



Supporting Student Mental Health Professional Learning Network #1



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



In partnership with

CATHOLIC
PRINCIPALS'
LEADERSHIP
DEVELOPMENT | ONTARIO

A service partner of the



LEADERSHIP
EN ACTION

A service partner of the



Association des directions
et directions adjointes des
écoles franco-ontariennes

PRINCIPAL
ASSOCIATION
PROJECTS

A service partner of the



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



Land Acknowledgement



I acknowledge that I am on the ancestral territory of nations within nations including the Mississaugas of Scugog Island, the inherent right-holders of this land, which is home to many diverse First Nations, Inuit and Métis peoples. I am grateful to have the opportunity to work and learn on these lands in a community of sharing.

As educators, we have a duty to learn, understand and redress the historical and ongoing impacts of colonialism. We have a responsibility, individually and collectively, to reconcile our relationship with the land and Peoples.



Let's Take The Pulse



Slido Activity
(Live link only available during PLN)



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



Agenda



- Welcome
- Summary of Feedback from Focus Groups
- SMH-ON: Tier 1 of AIM Model and Reflection Tool
- Breakout Rooms: Learning From Each Other
- Closing



Focus Group Feedback



- The SMH-ON website has a lot of information. However, there is a lack of time to go through it all
- Accountability and sustainability are important
- **Seeking direction on where to start**
- **Resources that support student voice, equity and inclusion of all**
- **Resources that can be linked to Social Emotional Learning (SEL) within curriculum**
- Resources that are short enough to be included in newsletters, staff meetings, etc.
- Best practice look fors



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



Introducing your SMH-ON facilitators:



Gail Lalonde

Clinician,
Mental Health Promotion
Team Lead



Judith Desjardins

School Administrator
Mental Health Literacy &
Practice Lead

Twitter: @JDesjardinsON



Start with a breath....



Focus on your belly, maybe put your hand there.

As you breathe in deeply through your nose, send this breath all the way down to your stomach.

Breathe in... feel your stomach expand and your hand move out.

Breathe out... feel your stomach contract and your hand move in.

Keep In Mind

- The activity can be helpful before a test or any stressful situation.
- The more you practice, the more natural this will feel!
- Before sleep is a great time to practice.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

We work together with Ontario school districts
to support student mental health
www.smho-smso.ca



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



LEADERSHIP
EN ACTION





ABOUT US

School Mental Health Ontario

We work together with Ontario school districts to support student mental health

Find us: www.smho-smso.ca

Follow us on Twitter: [@SMHO_SMSO](https://twitter.com/SMHO_SMSO)

Visit our partner COVID-19 Youth Resource Hub:
www.jack.org/covid



The School Mental Health Ontario Vision



With consistent access to high-quality, evidence-based mental health information, supports and services, **Ontario students understand the importance of and how to care for their own mental health, seek help when problems arise, and maintain a strong sense of identity, belonging, confidence and hope even in challenging circumstances.**



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

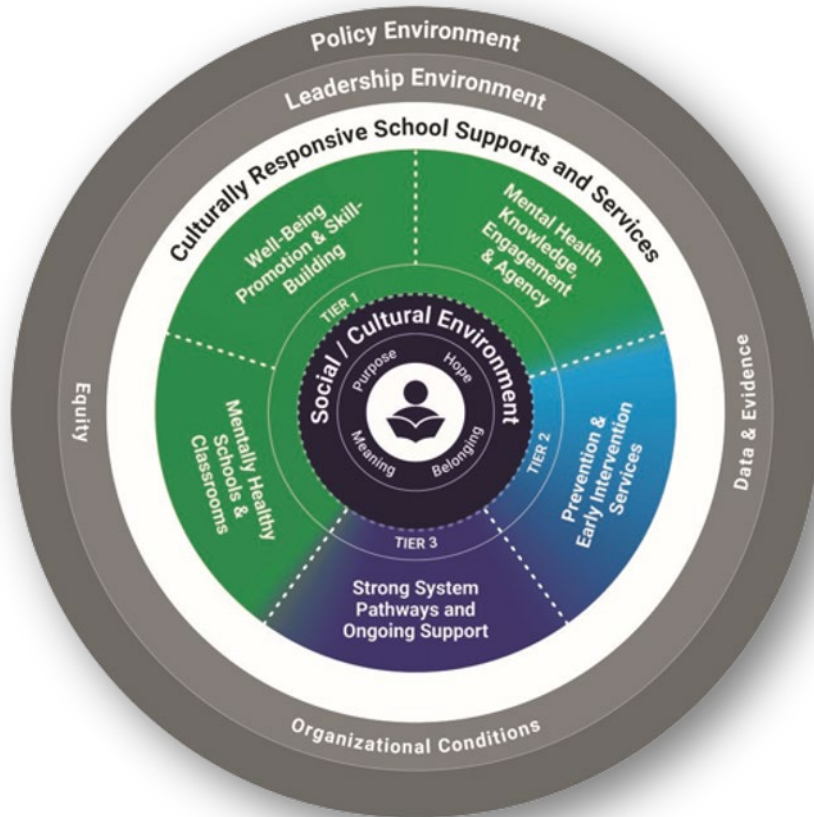
CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



