



2024-25 Mental Health and Addictions Action Plan Waterloo Catholic District School Board

Board's Mental Health Strategic Vision: To strengthen system-wide commitment to WCDSB's vision for Mental Health and Wellbeing through initiatives which engage students, parents, and staff in working towards mentally healthy school communities with the following focus areas in mind, in alignment with the priorities of School Mental Health Ontario:

Six Focus Areas:

- 1.** Centre the needs of students who are **disproportionately impacted** by the social determinants of health, racism, and/or marginalization through an explicit focus on reconciliation, equity, and identity-affirming school mental health.
- 2.** Enhance **wellness and life promotion, mental health literacy, and engagement** within the context of mentally healthy learning environments through meaningful connections with parents, caregivers, and community.
- 3.** Create opportunities for meaningful **consultation, contribution, partnership and leadership**, to engage students in identity-affirming mental health promotion and stigma reduction.
- 4.** Strengthen the **knowledge** and confidence of system and school staff to promote student wellness, **identify** and **support** students experiencing mental health problems and **facilitate help-seeking** when needed.
- 5.** Support school mental health professionals to take an **identity-affirming approach** to use brief, evidence-informed prevention and early intervention protocols, including suicide risk assessment, intervention and postvention.
- 6.** Prioritize system and school leadership across the **service continuum**, in collaboration with community partners, to contribute to an improved system of care for child and youth mental health, following *Right Time, Right Care* principles.



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Priorities	Board Mental Health and Addiction Priority Statement
Priority #1: Parent, Caregiver, and Community Connections and Support	<p>Goal #1: Provide opportunities for caregiver learning about mental health</p> <p>Goal #2: Build caregiver awareness of pathways to community mental health support</p>
Priority #2: System, School, Classroom Mental Health Leadership	<p>Goal #1: Support system wide implementation of Trauma Informed Classroom Principles</p> <p>Goal #2: Work to balance inequities and help students who have been disproportionately impacted during the pandemic by building awareness of the close links between equity and mental health, and ensuring that all mental health and wellbeing goals, plans, programming, and activities are strength-based, culturally relevant and identity-affirming</p>
Priority #3: Strength-Based Mental Health Promotion, Mental Health Literacy and Stigma Reduction	<p>Goal #1: Administrator support for building Mental Healthy Schools</p> <p>Goal #2: Support the launch and maintenance of equity based, evidence informed Social and Emotional Literacy (SEL) programming for students</p> <p>Goal #3: Build implementation plans to support Grade 10 career studies educators to deliver new mental lesson plans and support Grade 7/8 educators to sustain and maintain their plans</p>
Priority #4: Student Leadership, Participation, and Agency	<p>Goal #1: Amplify student voice and collaboration in Mental health, Anti-Bullying, Stigma-reduction and student-identified areas of needs</p> <p>Goal #2 Build & maintain Youth Cannabis Initiative</p>
Priority #5: Early Identification, Support & Service Pathways	<p>Goal #1: Students with Mental Health needs are identified early and linked to appropriate support</p> <p>Goal #2: Clear pathways of support and promoting help-seeking for students who are struggling with emerging mental health needs. (Tier 1, 2, 3)</p> <p>Goal #3: Joint local planning with community-based child and youth mental health providers (PPM169 #2)</p>

