



The Northwest Catholic District School Board

THE MENTAL HEALTH TEAM ROAD MAP FOR 2025/26

MULTI-YEAR STRATEGIC PLAN

- Promote a culture of inclusion, belonging and acceptance of difference and diversity where students and staff see themselves reflected in Christ-centered environment.

- Enhance and promote a culture that supports the well-being of all students and staff using current best practices.

- Students' diverse learning needs are celebrated and supported to attain equity of outcomes for student achievement and well-being.

1. BACKGROUND

Each Mental Health Lead and Team must work collaboratively to develop an Annual Action Plan as well as develop a 3-year Mental Health and Addictions Plan.

The Annual Action Plan details specific priorities and actions to support student mental health and well-being. The Plan must be developed with input from key stakeholders, including students, families, and local community mental health providers. The plan includes a detailed framework outlining specific goals, actions, timelines, anticipated outcomes, and indicators of success.

Common areas of focus include:

- i. Professional Development: Providing training for staff on supporting students' mental health.
- ii. Program Implementation: Implementing evidence-informed programs to address specific needs, such as the PreVenture program for substance use prevention.
- iii. Mental Health Literacy: Educating students, staff, and parents on mental health concepts and well-being.

- iv. Culturally Responsive Practices: Integrating culturally responsive strategies to meet the diverse needs of all students. Support Systems: Strengthening Multi-Tiered Systems of Support (MTSS) for mental health promotion, prevention, and early intervention

2. CURRENT

As the new Mental Health Lead, I will be working closely with the team as well as stakeholders and community partners to create our new 2025/26 Annual Action Plan. The Plan will be developed and be interconnected to our Board's Strategic Plan.

We are currently in year 2 of our 3 Year Mental Health and Addictions Strategy.

3. THE WORK AHEAD FOR 2025/26

- First year of Greenspace with key learning and areas for growth;
- Emerging need for collaboration and increased communication with other Board Leads;
- Implementation of PreVenture;
- Ensuring mentally well school communities in our Board;
- Using quality data to inform our work;
- Prioritizing Early Years programming for JK-3 students;
- Learning and implementing a common assessment; and
- Monitoring and measuring progress as we move towards our vision.

Submitted by:
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