



MINUTES

Mental Health & Substance Use Leadership Committee Meeting

Thursday, October 5, 2023

3:30-5:00 PM

Microsoft Teams

Chair: Laura Conboy

Recorder: Wendy Fisher

Attendees: Laura Conboy, Wendy Fisher, Valerie Arsenault, Adam Andrecyk, Liv Rondeau Cheryl Snider, Gillian Gunn, Ellyn Clost-Lambert, Kristy Luffman, Leah Carey, Michele Miller, Megan Brunet, Amanda Posadowski, Michael Whiteman

Regrets: Scot Gillam, Rae McDonald, Shawn Quigley

Agenda Items	Discussion/Decisions	MRP
1. Introductions	<p>Laura Conboy welcomed new committee members Valerie Arsenault (elementary Principal), Adam Andrecyk (secondary Vice-Principal), and Michael Whiteman (Maltby Centre). All members were encouraged to review the Terms of Reference.</p> <p>Congratulations to Liv Rondeau on receiving an award for her outstanding contributions to our community.</p> <p>Laura shared the land acknowledgement.</p>	L. Conboy
2. Approval of Agenda		All
3. Approval of Minutes	<p>Liv Rondeau motioned to approve the May 25, 2023 meeting minutes. Motion seconded by Ellyn Clost-Lambert.</p>	All
4. Community Partner Updates	<p>Normandie Wragg is the new Executive Director of Maltby Centre.</p> <p>Maltby has transitioned back to their regular service delivery model. There is currently not a long waitlist for mental health services. Walk-in clinic services</p>	M. Whiteman

	<p>have resumed in Kingston on Tuesday afternoons. Autism services are fee for service.</p> <p>Public Health Nurses (PHNs) are meeting with administrators to determine how to best support schools. The top three health topics identified by administrators were mental health, substance use, & violence and bullying.</p> <p>Last year, PHNs supported the implementation of School Mental Health Ontario (SMHO) Mental Health Lit lessons in grade 9 phys ed classes across five schools. The goal is to reach all the other LDSB secondary schools this year.</p> <p>The grade 6 substance use prevention program “My Brain My Choice” launched last year. The “Catch My Breath” vaping prevention program may roll out next year.</p> <p>This year, there will be an ongoing focus on prevention and supporting wellness teams in secondary schools. There will also be a focus on Grade 7 & 8 healthy relationships, to address bullying concerns.</p>	<p>A. Posadowski</p>
<p>5. Summer Mental Health Supports</p>	<p>Adolescent Care Worker (ACW) provided support to summer school and Read-A-Lot summer literacy program. Kids Have Stress Too! was piloted this year at Read-A-Lot programs.</p> <p>Transition support was provided by some School Attendance Counsellors, ACWs, and Student Support Counsellors (SSCs).</p> <p>Intensive Skills Y Training and Behaviour Management Systems Training (BMS) was offered to Educational Assistants.</p> <p>One Social Worker provided ongoing therapy to students on their caseload throughout July and August.</p> <p>LDSB planned to support 10 students to attend Rainbow Camp. Unfortunately, due to staffing issues, Rainbow Camp had to close the camp for the summer in early July. One student was able to participate in the camp.</p> <p>LDSB piloted a partnership with KHSC Child & Adolescent Psychiatry. Twenty students were able to</p>	<p>L. Conboy</p>

	<p>benefit from a one-time (non-crisis) psychiatric assessment. Approximately 50 referrals were received for this pilot.</p> <p>Twenty-three LDSB staff, 5 ALCDSB staff, and 3 community partners participated in Applied Suicide Intervention Skills Training (ASIST).</p> <p>Ten phys ed teachers participated in safeTALK training.</p> <p>Over 80 elementary and secondary educators completed SMHO’s Mental Health Literacy Course for Educators. The course focused on basic mental health knowledge and strategies to use in the classroom.</p> <p>Schools will be receiving resource packages to support student mental health and wellbeing. The next step is to come up with a plan on how to get the resources into the hands of educators.</p> <p>Laura ran two sessions for educators at this year’s LDSB Summer Institute. Sessions focused on SMHO resources including Mental Health Literacy Lessons and Stress Management and Coping Virtual Field Trips.</p>	
<p>6. 2023-2024 Action Plan</p>	<p>Laura highlighted the key areas of focus for the Mental Health and Substance Use Strategy. Every year, an annual Action Plan is developed and key activities are identified. The 2023-2024 Action Plan will be public after it is shared with Trustees.</p> <p>Key activities for this year include:</p> <ul style="list-style-type: none"> • Mandatory grade 7 & 8 mental health curriculum • Changing the age of consent as it relates to school-based support. Students who are 12 years and older may now access SSC and Social Work support without caregiver consent • Development of an infant and early mental health care pathway for KFL&A, in partnership with The Hospital for Sick Children and various community partners • 2SLGBTQIA+ Healthy Relationships Pilot for student GSAs 	<p>L. Conboy</p>

	<ul style="list-style-type: none"> • Explore SMHO Prepare, Prevent, Respond Suicide Promotion/Life Prevention Literacy for school staff • SSCs and ACWs working with The Third Path 	
7. Grade 7 & 8 Mental Health Curriculum	<p>As of January 1, 2024, there are mandatory mental health lesson plans for grades 7 & 8, as part of PPM 169. These have been supported by SMHO. Lesson plans are now available for educators to access on the Virtual Learning Environment (VLE).</p> <p>These three, 40-minute modules per grade that support the delivery of existing mental health literacy expectations within Strand D of the Health and Physical Education curriculum.</p> <p>Mental Health Leads and Superintendents had an opportunity to preview the module content in September. Later this month, Laura, Scot Gillam and two LDSB staff will gather with SMHO Coaches to discuss implementation plans to support educators with these lessons.</p>	L. Conboy
8. PPM 169	This agenda item has been deferred to November 23, 2023.	L. Conboy
9. Adjournment	Laura adjourned the meeting and thanked the Committee for their time and commitment.	L. Conboy