

SCHOOL MENTAL HEALTH ONTARIO

WORKING TOGETHER WITH ONTARIO SCHOOL DISTRICTS TO SUPPORT STUDENT MENTAL HEALTH

2019 Action Plan: A Student-Centred Approach

You've known us as School Mental Health-ASSIST, but now your provincial implementation support team is called **School Mental Health Ontario (SMHO)**. Seems a small change, but it reflects the significant new focus for the next phase of our shared work to enhance student mental health in Ontario schools.

With enhanced funding from the Ministry of Education, we now launch our robust school- and student-centred 2019 Action Plan. It supports work that is "closer to the classroom", and directly responsive to student needs. This focused plan will catalyze our collective efforts to ensure that all Ontario students have knowledge and skills to maintain positive mental health, and can access evidence-based mental health promotion, prevention, and early intervention services at school. But it does more than this. It creates a bridge between systems and structures, and the daily experience of students in the classroom. This is an exciting new chapter in our shared efforts to support student mental health across Ontario.

The 2019 Action Plan maintains and enhances the solid foundation of our work together. Now, we will:

- ▶ Drive uptake of key **organizational conditions** from the district to the school level
- ▶ Expand **learning and training** for educators to create and sustain mentally healthy schools / districts
- ▶ Scale and support made-in-Ontario **evidence-based, implementation-sensitive programming**
- ▶ Enhance the **equity** focus across mental health and substance misuse prevention initiatives
- ▶ Establish, model and promote best practices in **student mental health engagement and leadership**
- ▶ Develop tools to enhance and communicate about **system pathways**

Students are at the Centre

The SMHO-SMSO 2019 Action Plan was developed in consultation with stakeholders across the province.

We asked...

What do all students need to build and sustain positive mental health?

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| Caring Conditions for Learning | ▶ Equip and Support School and System Leaders to create and sustain mentally healthy schools |
| Social-Emotional Skills | ▶ Equip and Support Educators to deliver grade-appropriate social-emotional learning and mental health learning, and notice when students might be struggling |
| Mental Health Knowledge | ▶ Equip and Support Students with opportunities for engagement, voice and leadership, and with resources to support appropriate help-seeking and help-giving |
| Mental Health Support | ▶ Equip and Support School Mental Health Professionals to provide evidence-based prevention and early intervention services at school |
| Strong Safety Net and Pathways | ▶ Equip and Support Parents and Families with information to help support mental health, notice signs of difficulty, and know where to find help for their child |

Scalable and sustainable methods that are grounded in Implementation Science will continue to be at the heart of School Mental Health Ontario services and supports. Implementation coaching, resource co-creation, mental health leadership teams, feedback loops, and community of practice networks will continue to serve as key drivers for the 2019 Action Plan.

The 2019 Action Plan aligns with Ministry of Education priorities in school mental health

1. Support schools and classrooms with high quality training and learning, so administrators, educators and students understand how to maintain positive mental health, and know where to turn if problems arise
2. Provide new Mental Health Workers with training on evidence-based practices for prevention and early intervention services
3. Equip educators, students and parents with information and resources associated with effective suicide prevention
4. Demonstrate and describe progress and impact related to the school mental health strategy and action plan

2019 ACTION PLAN: A STUDENT-CENTRED APPROACH

What do all students need to build and sustain positive mental health?

