



Encountering Souls and Opening Minds So That All Students Succeed

# Niagara Catholic Mental Health and Well-Being Strategy 2024- 2027 and Annual Action Plan 2024-2025

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Encountering souls and opening minds so that all students succeed.



**Registration**



**Transportation**



**Safe Arrival**



**Safe and Accepting Schools**



**Mental Health / Well-being**



**Careers**



**Livestream Meetings**



**Parent Information**



## Mental Health



School Supports



Community Supports and Resources



Well-Being Resources



Get Help Now



Mental Health and Well-Being Strategy



## Priority 1:

Embed wellness promotion and social-emotional learning into everyday school culture

## Priority 2:

Increase educator understanding of mental health and well-being from a culturally responsive, identity-affirming and trauma-informed lens

## Priority 3:

Expand mental health awareness and promotion to better engage student and family voice

## Priority 4:

Sustain and strengthen equitable pathways to care both internally and externally

## Priority 5:

Develop, implement, and improve communication of a comprehensive holistic employee well-being plan and programming



Mental Health  
and  
Well-Being  
STRATEGY 2024-2027





# *Rollout Plan for the Mental Health and Well-Being Strategy 2024-2027 and Annual Action Plan*



<b>Dates</b>	<b>Staff Groups Trained</b>	<b>Description</b>	<b>Trainers</b>
June 2024	Central level staff consultants and curriculum leaders	In-person, one hour overview and consultation about goals and priorities in Mental Health and Well-Being Strategy	Manager of Mental Health and Well-Being
September 10, 2024	Social Workers/Psychotherapists, ABA Team and select Student Support services staff	In person, half-day overview of Mental Health and Well-Being Strategy	Manager of Mental Health and Well-Being Supervisor of Clinical Services
September 17, 2024	Secondary Career Studies GLC20 Teachers	In-person, full day training, 1 hour overview of Mental Health and Well-Being Strategy	Manager of Mental Health and Well-Being Arts and Student Leadership Consultant Religion and Family Life Consultant
September 18, 2024	Educational Resource Teachers	In-person, 1 hour overview of Mental Health and Well-Being Strategy and Mental Health protocols	Manager of Mental Health and Well-Being
September 19 and 27, 2024	School Mental Health and Well-Being Champions	In-person, full day training, half day overview of Mental Health and Well-Being Strategy and Protocols	Manager of Mental Health and Well-Being
September 20, 2024 PA Day- elementary and secondary staff	All staff	Virtual sessions: Mental Health and Well-Being Strategy and Protocols	Manager of Mental Health and Well-Being Supervisor of Clinical Services
September 24, 2024 Board Meeting Report	Trustees and Senior Staff	Overview of Mental Health and Well-Being Strategy	Manager of Mental Health and Well-Being Supervisor of Clinical Services
October 25, 2024	Elementary and Secondary Principals	Overview of Mental Health and Well-Being Strategy	Manager of Mental Health and Well-Being Supervisor of Clinical Services

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# Niagara Catholic Implementation for Mental Health Literacy Modules for Grades 7 and 8 Teachers

As part of the Health and Physical Education curriculum, the Ontario government, in collaboration with School Mental Health-Ontario, introduced mandatory mental health literacy modules for grades 7 and 8 teachers and students. Niagara Catholic has implemented the Ministry of Education approved, teacher-led and culturally responsive mental health literacy learning modules for students in grades 7 and 8.

Training sessions for all grades 7 and 8 teachers were provided by the Manager of Mental Health and Well-Being, the Health and Physical Education Consultant, and the Religion and Family Life Consultant.

In the 2024-2025 school year, the implementation team will follow-up with all grades 7 and 8 teachers through surveys and data collection to ensure the modules that the have been implemented and to measure effectiveness and satisfaction.



## *Training Sessions for Mental Health Literacy Modules for Career Studies (GLC20), and Curriculum Implementation*

The Ministry of Education has developed two new learning modules to support revisions to the existing Career Studies curriculum (GLC20). These modules will enhance mental health literacy, equipping students with culturally-responsive, evidence-informed knowledge, skills and strategies, to support their mental health and well-being while in school and on-going outside of school.

The modules highlight how students can build their mental health literacy in preparation for their transition to post-secondary education and/or the job market. This makes the modules a strategic place to embed faith in mental health learning by linking these lessons to Catholic Social Teachings and the Ontario Catholic School Graduate Expectations.

Moreover, the support of students' well-being and mental health aligns with Catholic Social Teachings by honouring and protecting the dignity of every student. The “Connections for Catholic School Districts” document provides some suggestions to integrate faith to support students' mental health literacy: <https://smho-smsso.ca/wp-content/uploads/2024/06/MH10-Implementation-catholic-connections.pdf>.