School Mental Health Action Plan



1. Amplify the promotive and protective influence of schools
2. Identify and address emerging and escalating student mental health problems
3. Mobilize focused support for those disproportionately impacted by COVID-19
4. Build and sustain strong safety nets
5. Provide hopeful and aligned communication

What is mental health?

Often, when we think about mental health, our minds turn to images like this one....

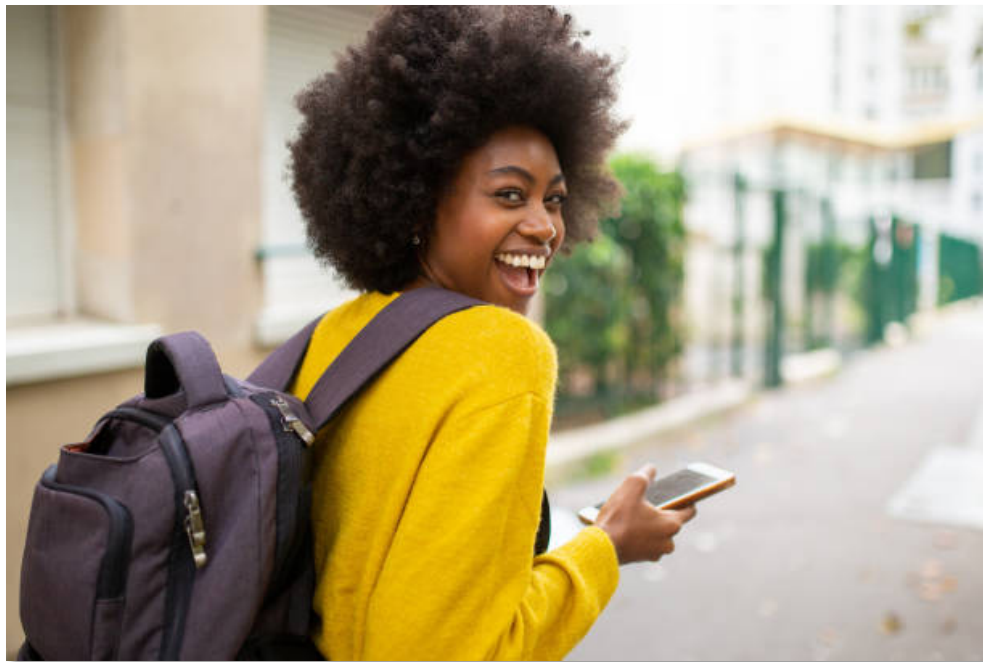


School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

What is mental health?

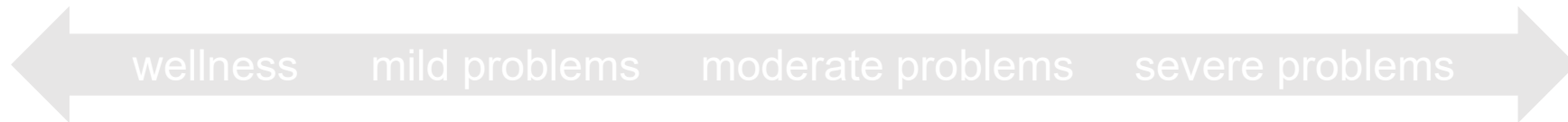
When really, mental health looks something more like this.
It is a positive state of flourishing and balance.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Understanding Mental Health and Mental Illness



Mental
Health



...a positive sense of emotional well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.

