



# MINUTES

## Mental Health Leadership Committee Meeting

*Thursday, October 10<sup>th</sup>, 2019*

*3:30 – 5:00 pm*

*Educational Services, Conference Room*

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Chair: Laura Conboy

Recorder: Lynne Rousseau

Attendees: Deirdre Chambers (for Gillian Gunn), Maureen Bartlett, Michele Miller (for Megan Cochrane), Suche James, Kristin Fossum, Alison McDonnell, Jennifer Murphy, Amber McCart, Shona Ribbel

Regrets: Gillian Gunn, Megan Cochrane

<b>Agenda Item</b>	<b>Discussions/Decisions</b>	<b>MRP</b>
1. Presentation from Immigrant Services Kingston & Area (ISKA)	Ellen Heinke (Child & Youth Settlement Worker) & Yu Jer Kou (Project Lead) gave an informative presentation to the group. They discussed pre-settlement stressors, post-settlement issues, child and youth related challenges and risk & protective factors for refugee children. Since 2015, there have been 250+ young children (under age 18) settle in Kingston. The rates of anxiety and Post-traumatic Stress Disorder symptoms among this population is almost 50%.  Resources: Maltby Center, Resolve Counselling Services, One Roof, Centre for Trauma and Abuse, KEYS Resettlement Assistance Program, Art & Play-Based Therapy Group.	S. James
2. Approval of Agenda	Adoption of the agenda by Amber McCart.	All
3. Approval of Minutes	Minutes approved by Maureen Bartlett and committee.	All
4. Updates related to Mental Health (MH) Leadership Committee	Laura Conboy is going to provide a monthly newsletter to committee members to share mental health updates. The purpose is to keep the committee connected to the mental health initiatives in Limestone between scheduled meetings.	L. Conboy



<p>5. Suicide Response Protocol</p>	<p>The updated protocol is complete and approved by the senior leadership team. In-service sessions have begun with administrators and Professional Student Services Personnel (PSSP) staff. Laura Conboy thanked the sub-committee and community partners for all of their contributions to the document.</p> <p>Each committee member has received an electronic copy of the document. LDSB staff can access the Protocol and Appendices on the Educational Services Forms Site.</p>	<p>L. Conboy/ L. Rousseau/ M. Bartlett/ G. Gunn</p>
<p>6. Update on School Mental Health Ontario (SMHO) initiatives</p>	<p>SMHO received funding for the 2019-2020 school year. They have developed a new 2019-2022 Action Plan that reflects what all students need in order to build and sustain positive mental health. The student is at the center of their work and the pillars of evidence, equity, engagement and leadership are the foundation of the work SMHO does.</p> <p>Many of their upcoming initiatives are noted in the LDSB 2019-2020 Action Plan.</p>	<p>L. Conboy</p>
<p>7. 2019-2020 Action Plan</p>	<p>Every June/July, SMHO asks all Mental Health Leads to develop an action plan for the upcoming school year. The Action Plans are used by SMHO to assist with informing their initiatives and resource development.</p> <p>The 2019-2020 LDSB Action Plan was developed with a focus on priority areas identified by SMHO. Highlights from the Action Plan include:</p> <ul style="list-style-type: none"> <li>- Enhancing equity through possible participation in the Supporting Transition Resilience of Newcomer Groups (STRONG). STRONG brings appropriate school-based services to refugee children and youth.</li> <li>- Review of the #HearNowON initiative, which focused on gathering student voice across the province regarding their mental health knowledge needs, ideas for mental health promotion, and how students would like to be involved in mental health initiatives. Two LDSB students participated in the Ottawa forum.</li> <li>- Introduce the 'Circle of Support' document produced by SMHO to the MH Leadership Committee</li> <li>- Introduction of LDSB Minds Online resource for educators</li> <li>- Supporting mental health workers in secondary schools with ongoing professional development in</li> </ul>	



	<p>the areas of structured psychotherapy and school-based interventions related to student cannabis use</p> <ul style="list-style-type: none"> <li>- SMHO Family Engagement Project. LDSB is one of six school boards participating in this project, which includes the development of resources for parents of students in K-12. We will be starting with resources targeted toward the early years population, with a focus on social emotional learning.</li> <li>- Opportunities offered for Living Works safeTALK and Applied Suicide Intervention Skills Training (ASIST)</li> <li>- At a previous Provincial SMHO meeting, there was discussion about how to support guidance teachers. SMHO and the Ministry of Education will be providing resources to support guidance teachers with a clear understanding of their role in supporting student mental health.</li> <li>- Alison McDonnell also noted that today, on World Mental Health Day, the provincial government pledged \$40 million to support student mental health.</li> </ul>	
7. 2019 – 2020 Meetings	The next meeting will take place on Wednesday, January 29, 2020 at 3:30 at Ed. Services	L. Conboy
9. Adjournment		L. Conboy