



# MINUTES

## Mental Health & Substance Use Leadership Committee Meeting

Thursday, January 26, 2023

3:30-5:00 PM

Microsoft Teams

**Chair:** Laura Conboy

**Recorder:** Wendy Fisher

**Attendees:** Laura Conboy, Scot Gillam, Kristy Luffman, Shawn Quigley, Wendy Fisher, Ellyn Clost-Lambert, Amanda Posadowski, Gillian Gunn, Crystal Bevens-leblanc, Cheryl Snider, Mohammed Elshrief, Michele Miller, Gord Unsworth (Providence Care), Christine Hodgson (Providence Care)

**Regrets:** Rae McDonald, Liv Rondeau

Agenda Items	Discussion/Decisions	MRP
1. Welcome	Land Acknowledgement completed.  Dr. Christine Lambert will be going on maternity leave. She will be replaced by Dr. Megan Brunet as representative for the Clinical affinity. Due to a recent allocation change, Nicola Dillard has decided to step down as an Administrator representative. No replacement has been named for her yet. Thank you, Christine and Nicola, for your contributions to this committee. We wish you the best of luck with your next adventures.	L. Conboy
2. Approval of Minutes	September and November 2022 minutes are available online for members to review.	All
3. Approval of Agenda	Motion to approve the agenda by Ellyn Clost-Lambert.	All
4. Presentation from Providence Care	In the past, Providence Care (PC) was invited by secondary schools to talk about mental illness. They would like to explore the possibility of this occurring again. Previously, guest speakers with lived experience would speak with students and the following day PC staff would educate students about	G. Unsworth / C. Hodgson

	<p>mental illness, and facilitate reflection and conversation regarding the previous day's speaker.</p> <p>These presentations occurred at FSS, LSS and GREC in civics classes, health studies and social studies, across all grade levels.</p> <p>Gord Unsworth and Christine Hodgson confirmed that there were students who expressed suicidal ideation during these presentations. Historically, they would involve an educator to direct students on where/how to seek help. Laura Conboy expressed concerns about this. She reinforced that it would be the responsibility of PC staff to follow LDSB Pathways to Care and the LDSB Suicide Response Protocol in those instances.</p> <p>Scot Gillam confirmed that there is no formal process for presentations like this to occur, however school administrators are expected to vet these requests. There are recommendations and best practices from School Mental Health Ontario (SMHO) that should be considered. Adolescent Care Workers (ACWs) and Social Workers (SWs) are well versed in how to respond to students with suicidal ideation. It would be important for them to be available for students who may have a reaction to these presentations.</p> <p>Christine Lambert expressed that the Clinical affinity would be happy to collaborate with community partners on this initiative.</p> <p>The Committee will have further discussion, and feedback will be provided to PC staff in the coming weeks.</p>	
<p>5. Community Partner Updates</p>	<p>There is currently no representative from Maltby Centre on the Committee.</p> <p>Amanda shared that KFL&amp;A Public Health is using social media to engage caregivers about how they can support their teens. There is a Facebook page focused on mental wellness and substance use, and how caregivers can support their children around exam stress.</p> <p>Nurses have been participating in student engagement sessions at various secondary schools. They have shared displays focused on topics such</p>	<p>A. Posadowski/ S.Quigley</p>

	<p>as mental wellness, vaping, sexual health, and what students can do to prevent and manage stress.</p> <p>On December 9, 2022, Public Health hosted an ACW/Youth Worker networking event. Presenters offered learning on a variety of topics, including SMHO resources, non-suicidal self-injury, disordered eating, wellness teams, and sexual health.</p> <p>Shawn Quigley provided a brief staffing update for Sydenham High School and GREC. On January 30<sup>th</sup> Youth Diversion will be hosting a volunteer workshop focusing on the N.E.A.R. Sciences (Neuroscience, Epigenetics, Adverse Childhood Experiences, and Resilience) and how organizations can leverage this body of work to help build resilience in our community. The fee is \$15 and proceeds go to United Way.</p>	
6. Student and Caregiver Updates	<p>No updates from Mohammed or Chrystal.</p> <p>Laura shared that SMHO put out a call for family members and caregivers to join a working group focused on creating and revising resources, and to inform portfolio leads. There were 56 applications and Chrystal was selected as a committee member. Congratulations Chrystal.</p>	C. Bevens-leblanc / M. Elshrief
7. Violence Threat Risk Assessment (VTRA) Updates	<p>Deferred from last meeting.</p> <p>In October 2022, Limestone organized a Level Two VTRA training for administrators, support staff and community partners. 41 attendees participated in the training, facilitated by Kevin Cameron from the North American Centre for Threat Assessment. Kevin stressed the importance of language when communicating with families – instead of calling the process “Violent Threat Risk Assessment” he now recommends “Assessment of Risk to Others.” He has also recommended substituting the term “threat maker” for “individual of concern.”</p> <p>Members of the Behaviour Action Team, Superintendent Patty Gollogly, Liv Rondeau and Wendy are registered for an upcoming VTRA From an Indigenous Perspective training, scheduled for January 30, 2023. It is a specialized training that has a focus on historical trauma and leverages core frameworks borrowed from VTRA and Traumatic Event Systems Training.</p>	W. Fisher

<p>8. #HearNowOn 2021 Report</p>	<p>Laura shared the report from SMHO and Wisdom2Action. The five recommendations gathered from student voice were reviewed. Connections were made between this report and LDSB's Mental Health and Substance Use Strategy, and annual Action Plans.</p> <p>Scot and Laura had an opportunity to attend the Board meeting last week and share with Trustees last year's monitoring document. They also discussed some of the items that are areas of focus for the 2022-23 school year. Laura identified that one of the biggest barriers to mobilizing key activities are the limited opportunities to get in front of educators. Amanda wondered why this is. Laura discussed the limitations to replacement time and voluntary learning after school. Amanda suggested that Public Health could help disseminate the SMHO MH LIT curriculum to secondary schools.</p> <p>Wendy plans to share the report with ACWs and SSCs.</p> <p>Mohammed expressed that expanding student knowledge might be the biggest area requiring support. Most of his peers know that there are resources available to help, but not necessarily about special programs, Maltby Centre, etc. Nicola suggested that in secondary schools, there could be video/audio or other daily announcements focused on mental health services on a rotation, rather than only on special days/months. These could emphasize key community and school resources.</p> <p>Shawn noted that MEND is a relationship-based approach to well-being that is still available to schools. There are not a lot of requests for MEND at the secondary level.</p> <p>Gillian Gunn suggested that there are both informal and formal ways to spread knowledge and remind others that resources such as Mind Online exists. Gillian noted however, that Minds Online can be difficult to navigate. Kristy Luffman agreed. Laura requested that anyone who is interested in helping to review the Minds Online resource page reach out to her.</p>	<p>All</p>
<p>9. Adjournment</p>	<p>Meeting adjourned. Next meeting to take place on March 23, 2023 from 3:30-5:00 PM, via MS Teams.</p>	<p>L. Conboy</p>