

# Mental Health and Addictions Strategy Implementation Action Plan

## Annual Action Plan to address Board Strategic Priorities

**Board’s Mental Health Strategic Vision: *UCDSB schools will be safe and inclusive, will foster a sense of belonging and will positively influence the mental health and wellness of all students.***

Strategic Plan Priorities	Activities What will you do? Which Tier will it address?	Method How will you do it? Who will be involved? Who do you want to influence?	Indicators of Success	Targets	Monitoring and update
<p><i>Continue to improve mental health literacy of staff, students and caregivers.</i></p>	<p>Mindful Educators training will be provided to UCDSB education staff. (Tier 1)</p>	<p>Board training team will be developed to train educators in the Mindful Educators program.</p> <p>Educators will be trained in Mindful Educators by the board training team.</p>	<p>Post-participation surveys will be provided to participants of the training.</p>	<p>100 staff will be trained by June 31, 2022.</p> <p>75% of participants will report having adjusted their teaching practices following training in a way that is thought to positively influence the well-being of students.</p>	<p><i>Review December 23, 2022</i></p>
	<p>Mental health promotion and social-emotional learning skill-building workshops will be delivered to students. (Tier 1)</p>	<p>Mental health promotion and social-emotional learning skill-building workshops will be delivered to students by mental health and wellness staff as well as community partners.</p> <p>UCDSB mental health and wellness staff will deliver mental health/ social-emotional learning lessons developed by School Mental</p>	<p>Workshops delivered to students will be tracked.</p>	<p>25% of students will participate in mental health and social-emotional learning skill-building workshops during the 2022-2023 school year.</p>	<p><i>Review December 23, 2022</i></p>

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		Health Ontario including health and physical education Curriculum lessons (K-8) and the Mental Health Lit program (Gr. 9-12).			
	Monthly mental health updates will be delivered electronically to UCDSB families (Tier 1)	<p>Monthly newsletter will focus on board, school and classroom mental health and social-emotional learning initiatives/successes. Newsletters will promote mental health and social-emotional learning activities that families can practice outside of school.</p> <p>Newsletter will be distributed to families by email and posted on social media.</p>	Pulse surveys will be used to collect feedback from UCDSB parents and guardians.	<p>UCDSB staff and families will receive 9 mental health updates throughout the school year.</p> <p>50% of parents and guardians will report that they access the mental health update and find information within useful.</p>	<i>Review December 23, 2022</i>
	Information related to mental health and social-emotional learning will be available to students, parents/guardians and other caring adults on the UCDSB website and will be distributed through social media. (Tier 1)	<p>The mental health and wellness section of the UCDSB website will be revised to include information that promotes mental health and social-emotional learning.</p> <p>Mental health and social-emotional learning-related content will be provided through social media.</p>	<p>Compare analytic reports for the mental health and wellness website pages annually.</p> <p>Social media analytics will be monitored.</p>	<p>Website revisions will be completed by October 1, 2022.</p> <p>Website traffic increase by 20%.</p>	<i>Review December 23, 2022</i>

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<p><b><i>Amplify the promotive and protective influence of schools by ensuring social-emotional learning is embedded in classroom work.</i></b></p>	<p>UCDSB staff will receive email communications that introduce easy-to-implement, evidence-based strategies and activities to promote social-emotional learning in classrooms. (Tier 1)</p>	<p>Email communications will be distributed to staff and will introduce easy-to-implement, evidence-based strategies and activities to promote social-emotional learning in classrooms.</p>	<p>Feedback survey results from June 2022 will be compared to feedback survey results in 2023.</p>	<p>The number of educators accessing and using information within the communications will increase by 25%.</p>	<p><i>Review December 23, 2022</i></p>
	<p>Guidance and support will be provided for staff on how to implement everyday mental health practices. (Tier 1)</p>	<p>School staff will have the opportunity to request virtual or in-person coaching from the mental health lead and/or System wellness and social emotional learning support worker staff to assist with the implementation of everyday mental health practices in schools and classrooms.</p>	<p>Number of requests will be tracked.  Staff who have received coaching and support will receive pulse feedback surveys.</p>	<p>Staff will have accessed the mental health lead and/or SELW staff for coaching and support.  Staff who accessed coaching and support will report that it was beneficial.</p>	<p><i>Review December 23, 2022</i></p>
	<p>UCDSB educators and families will be supported in assisting students through the transition back to school. (Tier 1)</p>	<p>Return to school professional development slide decks from School Mental Health Ontario will be distributed.  A social media campaign will be launched the week before school with tips on how parents and caregivers can</p>	<p>A pulse feedback survey will be distributed to administrators.  Social media analytics will be monitored.</p>	<p>Administrators will report feeling that PD slide decks were useful.</p>	<p><i>Review December 23, 2022</i></p>

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		support a mentally healthy return to school.			
	Real-world learning opportunities will be provided for students with a focus on wellness and social emotional learning. (Tier 1 and 2)	In collaboration with teaching and learning, authentic student learning experience with a focus on mental health and wellness will be developed for students.	Number of credits obtained through authentic student learning experience with a focus on mental health and wellness will be tracked.	Students will have received credits through authentic student learning experience with a focus on mental health and wellness.	<i>Review December 23, 2022</i>
<b>Identify students with emerging or escalating mental health concerns and ensure easy access to the appropriate level of support.</b>	System services available to students will be clarified and pathways to available services simplified. (Tier 2 and 3)	With engagement from interdisciplinary staff, mental health leadership team will determine, document, and distribute pathways to system services to system staff.	Pulse surveys will be used to compare baseline and post-action data.	Staff's understanding of system services and how to access will increase by 10%  75% of staff will report services are easy to access and timely.	<i>Review December 23, 2022</i>
	Staff, students and caregivers will have improved awareness of community supports and services available to students and how to access them. (Tier 2 and 3)	The mental health leadership team will continue to foster partnerships with community mental health agencies and will receive regular updates regarding available programs and services available to UCDSB families and how to access them. Updated information will be distributed to staff and UCDSB families via the UCDSB website and social media.	Pulse surveys will be used to compare baseline and post-action data.	Staff, students and caregivers' awareness of community services and how to access will increase by 10%.	<i>Review December 23, 2022</i>

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	Safe Talk training will be offered to staff and students. (Tier 1)	Board training team (4 trainers) will be developed to train staff and students in Safe Talk.	Four trainers will be trained by December 1, 2022.	Four trainers will be trained by December 1, 2022.	<i>Review December 23, 2022</i>
	Guidance and coaching will be provided to educators and administrators on how to approach identified social-emotional or mental health-related concerns affecting, classrooms and schools. (Tier 2)	School staff will have the opportunity to request virtual or in-person coaching from the mental health lead to address identified social-emotional or mental health-related concerns affecting, classrooms and schools.	Number of requests will be tracked.	Staff will have accessed the mental health lead for coaching and support.  Staff who access coaching and support will report it was beneficial.	<i>Review December 23, 2022</i>