



## THE UCDSB MENTAL HEALTH STRATEGY

**At UCDSB we prepare all students for a successful life**

*We believe that if we establish a consistent, equitable, and intentional culture of well-being and inclusivity in all of our schools, then all students will:*



**Experience a positive sense of self and belonging  
Develop skills to make positive choices  
And live healthy lives to their full potential**



**Mission:** To create a culture of wellness so that all students are prepared for a successful life.

**Vision:** Students and staff are connected to each other and their communities, are fluent in practicing the habits conducive to wellness, and can identify and intervene early when mental health problems arise.

**Values/Commitments:** Caring, Courage, Empathy, Fairness, Generosity, Honesty, Perseverance, Resilience, Respect, Responsibility.



Build Mental Health Literacy in students and staff.



Enhance access to supports for stress and coping using evidence-based programming in all of our schools.



Articulate pathways to care and ensure appropriate levels of support for our vulnerable students.



Enhance staff, student and family access to reliable, evidence-based and evidence-informed information and resources.

## Core Elements of the UCDSB Mental Health Strategy



Build Mental Health Literacy in students and staff.



Enhance access to supports for stress and coping using evidence-based programming in all of our schools.



Articulate pathways to care and ensure appropriate levels of support for our vulnerable students.



Enhance staff, student and family access to reliable, evidence-based and evidence-informed information and resources.

### 2019-20 Activities

#### Classroom Programming

- [Every Day Mental Health in Classrooms](#)
- [MindMasters2](#)
- [Psychology Foundation](#): Kids Have Stress Too & Stress Lessons

#### Staff Training and Support

- [Supporting Minds](#)
- Mental Health Bulletin Boards in Staff Rooms (information, pathways, resources)
- [Suicide Prevention, Intervention and Risk Review](#)

#### School Decision and Assessment Tools

- [SMHO Decision Support Tool](#)
- [SMHO Leading Mentally Healthy Schools Reflection Tool](#)