Mental
Illness

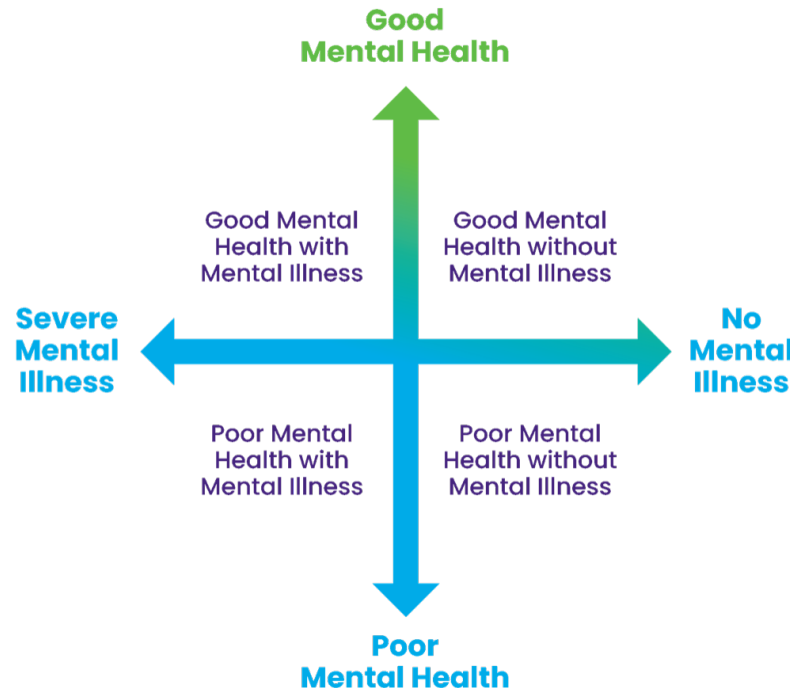


...a wide range of mental health disorders characterized by alterations in thinking, mood or behaviour associated with significant distress and impaired functioning.



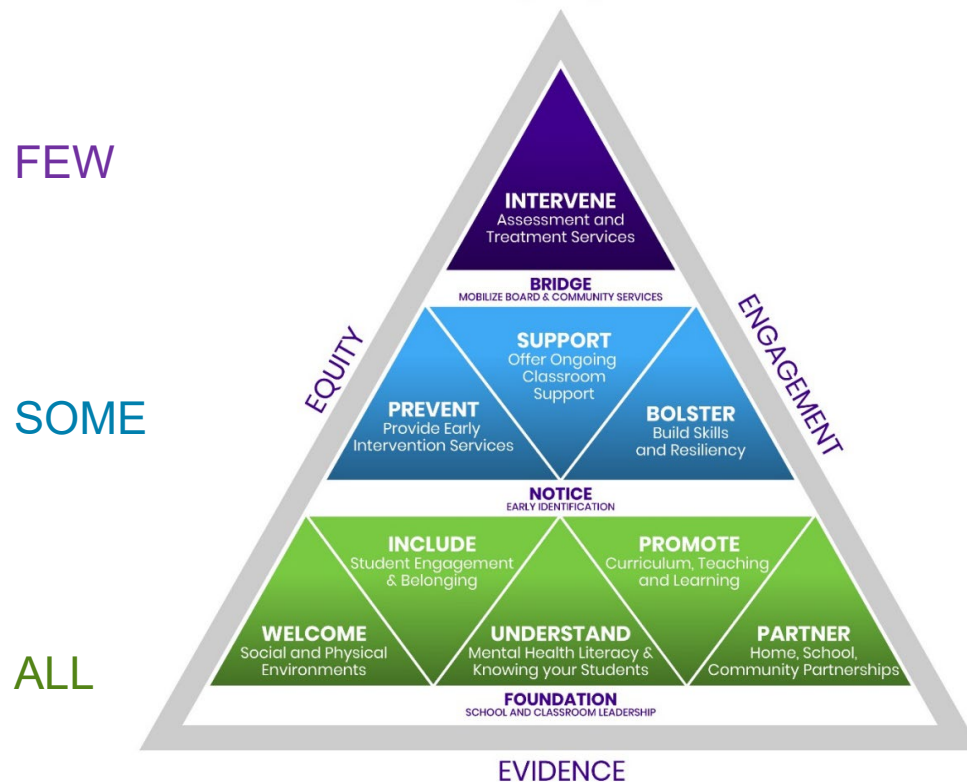
Understanding mental health and mental illness

Thinking about mental health on a Dual Continuum shows how you can have a mental illness, but still be mentally well, just as you can have a physical illness and still live fully.