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## *Training Sessions for Mental Health Literacy Modules for Career Studies (GLC20), and Curriculum Implementation*

The two modules focus on understanding stress management and recognizing signs of stress that can become problematic.

The two modules are:

- Strategies for Managing Stress and Navigating Balance
- Knowing When, Where and How to Seek Support

The **Mental Health Literacy Modules for Career Studies (GLC20)** are available to secondary students:

- at Niagara Catholic secondary schools, 2024-2025 school year
- e-learning, 2024-2025 school year, and
- Summer School 2025





# Niagara Catholic Implementation Action Plan for Mental Health Literacy Modules for Career Studies (GLC20)



Dates	Staff Groups Trained	Description	Trainers
May 29, 2024	Subject Council Meeting: Program Chairs	In-person ½ hour session introduction to Mental Health Literacy Modules and overview for School Teams	Manager of Mental Health and Well-Being
May 30-31, 2024	Superintendent of Education: Mental Health and Well-Being  Manager of Mental Health and Well-Being	In-person 1 hour session <ul style="list-style-type: none"> <li>High-level overview of Mental Health Literacy Modules and curriculum resources</li> </ul>	SMH-Ontario
September 13, 2024	Manager of Mental Health and Well-Being Arts and Student Leadership Consultant Religion and Family Life Consultant	Virtual 1 hour session <ul style="list-style-type: none"> <li>High-level overview of Mental Health Literacy Modules and curriculum resources</li> </ul>	SMH-Ontario
September 17, 2024	All secondary Career Studies teachers	Full day, in-person training <ul style="list-style-type: none"> <li>Half-day professional development focused on mental health and well-being</li> <li>Half-day professional development focused on the Mental Health Literacy Modules and Career Studies curriculum</li> </ul>	Manager of Mental Health and Well-Being Arts and Student Leadership Consultant Religion and Family Life Consultant TELT Consultant



# *Mental Health and Well-Being Professional Development Sessions*

To increase educator mental health literacy, professional development sessions throughout the 2024-2025 school year will be available for select staff.

- School Mental Health and Well-Being Champions
- Child and Youth Workers
- Social Workers/Psychotherapists
- New Teacher Induction Program (NTIP)
- Applied Suicide Intervention Skills Training (ASIST)
- *safeTALK*

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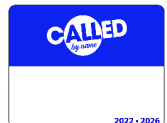


## *Implementation of Measurement-Based Care*

Niagara Catholic Social Workers/Psychotherapists currently utilize the documentation platform (PHIPA compliant) EMHware. This allows proper documentation, case notes, and uploading of assessments /referrals and files. EMHware currently allows the mental health team to run reports, assess data and provides statistics regarding services.

In 2024-2025, Niagara Catholic will implement GreenSpace, a measurement-based care system. This involves tracking student progress throughout treatment, and using consistent outcome measures. It provides an avenue for the Mental Health and Well-Being Team and their students to regularly check in with each other, reflect on objective symptom change data together, and uncover insights or patterns that can inform treatment decisions.

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## *Niagara Catholic Supervisor of Clinical Services*

In May, 2024, Niagara Catholic added a Supervisor of Clinical Services to support the Mental Health and Well-Being Team.

The Supervisor of Clinical Services reports directly to the Manager of Mental Health and Well-Being, is responsible for clinical supervision of the Social Workers/Psychotherapists, and administrative supervision of the Child and Youth Workers.

This includes regular clinical supervision for the team (including performance appraisals), peer to peer supervision, reporting data/statistics to the Ministry of Education and the Board, and supporting crisis or grief and bereavement responses as necessary. This will also include supporting the Child and Youth Workers in the implementation of evidence-based programming in the classroom.

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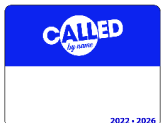


# Kristen French Child Advocacy Centre, CAMP ACORN: Trauma Informed Camp for Students

Mental Health funding from the Ministry of Education supported mental health supports during the summer of 2024 at Camp Acorn. Niagara Catholic sponsored 88 students, in partnership with the Kristen French Child Advocacy Centre.

Students participated in two-week blocks focusing on building trust, resiliency, and relationships, making connections, and teaching coping skills. Social Workers and Psychotherapists who were on site supported all students and were also available for counselling sessions upon request.

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# Kristen French Child Advocacy Center, CAMP ACORN: Trauma Informed Camp for

## Students

*“I love camp acorn! If my mom asks me next year if I want to go to camp again, I’d only ever come here!”*



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## *Niagara Catholic District School Board*

Mental Health and Well-Being continues to be a priority for the Ministry of Education, School Mental Health-Ontario (SMH-ON), and the Niagara Catholic District School Board.

The Niagara Catholic Mental Health and Well-Being Team collaborates with principals, vice-principals, and staff, on mental health and well-being promotion, prevention and intervention, in alignment with the Mission, Vision and Values of the Niagara Catholic District School Board.

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