

**DATE:** April 22, 2014

**TO:** Board of Trustees

**FROM:** Darrel Robertson, Superintendent of Schools

**SUBJECT:** Children and Youth Mental Health and Well-Being Initiative (Response to Request for Information #011)

**ORIGINATOR:** Mark Liguori, Assistant Superintendent of Schools

**RESOURCE STAFF:** Heather Raymond, Rosalind Smith, Debbie Jackson

**REFERENCE:** February 4, 2014 Board Meeting (Trustee Martin)  
*Children and Youth Mental Health and Well-Being, Strategic Plan – An Overview, Years of Action 2013-2014*

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#### **ISSUE**

Provide information on the research that led to the implementation of the *Children and Youth Mental Health and Well-Being* initiative announced by the Toronto District School Board on January 28, 2014.

#### **BACKGROUND**

The document *Children and Youth Mental Health and Well-Being, Strategic Plan – An Overview, Years of Action 2013-14* outlines the research that led to the implementation of the Children and Youth Mental Well-Being initiative announced by the Toronto District School Board (TDSB) on January 29, 2014. The goal of this four-year strategic plan for creating *Healthy Schools, Healthy Relationships* is to help create a culture where mental health and well-being is integrated into every aspect of a student's school experience. "Early signs of mental disorders frequently appear in adolescence yet they are often undiagnosed and untreated. Young people with mental disorders are at great risk of dropping out of school, ending up in jail and of not being fully functional members of society in adulthood." (Unicef Publications)

#### **CURRENT SITUATION**

The initiative was informed by the following:

- Published literature/research (international, national and provincial sources)
  - identified that student mental health and well-being is essential to student success
  - identified that student mental health problems are a barrier to students achieving academic success which can lead to dropping out of school and not being a fully functional member of society.
  - Defined student mental health as "A state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." (World Health Organization)
- Locally collected data established the needs within the District by surveying students, parents and staff

- In 2011-2012 TDSB conducted a student and parent census that yielded vital information in the area of mental health. Through survey questions about students' emotional well-being that were included for the first time, it was confirmed that mental health is a top priority for both elementary and secondary students in their school district.
- A 2012 TDSB survey (resource mapping) of 210 elementary and secondary schools involving a range of school staff, established that from a staff perspective there was a definite need for a more coordinated approach to better serve students. Resource mapping identified areas of strength and areas of need. Appendix 1 of the *Children and Youth Mental Health and Well-Being, Strategic Plan, Years of Action 2013-2014*, Toronto District School Board outlines the resource mapping findings. For example, stakeholder education to develop a shared understanding around mental health and the correlation between mental health and well-being and student success, as well as staff training, and broad collaborative partnerships are essential. Appendix 2 of the *Children and Youth Mental Health and Well-Being, Strategic Plan, Years of Action 2013-2014*, Toronto District School Board, provides the research documents from which the strategic plan was developed.

**KEY POINTS**

- Published literature/research identified that student mental health and well-being is essential to student success and that student mental health problems are a barrier to students achieving academic success
- Defined student mental health as “A state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”
- Locally collected data established the needs within the TDSB through survey questions and confirmed that mental health is a top priority for both elementary and secondary students
- Survey responses to a 2012 TDSB survey of 210 elementary and secondary school staff established that there is a definite need for a more coordinated approach to better serve students.

**ATTACHMENTS & APPENDICES**

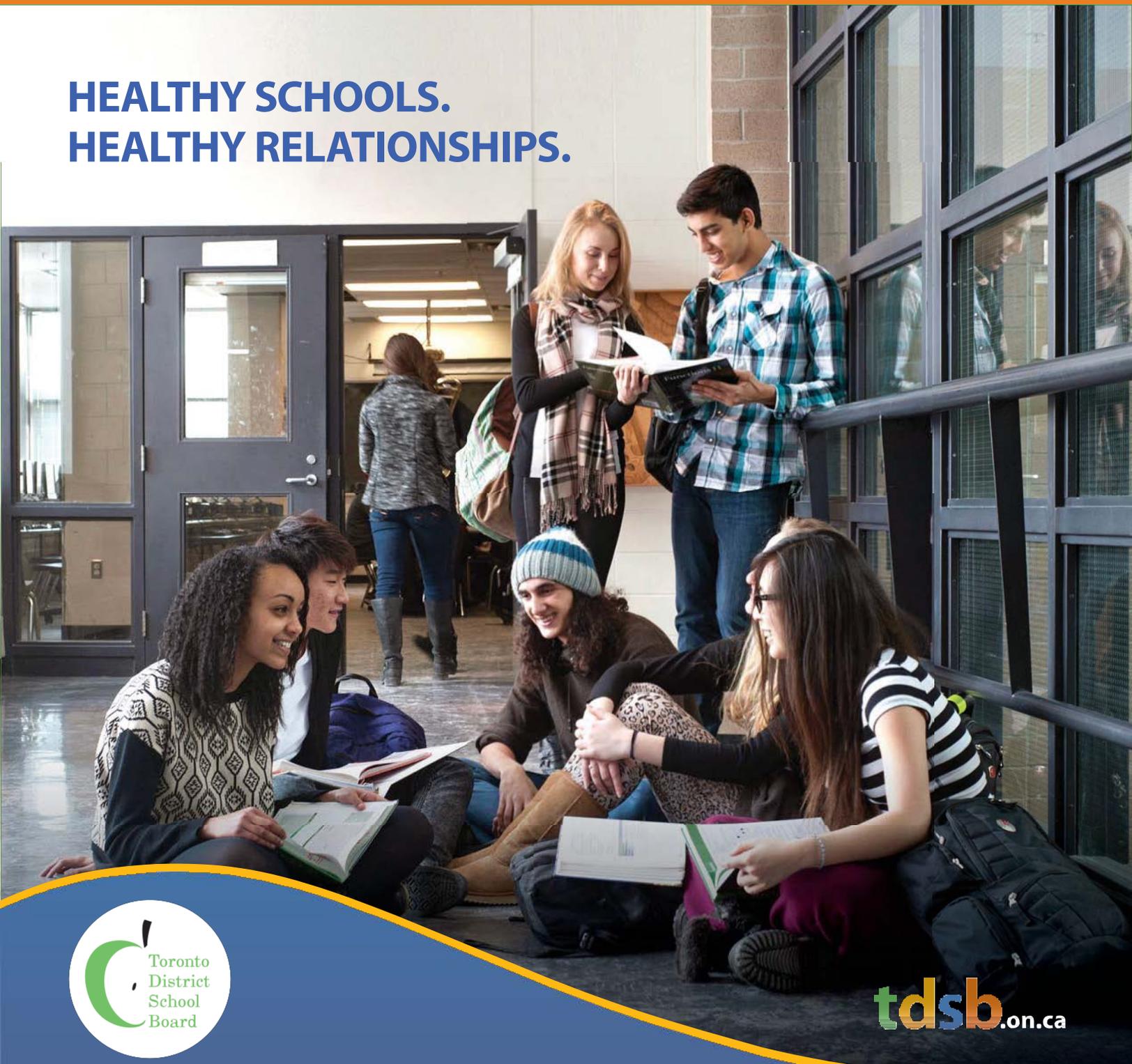
ATTACHMENT I Children and Youth Mental Health and Well-Being, Strategic Plan, Years of Action 2013-2014, TDSB

