



MINUTES

Mental Health & Substance Use Leadership Committee Meeting

Thursday, January 25, 2024

3:30-5:00 PM

Microsoft Teams

Chair: Laura Conboy

Recorder: Wendy Fisher

Attendees: Laura Conboy, Scot Gillam, Wendy Fisher, Ellyn Clost-Lambert, Leah Carey, Megan Brunet, Shawn Quigley, Amanda Posadowski, Michael Whiteman, Valerie Arsenault, Maggie Farmer, Anita Peter, Andrea Barrow, Lorrie Larock (guest)

Regrets: Liv Rondeau, Rachel McDonald, Adam Andrecyk, Gillian Gunn

| Agenda Items | Discussion/Decisions | MRP |
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| 1. Introductions | <p>Welcome to Maggie Farmer who is the new Adolescent Care Worker (ACW) affinity representative. Welcome to Anita Peter, representing the Social Work affinity and Andrea Barrow, representing Equity on behalf of Gillian Gunn and Rae McDonald respectively.</p> <p>Laura shared with the committee her experience and reflection as a result of participating in an Indigenous Learning Circle facilitated by School Mental Health Ontario (SMHO).</p> <p>Laura shared the land acknowledgement.</p> | L. Conboy |
| 2. Presentation from One Roof | <p>Lorrie provided an overview of the services One Roof provides to youth (ages 16-24). To reduce barriers, One Roof provides youth in the KFL&A area with access to support and services in one location (620 Princess St, Kingston).</p> <p>The Intensive Community Crime Prevention (ICCP) program supports youth between ages 16-24 in conflict with the law. ICCP will engage youth with the highest needs – particularly those individuals who are unwilling or unable to access other community treatment programs.</p> | L. Larock |

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| | <p>One Roof provides evening programs such as game night, Indigenous programming, and FUSE. In addition, a nurse practitioner is available to provide health care to youth and a retired teacher is available for education support.</p> | |
| 3. Approval of Agenda | <p>Motion to approve the agenda by Leah Carey. Motion seconded by Shawn Quigley.</p> | All |
| 4. Approval of Minutes | <p>Motion to approve the November 23, 2023 minutes by Wendy Fisher. Motion seconded by Shawn Quigley.</p> | All |
| 5. Community Partner Updates | <p>Youth Diversion - The SNAP program will no longer be run by Youth Diversion and will transition to YMCA as of February 5, 2024.</p> <p>Shawn provided a brief overview of Planet Youth, Icelandic Prevention Model focused on substance use prevention. Kingston Community Health Centre (KCHC) is taking the leading, in collaboration with community partners, to apply for funding through Planet Youth.</p> <p>Maltby – Walk-in clinics are open in Sydenham and Napanee from 10:00 AM to 4:45 PM.</p> <p>There is a new Youth Portal located on the Maltby Centre website. The Maltby Wellbeing Project Podcast by the New Mentality is also available through the portal.</p> <p>Nexus referrals are currently being accepted as there is space in all three programs.</p> <p>KFL&A Public Health – The Public Health and ACW networking meeting was well received. Public Health is currently exploring something similar to offer to students.</p> <p>Nurses have created a resource for developing wellness teams in schools. They are also working on updating the Caring Community Cards.</p> | <p>S. Quigley</p> <p>M. Whiteman</p> <p>A. Posadowski</p> |
| 6. Non-Suicidal Self Injury (NSSI) Protocol | <p>Laura asked committee members to express their interest in being part of a working group to identify procedures to support students engaging in NSSI. Michael Whiteman, Maggie, Leah Carey and Megan Brunet volunteered.</p> | L. Conboy |

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| 7. Student Support Counsellor (SSC) Referral Pathway | Wendy provided an overview of the SSC Referral Pathway. | W. Fisher |
| 8. Student Census Findings: Mental Health, Substance Use, Well-being, and Identity | Ellyn Clost-Lambert provided a high-level overview of Student Census Data focused on mental health, substance use, well-being, and identity to advise the 2024-2027 MHSU. | E. Clost-Lambert |
| 9. 2024-2027 Mental Health and Substance Use (MHSU) Strategy Development Discussion | <p>Laura provided an overview of the 2024-2027 MHSU mapping to date, and discussed how the current key areas of focus map onto the PPM 169 requirements.</p> <p>Laura elicited feedback from committee members regarding future areas of focus. Committee members wondered about areas such as early years, newcomer students, impacts of technology, and trauma-informed schools.</p> <p>Following today's meeting, Ellyn will send committee members a Qualtrics link to provide feedback regarding the development 2024-2027 Strategy, on behalf of their affinity.</p> | L. Conboy |
| 10. Adjournment | <p>Laura adjourned the meeting and thanked the Committee for their time and commitment.</p> <p>The next meeting will take place on March 21, 2024 at 3:30 - 5:00 PM.</p> | L. Conboy |