

# Limestone District School Board 2021-2022

## Mental Health and Substance Use Progress Report

Area of Focus	Key Activities	Audience	Timeline	Status	Actions for Success
<b>Mental Health &amp; Substance Use Knowledge</b>	Pilot of School Mental Health Ontario (SMHO) <a href="#">MH Lit: Student Mental Health in Action Lesson Plans</a> in select secondary school classrooms to support mental health literacy, help-seeking, and peer help-giving.	Secondary students Secondary educators	September 2021 - June 2022	Making progress	<ul style="list-style-type: none"> <li>- Facilitated information session with ~15 Secondary School to Community teachers (SSTC) in April 2022</li> <li>- Piloted all MH Lit lesson plans with 4 students in Ernestown Secondary School to Community class from May to June 2022</li> <li>- Pre/post surveys were completed with students at every session to assess impact</li> </ul>
	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	Making progress	<ul style="list-style-type: none"> <li>- Updates completed to LDSB <a href="#">Mental Health &amp; Wellness</a> webpages for September 2022, including resources from KFL&amp;A Public Health and Kairos</li> <li>- KFL&amp;A Public Health distributed vaping information packages to all LDSB schools in March 2022</li> <li>- Print and media packages advertising the LDSB online mental health self-referral link were produced for each secondary school to enhance awareness amongst students</li> <li>- Regular social media posts on LDSB Twitter accounts and ldsbwell Instagram account</li> <li>- Participation across the district in Bell Let's Talk Day 2022</li> <li>- Social media posts, daily wellness challenges, and a self-care guide were provided to all schools for distribution</li> </ul>

					<ul style="list-style-type: none"> <li>- to students during Mental Health Week in May 2022</li> <li>- Regular communication and well-being initiatives from schools and Educational Services staff directed toward students</li> </ul>
<b>Mental Health &amp; Substance Use Knowledge</b>	Communication and resources targeted at families/caregivers that support student mental health and substance use concerns.	Families/caregivers	September 2021 - June 2022	Making progress	<ul style="list-style-type: none"> <li>- Mental Health Lead participated in Youth Diversion “Back to School – Youth Coping in Complex Times” panel discussion in November 2021</li> <li>- Mental Health Lead collaborated with <a href="#">KFL&amp;A Family Advisory Committee</a> regarding the content of the LDSB Mental Health &amp; Wellness webpages in December 2021</li> <li>- Mental Health Lead collaborated with LDSB Parent Involvement Committee regarding the content of the LDSB Mental Health &amp; Wellness webpages in February 2022</li> <li>- Mental Health Lead participated in KFL&amp;A Family Advisory Committee “Where to Turn” panel discussion in May 2022</li> <li>- Regular social media posts on LDSB Twitter accounts and Idsbewell Instagram account</li> </ul>
<b>Mental Health &amp; Substance Use Support</b>	Implementation of <a href="#">Kids Have Stress Too!/Stress Lessons</a> to help students learn skills to identify emotions and cope with stress.	Elementary and secondary classrooms	September 2021 - June 2022	Making progress	<ul style="list-style-type: none"> <li>- 7 Student Support Counsellors (SSCs) participated in Kids Have Stress Too! training through SMHO in October 2021</li> <li>- 16 SSCs participated in half-day booster session lead by Mental Health Lead &amp; Educational Services and Safe Schools Lead in November 2022</li> <li>- Between December 2021 - June 2022, 20 sessions of Kids Have Stress Too!</li> </ul>

<b>Mental Health &amp; Substance Use Support</b>					were facilitated across various elementary schools; 5 in primary, 13 in junior, and 2 in intermediate grades
	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	Making progress	<ul style="list-style-type: none"> <li>- Print and media packages (posters, Facebook, Twitter and Instagram posts) were produced for each secondary school and sent to administrators, Adolescent Care Workers (ACWs) and Social Workers (SWs) for use within schools/school social media accounts</li> <li>- A static post was created for the <a href="#">@MentalHlth LDSB</a> Twitter account to advertise the online self-referral option</li> <li>- Between January – May 2022, 19 requests for school-based mental health supports were made by students via the online self-referral links. Three from students grade 9; 3 from students in grade 10; 9 from students in grade 11; and 5 from students in grade 12</li> </ul>
	<p>Ensure that students and families/caregivers are:</p> <ul style="list-style-type: none"> <li>• aware of available school-based mental health and substance use supports</li> <li>• how school-based supports may be accessed</li> </ul>	All students Families/caregivers	September 2021 - June 2022	Making progress	<ul style="list-style-type: none"> <li>- Mental Health Lead participated in Youth Diversion “Back to School – Youth Coping in Complex Times” panel discussion in November 2021</li> <li>- Mental Health Lead participated in KFL&amp;A Family Advisory Committee “Where to Turn” panel discussion in May 2022</li> <li>- Updates completed to LDSB <a href="#">Mental Health &amp; Wellness</a> main website for September 2022, including role-descriptions of school-based supports</li> </ul>