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# Children and Youth Mental Health and Well-Being

Strategic Plan – An Overview  
Years of Action 2013 - 2017, Toronto District School Board

**HEALTHY SCHOOLS.  
HEALTHY RELATIONSHIPS.**



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We would like to thank and acknowledge Trustee Cathy Dandy (Ward 15), senior staff, and members of the Mental Health Leadership Team for their valuable contributions to building the Children and Youth Mental Health and Well-Being Strategy.

# Introduction - Director's Letter

**The Toronto District School Board** is proud of the great things that happen in our classrooms each and every day and is committed to providing all of our students with the supports they need to achieve the highest levels of academic and personal success.

I recently launched the Years of Action 2013-2017 where I outlined how we will direct and align our resources to support student achievement and well-being. Mental health and well-being is essential to student success and achievement which is why I have made it a clear priority for our schools. Student mental health and well-being belongs to everyone and by focusing our actions this year on decreasing stigma, and increasing understanding and awareness, we are confident that students, parents, and TDSB staff will be better able to identify concerns and know what to do when they, or someone they know, needs help.

Expanding our anti-stigma programs, supporting schools in developing local mental health plans and providing administrators and educators with tools that promote student mental health are actions that we are taking to shine a spotlight on this area.

TDSB students are fortunate to benefit from a range of mental health and wellness supports that have existed for many years and I am confident that the four-year strategic plan for creating **Healthy Schools. Healthy Relationships.** will help to create a culture where mental health and well-being is integrated into every aspect of our students' school experience.

Student mental health and well-being impacts everyone and belongs to each of us. The TDSB accepts fully our responsibility in this area as demonstrated by our bold and deliberate actions that will be felt in every school. The students, families and staff deserve nothing less, and our determination to make a difference has never been greater.

Donna Quan  
Director of Education



*Director of Education,  
Donna Quan*

“

*Mental Health and well-being belongs to everyone and is key to student success and that is why I have made this a clear priority at the TDSB.*

”

# Children and Youth Mental Health and Well-Being

*Mental Health and Well-Being is essential to student success. We will make student mental health a priority at the Toronto District School Board.*

While we know that one in five Ontario students has a mental health problem, we also know that schools can promote positive mental health, identify and intervene early to prevent the onset of problems and respond to children and youth in distress [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca) (September 2013).

The TDSB is actively working to improve the mental health and well-being of our students.

## What is Mental Health?

The World Health Organization defines mental health as a “state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” (World Health Organization)

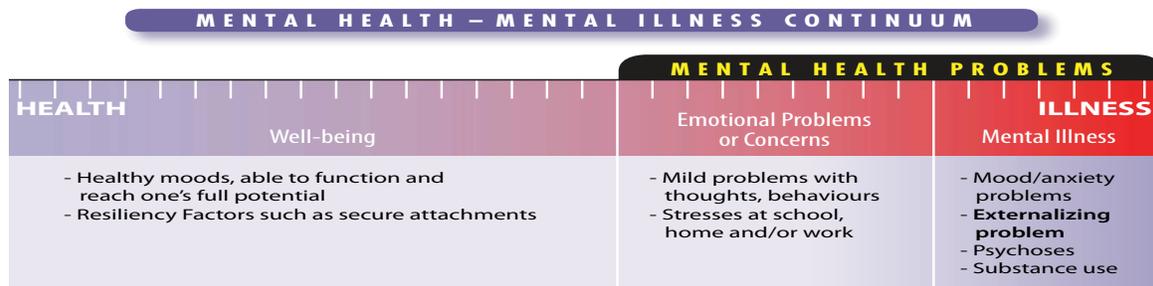
This is the ideal toward which we strive.

## Why Focus on Student Mental Health?

Focusing on child and adolescent mental health and wellness promotion, literacy and education has countless documented benefits. “Early signs of mental disorders frequently appear in adolescence yet they are often undiagnosed and go untreated. Young people with mental health disorders are at great risk for dropping out of school, ending up in jail and of not being fully functional members of society in adulthood.”

([http://www.unicef.org/publications/files/pub\\_adolescence\\_en.pdf](http://www.unicef.org/publications/files/pub_adolescence_en.pdf)) p.35

It is helpful to think of mental health as occurring along a continuum.



Adapted from MHealthy - University of Michigan Health & Well-Being Services, “Understanding U: Managing the Ups and Downs of Life - What Is Mental Health?”, 2012. [http://hr.umich.edu/mhealthy/programs/mental\\_emotional/understandingu/learn/mental\\_health.html](http://hr.umich.edu/mhealthy/programs/mental_emotional/understandingu/learn/mental_health.html) and Leading Mentally Healthy Schools: A Vision for Student Mental Health and Well-Being in Ontario Schools. A resource for School Administrators, by SMH-ASSIST, 2013.

