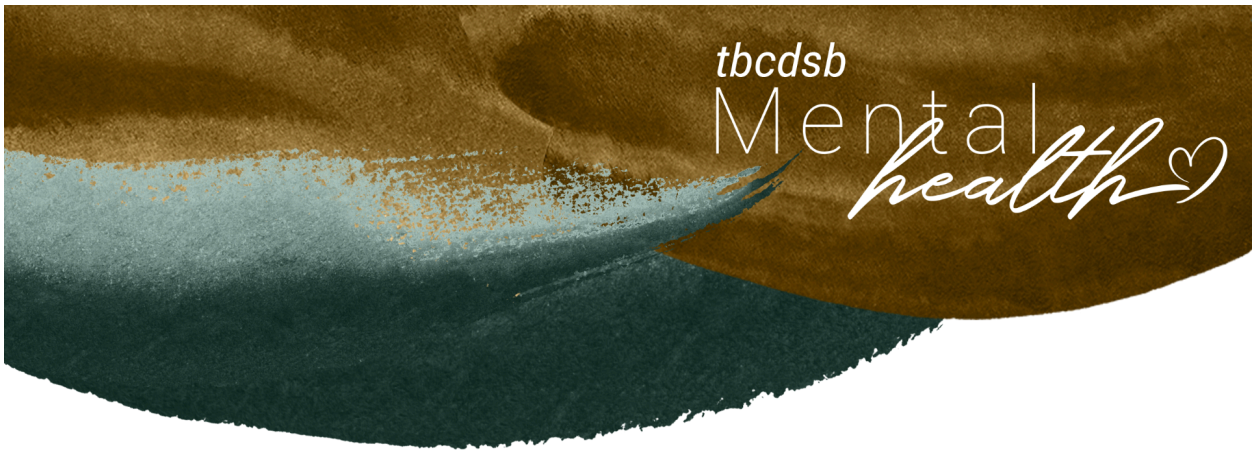
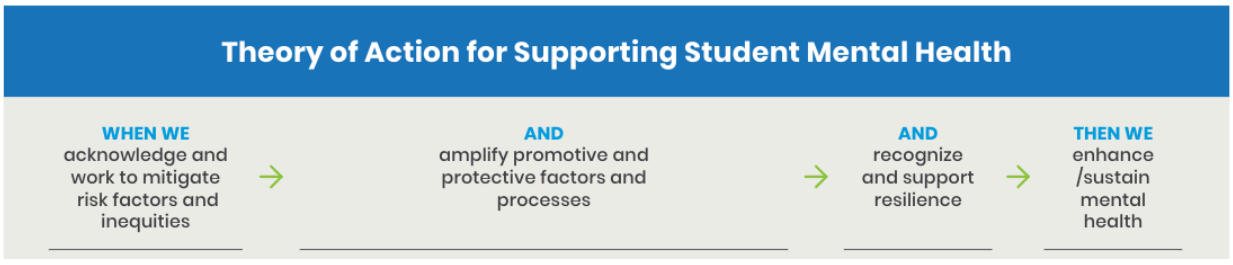


TBCDSB Mental Health & Wellness
Strategic Direction 2024-2027

As people of faith and an educational community, we have been engaged in an ongoing journey towards resilience and wellness. Our journey continues to bring opportunities and challenges, as we respond to new and emerging needs in our school communities.

In Achieving Excellence: A Renewed Vision for Education in Ontario (2014), the Ministry of Education affirmed that quality education is grounded in promoting positive mental health and student well-being. Well-being is inextricably linked to student success, and healthy educational communities.

