

# KCDSB 2023/24 Mental Health Action Plan

## FAMILY CENTERED CARE



### Strong Pathways

- Strong internal and external pathways to support
- Continued implementation of the *Right Time Right Care* provincial document
- Increase collaboration with community partners
- Pilot project with *William W Creighton Youth Service*
- Improve Pathways to support crisis situations

### Student and Family Engagement

- Continue implementation of Student Mental Health Advisors
- Increase reach out to families through parent nights, tip sheets, etc.
- Increase engagement of caregivers in mental health services
- Use a client centered approach to care

### Mentally Healthy Schools

- Support with implementation of new Grade 7/8 mental health curriculum
- Ensure mental health professional development utilizes an identity affirming approach
- Incorporate Dr. Ungar's approach to resilience in classrooms and schools
- Continued roll out of School Mental Health Ontario's resources for educators and administrators

### Prevention and early Intervention

- Universal classroom program such as *Kids in the Know, SNAP in Schools* and *Stress Lessons*
- Structured Psychotherapy training for regulated mental health workers
- Continued implementation of PreVenture for all Grade 8 students
- Utilize *Our School Climate Survey* data to address emerging themes
- Targeted supports due to increase rates of students self-reporting anxiety