*The World Health Organization defines mental health as*

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a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

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# Provincial Context

Provincially, considerable attention has been devoted to highlighting the mental health needs of Ontario children and youth. Our work is based on:

- A 2006 document entitled, “A Shared Responsibility – Ontario’s Policy Framework for Child and Youth Mental Health” from the Ministry of Children and Youth Services.
- “Open Minds, Healthy Minds, Ontario’s Comprehensive Mental Health and Addictions Strategy”, a recent document from the Ministry of Health which addresses the issue of mental health supports and service provision.
- Key Ministry of Education documents including “Equity and Inclusive Education in Ontario’s Schools” (2009), “Learning for All” Draft Version (2011) and “Foundations for a Healthy School” (2013).
- Ontario Centre of Excellence for Child and Youth Mental Health documents, “Taking Mental Health to School” and “Scanning the Practice Landscape in School Based Mental Health” which add invaluable data and an educational perspective on this issue.
- Targeted support to school boards continues to be informed by School Mental Health (SMH) ASSIST. This Ministry of Education initiative is designed to systematically support boards with the development and implementation of mental health resources and tools, along with the funding of a Mental Health Lead.

*The Mental Health Commission of Canada asserts that*

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healthy emotional and social development lay the foundation for mental health and resilience in childhood and throughout life.

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# The Toronto District School Board Context

## Mission

We are committed to a board-wide culture that develops resilience in school communities, recognizes the profound understanding of the connection between mental health and student achievement, and the dynamic collaboration between schools and communities. With students as our key stakeholders, their voice shapes our understanding of how we ensure mental health is a priority in every school community.

## Vision

- A new transformed culture where mental health and well-being is integrated into every aspect of each student's school experience.
- A shared understanding of the connection between mental health and well-being and student achievement which supports every student's academic and personal success.
- A shared responsibility for every student's mental health and well-being that guides our decision making and allocation of resources.
- A coordinated approach to providing a continuum of service that is aligned and responsive to the needs of students, parents and staff.

## TDSB Commitments

- To support staff to be caring adults in the lives of students.
- To raise awareness and increase knowledge through professional learning and the implementation of evidence-based promotion, prevention and intervention programs.
- To identify students in need of enhanced support and to help them and their families to connect to appropriate care through effective referral systems and pathways.
- To collaborate with partners within a larger system of care.

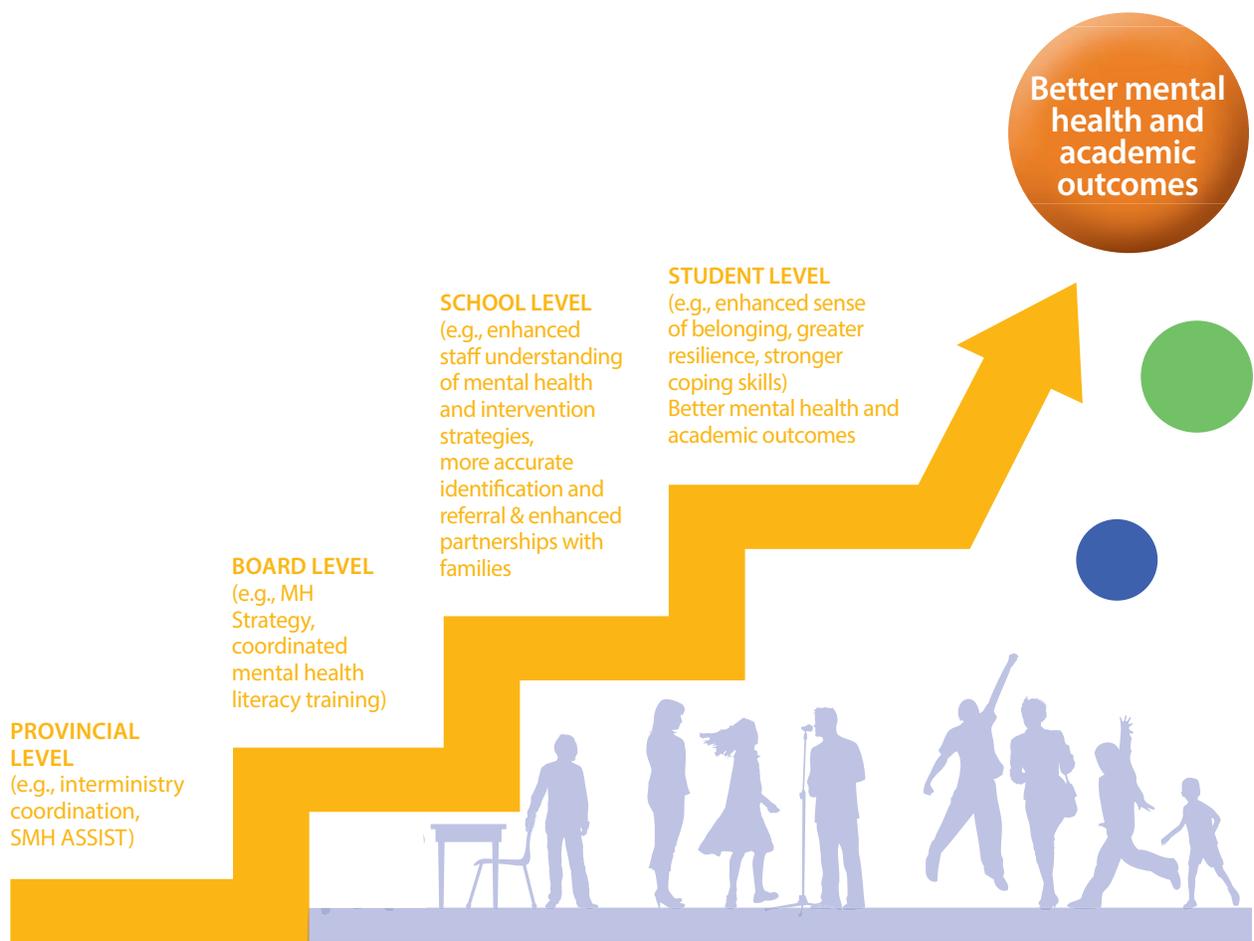
# our vision

is a culture where  
mental health  
and well-being is  
integrated into every  
aspect of every  
student's school  
experience.