<b>Culturally-Responsive Mental Health Promotion, Prevention and Intervention</b>	Support culturally-responsive social-emotional skill development.	All students All educators Educational Services staff	September 2021 - June 2022	Needs further attention	- Requires further work
	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.	2SLGBTQI+, Black, Indigenous, and racialized students	September 2021 - June 2022	Needs further attention	- Resource sharing with Equity Team for inclusion in June 2022 issue of “Equity Matters” - <a href="#">Tips for Adult Allies</a> - <a href="#">Caring Adults: Supporting 2SLGBTQI+ Youth During Difficult Times</a>
	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).	K-3 students Families/caregivers Administrators Educators	September 2021	Making progress	- Connection to Early Years Consultant in September 2021 - Introduction of Equity and Early Years SW role to administrators during November 2021 administrator meeting - Electronic referral went live in November 2021 - Connection to Equity and Inclusion Consultant and Human Rights & Equity Officer in January 2022 - 13 referrals were made to the K-3 SW from November 2021-June 2022 for classroom and individual student support - Due to staff turnover, a new K-3 SW will enter into the position in September 2022. This SW will also support grades 6-8 students attending north end elementary schools who are experiencing mental health issues
	Support Educational Services staff with ongoing training in evidence-based, culturally-responsive promotion, prevention and early-intervention practices.	Educational Services staff	September 2021 - June 2022	On target	- All Mental Health & Substance Use (MHSU) Leadership Committee Members, ACWs, Clinical Consultants (CCs), SWs and SSCs were given the opportunity to complete <a href="#">YouthRex Centering Black Youth Wellbeing</a>

<b>Culturally-Responsive Mental Health Promotion, Prevention and Intervention</b>					<p>certificate course; 5 staff completed the course</p> <ul style="list-style-type: none"> <li>- Mental Health Lead has a supporting role on the Educational Services Equity Committee</li> <li>- Monthly sharing of anti-Black and anti-Indigenous racism resources to Educational Services staff</li> <li>- Mental Health Lead and Elementary Equity and Inclusion Curriculum Consultant presented “Equity 101” professional learning session for Educational Assistants during February 2022 PA day; 13 EAs attended</li> <li>- Collaboration with Secondary Equity and Inclusion Consultant to provide SSCs, ACWs and SWs access to <a href="#">Get Real</a> workshops in April 2022</li> <li>- 4 SWs participated in the Ontario Association of Social Work (OASW) School Social Work Symposium “Decolonizing Education: Engage, Dismantle &amp; Change.”</li> </ul>
	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.	All students	September 2021 - June 2022	Needs further attention	- Unable to complete due to ongoing restrictions related to COVID-19
<b>Pathways To/Through/ From Circle of Care</b>	<p>Increase staff awareness of:</p> <ul style="list-style-type: none"> <li>• Suicide Response Protocol</li> <li>• Internal pathways to care</li> </ul>	All board staff	September - October 2021	On target	<ul style="list-style-type: none"> <li>- Review of Suicide Response Protocol with administrators in September 2021; requested administrators review Protocol with staff</li> <li>- Review of Suicide Response Protocol with Educational Services staff during September 2021 staff meeting and ACW affinity meeting</li> <li>- Overview of internal Pathways to Care</li> </ul>

