

Vision: To foster healthy minds, compassionate hearts and resilience, by promoting and supporting the mental health and well-being of all individuals in the school community, through strength based relationships, inclusive learning environments and tiered support and access to services.

Mission: The purpose of the RCDSB Mental Health and Well-Being Strategy is to provide school communities with leadership, capacity building and implementation supports, using a tiered framework of research informed and sustainable practices, for leading mentally healthy and thriving school communities.

Values: Intentional, explicit, aligned and integrated system planning; welcoming, respectful, accepting and inclusive learning environments where there is a strong sense of safety, belonging, compassion, care, resilience, peace and unity. Mental health is viewed as essential to student success and achievement.

Goals

To strengthen organizational leadership and conditions for leading mentally healthy and thriving school communities.

- Commitment
- Leadership
- Strategic planning
- Standard Process (roles, pathways, process)

To promote capacity building in sustainable research informed programs/practices that support tiered mental health and Pathways to Thrive.

- Vision
- Assessment & Capacity
- PD Processes (awareness, literacy, expertise)
- Selecting and implementing programs/practices

To strengthen system coordination for meaningful engagement and evaluation in tiered mental health and the needs of specific populations.

- Collaboration
- Ongoing quality improvement & strategic planning

Objectives: Year 1 2017/2018

- To strengthen leadership, communication and planning at the board and school level.
- To promote aligned and integrated implementation of Pathways to Thrive and standard processes for tiered MH.
- To coordinate training, promote resources and provide system support for sustainable research informed practices, PD and sharing of information at the district and school level for embedding Pathways to Thrive and Tiered MH within the school environment and curriculum.
- To actively collaborate with Moving On Mental Health (MOMH) in support of community plan for Mental Health (MH) in Renfrew County (RC)
- To promote opportunities and partnerships for student and parent engagement in mental health promotion within board and community.
- To explore partnerships, strategies and resources that are responsive to the unique needs of specific populations and prevention anxiety/depression.
- To identify student outcome measures and datasets to be reviewed annually for monitoring and guiding strategic planning.

Objectives: Year 2 2018/2019

- Increased capacity for leadership, communication and planning at the board and school level.
- Increased capacity to support aligned and integrated implementation of Pathways to Thrive and standard processes for Tiered MH.
- Increased capacity to coordinate training, promote resources and provide system support for sustainable research informed practices, PD and sharing of information at the district and school level for embedding Pathways to Thrive and Tiered MH within the school environment and curriculum.
- Increased collaboration with MOMH for MH in RC.
- Increased awareness of opportunities and partnerships for student and parent engagement in mental health promotion within board and community.
- Identify capacity for partnerships, strategies and resources that are responsive to prevention of anxiety and depression and the unique needs of specific populations.
- Datasets collected and reviewed for monitoring and guiding strategic planning.

Objectives: Year 3 2019/2020

- Strong leadership, communication and planning at the board and school level.
- Implementation of Pathways to Thrive and standard processes for Tiered MH are aligned and integrated.
- Established capacity for coordinating training, promoting resources and providing system support for sustainable research informed practices, PD and sharing of information at the district and school level for embedding Pathways to Thrive and Tiered MH within the school environment and curriculum.
- Strong collaboration with MOMH to support MH in RC
- Opportunities and partnerships enhance student and parent engagement in mental health promotion within board and community.
- Strengthen capacity for partnerships, strategies and resources are responsive to prevention of anxiety and depression and the unique needs of specific populations:
- Annual process for collecting and reviewing datasets to monitor and guide strategic planning.

Long Term Outcome: Improved student mental health and well-being and access to resources

Data sets for outcome measurement/evaluation: Improved outcomes reported by students on Our Schools Survey (reduced anxiety/depression, increased sense of belonging, safety; less incidents of bullying). Resilience Addressing Developmental Strengths Survey. Review School Attendance, academic performance on EQAO; suspension rates; incident reports, graduation rates; drop out rates; SSC and mental health referral data; student voice/focus groups.