# The Toronto District School Board Context

The goal of better mental health and academic outcomes requires the efforts of many key players at all levels. There are clear links between the School Mental Health ASSIST initiative, our system, schools and students in the achieving this goal.



Adapted SMH ASSIST

# What the TDSB Research Tells Us

In 2011, the TDSB conducted a student and parent census that yielded vital information in the area of mental health. Through survey questions about students' emotional well-being that were included for the first time, it was confirmed that mental health is a top priority for our elementary and secondary students.

## The 2011 - 2012 Student and Parent Census established that:

- 73% of students between Grades 9-12 worried about their future and 59% of students in Grades 7-8 reported worrying about their future.
- Over a third of Grade 9-12 students reported that they were under a lot of stress (38%) and also reported they were nervous or anxious (34%) 'often' or 'all of the time'.
- The majority of students reported that they worried about their school work 'all the time' or 'often' - Grades 9-12 students (71%) and Grades 7-8 students (64%).

For further information from the 2011-2012 Student and Parent Census, please refer to:

- "FACTS 2011-2012 Student and Parent Census", Issue 2, June 2013 TDSB Students (Grades 7-12): Emotional Well-being (Part 1 of 2).
- "FACTS 2011-2012 Student and Parent Census", Issue 3, June 2013 TDSB Students (Grades 7-12): Emotional Well-being (Part 2 of 2).

**A 2012 TDSB Survey (Resource Mapping)** of 210 elementary and secondary schools, involving a range of school staff numbering over 900 revealed that;

- 97% of respondents reported that student emotional well-being is very/ extremely important to academic achievement in their school.
- Respondents indicated that Anxiety (44%) and Depression (41%) were their primary concerns.
- Staff reported that a stronger, more coordinated approach to mental health is needed to better serve our students.
- Key staff groups reported that while there is support for student mental health they lack the skills and expertise to provide effective support. (94%)
- Parents and students are key partners and, like TDSB staff, require education and support.

# 97%

of respondents reported that student emotional well-being is very/ extremely important to academic achievement in their school.



# Development of the Children and Youth Mental Health and Well-Being Strategy - Year 1: 2012/2013

## Key Work to Date

It is important to recognize that mental health and wellness supports have existed in our Board for many years, prior to the development of the Mental Health Strategy. Professional Support Services staff have been at the forefront of mental health service provision and their contributions have been considerable. The Children and Youth Mental Health and Well-Being Strategy will continue to rely heavily on Professional Support Services in collaboration with administrators, educators and support staff to provide a comprehensive and systemic approach to mental health education and intervention across the Board.

## Laying the Foundation - Year 1: 2012/2013

- Began work with School Mental Health Awareness Strategy Selection and Implementation Support Team (ASSIST) project.
- Established Committees – Core Planning Team, Leadership Team, Mental Health Strategy Work Group to inform the draft Mental Health Strategy.
- Developed the draft Mental Health Strategy.
- Incorporated extensive input to the draft Mental Health Strategy (met with 13 different groups representing school-based, central staff and external partners).
- Obtained information from the release of documents - “Foundations for a Healthy School” and “Supporting Minds” which helped to shape and give strength to the directions identified in the development of the strategy.
- Completed a Board Scan that provided a high level snapshot of the TDSB’s organizational conditions, resources and supports.
- Utilized TDSB data from Resource Mapping exercise (Appendix 1) to inform our Mental Health Strategy (more than 200 submissions reflecting the input of over 900 people).
- Used 2011-2012 Student & Parent Census results that confirmed the issues identified in schools and provided a springboard for action in areas such as Mental Health Literacy, Anti-Stigma and increased knowledge on specific issues such as anxiety and depression.

**73%**  
of students between  
grades 9-12 worry  
about their future.



# Implementation of the Children and Youth Mental Health and Well-Being Strategy - Year 2: 2013/2014

## Implementation - Year 2: 2013/2014

- Introduce “Years of Action Framework 2013 - 2017”.
- Revise Mental Health Strategy and develop SMART goals to align with the Board Improvement Plan - Student Achievement and Foundations for a Healthy School incorporating the input from the groups consulted.
- Identify key priorities and measurable outcomes for 2013/2014.
- Plan a public launch of the Children and Youth Mental Health and Well-Being Strategy 2013-2017 in January 2014.
- Develop Communications Plan detailing the actions and activities for the school year focused on the goal of optimal exposure and education in the area of mental health and well-being.
- Focus professional and staff development on increasing mental health foundational knowledge among staff, students and parents.
- Develop professional learning modules on specific mental health topics, (i.e. anxiety, depression) for administrators, educators, students and parents.
- Establish a Suicide Prevention, Intervention and Postvention Working Group to develop system wide protocol.
- Develop training packages for staff by Professional Support Services staff, in the area of suicide awareness and clinical suicide intervention to deliver systematically across the Board.
- Create written material and mental health resource guides/lists for staff, students and parents.
- Position and utilize key staff in each Family of Schools and in every school as champions of mental health.
- Work to establish Mental Health Teams in every school that will develop a unique school plan for mental health promotion and education.
- Ensure ongoing dialogue with School-based Mental Health Workers and Priority Access Workers –(Ministry of Children and Youth Services) as well as Mental Health and Addictions Nurses (Ministry of Health and Long Term Care) to provide an improved and better coordinated system of care for our students.

Over a third of  
**grade  
9-12**  
students reported  
that they were under  
a lot of stress and also  
reported they were  
nervous or anxious  
'often' or 'all of the  
time'.



# Creating Mentally Healthy Schools

The Children and Youth Mental Health and Well-Being Strategy 2013-2017 will focus on the following:

- **Providing Professional Development** to increase awareness as well as build skills and knowledge.
- **Reducing the Stigma** associated with mental health.
- **Establishing Mental Health and Well-Being Teams** in schools to assist in the delivery of mental health supports and training.
- **Expanding and Strengthening Community Mental Health Partnerships** to better meet our system needs.
- **Engaging parents as key partners** in mental health initiatives.



