

Limestone District School Board 2022-2023 Mental Health and Substance Use Progress Report

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 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - Hosted virtual review session for all interested school-to-community (STC) educators - Presenter at School Mental Health Ontario (SMHO) Knowledge and Implementation series - KFL&A Public Health nurses supported implementation of lesson plans at FSS, LCVI, NDSS & in select grade 9 phys ed classes. Support offered to BSS and FSS, but declined - Presenter at April 2023 Special Education Advisory Committee (SEAC) - Inclusion of lesson plans in 2023 Mental Health Week resources - Support provided to two STC classes at GREC in June 2023
	Communication and resources targeted at students, families/caregivers that support mental health and/or substance use concerns.	All students Families/caregivers	September 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - Ongoing use of social media platforms (X @MentalHlth LDSB and Instagram @ldsbwell) - Sharing SMHO resources (By Your Side video series and Parent Information sheet) for sharing with caregivers - Dissemination of KFL&A Family Advisory Committee (FAC) Navigation Guide to all schools - Information/resource booth at the Roadmap to Wellness FAC Mental Health Week event

					<ul style="list-style-type: none"> - Good2Talk resources shared with all guidance leads and social workers. Wallet cards provided to all graduating FSS students - KFL&A Public Health vaping cessation display at KSS, NDSS and SHS - 9 elementary classes were part of the KFL&A Public Health “My brain my choice” (MBMC) pilot. 30 grades 5-8 classes participated in MBMC outside of the pilot group - Participation across the district in Bell Let’s Talk Day 2023 - Participation across the district Mental Health Week 2023. Social media posts, daily announcements, and resource guides were provided to all schools - 169 students participated in various psychoeducational workshops facilitated by Kairos staff - Caregiver resources offered in multiple languages at LDSB Newcomer Family Literacy Outreach Night - Foyer engagement displays by KFL&A Public Health focusing on “stress-less” exams, Fuel/Chill/Chat/Play model, and various wellness displays - Dissemination of various SMHO resources including No Problem Too Big or Too Small, My Circle of Support, Social Emotional Posters - School wellness teams at R.G. Sinclair PS, FSS, LCVI, SHS supported by KFL&A Public Health nurses
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	Implementation of evidence-based brief interventions connected directly to learning and mental health needs, as identified by a comprehensive clinical consultation or psychoeducational assessment.	K-12 students identified during the course of a clinical consultation or psychoeducational assessment	Ongoing	On target	<ul style="list-style-type: none"> - Brief intervention rolled out as part of service delivery through meetings with key education staff (e.g., SST) - Both individual and group brief interventions were offered - Brief interventions focused primarily on anxiety, emotion regulation, ADHD coaching, depression, and psychoeducation
Mental Health & Substance Use Support	<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 	All students Families/caregivers	September 2022 - June 2023	On target	<ul style="list-style-type: none"> - Print and media packages advertising the LDSB online mental health self-referral link were produced for each school to enhance awareness amongst students - Continued static post for @MentalHlth LDSB X account to advertise online self-referral option - 46 self-referrals were made for Adolescent Care Worker (ACW) and/or Social Worker (SW) services across 9 sites between September – May - Consultation and review of policy regarding age of consent to access school-based mental health supports - ACWs and SWs participated in classroom visits to share role information and how to access their supports in secondary schools - Development of school-based mental health services poster to display at community events, etc.
	Evaluate the impact of enhancements to the LINKS District Learning Centre program on student well-being and academic achievement.	LINKS students	September 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - Memorandum of Understanding was developed in collaboration with LDSB and Kingston Health Sciences Centre (KHSC) - Research and Data Analyst completed a

					<p>program evaluation over the course of the school year</p> <ul style="list-style-type: none"> - Semi-structured interviews were completed with 9 students and 2 families - Data analysis and participant feedback will continue into 2023-24
	Participate in PreVenture initiative through KFL&A Roadmap to Wellness. in select elementary sites.	Students aged 12-18	September 2022 - June 2023	On target	<ul style="list-style-type: none"> - Accepted into 2023-24 scale up project with SMHO and Youth Wellness Hubs Ontario (YWHO) - Participated in administrator training & bi-weekly implementation meetings between April – June 2023 - Bi-weekly implementation meetings, facilitator training, and program implementation will continue into 2023-24
	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 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - Nineteen Kids Have Stress Too! sessions were facilitated across various elementary schools for grades 2-8 classrooms - Stress Lessons training session was held for 7 SSCs and 10 ACWs in January 2023 - One Stress Lessons session was run for a grade 9 classroom
Pathways To/Through/ From Circle of Care	<p>Increase awareness of:</p> <ul style="list-style-type: none"> ● Suicide Response Protocol ● Internal pathways to care ● Suicide prevention resources 	All board staff	September - October 2022	On target	<ul style="list-style-type: none"> - Development of Suicide Response Protocol online module, to be completed by all staff as part of mandatory health & safety training - Presenter at SMHO Knowledge and Implementation series - Life promotion and suicide prevention resources available on LDSB website, including public facing Suicide Response

