As an extension of Ontario's Well-Being Strategy for Education and the Waterloo Catholic District School Board's Multi-Year Strategic Plan 2015-2018…

The Mental Health and Well-Being Strategy is in place to address the need for further enhancement, and addition to programs and supports pertaining to the development of resiliency, strengths based education, social and emotional learning, and behavioural competence within the context of Catholic Education and our Catholic Community.

Our Vision

Our Catholic Schools…heart of the community, success for each, a place for all.

Data Sources for Evidence Based Decision Making

The Waterloo Catholic District School Board considers a variety of sources when planning and monitoring for various Mental Health and Well-Being initiatives. Some of the data sources may include, but are not limited to, the Resiliency Initiatives survey, school observations, focus groups with students and administrators, reference to Open Minds, Healthy Minds: Ontario’s Comprehensive Mental Health and Addictions Strategy and Ontario’s Well-Being Strategy for Education.
Dimensions of the Strategy

**Strengthening Key Organizational Conditions**
- Strengthening board commitment and promoting healthy communication
- Standard processes
- Ontario’s Well-Being Strategy for Education referenced
- Mental Health and Well-Being Promotion
- Broad collaboration

**Building Educator Mental Health & Well-Being Literacy**
- Increase knowledge of Mental Health concerns and Mental Illness
- Build educator capacity to recognize and respond sensitively to student Mental Health needs
- Promote Mental Health as a positive concept
- Build educator knowledge of community supports and available resources
- Enhance school capacity to create emotionally healthy schools

**Implementing Mental Health & Well-Being Promotion & Programming**
- Primary prevention programs and early identification processes
- Resiliency-based promotion in all schools
- Strengths Based education
- Growth Mindset
- Coordinating community services appropriate for all students
To strengthen system wide commitment to WCDSB’s vision for Mental Health and Well-Being through initiatives which engage students, parents and staff in working towards mentally healthy school communities

1. Goals

- Review membership of the interprofessional Mental Health and Well-Being steering committee and continue with monthly meetings
- Continue to encourage school teams to incorporate Mental Health and Well-Being as a consistent area of focus within existing school committees
- Continue to investigate the possibility of a Professional Development Day dedicated to Mental Health and Well-Being
- Continue with board wide implementation of Christian Meditation
To continue the resiliency pathway, strengths based education & growth mindset approach with all students and staff

- Continue to administer survey for students in Grades 4 to 12 and pilot use of qualitative methods for students in FDK to Grade 3
- Continue to create student focus groups to not only obtain useful information but also to encourage student involvement in school planning thus building community and positive school culture
- Explore the creation of curriculum resources pertaining to resiliency and strengths based education
To build staff capacity to support students and ourselves in the area of Mental Health and Well-Being

- Continue to promote the Elephant in the Room Campaign (anti-stigma) – partnership with the Mood Disorders Society of Canada
- Lifelong Learning Series – continue to offer Mental Health and Well-Being series each year, open to all staff
- Continue to administer 10 part Module series with all staff which provides education on strengths based practice and how to foster and teach resiliency
- Create Desire to Learn site (D2L) for students in the area of Mental Health and Well-Being. Staff site now available
- Employee Assistance Provider now Homewood Health. Services will now extend to offerings such as the Well-Being Series
To continue to promote and educate regarding the suicide, self-harm and depression protocol, while continuing to review prevention programming, interventions and postvention, unique to the needs of students within WCDSB

- Continued maintenance and review of APH 019 “Suicide, Self-Harm and Depression Protocol”
- Membership on newly created regional committee “Youth Suicide Prevention Community”
- Safe Talk offered for staff three times per school year, students enrolled in Specialist High Skills Major Program (Health & Wellness, Justice, Community Safety & Emergency Services). Also exploring parent/guardian trainings
- Prevention programming is captured under the Resiliency Framework
- Quarterly meetings with Grand River Hospital and Cambridge Memorial Hospital to ensure pathways of care for students are well-defined
- Continued review and revision, if necessary, of WCDSB’s Compassionate Care Framework – postvention
- Employee Assistance Program (Homewood Health) available to support staff for postvention needs
To continue to expand and strengthen our community partnerships creating a coordinated and integrated pathway to care for students

- Full participation in conversations regarding programming with our region’s Lead Agency Lutherwood
- Continue to explore partnerships and collaborate whereby community can offer service within the schools that is not currently available
- Continue with implementation of Foundations for Healthy Schools (Region of Waterloo, Public Health)
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