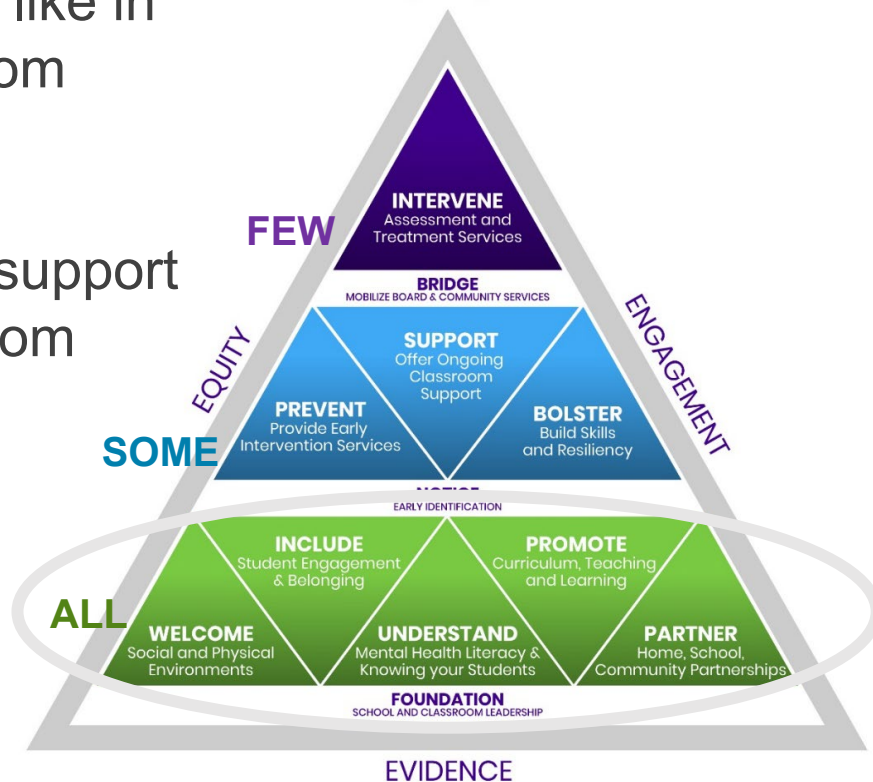
Aligned and Integrated Model (AIM)



Aligned and Integrated Model (AIM)

What does it look like in everyday classroom life?

What can I do to support this in my classroom and school?



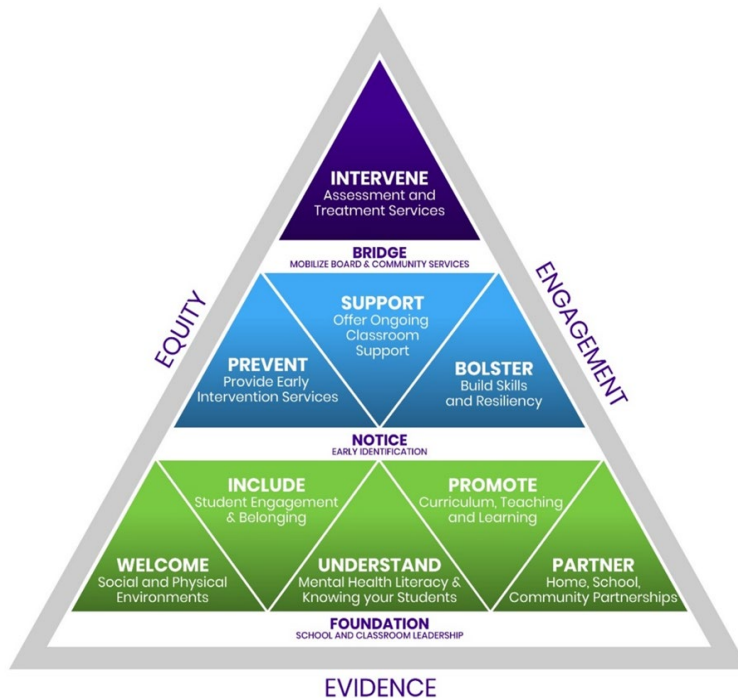
WELCOME
INCLUDE
UNDERSTAND
PROMOTE
PARTNER



Our Main Role in School Mental Health is Promotion and Prevention



Consider the role of schools to enhance the mental health of **ALL** students.

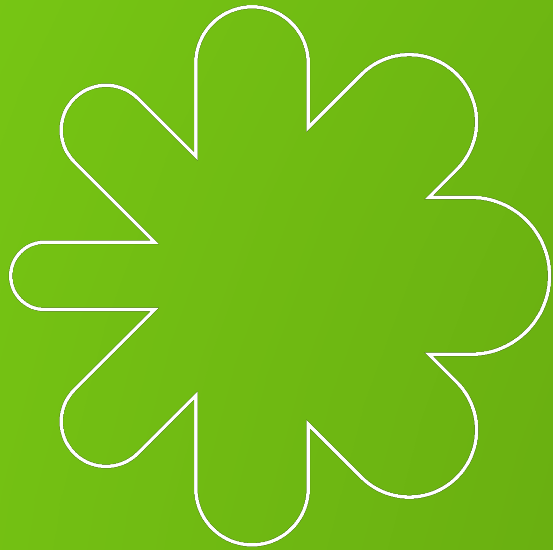


And how you notice, support and bolster when **SOME** students need more.



