



Mental Health Annual Update



Mental Health Annual Update 2023-24



Priority Area # 1: Life Promotion

Goals

Bolster staff capacity in life promotion and suicide prevention

Increase capacity of school mental health professionals to support students using brief interventions

SMART Objectives

Provide mandatory training in board suicide protocol and life promotion

Increase staff understanding of their role in suicide prevention including responding to students experiencing thoughts of suicide

Enhance focused training for PSSP staff on brief interventions (including virtual care protocols) so staff know when and how to use them effectively with students

Priority Area # 2: Leading Safe and Mentally Healthy Schools

Goals

Partner with caregiver(s) and community agencies to enhance caregiver mental health literacy

Enhance capacity of administrators to lead safe and mentally healthy schools

SMART Objectives

Increase caregiver partnerships to access education surrounding mental health supports and attendance

Provide training for school administrators in the attendance strategy regarding responding to mental health absences

Priority Area # 3: Partnerships

Goals

Enhance capacity of administrators to lead safe and mentally healthy schools

SMART Objectives

Provide training for school administrators on how to embed self-regulation practices in their schools

Priority Area # 4: Identity Affirming Mental Health Literacy

Goals

Enhance mental health and substance use literacy among educators

Enhance mental health and substance use literacy of students

SMART Objectives

Promote and provide access to SMHO Mental Health Literacy course to be implemented in all Grade 10 Careers courses

Continued implementation of the Mental Health Literacy 7/8 curriculum in all new grade 7 classes

Implement evidenced based programming surrounding substance (including vaping) prevention (Preventure etc.)



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