



Mental Health Well-being Strategic Plan 2017-2020

2017-18 Action Steps



2017-2020 GOALS	2017-18 ACTION STEPS	EXPECTED OUTCOMES	NOTED OUTCOMES
<p>Increased awareness of signs of mental illness and where to get help</p>	<p>Six Community Mental Health Seminar presentations</p> <p>Windsor and Essex County Community suicide prevention week (September)</p> <p>Windsor and Essex County Suicide Protocol development and dissemination to all staff</p> <p>Early Year focus – series of pamphlets for families on early year mental health (for example, signs and symptoms).</p>	<p>Increased attendance by school staff by 25%</p> <p>Promote where to obtain services for adults who are in need. Yellow ribbon campaign</p> <p>All administrators to be provided professional development on the community protocol and updated on any GEC changes.</p> <p>Send out the protocol to all Staff via electronic means</p> <p>Provide workshop to our students via the MH student summit and through Student Senate</p> <p>Pamphlets to be available for our families via the website and New to school JK/SK registration packages</p>	<p>Yellow ribbons sent to all employees of the board. Personal conversations with all staff at Central office. Memo to all principals noting where to get more information</p>



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<p>Increased ability of children and youth to cope with stress</p>	<p>Develop specific interventions for students enrolled in the new IB and international student program. Interview sample of students enrolled in the programs to what they will need in terms of well-being and mental health needs Develop resources on handling stress, promoting well-being and other topics as indicated by the students.</p> <p>Support the 3rd Youth secondary school well-being and mental health summit</p> <p>Committee to determine the promotion of sleep hygiene campaign with secondary students</p>	<p>Resources developed on handling stress, promoting well-being and other topics as indicated by the students.</p> <p>Each school to determine a school outcome to promote the topics of sleep hygiene, Be Safe app, mindfulness. Follow up on level of engagement</p> <p>Partner with community for campaign</p> <p>Consult with our Student Senate on how to promote within the schools.</p> <p>Presenting to GECPIC Measure the effectiveness of the campaign</p>	



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	Focus on signs and symptoms of substance abuse and addictive behaviour	Increase number of presentations to secondary students Increase referrals to our MHAN nurses. Consult with our Student Senate on how to promote within the schools.	
Increased staff capacity in intervention and tier one programming	Mindfulness ASIST training – grade 7 & 8 teacher and secondary school physical education focus Refresh roll out of our mental health curriculum – elementary and secondary	Increase the number of staff with mindful schools training by 10% Increase the number of staff trained with the curriculum course by 10% At least one teacher from each elementary school will be offered the two day training. All of our schools using the curriculum in Grades 7, 8 and 11 (Phys. Ed.)	



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	<p>Increase our mental health knowledge of working with indigenous student population</p> <p>Website presence</p> <p>Continue to work with our teachers on newcomer trauma</p> <p>Strategies and skill building for staff to use with students with anxiety-like behaviours</p> <p>Social emotional kits in place and in use in all JK/SK classrooms</p>	<p>Consult with our indigenous partners on culturally appropriate interventions.</p> <p>Develop pages within our website for students, families and staff to access resources and credible information</p> <p>All teachers who work with newcomers will have training on newcomer trauma</p> <p>Develop 90 minute presentation for distribution at PA day on November 17th along with other well-being topics</p> <p>Continue with the roll out of the socio-emotional kits to the balance of our elementary schools. Conduct research on socio-emotional literacy kits examining if participating in a five week direct instruction program will improve students' skills in</p>	



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	<p>Work with NTIP organizers to include well-being</p> <p>Roll out of the Mentally Healthy Schools for Administrators. Develop 10- 15 minute case studies or activities for their use at meetings</p> <p>Planning of mental health and well-being passport seminar series geared for teaching and learning.</p> <p>Introduction of Mental Health First Aid</p> <p>Advocates meeting</p>	<p>recognizing subtle emotions and their own regulation of emotions.</p> <p>Develop a website resource which allows our new teachers to access teaching resources quickly</p> <p>All case studies to be posted for administrator use beginning in September</p> <p>Offer 10 different after school or evening sessions for our staff to complete. Certificate will be developed for those who complete all of them</p> <p>In January 2018 all secondary VPs will have the two day training.</p> <p>Two meetings are planned for 2017-18 school year.</p>	