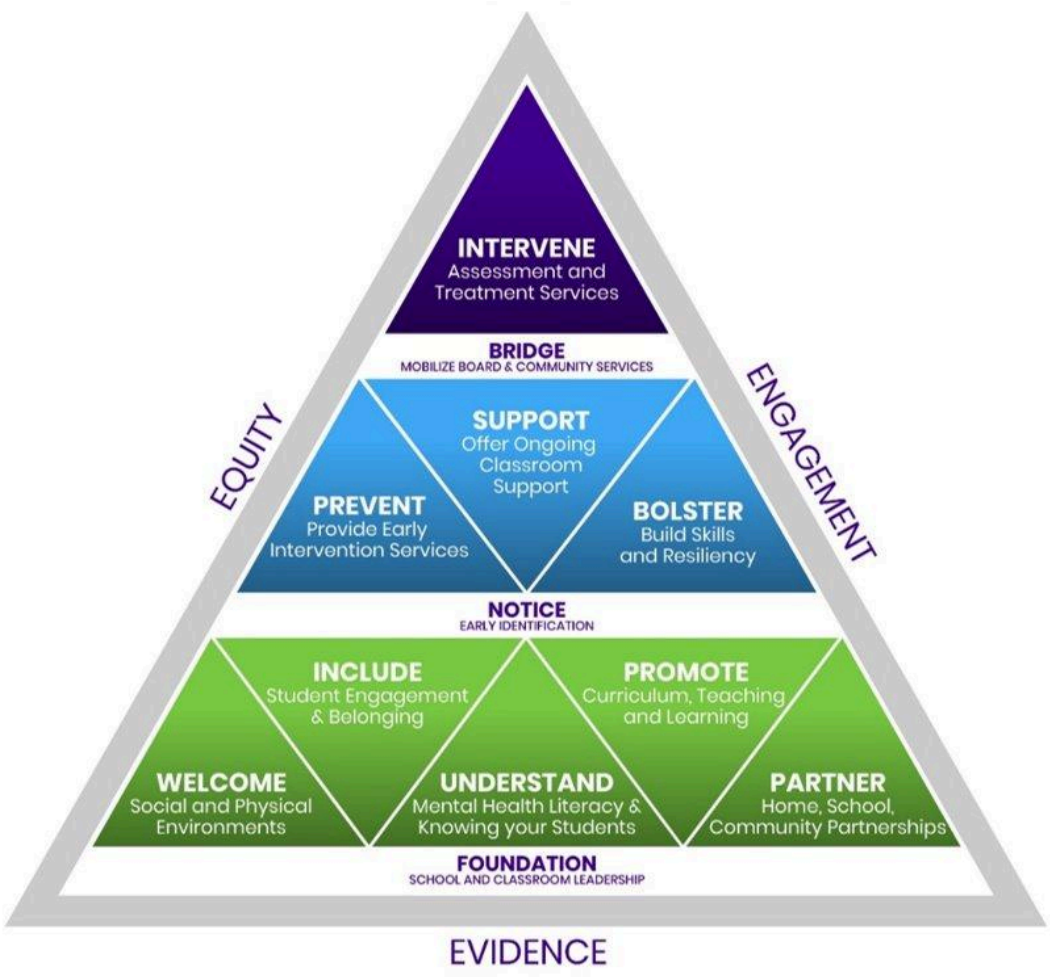
School Mental Health Ontario's (SMH-ON) Theory of Action for Supporting Student Mental Health (2021) states that: "When we acknowledge and work to mitigate risk factors and inequities AND amplify promotive and protective factors and processes AND recognize and support resilience THEN we enhance and sustain mental health."



Thunder Bay Catholic prioritizes positive mental health and well-being for all students and staff by positioning *truth, reconciliation, hope, love and faith* as our guiding principles.

Aligned and Integrated Model (AIM)

As we focus on building and sustaining resilience in our school communities, Thunder Bay Catholic relies on School Mental Health Ontario's Aligned and Integrated Model to organize school mental health activities. This multi-tiered vision of support ensures all students in every classroom receive the right care at the right time.



We recognize that all students will benefit from universal activities focusing on mental health promotion and prevention. Some students will benefit from more school and classroom-based interventions such as group-based intervention or in-class techniques when experiencing challenges with their mental health, and there are a few students who may benefit from more intensive individual services or counselling by a registered mental health practitioner either in the school or with a community partner agencies.

Alignment with SMH-ON Strategic Direction

Thunder Bay Catholic District School Board has designed our interventions and goals in alignment with School Mental Health Ontario's strategic direction for 2022-2025. We prioritize Tier 1 Interventions, with responsibility for mental health and well-being shared by all members of our school communities. We focus on meeting the needs of *every student*, and recognize that these needs will vary depending on the unique experiences, strengths and identities of our students.



The following strategic directions and goals are embedded within our overarching strategic plan for Catholic education.

Growing in Faith
Learning embedded in Catholic values and faith.

- Promote positive mental health by championing equity, social justice and human dignity for all.
    - A particular focus on building self-awareness and capacity related among our system and school leadership teams
- Enhance the social, emotional and spiritual lives of our students through well-being practices that align with Catholic virtues and our collective commitment to truth and reconciliation.
- Work together in staff teams to make our school communities places of safety, compassion, inclusion, sharing and forgiveness

Inspiring Achievement
Inspiring achievement, nurturing successful and faithful students, staff and families

- Foster a continued understanding of mental health as an essential component of well-being, achievement and academic success.
- Implement culturally relevant and responsive supports and programming to address well-being needs of Indigenous learners.
- Lay a foundation of social emotional skills for all students to better meet their educational goals and achieve personal success.
- Intervene in a timely manner to engage students and families who may be struggling to achieve due to unaddressed mental health needs.

Supporting Collaboration
Encouraging participation, teamwork and success for all

- Foster a spirit of collaboration and shared responsibility for mental health and well-being within our schools and across our Board community.
- Share and promote best practices in school mental health, as relevant to each role within our schools.
- Learn from and incorporate Indigenous models of wellness and health, and welcome Indigenous support staff as key members of student well-being teams.

Ensuring Sustainability
Planning today for a brighter tomorrow

- Prioritize and solidify the organizational conditions necessary for a sustained and integrated approach to mental health and well-being in Catholic education.
- Move towards measurable outcomes for student mental health and well-being.
- Grow and support leaders in mental health from within our Board through enhanced mentorship and leadership programs.

Connecting Communities

Developing strong partnerships among schools, families and community organizations

- Enhance communication between home and school to ensure parents and caregivers feel welcomed, well-informed and involved in mental health planning and initiatives.
- Develop clear pathways to, from, and through more intensive services when needed so all students and families have clear support from our school system.
- Partner with Indigenous-led and Indigenous-focused service organizations to ensure all students and families can access culturally relevant mental health support.
- Ensure community partners in mental health and substance use sectors are welcomed and utilized to enhance programming and learning opportunities for families, staff and students.
- Provide inclusive environments for all students and staff, including 2SLGBTIAQ+ people, where everyone feels valued, respected, dignified and loved.