



Mental Health Action Plan

FINAL REPORT





Mental Health Action Plan 2023-24

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Priority:

We build a culture of well-being to support the cognitive, social, emotional and physical needs of each learner.

Goal #1:

Increase the knowledge and skills of staff to better support learners in developing the capacity to tend to their own well-being.

Strategies in Action	Success Criteria	Progress	Status
Senior Administration and School Administrators will complete the School Mental Health Ontario Mental Health Literacy course	Senior Administration and School Administrators will demonstrate increased knowledge and understanding of mental health concepts, language and available resources when supporting student and staff well-being	100% of senior team members completed Mental Health Literacy training for system leaders	Complete
School Wellness Champions will be re-established at the Elementary and Secondary level	School Wellness Champions will act as the conduit for increased knowledge and understanding of mental health supports and resources	90 School Wellness Champions work with school-based CYWs, and received introductory restorative practice training from Garth Bell	Complete
A Social Emotional Learning (SEL) program chart for educators will be created and shared	Educators will use the chart when choosing resources and supports	A chart of available grade-appropriate SEL programs was produced, vetted, and distributed to administrators SEL resources offerings were reviewed and reassessed in June 2024 Data collection was also enhanced to facilitate on-going annual program reviews	Complete Complete On-going

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Strategies in Action

Educators will participate in training at System Leaders meetings, Professional Development days, staff meetings, Guidance meetings, Learning Resource Teacher meetings, Mental Health Leadership sessions, and Specialized Services (SMHO) meetings

Success Criteria

Educators will demonstrate increased knowledge of mental health literacy and how to support student well-being

Progress

Administrator conference focused on Mental Health and Well-being, and Indigenous ways of knowing, conducted by equity experts and members of Grand Erie's Indigenous Education Team

100% of administrators and secondary student success teams were trained on the Grand Erie Mental Health Strategy 2022-25

60 secondary staff and teacher consultants received in-service on the Guide to Supporting Students with Anxiety

98% of Grade 7 and 8 students completed the School Mental Health Ontario Grade 7 & 8 Mental Health Literacy Curriculum modules. These lesson modules are designed to help students learn how to:

- manage stress,
- understand the relationship between mental health and mental illness,
- recognize the signs and symptoms of a mental health concern,
- counteract mental health stigma and
- know when and how to get help

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Complete

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Strategies in Action

Increase the number of schools using the Shanker Self-Regulation framework

A robust online learning platform for educators will be created on Brightspace, including access to SMHO courses, Grand Erie's Mental Health and Wellness Digital Resource Binder, resource guides for educator and support staff use in the areas of anxiety and depression

Success Criteria

Educators will demonstrate increased knowledge of how to support student self-regulation through co-regulation and healthy relationships

Educators will demonstrate increased knowledge of mental health literacy and how to support student well-being

Progress

100% of administrators were in-serviced on Shanker self-regulation school program
Student Self-Regulation Support Tool was created and added to the Social Emotional Learning (SEL) program offerings to support schools in identifying and responding to potential student stressors that negatively impact student self-regulation
35 schools completed staff Shanker self-regulation training presented by school-based Child and Youth Workers (CYWs)

A comprehensive database of online resources was selected, assembled, and made available to staff to support staff literacy of student mental health, and to support student well-being, belonging and inclusion, and attendance

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Strategies in Action

Child and Youth Workers will work directly in classrooms to deliver evidence-based programming and classroom lessons and activities connected to the Ontario Curriculum, co-facilitated with educators, that focus on social emotional learning, healthy relationships, stress management and mental health literacy

Success Criteria

Educators will demonstrate increased knowledge of mental health literacy and how to support student well-being

Progress

154 intermediate students were trained through self-regulation and conflict resolution recess program

Eight Additional school-based CYWs were hired to enhance the ability of CYWs to provide responsive support to students and educators through social-emotional support programs and tiered student skill-building

A direct access model was introduced to maximize responsiveness of school-based CYW support and training to school needs regarding mental health and well-being

Three new community partners provided alternative mental health supports for 26 students supported by Safe and Inclusive Schools CYWs and teachers. Components of these new support opportunities included working with animals, athletics, and land-based learning

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Strategies in Action

A robust and informative online presence through a lens of inclusion and accessibility for student, family and community access will be built via the public facing website and social media

Child and Youth Workers and educators will work together to deliver the Social Justice series in classrooms

Success Criteria

An increased number of stakeholders will have access to timely and up-to-date information about mental health resources and supports in Grand Erie

Educators will demonstrate an increased understanding of how to support student mental health and well-being through a lens of inclusion and equity

Progress

A Grand Erie Mental Health Instagram account was launched to engage youth in Grand Erie schools

Online presentations regarding understanding and supporting avoidant behaviours were provided for parents

With community partners, five hybrid (online and in-person) presentations regarding substance abuse and addiction prevention, and support strategies, were provided for parents/caregivers through expert presenters

Over 500 students received Social Justice series presentations, focusing on inclusion, equity, well-being, belonging and mental health

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Complete

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Goal #2:

Provide students with the knowledge, skills and resources to tend to their own mental health and well-being.

