



# MINUTES

## Mental Health & Substance Use Leadership Committee Meeting

Thursday, March 23, 2023

3:30-5:00 PM

Microsoft Teams

**Chair:** Laura Conboy

**Recorder:** Ellyn Clost-Lambert

**Attendees:** Laura Conboy, Maureen Bartlett, Megan Brunet, Leah Carey, Ellyn Clost-Lambert, Scot Gillam, Gillian Gunn, Kristy Luffman, Rae McDonald, Michele Miller, Amanda Posadowski, Liv Rondeau, Shawn Quigley, Cheryl Snider

**Regrets:** Wendy Fisher, Shannon Niemi

Agenda Items	Discussion/Decisions	MRP
1. Welcome	Land Acknowledgement completed.  Laura Conboy welcomed Dr. Megan Brunet as the new Clinical Consultant representative while Dr. Christine Lambert is on maternity leave.	L. Conboy
2. Approval of Minutes	Motion to approve the January 26, 2023 minutes by Gillian Gunn, seconded by Michele Miller.	All
3. Approval of Agenda	Motion to approve the agenda by Rae McDonald, seconded by Shawn Quigley.	All
4. Thinking about Mental Health from an Indigenous Perspective	Liv Rondeau shared that Haudenosaunee New Year is celebrated by the cycle of the moon and Midwinter Ceremony, usually around the end of January or February. There is a focus on gratitude for the previous year. The Wahta (Maple) ceremony is coming up on April 2.  Thinking about mental health from an Indigenous perspective means always thinking about the student as a whole being. Holism doesn't necessarily mean the individual; it encompasses a lot of other things that make the person who they are (family, community, culture, language, etc.).	L. Rondeau

	<p>Wellness starts with individuals taking responsibility for their mental health. This is followed by mental, emotional, spiritual and physical facets which are important for a healthy, well, and balanced life. Thirdly, respect, wisdom, responsibility, and relationships are values that uphold wellness for Indigenous Peoples. All are equally important to living a good life, and existing within and beyond ourselves. Mutual accountability and reciprocity is very important. Relationships and responsibility go hand-in-hand and extends beyond human-to-human relationships to all Creation. Fourthly, culture, language, and the ways Indigenous Peoples live is tied to the land. Thinking about mental health from an Indigenous perspective also takes into account social, environmental, cultural, and economic determinants of health and well-being. Lastly, there is a focus on the community, symbolizing togetherness, respect and relationship. Children are included in this because they are the heart of our communities.</p> <p>Shawn asked about land acknowledgement alternatives, avoiding contrived statements. Liv responded that land acknowledgements have moved towards “check box” activities and are most important and valuable if action is attached to the statement.</p>	
<p>5. Community Partner Updates</p>	<p>Amanda Posadowski shared that Public Health continues to work on grade 7/8 substance use presentations. Nurses are working with three schools and their wellness teams on body image and what students could do in their schools to encourage more positive thinking around this topic. Amanda reported that Public Health is seeing a problem with mental health/body image and social media use. Public Health staff recently hosted a parent session on social media and body image. They would like to see what they can do next year with the Board to help parents understand how children are using social media, and how much it may be impacting them. Public Health is also working with five secondary schools to roll out School Mental Health Ontario MH Lit lesson plans in grade 9 phys ed classes. Schools were chosen based on an examination of School Climate data and include KSS, LCVI, BSS, NDSS and FSS.</p> <p>Shawn reported that Kairos staff supported 310 students over the course of their fiscal year, down</p>	<p>A. Posadowski/ S. Quigley</p>

	<p>slightly from last year, partly because of staffing issues. Students are averaging 349.6 days on a Kairos worker’s caseload. At this time, students are not waiting to be seen, but waitlists may need to be created in the future. Addiction and Mental Health Services (AMHS) support youth age 16+ with addiction support. As far as Shawn is aware, Youth Diversion is the only service that provides substance use support for youth under age 16. Amanda noted a trend of substance use is spiking in youth between grades 10 and 11.</p>	
6. Student and Caregiver Updates	<p>Student and caregiver representatives were not present. Agenda item deferred.</p>	C. Bevens-leblanc / M. Elshrief
7. Board Scan	<p>Laura offered a summary of the SMHO Board Scan process. Committee members were reminded of the presentation given in September 2022 of the Board Scan results from the previous school year, that compared LDSB’s responses to aggregate data from all other Ontario boards. SMHO has confirmed that this format of the Board Scan will be consistent for the next four years. Committee members will be sent a link to the scan following today’s meeting. They are asked to answer any questions that they can and submit one copy on behalf of their affinity by April 14, 2023. Committee member response will be used to inform the final submission of the Board Scan by Laura and Scott Gillam.</p>	E. Clost-Lambert
8. Newcomer Mental Health Supports	<p>During the 2021-2022 school year, Laura and Superintendents Stephanie Sartor, Scot Gillam and Alison McDonnell collaborated with staff from KEYS and ISKA to start conversations about resource-sharing and mapping. It was evident that our community does not have enough resources to fill service gap for newcomers.</p> <p>In the spring of 2022, all ESL and ELL staff were offered CRI Level One Trauma Informed Training, facilitated by Anita Peter (Social Worker) and Laura. Educators also participated in a “problem of practice” afternoon to help capture and understand challenges, resources, pathways and connections.</p> <p>2023-2024 work has focused on The Third Path. All LDSB administrators, ESL and ELL teachers were offered the opportunity to participate in Dr. David Tranter’s virtual book club.</p>	L. Conboy

	<p>On March 2, 2023 a Newcomer Family Literacy night as held at Lord Strathcona. Laura shared SMHO resources in English, Spanish, Arabic, Somali and Farsi. Resources focused on exercises to ease anxiety, suicide prevention, and a healthy return to school. Kids Help Phone resources were also shared.</p> <p>STRONG is on hold for the current school year, with the hope of implementing a group for Arabic speaking students at LCVI in Fall 2023. One of the barriers to running the program this year was translation services which are costly and limited. Amanda noted that Public Health recently changed their translation services to a more cost-effective option. Amanda will investigate cost-sharing options to include LDSB if possible. Megan confirmed that translation support for clinical services is much needed to give appropriate access to families in order for them to understand clinical documents.</p>	
9. Adjournment	Meeting adjourned. Next meeting to take place on May 25, 2023 from 3:30-5:00 PM, via MS Teams.	L. Conboy