# Children and Youth Mental Health and Well-Being Strategy 2013-2017

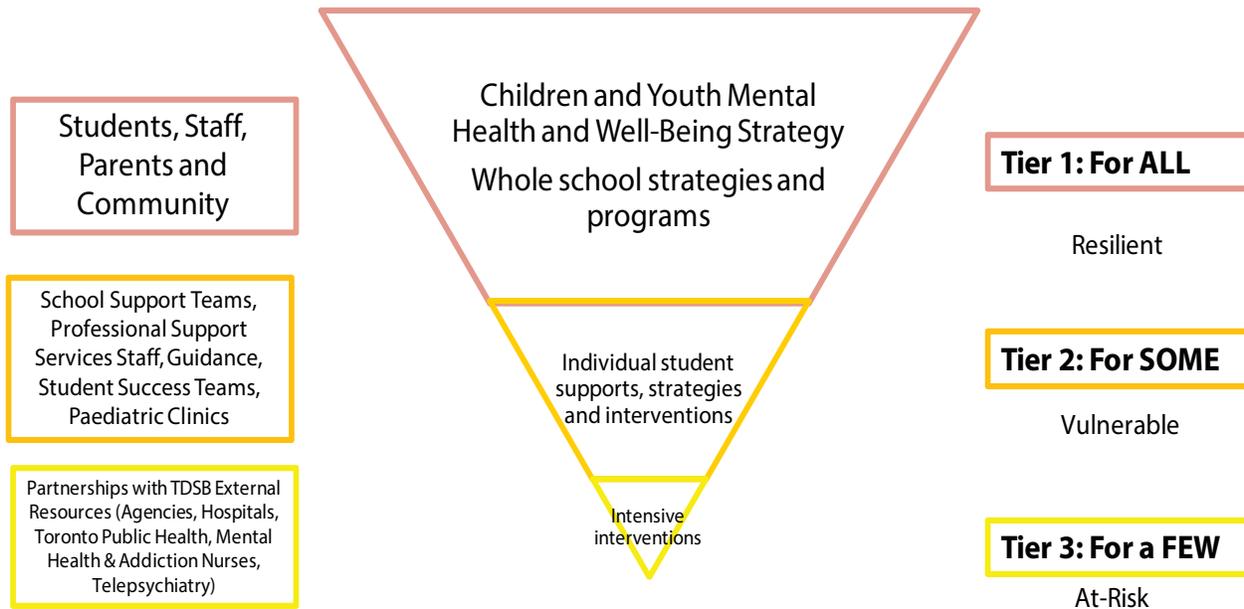
Components	High Quality Services and Programs	A Caring School Culture and Healthy Physical Environment	A Supportive Social Environment	Parent and Community Partnerships
<p><b>Intentional Prevention and Intervention</b></p> <p>(Extracted from Foundations for a Healthy School Ministry of Education 2013)</p>	<ul style="list-style-type: none"> <li>Identifying areas of the curriculum where mental health can be taught throughout the year</li> <li>Providing staff in-service training on recognizing signs and symptoms and using appropriate intervention strategies when dealing with issues about mental health</li> <li>Providing programming that does not stigmatize mental disorders and that promotes positive healthy behaviours</li> </ul>	<ul style="list-style-type: none"> <li>Establishing an area in the school for students to participate in physical activity and clubs, especially during the winter months</li> <li>Developing a resource section in the library for teachers/parents with a range of books and materials about mental health</li> <li>Establishing a school-based health/life style centre</li> </ul>	<ul style="list-style-type: none"> <li>Providing students with information and training on mental health and with an opportunity to plan and organize a committee to address mental health issues in the school</li> <li>Sending out a student and/or parent survey to establish the areas of mental health that need to be focused on in the school</li> <li>Establishing a protocol to ensure that mental health resources used are consistent with the messages of the school and board</li> </ul>	<ul style="list-style-type: none"> <li>Establishing a school council committee to discuss and coordinate mental health initiatives in the school and community</li> <li>Providing information from community partners in the school newsletter for parents</li> <li>Providing access to researchers to examine mental health issues and support available in the school</li> </ul>
<b>Data</b>	<p><u>TDSB Student Census Data:</u></p> <ul style="list-style-type: none"> <li>38% of Gr. 9-12 students indicated they were “under a lot of stress” often or all the time</li> <li>34% of Gr. 9-12 students indicated they were nervous/anxious often or all the time</li> <li>17% of Gr. 9-12 students stated they were “down” often or all the time</li> <li>18% of Gr.7-8 students indicated they were “under a lot of stress” often or all the time</li> <li>26% of Gr. 7-8 students said they were nervous/anxious often or all the time</li> <li>10% of Gr. 7-8 students stated they were “down” often or all the time</li> </ul> <p><u>TDSB Resource Mapping Data:</u></p> <ul style="list-style-type: none"> <li>97% of staff indicated that student emotional well-being is very important/extremely important to academic achievement in school</li> <li>44% of TDSB staff reported that “anxiety” was their top concern</li> <li>41% of Board staff indicated that “depression” was their second most pressing concern</li> </ul>	<p><u>TDSB Student Census Data:</u></p> <ul style="list-style-type: none"> <li>70-76% of Gr. 7-12 students with high/middle emotional well-being enjoyed school and felt that they belonged in school all the time or often. Students with low emotional well-being were much less likely to feel that way (44%)</li> <li>29% of Gr.7-12 students with low emotional well-being felt comfortable discussing a problem with their teachers</li> <li>Gr. 7-12 students with low emotional well-being were less physically active on a daily basis (35%), less likely to participate regularly in team sports activities outside school (24%) and less likely to eat breakfast on a regular basis (61%)</li> <li>34% of Gr. 7-8 students and 46% of Gr. 9-12 students report they do not have an adult in the school that they feel comfortable going to for personal support, advice or help</li> <li>Having at least one significant, caring relationship with an adult is one of the positive, protective factors for child and youth mental health (“A Shared Responsibility” Ontario’s Policy Framework for Child and Youth Mental Health – MCYS, 2006)</li> <li>Teachers and other school staff help make schools a positive space that contributes to good mental health (“Putting Youth in the Picture” -Provincial Advocate for Children and Youth, 2013)</li> </ul>	<ul style="list-style-type: none"> <li>70% of students and 51% of service providers feel stigma is a barrier to accessing mental health supports in school (Canadian Mental Health Association)</li> <li>The stigma associated with mental health continues to create barriers to social acceptance and access to services/supports (Ministry of Children and Youth Services)</li> </ul> <p><u>TDSB Student Census Data:</u></p> <ul style="list-style-type: none"> <li>Students’ emotional well-being declined by grade. The proportion of students with high/middle emotional well-being dropped from 87% in Gr.7 to 69% by Gr.12, with greater declines over the secondary school years</li> <li>Male students were more likely than female students to be at the high/middle emotional well-being level</li> <li>Gr. 7-12 students with low emotional well-being had fewer close friends in school (63%), were less likely to get along well with other students (69%) and less likely to feel accepted by other students (55%)</li> <li>A quarter of Gr.9-12 students (24%) who identified themselves as heterosexual were at the low emotional level; the proportion was double for LGBTQ students (41%)</li> </ul>	<ul style="list-style-type: none"> <li>Model Schools Pediatric Health Initiative – Six Pediatric Clinics in 5 elementary schools and 1 secondary school</li> <li>Six Telepsychiatry Sites – in 4 schools and 2 in the Education Offices (in partnership with Tele-Link for Health)</li> <li>“Beyond 3:30: A Multi-Purpose After-School Program for Inner-City Middle Schools” in 13 schools serving 380 students</li> </ul> <p><u>Partnerships Between TDSB and External Resources:</u></p> <ul style="list-style-type: none"> <li>Toronto Central-Community Care Access Centre, Mental Health and Addictions Nurses (Six assigned to TDSB)</li> <li>Toronto Public Health</li> <li>Over 40 Mental Health partnerships</li> </ul> <p><u>TDSB Student Census Data:</u></p> <ul style="list-style-type: none"> <li>Gr.7-12 students with low emotional well-being were more likely to feel their parents expected too much from them (50%), less likely to talk with their parents about school work (40%) and felt less comfortable discussing problems with their parents (36%)</li> </ul> <p><u>TDSB Resource Mapping Data:</u></p> <ul style="list-style-type: none"> <li>TDSB staff want increased formal partnerships with community mental health organizations; quick access to needed services; increased culturally relevant partnerships; increased direct links with community partnership and schools; access to community mental health programs across schools; and closer collaboration between the education and healthcare sector</li> </ul>

