



**DURHAM CATHOLIC
DISTRICT SCHOOL BOARD**
Learning and Living in Faith

Memorandum

To: Board of Trustees
From: Tracy Barill, Director of Education
Date: April 22, 2024
Subject: **Presentation: Together for Mental Health**
Origin: Paula Sorhaitz, Superintendent of Education

Please find attached a copy of the following presentation: "*Together for Mental Health.*"

TB/PS/pw
Attachment: Presentation



**DURHAM CATHOLIC
DISTRICT SCHOOL BOARD**
Learning and Living in Faith

Together for Mental Health

April 2024

Listening, Learning, and Living in Faith

Together for Mental Health

- The three year Mental Health Strategy and its yearly action plan reflect the Durham Catholic District School Board's commitments to Listening, Learning and Living in Faith.
- Aligns with the board's Strategic Plan: **Inspire 2026, 2023-2026** in the areas of **Supporting Faith and Well-Being** and **Advancing Human Rights and Equity**.
- Together for Mental Health: Everyone, Everyday, highlights four strategic priorities and the following features some of the work being done in these areas this school year



**Together for Mental Health:
Everyone, Everyday**

**Mental Health Strategy
2023-2026**

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Mental Health: Priority One

1. Amplify the promotive and protective influence of schools by creating culturally responsive, mentally healthy schools and classrooms.

- Designated Educator Mental Health Champions
- The introduction of the Ministry Mandated Mental Health Modules for grade 7 and 8 students.
- Secondary Student Mental Health Leadership Summit to be held during Catholic Education/Mental Health Week
- 15 different evidence based SEL programs are being provided by the Child and Youth Counsellors with the addition of culturally responsive programming.
- Offering of: Creating a Mentally Healthy Classroom Series based on the Aligned and Integrated Model of school mental health, was offered to all staff.

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Mental Health LITERACY MODULES
FOR GRADES 7 AND 8

Grade 7



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Mental Health: Priority Two

2. Identify and address emerging and escalating student mental health problems.

- Professional development focused on noticing signs and providing support in the classroom:
 - Mental Health First Aid
 - Supporting Minds Series: Mood, Anxiety and Attention
 - Prepare, Prevent Respond Suicide Intervention/Life Promotion
- Partnering with Pinewood Centre of Lakeridge Health to develop and offer a workshop centred on Youth Engagement and Substance Use
- Introduction of DCDSB's Let's Talk Day and supporting lessons and materials to encourage help-seeking behaviours



Mental Health: Priority Three

3. Mobilize focused support for those disproportionately impacted by COVID-19 and/or those with more serious mental health and addiction concerns.

- Lunch bunch offered by Child and Youth Counsellors in September to support the transition of students returning from the Virtual Secondary School
- Implementation of a new group intervention at Fr. Donald MacLellan- Dialectical Behavioural Therapy Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents
- School mental health professionals have attended trainings focused on mental health and supports for students disproportionately impacted by racism and/or oppression



Mental Health: Priority Four

4. Build and sustain strong safety nets through family and system collaboration.

- Strengthening the safety net around suicide prevention through training opportunities for staff and parents/guardians and caregivers:
 - Suicide Intervention/Life Promotion virtual workshop for parents
 - Applied Suicide Intervention Skills Training for gatekeepers
 - Prepare, Prevent Respond Suicide Intervention/Life Promotion Training
- Sharing of information and learning opportunities with families:
 - Video series created by students services on various topics
 - Mental Health Information shared through the DCDSB News



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Mental Health: Priority Four Continued

4. Build and sustain strong safety nets through family and system collaboration.

- Partnerships created with community agencies to support specific populations.
 - Black Mental Health Day Event engaged various community agencies (eg. Women's Multicultural Resource Centre, Taibu, etc.)
 - Pinewoods Centre of Lakeridge Health to support PD, as well as the student summit
 - Collaborating on various Coalitions (eg. Talking About Mental Illness, Durham Youth Drug Awareness Committee, Youth Suicide Prevention Committee).



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