



# MINUTES

## Mental Health Leadership Committee Meeting

*Thursday, May 13, 2021*  
*3:30-5:00 PM*  
*Microsoft Teams*

Chair: Laura Conboy

Recorder: Lynne Rousseau

Attendees: Laura Conboy, Alison McDonnell, Shawn Quigley, Shona Ribbel, Gillian Gunn, Lynne Rousseau, Cheryl Snider, Nicola Dillard, Ellyn Clost-Lambert, Catherine Greene, Maureen Bartlett, Suche James, Kristy Luffman, Cheryl Owen-Dawson, Megan Cochrane, Wendy Morrison

Agenda Item	Discussions/Decisions	MRP
1. Introductions	Land acknowledgement shared.	L. Conboy
2. Approval of Agenda	Approved.	All
3. Approval of Minutes	No changes to the minutes from the March 25, 2021 meeting.	All
4. Committee Membership	As per the Terms of Reference, members' two-year commitment on the committee has concluded. Members will receive a reach out in the Fall requesting confirmation of their affinities' primary and secondary delegates for the next two year term. A special thank you to committee members as they have supported the work within the District.	L. Conboy
5. 2020-2021 Action Plan Snapshot Update	<b>2021-2024 Mental Health &amp; Substance Use Strategy</b> <ul style="list-style-type: none"><li>• Strategy development is fully underway.</li></ul> <b>Equipping and Supporting Students</b> <ul style="list-style-type: none"><li>• An online referral process is in place for secondary students wishing to seek mental health and well-being support.</li><li>• LDSB main website was updated to include a "Student Mental Health" section. Website information will continue to be reviewed and updated.</li></ul> <b>Equipping our Educators</b> <ul style="list-style-type: none"><li>• A resource kit for guidance teachers has been assembled. With the current impact of</li></ul>	L. Conboy



	<p>the pandemic, this has moved to roll out for the Fall of 2021.</p> <ul style="list-style-type: none"> <li>• School Mental Health Ontario (SMHO) MH Lit Course: Elementary and secondary educator, and administrator courses are available. Many PSSP staff have been granted access to the educator courses as well.</li> <li>• Continued presentation of SMHO resources at administrator meetings.</li> </ul> <p><b>Equipping and Supporting Staff</b></p> <ul style="list-style-type: none"> <li>• One Applied Suicide Intervention Skills Training (ASIST) completed.</li> <li>• Mental Health Week K-12 resources were compiled with the support of a Student Support Counsellor and Adolescent Care Worker and provided to the system.</li> <li>• The Third Path: A small group of Educational Services staff have engaged in learning about this framework and reflected upon how this resource may be applicable within District Learning Centres.</li> <li>• A number of PSSP staff participated in a six-part webinar series focused on supporting students to manage anxiety.</li> </ul> <p><b>Enhancing Equitable Access</b></p> <ul style="list-style-type: none"> <li>• There has been a significant focus on keeping students connected to school-based supports during the pandemic.</li> <li>• Access to identity-based school resources continues to be a focus.</li> <li>• Educational Services has been working closely with Suche James around our own practices, staff hiring, the impact on students when they do or don't see themselves reflected in the adults around them, etc.</li> </ul> <p><b>Measuring Progress and Impact</b></p> <ul style="list-style-type: none"> <li>• Continued work on developing a mental health data inventory and understanding how data is useful in decision-making.</li> <li>• Data tracking tools are being developed/considered to support the work of affinity groups.</li> </ul>	
6. SMHO Board Scan	SMHO has yet to provide school boards with the results of their scan. Committee members provided input to complete the scan. It will be shared with the committee when available.	L. Conboy



7. Equity Action Plan 2020-2023	<p>Suche provided an overview of the draft Equity Action Plan. Various members of the committee provided feedback about the Plan.</p> <ul style="list-style-type: none"><li>• It was suggested that the Equity Action Plan and the Mental Health and Substance Use Strategy timelines align so that they can be complimentary action plans and data collection may be streamlined.</li><li>• How might we encourage community partners to embrace this work so that it is reflected to our students by all adults?</li><li>• How might we heighten awareness within the elementary panel?</li><li>• It would be helpful to have guidance around activities within schools. In the area of IEPs, what data are we using to make decisions and ensure that they are informed decisions for students?</li><li>• This work has opportunity for robust reflection in a safe and supportive way so that people can look at innate biases and stigma. Critical thinking must be a part of this work.</li></ul>	S. James
8. 2021-2024 Mental Health & Substance Use Strategy Survey Updates	<p>All responses have been collected and are being consolidated. Information will go to Interschool Council for their reflection.</p> <p>Students are receiving their gift cards for their participation in the survey.</p> <p>The most frequent themes from students were shared with the committee. Students are interested in more information about substance use; how to help their peers with a mental health or substance use issue; stigma reduction.</p> <p>De-identified feedback from staff, related to staff well-being, will be shared with Human Resources.</p>	E. Clout-Lambert
10. Adjournment	<p>Meeting dates for the 2021-2022 school year will be sent out once they have been confirmed.</p>	L. Conboy