# Children and Youth Mental Health and Well-Being Strategy 2013-2017

Components	High Quality Services and Programs	A Caring School Culture and Healthy Physical Environment	A Supportive Social Environment	Parent and Community Partnerships
<b>SMART Goals</b>	<ul style="list-style-type: none"> <li>100% of school staff including administrators, teachers, support staff and Professional Support Services staff will receive professional development and training on the Foundations of Mental Health including the topics of anxiety, depression, self-harm and suicide by June 2014</li> </ul>	<ul style="list-style-type: none"> <li>All schools will establish "Mental Health Teams" that will be responsible for facilitating student mental well-being in the schools. Members of these teams may include teachers, support staff, students, parents, administrators and community partners</li> </ul>	<ul style="list-style-type: none"> <li>Increase by 50% the number of secondary schools engaged in anti-stigma initiatives by June 2014</li> </ul>	<ul style="list-style-type: none"> <li>Expand and strengthen mental health partnerships to better meet system needs</li> <li>Enhance parental engagement and on-going communication between home and school</li> </ul>
<b>Actions</b>	<ul style="list-style-type: none"> <li>Develop mental health awareness and literacy training modules in collaboration with Professional Learning, Training and Leadership Development department</li> <li>Training of school staff will be accessed through Key to Learn</li> <li>An evaluation survey will be developed to accompany the training modules</li> </ul>	<p>School-based Mental Health Teams will:</p> <ul style="list-style-type: none"> <li>Develop a Mental Health Action Plan for their school that aligns to the School Improvement Plan and School Effectiveness Framework</li> <li>Coordinate professional learning sessions for staff and parents</li> <li>Coordinate school-based activities for students and parents</li> <li>Facilitate a healthy physical environment in every school.</li> <li>Develop a "caring adult" program in every school</li> <li>Facilitate and engage community supports, Mental Health and Addictions Nurses and other resources as needed</li> </ul>	<ul style="list-style-type: none"> <li>Superintendents of Education to identify 2 secondary schools in their Family of Schools to participate in anti-stigma programs such as "Stop the Stigma" and "Talk to Youth Lately"</li> <li>The "Mental Health Training and Promotion Social Workers" and the Professional Support Services staff will work with secondary schools in the implementation of the anti-stigma programs</li> <li>The "Mental Health Training and Promotion Social Workers" and the Professional Support Services staff will work with elementary schools to promote students' mental well-being by fostering resiliency, self-regulation and positive self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>Collaborate with primary care providers and hospitals to explore potential expansion of Pediatric Clinics</li> <li>Train staff to access and utilize Telepsychiatry sites/services</li> <li>Facilitate space in schools to host "Beyond 3:30" programs</li> </ul> <p>Track and monitor the impact of Mental Health supports in TDSB departments/programs:</p> <ul style="list-style-type: none"> <li>Gender-Based Violence Prevention (Social Work)</li> <li>Aboriginal Education (Social Work, Child and Youth Services)</li> <li>Caring and Safe Schools (Social Work, Psychology)</li> <li>Special Education – Autism Spectrum Disorder Team, Behaviour Regional Services Team (Social Work, Psychology, Child and Youth Services)</li> <li>Track and monitor the impact of the Mental Health and Addictions Nurses</li> <li>Identify external Mental Health resources, agencies and services to further support students and staff</li> <li>Develop "parents as partners" in supporting students' mental health and well-being by increasing awareness, providing information and resources and collaborating with parents in creating mentally healthy schools</li> </ul>
<b>Measures of Impact Evidence</b>	<ul style="list-style-type: none"> <li>Number of staff trained through the implementation of awareness and literacy training modules</li> <li>Collection of evaluation survey information to assess effectiveness of the training</li> </ul>	<ul style="list-style-type: none"> <li>All schools report the establishment of a Mental Health Team to their Superintendent</li> <li>Superintendents track and monitor the impact of school mental health action plans</li> </ul>	<ul style="list-style-type: none"> <li>Number of anti-stigma programs in secondary schools to increase by 50% (40 schools)</li> <li>Effectiveness of programs measured through the data gathered in the "Stop the Stigma" and "Talk to Youth Lately" evaluations</li> </ul>	<ul style="list-style-type: none"> <li>Evaluative research conducted on Model Schools Pediatric Health Initiative and Beyond 3:30 programs</li> <li>Number of programs offered by expanding existing agreements</li> <li>Number of formal partnerships established</li> <li>Effectiveness of programs measured by data collected by agencies as required by Partnership agreement</li> </ul>