					<ul style="list-style-type: none"> Protocol and resources targeted at caregivers - Resource sharing at public events
Culturally-Responsive Mental Health Promotion, Prevention and Intervention	Pilot the Supporting Transition Resilience of Newcomer (STRONG) group at one elementary and one secondary site.	Newcomer elementary and secondary students	September 2022 - 2023	Needs further attention	<ul style="list-style-type: none"> - Began implementation for Arabic LCVI students - Group needed to be placed on hold due to caseload demands and limited language supports
	In partnership with Human Rights and Equity staff, establish mental health and substance use supports that prioritize the voices and experiences of students from racialized, marginalized and underserved groups.	2SLGBTQI+, Black, Indigenous, and racialized students; students experiencing socio-economic inequities	September 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - Review of Student Census data to determine areas of need - Equity and Inclusion Consultants and Early Years and Equity Social Work support elementary students and classrooms to address issues related to equity and human rights - Participation in SMHO Supporting Uptake of Identity Affirming Prevention - Consultation with Community Equity Advisory Committee (CEAC) in this area - Collaboration with Equity and Inclusion Consultants to support 2SLGBTQ+ students having access to identity-affirming support during summer months
	Educational Services staff will enhance awareness and access to evidence-based, student-centered, culturally-responsive promotion, prevention and early- intervention practices to address the complex needs of underserved and marginalized students.	Educational Services staff All students	September 2022 - June 2023	On target	<ul style="list-style-type: none"> - One Student Support Counsellor (SSC) and one ACW attended SMHO Supporting Newcomer Student Mental Health and Well-being training - Two SSCs completed YouthRex <u>Centering Black Youth Wellbeing: Certification on Combating Anti-Black Racism</u> - Resources added monthly to Educational Services equity resource list

					<ul style="list-style-type: none"> - Ongoing access to Educational Services equity and anti-racism communication board - Gender and Sexual Diversity in Youth Crisis and Trauma Resource Institute training for Mental Health Lead and Safe Schools Lead - Social Workers participated in a one-day workshop on Affirming Identities: Tools for Student Mental Health in the COVID Era - Ed Services Equity Committee members were offered opportunity to participate in SMHO Affirming School Mental Health: A Frame for Reflection and Action - SMHO Supporting Newcomer Student Mental Health and Well-being training offered to ACWs, SSCs, ELL Educators - Six SWs participated in SMHO Supporting the Mental Health Needs of Black, Indigenous, and Racialized Youth - All Ed Services staff may participate in Psychology Canada “Fostering a connection with your LGBTQ2+ youth” webinar - Regular resource and professional learning opportunities shared via weekly Educational Services newsletter
Equip and Support Staff	Provide evidence-based resources and/or professional learning opportunities to all staff to support in-class learning/ teaching/discussion about student mental health and substance use, including harm reduction approaches.	All staff	August 2022 - June 2023	On target	<ul style="list-style-type: none"> - SMHO Understanding Eating Related Issues training for Social Workers - SMHO Foundations of Early Identification Support training attended by four SSCs and one ACW - KFL&A Public Health mental health promotion and networking meeting with nurses and ACWs

					<ul style="list-style-type: none"> - SMHO Foundational Clinical Skills Series for Suicide Risk Assessment and Management - Rolling with Resistance for Clinical Consultants and Social Workers - SSCs, ACWs, and SWs were offered an opportunity to participate in a substance use eLearning Course through YWHO - Early Years SW participated in SMHO Early Years: Role of the School Mental Health Professional - Resources available through Mental Health & Wellness Minds Online
Introduction of emotion coaching as a brief and effective way to respond to student emotions in the classroom.	Educational Services staff Lead Student Success/Guidance educators	October 2022 - June 2023	On target	<ul style="list-style-type: none"> - 50-60 Educational Services staff participated in a one-day workshop - Educational Assistants and two SSCs participated in half-day workshop 	
Applied Suicide Intervention Skills Training (ASIST).	Administrators Educators Educational Services support staff	August - December 2022	On target	<ul style="list-style-type: none"> - Six LDSB staff participated in a two-day training in August 2022 - Three STC, 3 PSSP, and 2 outdoor educators participated in a two-day training in November 2022 - One educator participated in two-day training in February 2023 	
safeTALK training.	Administrators Educators Educational Assistants Support staff	November 2022	On target	<ul style="list-style-type: none"> - Eighteen Educational Assistants participated in half-day training 	
Enhance Mental Health and Wellness Minds Online resource site.	All staff	January 2023	Needs further attention	<ul style="list-style-type: none"> - Requires further work 	

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

A Relationship- based Approach to Student Well- being and Achievement	Introduce The Third Path to all schools.	Administrators	September 2022 - June 2023	On target	<ul style="list-style-type: none"> - Anchor text and classroom strategy guides provided to all schools - Virtual presentation for all staff by Dr. David Tranter on September PA Day (“The Third Path Framework: Embedding Wellbeing in Education”) - Thirty-seven staff (14 ELL educators and 23 Administrators) participated in a 6-session virtual book club with Dr. David Tranter (“You Are the Strategy”)
	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	August 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - August Community Resilience Initiative (CRI) Level 1 Trauma-Informed Training for educators, administrators, educational assistants, etc. - KFL&A Aces & Resilience Committee participation
	Facilitate student engagement with Mental Health and Substance Use Leadership Committee .	Secondary students	September 2022 - June 2023	Making progress	<ul style="list-style-type: none"> - One student representative - Need to establish a process for future years
	Support early years classroom participation in Roots of Empathy (ROE) to promote resilience, well-being, and positive mental health.	Early Childhood Educators Kindergarten students	October 2022 - June 2023	On target	<ul style="list-style-type: none"> - Three ECEs attended 3-day facilitator training, and 1-day follow up session