<b>Pathways To/Through/ From Circle of Care</b>					during September 2021 & February 2022 SST LPS course - Overview of Suicide Response Protocol provided during October 2021 ASIST Training - Pathways to Care handout provided to Lead Student Success and Guidance teachers in November 2021 - Ongoing review of Protocol, including Pathways to Care during consultations via the Educational Services Crisis Line - Presentation of Crisis Line information from 2021-2022 to Educational Services Leadership Team, Equity Team and Senior Staff in spring 2022. The outcome of this is a review of the LDSB Suicide Response Protocol for all staff in September 2022 - MHSU Leadership Committee members, with consultation from Community Partners, revised the Suicide Response Protocol for release in September 2022
	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	No target	- Mental Health Lead, SSC and elementary educator facilitated an in-service with KHSC Psychiatry Residents and Fellows in October 2021 - Maltby/School Board Committee formed with two meetings held in 2022; monthly meetings with Maltby Centre regarding Nexus Section 23 classrooms - Year-end meeting with Home & Community Care Support Services Mental Health and Addiction Nurses - Educational Services & Safe Schools Lead liaised with Maltby Centre regarding School Engagement Program

<b>Pathways To/Through/ From Circle of Care</b>					<ul style="list-style-type: none"> <li>- In-services for Social Workers with Maltby Centre and Heads Up! Early Psychosis Clinic</li> <li>- In-service from DDCOT/DDCP representative for SSTC educators</li> <li>- In-services for SSCs with Kingston Military Family Resource Centre, Family &amp; Children’s Services, Stride Academy, and Youth Diversion</li> <li>- In-service for Behaviour Action Team (BAT) with One Roof</li> <li>- Ongoing representation from KFL&amp;A Public Health, Maltby Centre and Youth Diversion on LDSB MHSU Leadership Committee</li> </ul>
	Review suicide postvention response.	Mental Health Leadership & Substance Use Committee	January - June 2022	Making progress	<ul style="list-style-type: none"> <li>- Postvention section of the LDSB Suicide Response Protocol has been updated for release in September 2022, with input from members of the MHSU Leadership Committee</li> <li>- Development of postvention responses arising from COVID-19 to be shared with MHHSU Leadership Committee during the 2022-2023 school year</li> </ul>
<b>Equip and Support Staff</b>	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 <a href="#">harm reduction</a> approaches.	K-12 educators	September 2021 - June 2022	Making progress	<ul style="list-style-type: none"> <li>- Resources available through Mental Health &amp; Wellness Minds Online</li> <li>- Spotlight on SMHO Everyday Practices elementary and secondary resources from June – October 2022</li> <li>- Mental Health Lead facilitated professional learning sessions for SSTC educators, Lead Guidance and Student Success teachers, and English as a Second Language teachers</li> </ul>

<p><b>Equip and Support Staff</b></p>		<p>Staff</p>	<p>September 2021 - June 2022</p>	<p>On track</p>	<ul style="list-style-type: none"> <li>- 3 Social Workers participated in “Introduction to Eating Disorders” and “Supporting Students with Eating Disorders” professional learning sessions supported by SMHO</li> <li>- 4 Social Workers participated in “Eating Disorders – From Illness to Image” professional learning session through the Crisis and Trauma Resource Institute</li> <li>- 1 Social Worker completed the “STRONG” (Supporting Transition Resilience Among Newcomer Students) training facilitated by SMHO</li> <li>- SSCs and ACWs were provided with opportunities to participate in 3 SMHO facilitated professional learning sessions focused on mental health promotion in the early years; virtual mental health promotion, and special education considerations during mental health promotion in March &amp; June 2022</li> <li>- 5 Clinical Consultants participated in “BRISC” (Brief Interventions for School Clinicians) training facilitated by SMHO</li> <li>- SWs and ACWs were given access to SMHO training series on school-based interventions related to student cannabis use</li> <li>- All Social Workers and registered Clinical Consultants were provided with an opportunity to participate in an SMHO facilitated professional learning webinar focused on differentiating mental health intervention for students with special education needs</li> <li>- 3 SSCs, 1 itinerant teacher participated in a half-day “Supporting Children and</li> </ul>
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<b>Equip and Support Staff</b>					<p>Youth with FASD” workshop</p> <ul style="list-style-type: none"> <li>- SSCs and ACWs received naloxone training from the Integrated Care Hub</li> </ul>
	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	Needs further attention	<ul style="list-style-type: none"> <li>- Unable to complete due to ongoing restrictions related to COVID-19</li> <li>- Mental Health Lead and Safe Schools &amp; Educational Services Lead to co-facilitate a one-day professional learning session planned for Educational Services staff in October 2022</li> </ul>
	Promote and support educators and administrators to participate in <a href="#">SMHO MH LIT</a> e-learning course.	Administrators K-12 Educators	Ongoing	Making progress	<ul style="list-style-type: none"> <li>- Information provided to all Lead Student Success and Guidance educators in November 2021</li> <li>- Registration to the e-learning course is featured on the Mental Health and Well-being Minds Online</li> </ul>
	Assemble and disseminate wellness resource packages to guidance teachers.	Lead Student Success teachers Guidance teachers	October 2021	On target	<ul style="list-style-type: none"> <li>- Student mental health resource packages provided to Lead Student Success Teachers and Guidance Counsellors on November 18 &amp; 25, 2021 and uploaded to Mental Health &amp; Wellness Minds Online</li> </ul>
	Promote <a href="#">One-call</a> resource to help educators recognize and respond to student mental health concerns.	All educators	September 2021 - November 2021	Making progress	<ul style="list-style-type: none"> <li>- Information provided to all Lead Student Success and Guidance educators in November 2021</li> <li>- Resource shared in April 2022 Administrator meeting update</li> </ul>
	<a href="#">Applied Suicide Intervention Skills Training</a> (ASIST)	Administrators Educators Educational Services support staff	November 2021	On target	<ul style="list-style-type: none"> <li>- 21 staff attended a 2-day in-person training in October 2021</li> <li>- A second training was offered in winter 2022 but was cancelled due low registration</li> </ul>

