | <p>Ensure that students and families/caregivers are:</p> <ul style="list-style-type: none"> • aware of available school-based mental health and substance use supports • how school-based supports may be accessed | <p>All students Families & caregivers</p> | <p>September 2021 – June 2022</p> | | |
| Culturally-Responsive Mental Health Promotion, Prevention and Intervention | <p>Support culturally-responsive social-emotional skill development.</p> | <p>All students All educators Educational Services staff</p> | <p>September 2021 – June 2022</p> | | |
| | <p>Introduction of Social Worker to support the well-being of K-3 students who may be impacted by experiences of social determinants of health (e.g., racism, trauma).</p> | <p>K-3 students Families & caregivers Administrators Educators</p> | <p>September 2021</p> | | |
| | <p>In partnership with Human Rights and Equity staff, establish mental health and substance use supports that that prioritize the voices and experiences of students from racialized, marginalized and underserved groups.</p> | <p>2SLGBTQI+, Black, Indigenous, and racialized students</p> | <p>September 2021 - June 2022</p> | | |
| | <p>Support Educational Services staff with ongoing training in evidence-based, culturally-responsive promotion, prevention and early-intervention practices.</p> | <p>Educational Services staff</p> | <p>September 2021 - June 2022</p> | | |
| | <p>Build shared understanding of the intersections of students’ diverse identities and mental health and substance use at school, through data collection, analysis and stakeholder engagement.</p> | <p>All students</p> | <p>September 2021 – June 2022</p> | | |

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| Pathways To/Through/ From Circle of Care | Increase staff awareness of: <ul style="list-style-type: none"> • Suicide Response Protocol • Internal Pathways to Care | All board staff | September – October 2021 | | |
| | Ongoing collaboration with community partners to enhance pathways for effective tiered support for students and families. | Community partners (i.e., mental health and substance use partners, cultural organizations) | September 2021 - June 2022 | | |
| | Review suicide postvention response. | Mental Health Leadership Committee | January – June 2022 | | |
| Equip and Support Staff | Provide evidence-based resources and/or professional learning to educators to support in-class learning/teaching/discussion about student mental health and substance use issues using health promotion, prevention and harm reduction approaches. | K-12 educators | September 2021 – June 2022 | | |
| | Introduction of emotion coaching as a brief and effective way to respond to student emotions in the classroom. | Administrators Educators Educational Services staff | October 2021 – June 2022 | | |
| | Promote and support educators and administrators to participate in SMHO MH LIT e-learning course. | Administrators K-12 Educators | Ongoing | | |
| | Assemble and disseminate wellness resource packages to guidance teachers. | Guidance leads Guidance educators | October 2021 | | |
| | Promote One-call resource to help educators recognize and respond to student mental health concerns. | All educators | September 2021 – November 2021 | | |

Status: ● On Target ● Making Progress ● Needs Further Attention

For more information contact [Laura Conboy](#), Mental Health Lead

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| | Applied Suicide Intervention Skills Training (ASIST) | Administrators Educators Educational Services support staff | November 2021 | | |
| | safeTALK training | Administrators Educators Educational Assistants Support staff | November 2021 | | |
| | Ongoing dissemination of School Mental Health Ontario (SMHO) resources to reinforce mentally healthy classrooms, schools, and systems. | All staff Students Parents/caregivers | September 2021 – June 2022 | | |
| A Relationship- based Approach to Student Well- being and Achievement | Introduce The Third Path to all District Learning Centres (DLCs). | DLC Administrators DLC Educators DLC Educational Assistants | September 2021 - June 2022 | | |
| | Expand staff's understanding of the origins of trauma and the impact of adversity on the developing brain. | Administrator Educators Educational Assistants Educational Services staff | September 2021 - June 2022 | | |
| | Support the promotion, continuation, and re-establishment of relationships between staff and students in response to the COVID -19 pandemic. | K-12 students All staff | August 2021 -June 2022 | | |
| | Facilitate student engagement with Mental Health Leadership Committee . | Secondary students | September 2021 - June 2022 | | |

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