

## **2025-2026 Mental Health and Addictions Action Plan**

The 3 year York Catholic District School Board Student Mental Health Strategic Plan came into effect September 2023. Each year a one year action plan is created to highlight the actions the board will be taking to achieve each priority of the three year strategic plan.

The action plan also addresses the requirements of PPM 169.

### **Priority #1: Three-Year Mental Health and Addictions Strategy and One-Year Action Plan**

The 2023-2026 Student Mental Health Strategic Plan was created in September 2023 after consultation with parents, students and staff through a survey. The survey helped to identify strategic priorities to be sustained and that required more attention. The strategic plan was reviewed and approved by the Staff Mental Health Advisory Committee in October 2024.

#### [York Catholic District School Board - Student Mental Health Strategic Plan 2023-2026](#)

Key actions:

- The Staff Mental Health Advisory Committee and the Mental Health Leadership team will consult with parents, students and staff to develop and create a new strategic plan that is in alignment with PPM 169.
- We will embed some key priorities from the Student Mental Health Strategic Plan into our Multi Year Strategic Plan (MYSP) and Student Achievement Plan (SAP).

Outcomes will be monitored through student, parent and staff feedback via surveys and indicators outlined on the MYSP and SAP.

### **Priority: #2: Joint Local Planning with Community-based Child and Youth Mental Health Providers**

The YCDSB engages with community partners in various capacities.

Key actions:

- We will continue our work with community agencies in actioning Right Time, Right Care.
- We will continue to create partnerships and develop referral pathways with community partners to meet specific needs of students. Memorandum's of Understanding have been developed with the Women's Support Network, Kumba program at York Hills and YSSN.
- We will extend this to an MOU with Kinark and explore how we can work together with the newly opening Youth Wellness Hub- Maple.

### **Priority #3: Multi-Tiered System of Supports**

The Student Mental Health Strategic Plan highlights priorities across all tiers of support.

Key actions:

- We will continue to actively share the service delivery model to the system
- We will continue to offer tier 1 classroom based workshops focused on mental health literacy and anxiety
- The Mental Health Instructional Lead teacher will continue to support educators through lunch and learns, professional development and consultation
- We will continue to deliver tier 2 small group interventions (e.g Trails for Wellness, STRONG)
- The mental health services team will continue to provide crisis support and short-term individual psychotherapy to students
- We will continue to define roles and pathways to more intensive services as needed

Indicators of success include a clearer understanding of the roles different staff play and increased uptake in services across all tiers.

### **Priority #4: Consistent Use of Evidence-informed Brief Interventions and Standardized Measurement**

The YCDSB mental health team provides evidence-informed brief psychotherapy along with regularly attending professional learning and training to best support students' goals of improved mental health in the school setting.

Key actions:

- We will continue the use of measurement based care, using measures focused on symptoms of anxiety and depression as well as general wellbeing and therapeutic alliance
- We will continue to attend professional development related to evidence based interventions.

Indicator of success will be improved student mental health outcomes as reported through data collection monitoring tools/software.

### **Priority #5: Suicide Prevention, Intervention and Postvention Protocols**

The YCDSB Suicide Intervention Protocol was updated and released in the fall of 2023. It has been shared and reviewed at all staff in-services and is posted on the staff internal mental health site.

Key actions:

- We will continue to provide Applied Suicide Intervention Skills Training to chaplains, guidance counselors and relevant student services staff
- We will continue to support school staff with our On Call service for when students are in crisis
- We will continue to offer Youth Suicide Prevention/Life Promotion training for School Staff in the elementary panel. (training to secondary school staff has been completed but for one school)

Indicator of success includes attendance, feedback and evaluation from school staff who participate in these professional development opportunities this year.

**Priority #6: Virtual Care Delivery**

The YCDSB maintains the ability to provide virtual care using a HIPAA compliant platform. This is available to all students if it best meets their needs.

**Priority #7 Enhanced Educator and Staff Mental Health Literacy**

We continue to offer regular professional development to staff to further their mental health literacy. We have focused on providing role specific professional development as well as opportunities for all staff to come together to increase their knowledge and comfort in bringing mental health awareness and literacy into their classrooms.

Key actions:

- We will continue to deliver professional development opportunities to staff
- We will build capacity in the senior academic leadership team to support administrators in Leading Mentally Healthy Schools
- The Mental Health Instructional Lead Teacher will continue to plan and deliver lunch and learns and support educators
- We will maintain our internal site which provides many mental health resources for educators to embed into their classrooms
- We will provide opportunities to lead our guidance counselors and some special education teachers in the new MH Lit course
- We will provide resources to support school staff around the effects of vaping and cannabis use

Indicators of success include monitoring of staff participation and feedback and progress towards our multi year strategic plan goals.

### **Priority #8: Mandatory Mental Health Literacy Learning for Students**

The YCDSB successfully implemented the mandated mental health literacy lessons for grade 7, 8 and 10 careers students.

Key actions:

- Continue to support gr 7,8 and 10 careers educators in delivery of the mental health lessons
- We will support PPM 128 by building awareness and education around the impacts of vaping and cannabis and screen time/social media use and mental health.
- Continue to implement Student MH Lit in gr 9 religion

Implementation will be monitored through data collection using surveys.

### **Priority #9: Family Mental Health Literacy and Awareness**

The YCDSB values its relationship with families and caregivers.

Key actions:

- We will continue to maintain a relationship with YCPIC and CSC's to increase their awareness around resources available
- We will continue to offer parent nights around topics of interest as it relates to mental health and addiction literacy
- We will share the resources we had translated in various languages
- We are building relationships with community partners (Hong Fook and Kumba) to support our parents/caregivers

Indicator of success includes survey and feedback from parents/caregivers.

### **Priority #10: Social-Emotional Learning**

Social emotional learning is embedded in the Ontario curriculum and is the foundation of a mentally healthy classroom.

Key actions:

- The mental health instructional lead teacher will continue to support educators with resources and coaching/demonstrations of delivering social emotional learning.
- We will explore pilot projects that include programs like Secret Agency Society, Primary Life Skills and SNAP for schools to support students

Indicators of success includes climate survey and census data

### **Priority #11: Mental Health Absences**

- We will continue to support students mental health and attendance at school as needed