# Our Approach

## Children and Youth Mental Health and Well-Being



## Healthy Schools. Healthy Relationships.

**ALL** students will gain support from whole school strategies and programming that enhances social/emotional learning and fosters resilience.

**SOME** students will show signs of mild to moderate distress and will need individual student supports and strategies, as well as some interventions.

**FEW** students will need intensive interventions to address more severe and lasting challenges that may be seen as mental health problems.

### In Conclusion:

- Mental Health and well-being is essential to student achievement and a priority for the TDSB.
- Student mental health and well-being impacts everyone and belongs to each of us.
- The TDSB recognizes the critical role that relationships play in the mental health of our students.
- The TDSB is committed to developing resilience, increasing mental health and well-being awareness, literacy and expertise of students, staff and parents.
- The TDSB will ensure that staff understand and utilize the range of mental health and well-being supports within our system and in collaboration with our community partners.
- Parents and students are key partners whose participation are both essential and valued.

# Appendix 1

## Resource Mapping - Findings

The Resource Mapping Survey was completed in each school with a team facilitated by the Principal. The team included the Principal/Vice Principal, Professional Support Services Staff representative (e.g. social work, psychology, child and youth services), Student Success teacher, and Special Education staff. The surveys were completed by 210 schools, including 162 elementary schools and 48 secondary schools.

### Areas of Strength

Areas of strength identified in the Resource Mapping findings to date reflect:

Commitment	<ul style="list-style-type: none"> <li>• 56.5% of respondents indicated that they are very/extremely concerned about student mental health in their school.</li> <li>• 97.1% of respondents indicated that student emotional well-being is very/extremely important to academic achievement in their school.</li> <li>• 48.3% of respondents indicated that student mental health is part of their School Improvement Plan (SIP).</li> <li>• Strong commitment across many services, departments, programs supporting student mental health and well-being.</li> <li>• The Mental Health Leadership Team supports system level planning to support the implementation of the Mental Health Strategy.</li> </ul>
Professional Development	<ul style="list-style-type: none"> <li>• Anxiety and Depression were identified by schools as their top concern.</li> <li>• 44.3% of respondents indicated that Anxiety was their top concern.</li> <li>• 40.5% of respondents indicated that Depression was their second concern.</li> <li>• 14.28% of respondents indicated that Addictions were their third concern. The majority of these responses are likely attributed to the secondary school respondents.</li> <li>• TDSB currently has many effective professional development approaches.</li> </ul>
Broad Collaboration	<ul style="list-style-type: none"> <li>• TDSB has internal and external collaborations which support student mental health.</li> <li>• Departments i.e. Professional Support Services, Guidance, Caring and Safe Schools, Student Success, Special Education, Equity, Gender Based Violence Prevention, Model Schools for Inner City provide expertise, services and programs which support student mental health and well-being.</li> <li>• Community and health partnerships provide pathways, services and programs to support student mental health and well-being.</li> </ul>

# Appendix 1

## Resource Mapping - Findings

### Areas of Need

Areas of Need Identified in the Resource Mapping findings to date reflect:

Commitment	<ul style="list-style-type: none"> <li>Elementary and secondary schools indicate that they are very/extremely concerned about mental health and student emotional well-being.</li> <li>Simultaneously, 68.4% of respondents indicate a need to improve the services we have in place to meet the needs of students with mental health/addiction challenges.</li> <li>In addition, 55.3% of respondents indicate that the need to improve the services of our community mental health partners to meet the mental health/addiction challenges of our students.</li> <li>51.7% indicated that student mental health is not part of their School Improvement Plan.</li> </ul>
Shared Language	<ul style="list-style-type: none"> <li>While there are many effective services, programs and support services at TDSB to support student mental health, a framework with a clear and focused vision is needed to assist in the development of shared language.</li> <li>The following areas were identified as requiring shared understanding/language: tiered approach, mental health continuum, wellness, resilience, early intervention, prevention, social determinants of health.</li> </ul>
Professional Development	<ul style="list-style-type: none"> <li>TDSB has many effective professional development approaches across the system; however, there is a need to build an aligned, systematic, coordinated approach.</li> <li>The top concerns identified were Anxiety and Depression, as well as Addictions in secondary schools.</li> <li>While there is strong support for student mental health (94.3%), Principals indicated that they did not have the skills and expertise to provide effective support.</li> </ul>
Broad Collaboration	<ul style="list-style-type: none"> <li>The TDSB has many internal and external collaborations that provide services and programs to support student mental health, however, respondents indicate they want more services across many departments.</li> <li>69% of respondents indicated that family stress contributes to student mental health challenges. It was identified that families need to be included as one of the key stakeholders.</li> </ul>

### Areas of Priority for the Strategy

- Education and Understanding: Implementation of Mental Health Awareness, Literacy and Expertise with key stakeholders
- Strengthening Pathways: With Internal departments, services, programs as well as external community and health partners
- Evidence Based Mental Health Promotion and Prevention Programming

# Appendix 2

## Supporting Documents

### **Open Minds, Healthy Minds**

#### **Ontario's Comprehensive Mental Health and Addictions Strategy**

[www.health.gov.on.ca](http://www.health.gov.on.ca)

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### **Supporting Minds**

#### **An Educator's Guide to Promoting Students' Mental Health and Well-Being**

[www.edu.gov.on.ca](http://www.edu.gov.on.ca)

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### **Leading Mentally Healthy Schools**