Strategies in Action

Student Wellness Teams will be re-established at the Elementary and Secondary levels, and at the secondary level, Wellness Teams will support the establishment of small groups of students using Stress Less resources

Success Criteria

Students will demonstrate increased knowledge and understanding of mental health concepts, strategies to deal with anxiety and stress, language, and resources

Progress

26 School Wellness Champions received introductory restorative practice training from Garth Bell to support student belonging, well-being, positive school climate, and self-advocacy

10 School Culture and Well-Being staff continued to provide mental health supports to students during the summer of 2024, providing:

- over 200 food hampers
- approximately 150 wellness visits to support the mental health of roughly 300 Grand Erie students and their families through visits focused on wellness, problem-solving, and facilitation of family and student contacts with community-based service providers.
- Seven students continued Land-based supports with assistance from the Indigenous Education Team and the local community
- 162 students with Attendance Counsellor support to facilitate their return to school at the start of September

Status

Complete

Complete

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Goal #2:

Provide students with the knowledge, skills and resources to tend to their own mental health and well-being.

Strategies in Action

Schools will provide students with opportunities to develop skills in identity-affirming mental health and well-being learning and understanding pathways to care that will be provided in a universal design approach

Collaboration will occur with Public Health Nurses in the area of in-class mental health promotion for students

A secondary-focused Mental Health Learning Event and Summit will be held in the Spring of 2023

Success Criteria

Schools will provide learning opportunities for students in the classroom, in small groups settings, during recess programs, in Wellness rooms and through mental health promotion bulletin boards

Schools will access Public Health Nurses to provide mental health promotion presentations in classrooms

Students will showcase their learning about mental health concepts, strategies, language, and resources

Progress

School-based CYW staff are each assigned a small cluster of schools in which they work directly with administrators and teachers to support responsively the needs of each individual school, inclusion support for recess programs, secondary school wellness rooms, mental health promotion, and tiered interventions and skill-building

20 focus schools were identified and supported by Public Health Units across Grand Erie
Brant Public Health Nurses and school CYWs ran Stress Less clubs
Brant Public Health nurse titles were altered, based on student input, to destigmatize student use of the nurses' services

61 elementary and 64 secondary students participated in the first annual Wellness OutLoud in the spring of 2023

Status

On-going

Complete

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Priority:

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Goal #3:

Increase awareness and use of resources to support students at risk for suicide or non-suicidal self-injurious behaviours.

Strategies in Action

Provide in-service and learning opportunities and resources for school-based staff to support student suicide prevention

Success Criteria

Administrators and educators will demonstrate an increased understanding of how to support students at risk of suicide by providing K-12 classroom-based mental health and wellness promotion supports and K-12 classroom-based mental health literacy supports

Progress

School-based Social Worker (SW) staff are each assigned a small cluster of schools in which they are accessible to work directly with administrators and teachers to support responsively life promotion and suicide prevention

Status

On-going

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Priority:

We build a culture of well-being to support the cognitive, social, emotional and physical needs of each learner.

Goal #4:

Alignment of common messaging and resources with Indigenous Education, K-12 Program, Specialized Services and Safe and Inclusive Schools.

Strategies in Action

Success Criteria

Progress

Status

Mental Health and Well-Being and Indigenous Education collaborate to prepare and implement a classroom resource focused on student wellness and self-care that is inclusive of Indigenous perspectives

Administrators and educators will demonstrate an increased understanding of Indigenous mental health and well-being and an Indigenous Wellness model of support

208 staff and students from 13 secondary schools and 30 elementary schools attended the Wellness OutLoud event in May 2024. The event focused on Indigenous perspectives, shared to students and School Wellness Champions through Indigenous Wellness workshops

On-going

Revise, update and roll out a comprehensive Decision Support Tool to include equity and Indigenous lens as well as curriculum connections

Administrators and educators will demonstrate an increased understanding of how presentations are vetted to ensure they are in line with Grand Erie's vision and protocols

A Decision Support Tool document, including an equity-focused addendum, was created and made available to administrators

On-going

Provide system level department wide training and certification using The Impact Cycle Coaching Model

System staff will demonstrate increased coaching skills when working with educators in the classroom

System staff will demonstrate increased coaching skills when working with educators in the classroom. Approximately 150 system staff from Specialized Services, Safe and Inclusive Schools, Indigenous education and K-12 Program trained in the Impact Cycle Coaching model

Complete

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Goal #4:

Alignment of common messaging and resources with Indigenous Education, K-12 Program, Specialized Services and Safe and Inclusive Schools.

Strategies in Action

Review and align Social-emotional Learning programs amongst Program K-12 and Specialized Services teams

Success Criteria

Specialized Services, Program K-12 and Mental Health and Well-Being system staff will ensure programs in school contain curricular connections and are aligned with identity affirming language, and universal design for learning

Progress

Five Universal Design for Learning (UDL) coaches in Specialized Services were assigned to schools in 2023-24 to work alongside school-assigned Social Workers and Child and Youth Workers to support Social Emotional Learning supports in all Grand Erie elementary schools

Status

On-going



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