<b>Equip and Support Staff</b>	<a href="#">safeTALK</a> training	Administrators Educators Educational Assistants Support staff	November 2021	On target	- 12 secondary School to Community educators attended a half-day in-person training in April 2022
	Ongoing dissemination of <a href="#">School Mental Health Ontario</a> (SMHO) resources to reinforce mentally healthy classrooms, schools, and systems.	All staff Students Parents/caregivers	September 2021 - June 2022	Making progress	- In partnership with SMHO, Ontario Principals Council resources shared in October 2021 and June 2022 - <a href="#">#HearNow</a> student online survey and forum information shared with interschool council in October 2021 - Various staff and caregiver resources shared at monthly administrator meetings from September 2021 – June 2022 - Resources regularly added to Mental Health and Wellness Minds Online
<b>A Relationship-based Approach to Student Well-being and Achievement</b>	Introduce <a href="#">The Third Path</a> to all District Learning Centres (DLCs).	DLC Administrators DLC Educators DLC Educational Assistants	September 2021 - June 2022	On target	- Introductory email and webinar sent to all DLC administrators and classroom teachers in September 2021 - Book and classroom guides sent to all DLC administrators, classroom teachers and additional packages for EAs in September 2021 - Mental Health Lead, Safe Schools & Educational Services Lead, 4 BAT team members, and 1 Special Education Program Coordinator participated in monthly Book Club sessions from September 2021 and June 2022 - Mental Health Lead and BAT team members attended meeting with DLC educators to discuss engagement with The Third Path resources

<b>A Relationship- based Approach to Student Well- being and Achievement</b>	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	Making progress	<ul style="list-style-type: none"> <li>- 90 Educational Assistants attended <a href="#">Level 1 CRI Trauma-Informed Training</a> in August 2021</li> <li>- 6 staff participated in a Level 1 CRI Trauma-Informed Train the Trainer session in September 2021</li> <li>- 9 ESL educators attended Level 1 CRI Trauma-Informed Training in March/April 2022</li> <li>- Ongoing representation from LDSB staff in the KFL&amp;A ACEs and Resilience Committee</li> </ul>
	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	Making progress	<ul style="list-style-type: none"> <li>- Mental Health Lead and Principal of Educational Services presented "Creating Caring Connections &amp; Supporting a Mentally Healthy Return to School" professional learning session at August 2021 Summer Institute</li> <li>- Mental Health Lead provided a suite of resources for administrators to share with staff during the September 3, 2021 PA day</li> <li>- Ongoing focus on relationship building</li> </ul>
	Facilitate student engagement with <a href="#">Mental Health Leadership Committee</a> .	Secondary students	September 2021 - June 2022	Needs further action	- Requires further work