

SYSTEM-WIDE SCHOOL MENTAL HEALTH

Strategic Pillars

There are many possible areas of focus when trying to enhance practice in support of student mental health and well-being. Maintaining a comprehensive strategy, with a manageable number of action-oriented pillars, can help to ensure steady forward progress, while avoiding the lure of one-off initiatives and events. Like all successful school district planning, the selection of strategic pillars should be grounded in research evidence, responsive to identified needs, aligned with like initiatives, and contextualized to build on the strengths and experiences of the jurisdiction.

In Ontario, the following strategic pillars have been fundamental for advancing school mental health and well-being.



ORGANIZATIONAL CONDITIONS

Structures and processes that serve to enhance uptake, implementation, scalability and sustainability of evidence-based practices in school mental health...to enhance system coherence.

ENHANCE COHERENCE

ENHANCE CONFIDENCE



CAPACITY BUILDING

Systematic professional learning that is tailored for specific school district knowledge audiences, along a continuum from mental health awareness, to literacy, to expertise...to enhance staff confidence.



EVIDENCE-BASED PRACTICE

Sustainable implementation of mental health promotion, prevention and intervention practices that are both evidence-based and implementation-sensitive...to enhance the quality of mental health programming in schools.

ENHANCE QUALITY

ENHANCE EQUITY



EQUITY AND SPECIFIC POPULATIONS

Responsive supports and resources co-designed and co-delivered alongside specific populations with more or unique mental health needs...to enhance equity in service delivery.



SYSTEM COORDINATION

Efforts to bring alignment across sectors, disciplines and regions...to enhance collaboration that inspires a strong system of care for children, youth and families.

ENHANCE COLLABORATION

ENHANCE MOMENTUM



YOUTH AND FAMILY ENGAGEMENT

Optimizing student and family voice, engagement and leadership...to enhance momentum in school mental health.

Strong pillars support alignment, consistency, quality, engagement, scalability and sustainability, and help us to fulfill the promise of school mental health.

Learn more at www.smh-assist.ca and @SMHASSIST.
Contact us at info@smh-assist.ca.



SCHOOL MENTAL HEALTH-ASSIST
ÉQUIPE D'APPUI POUR LA SANTÉ
MENTALE DANS LES ÉCOLES