2022-2025 Three Year Mental Health and Addictions Strategy
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.
# 2022-2025 Three Year Mental Health and Addictions Strategy
## Waterloo Catholic District School Board

<table>
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<tr>
<th>Priorities</th>
<th>Board Mental Health and Addiction Priority Statement</th>
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| **Priority #1: Parent, Caregiver, and Community Connections and Support** | Goal #1: Provide opportunities for caregiver learning about mental health  
Goal #2: Build caregiver awareness of pathways to community mental health support |
| **Priority #2: System, School, Classroom Mental Health Leadership** | Goal #1: Support system wide implementation of Trauma Informed Classroom Principles  
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 |
| **Priority #3: Strength-Based Mental Health Promotion, Mental Health Literacy and Stigma Reduction** | Goal #1: Administrator support for building Mental Healthy Schools  
Goal #2: Support the launch and maintenance of equity based, evidence informed Social and Emotional Literacy (SEL) programming for students  
Goal #3: Support Grade 7/8 Teachers to develop implementation plans to build mental health awareness and combat stigma |
| **Priority #4: Student Leadership, Participation, and Agency** | Goal #1: Amplify student voice and collaboration in Mental health, Anti-Bullying, Stigma-reduction and student-identified areas of needs  
Goal #2 Build & maintain Youth Cannabis Initiative |
| **Priority #5: Early Identification, Support & Service Pathways** | Goal #1: Students with Mental Health needs are identified early and linked to appropriate support  
Goal #2: Clear pathways of support and promoting help-seeking for students who are struggling with emerging mental health needs. (Tier 1, 2, 3)  
Goal #3: Collaboration and partnership with community mental health and hospitals. |