



MINUTES

Mental Health Leadership Committee Meeting

Thursday, March 25, 2021
3:30-5:00 PM
Microsoft Teams

Chair: Laura Conboy

Recorder: Lynne Rousseau

Attendees: Laura Conboy, Alison McDonnell, Nicola Dillard, Laura Stevens, Shona Ribbel, Cheryl Snyder, Ellyn Closs-Lambert, Wendy Morrison, Gillian Gunn, Suche James, Kristy Luffman, Maureen Bartlett, Cheryl Owen-Dawson, Melissa Hillman

Regrets: Shawn Quigley, Tom Revell, Catherine Greene

Agenda Item	Discussions/Decisions	MRP
1. Introductions	Land acknowledgement shared.	L. Conboy
2. Approval of Agenda	Suche James added the Equity Action Plan 2020-2023 to the agenda for a brief discussion.	All
3. Approval of Minutes	No changes to the minutes from the October 2020 or January 2021 meetings.	All
4. School Mental Health Ontario (SMHO) Updates	<p>Virtual field trips – Targeted at educators, and developed in partnership with OPHEA, these are a series of lessons to support the development of stress management and coping skills for students in K-12. Each lesson has 3 parts: minds-on activity; pre-recorded virtual field trip session that introduces breathing strategies; a consolidation activity.</p> <p>Suicide Risk Assessment webinar – Focused on the clinical challenges arising in school-based practice. Attended by Social Workers (SWs).</p> <p>Promoting student mental health & well-being – Targeted to Student Support Counsellors (SSCs) and Adolescent Care Workers (ACWs), this half day learning session focused on the important components of mental health promotion, specifically creating caring conditions for learning within our schools and classrooms, social-emotional skill building, and student help-seeking.</p>	L. Conboy



	<p>Cannabis Practice Guide – Practice guide and video recordings targeted to SWs and ACWs for their own self-directed learning.</p> <p>Kids Have Stress Too! (KHST!) - Produced through the Psychology Foundation, KHST! is an evidence-informed resource that offers classroom-ready strategies and activities to assist students to learn and practice stress management skills. This training was targeted toward SSCs.</p>	
<p>5. LDSB Updates</p>	<p>Mental Health Lead is attending monthly administrator meetings to share SMHO Action Kit resources.</p> <p>SSCs, ACWs, SWs, Clinical Consultants (CCs) and Attendance Counsellors (ACs) are being offered 12 hours of virtual, optional, professional development hosted by Lynn Lyons, focusing managing anxiety at school.</p> <p>On February 23-24, 2021 6 SSCs and 1 CC attended Applied Suicide Intervention Skills Training (ASIST), led by Ed Services staff.</p> <p>LDSB has been invited to participate on the panel at the Speak Up for Ability 2021 virtual event. The topic for this year is “Catching Up and Moving Forward in Education and Mental Health for Children with Learning Disabilities.”</p>	<p>L. Conboy</p>
<p>6. Queen’s University Clinical Psychology Outreach Program Wellness Challenges</p>	<p>The Queen’s University CPOP team has developed a unique way to provide mental wellness information to secondary students and teachers that is remote and consistent with COVID-19 guidelines and restrictions. Their content is designed to be easily shared with a classroom in 5-10 minutes. They have designed three different challenges, each consisting of 5 days of content. Each day focuses on developing a specific skill or piece of education.</p> <p>Each wellness challenge package includes five visual infographics, each accompanied by a brief video introducing the infographic and walking students through that day’s content. Students who complete one or more of the 5-day challenges may enter one of six prize draws for their school.</p>	<p>L. Conboy</p>



<p>7. Equity Action Plan 2020-2023</p>	<p>Suche requested that the MH Leadership Committee provide feedback on the draft Equity Action. Race and gender non-conforming students experience different impacts on everyday mental health than cisgender White students and have unique mental health needs. Committee members will receive a PDF copy of the Action Plan via email for review prior to the next committee meeting where feedback will be gathered.</p>	<p>S. James</p>
<p>8. Anti-Black Racism and Mental Health</p>	<p>PsychEd is a psychiatry podcast. Episode 30 covers anti-black racism and mental health and features Dr. Kwame McKenzie. The learning objectives for this episode are as follows:</p> <ul style="list-style-type: none"> • Understand the history and legacy of racism and mental health in the black community. • Understand the current state of racism towards black people and the impacts on their mental health. • Explore how healthcare workers can be anti-racist in providing mental health care and how the system can change to improve the mental health of black people. 	<p>L. Conboy</p>
<p>9. 2021-2024 Mental Health & Substance Use Strategy Survey Updates</p>	<p>Data collection timelines were reviewed.</p> <p>Preliminary data gathered from the grades 7-12 student surveys was shared with the group.</p> <ul style="list-style-type: none"> • 80% of elementary students who opened the survey link completed the survey • 67% secondary students who opened the survey link completed the survey • Overall response: ~15% elementary students (grades 7-8); ~16% secondary students • Identity data (race, gender, sexual orientation) reviewed <p>Ellyn will code the open text responses for emerging themes. The staff survey closes April 23, 2021. An infographic capturing the student survey responses will be released in May 2021.</p> <p>On March 31, 2021 Laura and Ellyn will complete a focus group with the Indigenous Education Advisory Committee.</p> <p>At the next Committee meeting, Ellyn will present the “big themes” for members to review and discuss.</p>	<p>E. Clost-Lambert</p>



	<p>Laura plans to present a first draft of the 2021-2024 Strategy document to senior staff in June 2021. The completed document is scheduled for release to schools and the public in September 2021.</p> <p>Wherever possible, data will be shared back to Family of Schools groupings.</p>	
10. Adjournment	Meeting adjourned. Next meeting is May 13, 2021 at 3:30 PM via MS Teams.	L. Conboy