

Limestone District School Board 2023-2024 Mental Health and Substance Use Action Plan

Area of Focus	Key Activities	Audience	Timeline	Status	Actions for Success
Mental Health & Substance Use Knowledge	Support the implementation of new mandatory mental health learning materials for grade 7 and 8 students that are aligned with the Health and Physical Education curriculum.	Grade 7 & 8 students Elementary educators	Ongoing		
	Voluntary delivery of School Mental Health Ontario (SMHO) MH Lit: Student Mental Health in Action Lesson Plans in the remainder of secondary schools to support mental health literacy, help-seeking, and peer help-giving.	Secondary students Secondary educators	September 2023 - June 2024		
	Communication and resources targeted at students, families/caregivers that support mental health and/or substance use concerns.	All students Families/caregivers	Ongoing		
Mental Health & Substance Use Support	Ensure that students and families/caregivers are: <ul style="list-style-type: none"> • aware of available school-based mental health and substance use supports • how school-based supports may be accessed • changes to the consent process in elementary schools 	All students Families/caregivers	September 2023 - June 2024		

	Evaluate the impact of enhancements to the LINKS District Learning Centre program on student well-being and academic achievement.	LINKS students	September 2023 - June 2024		
	Ongoing implementation of evidence-based brief interventions connected directly to learning and mental health needs, as identified by a comprehensive psychology consultation or psychoeducational assessment.	K-12 students identified during the course of a psychology consultation or psychoeducational assessment	Ongoing		
	Participate in the PreVenture scale up project, in partnership with SMHO and Youth Wellness Hubs Ontario (YWHO).	Grade 7 & 8 students at three elementary sites	September 2023 - June 2024		
	Implementation of Kids Have Stress Too!/Stress Lessons to help students learn skills to identify emotions and cope with stress.	Kindergarten and secondary classrooms	September 2023 - June 2024		
Pathways To/Through/ From Circle of Care	Increase awareness of school-based social work services among community partners.	Community partners	September 2023-2024		
	Onboard with Ontario Health (OH) to access OTNhub services, as a means of increasing a student's virtual circle of mental health support.	Select Educational Services staff K-12 students	October 2023		
	In alignment with Right time, right care , consider LDSB's current contributions to the system of care, and how these align with the relative roles and emphasis for school mental health, within the aspirational vision.	Mental Health & Substance Use Leadership Committee	September 2023 – May 2024		

	LDSB will be a participant in the development and implementation of a System of Care Pathway for infant and early mental health and wellbeing, in partnership with Infant and Early Mental Health Promotion (IEMHP) at The Hospital for Sick Children and community partners.	Educators Families/caregivers Children 0-6	September 2023 – August 2024		
Culturally-Responsive Mental Health Promotion, Prevention and Intervention	Participate in the Healthy Relationships Program (HRP) for 2S/LGBTQIA+ Youth Pilot	Gender and Sexuality Alliances (GSA) 2S/LGBTQIA+ student groups	September 2023 – June 2024		
	In partnership with Human Rights and Equity staff, establish mental health and substance use supports that that prioritize the voices and experiences of students from racialized, marginalized and underserved groups.	2SLGBTQI+, Black, Indigenous, and racialized students; students experiencing socio-economic inequities	September 2023 - June 2024		
	Educational Services staff will enhance awareness and access to evidence-based, student-centered, culturally-responsive promotion, prevention and early- intervention practices to address the complex needs of underserved and marginalized students.	Educational Services staff All students	September 2022 - June 2023		
Equip and Support Staff	Provide evidence-based resources and/or professional learning opportunities to all staff to support in-class learning/ teaching/discussion about student mental health and substance use, including harm reduction approaches.	All staff	Ongoing		

	Applied Suicide Intervention Skills Training (ASIST).	Administrators Educators Educational Services support staff	September 2023		
	safeTALK training.	Administrators Educators Educational Assistants Support staff	September 2023 January 2024		
	Consider SMHO Prepare, Prevent, Respond Suicide Promotion / Life Prevention Literacy for School Staff training workshop, to develop an understanding of suicide prevention at school, and the role that all school staff play in keeping students safe.	All staff	Ongoing		
	Enhance Mental Health and Wellness Minds Online resource site.	All staff	Ongoing		
A Relationship-based Approach to Student Well-being and Achievement	Introduce The Third Path to mental health support staff.	Adolescent Care Workers Student Support Counsellors	September 2022 - June 2023		
	Expand administrators' familiarity with The Third Path and how they may create regulating relationships and supportive environments for students and families.	Superintendents Administrators	September 2023 – June 2024		
	Expand staff's understanding of the origins of trauma and the impact of adversity on the developing brain.	Administrators Educators Educational Assistants Educational Services staff	August 2023 - June 2024		

	Facilitate student and caregiver engagement with Mental Health and Substance Use Leadership Committee .	Secondary students Caregivers	September 2022 - June 2023		
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