



MINUTES

Mental Health & Substance Use Leadership Committee Meeting

Wednesday, November 23, 2022

3:30-5:00 PM

Microsoft Teams

Chair: Laura Conboy

Recorder: Ellyn Clost-Lambert

Attendees: Scot Gillam, Kristy Luffman, Kimberly Kent, Michele Miller, Ellyn Clost-Lambert, Laura Conboy, Amanda Posadowski, Christine Lambert, Shannon Niemi, Shawn Quigley, Mohammed Elshreif, Gillian Gunn, Andrea Barrow (for Rae McDonald), Maureen Bartlett, Leah Carey, Crystal Bevens-Leblanc, Kimberly Kent

Regrets: Wendy Fisher, Cheryl Snider, Rae McDonald, Liv Rondeau

Agenda Items	Discussion/Decisions	MRP
1. Introductions	<p>Welcome to new members!</p> <p>Mohammed Elshreif, student at LCVI and Student Trustee, will be acting as a student representative for the remainder of the year.</p> <p>Crystal Bevens-Leblanc, member of the Parent Involvement Committee, will be acting as the primary representative for parents and families.</p> <p>Kimberly Kent, Manager of School Programs, will be acting as the primary representative for Maltby Centre, replacing Jo Mayo.</p> <p>Shannon Niemi will be acting as the primary representative for secondary educators, replacing Cheryl Owen-Dawson.</p> <p>Land Acknowledgement completed.</p>	L. Conboy
2. Approval of Minutes	<p>September minutes were not included as part of this month's meeting package but are available online for members to review. Approval of the September 2022 minutes deferred to January 2023.</p>	All

<p>3. Approval of Agenda</p>	<p>VTRA updates will be postponed until January 2023 when Wendy Fisher is in attendance.</p> <p>The St. Lawrence College student presentation is removed from the agenda.</p> <p>Motion to approve the agenda by Shawn Quigley.</p>	<p>All</p>
<p>4. Community Partner Updates</p>	<p>Shawn reported that KAIROS is currently supporting 284 new and ongoing clients. The top 3 substances used among school-aged youth are cannabinoids, nicotine, and alcohol, with most clients using between 3 and 4 substances at a time in a single session. Seventeen percent of students endorse experiencing a process addiction.</p> <p>Shawn also reported that over the last 15 years, MEND has tended to be the last service called, before police. Youth Diversion is trying to educate schools to help them understand that MEND would be the best first or second service to call, to divert deep-seated conflict.</p> <p>Amanda Posadowski advised that Public Health (PH) nurses are supporting Wellness Teams in secondary schools.</p> <p>“My Brain, My Choice” has been piloted in Grade 6 classrooms throughout the region. PH is hoping to do more work promoting vaping-cessation and incorporating mental health messaging into this work.</p> <p>The “Parenting in KFL&A” Facebook page and phone line have been expanded to include school age children. Services are currently monitored by a Registered Nurse.</p> <p>Disordered eating has been increasing over the pandemic. Training opportunities have been circulated for educators, focused on how to recognize and support eating disorders, and how to teach food and nutrition.</p> <p>The PH/LDSB/ALCDSB Youth Worker networking meeting will take place on December 9, 2022.</p> <p>Kimberly Kent reported that October 2022 was the busiest October on record for Maltby Centre. Maltby is shifting their after-hours support to be available</p>	<p>A. Posadowski/ K.Kent/ S.Quigley</p>

	between 8 PM and 8 AM and increasing Saturday availability.	
5. 2021-22 School Mental Health Ontario (SMHO) Board Scan Review	<p>Members of the Committee provided input into the 2021-2022 SMHO Board Scan. Board Scans are used as a tool for SMHO Implementation Coaches to follow up where school boards need support. They are also used by LDSB to help build our 3-year strategy.</p> <p>Relevant sections of the Board Scan were reviewed and discussed. Specific focus was given to those areas where LDSB identified our level of implementation to be lower than the majority of other school boards. These included, but are not limited to, educator mental health literacy, identity-affirming practices, stigma reduction, and family/caregiver engagement.</p>	E. Clost-Lambert
6. 2022-2025 SMHO School Mental Health Strategy	It is important that committee members understand the direction that SMHO is headed in their work. The 2022-2025 SMHO School Mental Health Strategy was reviewed. One relevant change that was noted was the replacement of the term “culturally responsive” with the term “identity affirming.”	L. Conboy
7. #HearNowON 2021 Report	Item deferred to January 2023, due to lack of time. Members are encouraged to read the report in the meantime.	All
8. Adjournment	Meeting adjourned. Next meeting to take place on January 26, 2023 from 3:30-5:00 PM, via MS Teams.	L. Conboy