#### **A Vision for Student Mental Health and Well-Being in Ontario Schools**

<http://www.smh-assist.ca>

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### **Foundations for a Healthy School, Ministry of Education, 2012**

<http://www.edu.gov.on.ca/eng/healthyschools/foundations.pdf>

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### **A Shared Responsibility—Ontario's Policy Framework for Child and Youth Mental Health**

[http://www.gov.on.ca/children/english/resources/needs/STEL02\\_179873.html](http://www.gov.on.ca/children/english/resources/needs/STEL02_179873.html)

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### **Taking Mental Health to School**

A policy-oriented paper on school-based mental health for Ontario

[www.excellenceforchildandyouth.ca/download/53/356/position\\_sbmh.pdf](http://www.excellenceforchildandyouth.ca/download/53/356/position_sbmh.pdf)

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### **Understanding Teachers/ Perspectives on Student Mental Health, 2012**

[www.ctf-fce.ca](http://www.ctf-fce.ca)

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### **Scanning the Practice Landscape in School-based Mental Health**

[www.excellenceforchildandyouth.ca/.../position\\_sbmh\\_practice\\_scan.pdf](http://www.excellenceforchildandyouth.ca/.../position_sbmh_practice_scan.pdf)

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### **The Mental Health and Well-Being of Ontario Students 1991–2011**

<http://www.camh.ca>

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### **Every Door is the Right Door**

#### **Towards a 10-Year Mental Health and Addictions Strategy**

A discussion Paper—July 2009

[www.health.gov.on.ca](http://www.health.gov.on.ca)

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### **Ministry of Education/K-12 Resource Guide for Educators**

Special Education, Policy and Programs Branch, Ministry of Education

<http://www.edu.gov.on.ca>

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### **Putting Youth in the Picture**

#### **A Mental Health Community Snapshot**

Provincial Advocate for Children and Youth

[www.provincialadvocate.on.ca](http://www.provincialadvocate.on.ca)

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# Mental Health Resource Links

## **ABC's of Mental Health**

[www.hincksdellcrest.org/abc/welcome](http://www.hincksdellcrest.org/abc/welcome)

This website provides two free web based resources, one for teachers, one for parents, to promote mental health in children and adolescents.

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## **Anxiety Disorders Association of Canada (ADAC)**

[www.anxietycanada.ca](http://www.anxietycanada.ca)

This website provides information on anxiety disorders, links to provincial societies and other useful organizations and pharmaceutical companies.

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## **Canadian Teachers Federation**

<http://www.ctf-fce.ca/>

This website provides resources for teachers to support mental health and well-being for students.

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## **Centre for Addiction and Mental Health**

<http://www.camh.ca>

This website provides information that promotes environments that supports positive mental health.

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## **Children's Mental Health Ontario**

<http://www.kidsmentalhealth.ca/>

This website provides information that promotes environments that supports the positive mental health in children.

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## **Coalition for Children and Youth Mental Health**

[http://www.opsba.org/index.php?q=advocacy\\_and\\_action/coalition\\_for\\_children\\_youth\\_mental\\_health](http://www.opsba.org/index.php?q=advocacy_and_action/coalition_for_children_youth_mental_health)

The Coalition for Children and Youth Mental Health unites education, mental health, community and health sectors in a movement to promote the priority of social and emotional well-being as a part of healthy child development in Ontario and to make it a priority that drives integrated public policy in the province.

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## **Council of Directors of Education (CODE)**

[www.ontariodirectors.ca](http://www.ontariodirectors.ca)

This website provides information and resources to school boards to promote healthy schools.

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## **Kids Help Phone**

[www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca)

A pioneering and world-leading child and youth counselling service, Kids Help Phone changes and saves lives daily. Canada's go-to mental health counselling resource for youth aged 5 to 20. Available via internet and phone 24/7 when guidance offices are closed, when family is not around and when social service agencies don't operate. One-on-one all professional, confidential and anonymous counselling. Providing information and referrals into local communities right across Canada. 100% free of charge—operating in English or in French.

# Mental Health Resource Links (cont'd)

## **Mental Health Commission of Canada**

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

The Mental Health Commission of Canada is a non-profit organization created to focus national attention on mental health issues and to work to improve the health and social outcomes of people living with mental illness.

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## **Mindyourmind.ca**

[www.mindyourmind.ca](http://www.mindyourmind.ca)

Mindyourmind.ca is an award-winning, innovative Internet resource for youth who are looking for relevant information on mental health and creative stress management.

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## **Mood Disorders Society of Canada**

[www.mooddorderscanada.ca](http://www.mooddorderscanada.ca)

The Mood Disorders Society of Canada (MDSC) is a national, not-for-profit, volunteer-driven organization that is committed to improving quality of life for people affected by depression, bipolar disorder and other related disorders.

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## **Parents for Children's Mental Health**

[www.pmch.ca](http://www.pmch.ca)

Parents for Children's Mental Health is a provincial non-profit organization that represents the voice of families raising children and youth with mental illness. The organization aims to support, educate and empower families.

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## **Resiliency Canada**

[www.resiliencycanada.ca](http://www.resiliencycanada.ca)

This website provides a youth framework for mental health and well-being.

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## **School Mental Health ASSIST**

[www.smh-assist.ca](http://www.smh-assist.ca)

School Mental Health ASSIST is an initiative of the Ontario Ministry of Education designed to support school boards with student mental health and well-being. This support is provided via resources, tools, and implementation support.

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## **Teen Mental Health**

<http://teenmentalhealth.org/>

This website provides resources, curriculum support and information that promote mental health and well-being for teens.

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## **World Health Organization**

[www.who.int/topics/mental\\_disorders/en](http://www.who.int/topics/mental_disorders/en)

This section of the World Health Organization has international information on mental health and mental disorders.

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**Raise awareness about mental health and wellness issues.  
Your mental health and well-being matters to us.**

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**The Toronto District School Board  
Children and Youth  
Mental Health and Well-Being  
Strategy 2013-2017**

For more information on our Professional Support Services  
and our mental health strategy please visit [www.tdsb.on.ca/mentalhealth](http://www.tdsb.on.ca/mentalhealth)