School
Mental Health
Ontario

Sant  mentale
en milieu scolaire
Ontario



“Mental Health Promotion is not just a binder or a program. It is creating a mentally healthy culture and climate and it is the most underemphasized strategic effort to promote health.”





YOU are well-positioned to lead your school team to...



- ✓ Support and foster mentally healthy learning environments
- ✓ Help students build social emotional skills
- ✓ Facilitate student learning on mental health
- ✓ Support student leadership and identity
- ✓ Reduce stigma and support help-seeking behaviour
- ✓ Notice when students require more intensive intervention and support their pathway to care
- ✓ Provide classroom and small group support for students with common mental health problems

Leadership for School Mental Health & Well-Being

Commitment and understanding that this is important work

Leadership commitment to prioritizing mental health and well-being is the first important condition. Think about your personal and professional commitment to promoting positive mental health and well-being.

"You must be the change you wish to see in the world." ~ *Mahatma Gandhi*



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



Leadership for School Mental Health & Well-Being

Build your own Mental Health Literacy

MH Lit – Mental Health in Action for School Leaders



LEARN about mental health

INSPIRE through your actions

TEACH in ways that encourage belonging and that support student mental health

6 hours – 6 learning modules – self-paced - online



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS

Leadership for School Mental Health & Well-Being

Learn More: Professional Learning: Supporting Student Mental Health

Podcasts:

- Creating Conditions for Leading Mentally Healthy Catholic Schools
- Leaders Building Confidence and Skill in How to Notice and Listen

Webinars:

- Mental Health and the Tiered Approach to Support All Students
- Understanding a Whole School Approach to Culturally Responsive Social Emotional Learning
- Supporting Students Experiencing Mental Health Concerns: Noticing and Responding

Whiteboard Animation:

- Supporting Student Mental Health: A Decision Support Tool for School Leaders

See Principal Association Webpage for these resources



Where Do I Start?



Reflection Tool

A tool for continuous learning and improvement in mental health and well-being at school

Who is this reflection tool for?

This is a self-reflection tool that can be used by principals, vice-principals, superintendents and school leadership teams.

Who created this reflection tool?

This mentally healthy school tool was co-developed by school leaders, mental health leaders, superintendents, and a principal workgroup (ADFO, CPOO, and OPC) working alongside School Mental Health Ontario.

What is this reflection tool about?

The items that comprise this tool are based on the Aligned and Integrated Model (AIM). In this model, at Tier 1, when educators **WELCOME, INCLUDE, UNDERSTAND, PROMOTE** and **PARTNER**, students have a better sense of belonging at school and can feel confident that there are caring adults in the building who they can turn to if they are having difficulties academically, socially, behaviourally or emotionally. These five aspects of Tier 1, described in Foundations for a Healthy School (2014), are fundamental to creating a mentally healthy school.

Why should I use this reflection tool?

This reflection tool is intended to help principals, vice-principals, superintendents and school leadership teams reflect on core elements of mentally healthy schools to support overall school improvement planning.

How should I use this reflection tool?

This tool can be used individually or as a leadership team to reflect on your school's conditions for learning. Items can help you to consider your school's strengths and needs in relation to universal (Tier 1) mental health practices. Information and insights revealed can help to inform the school improvement planning process. Consider your findings alongside multiple data sources.

How do I know if a school is mentally healthy?

In each section of the tool, some examples are listed that highlight features of a mentally healthy school. This list is not exhaustive but provides a sampling of "look fors" that may be helpful for your reflection about your own school.

Who should I contact if I have questions about the reflection tool?

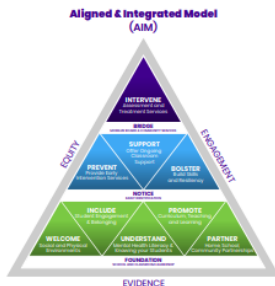
You can either connect with your mental health leader or an individual on your board's mental health leadership team.

Sources used to develop this tool:

School Mental Health Ontario (2017). Leading Mentally Healthy Schools: Principal resource materials.

School Mental Health Ontario (2013). Leading Mentally Healthy Schools: A resource for school administrators.

Carney, P. (2015). Well Aware, Developing Resilient, Active and Flourishing Students. Pearson



www.smho-smso.ca

- Self-reflection tool
- Based on Tier 1 of the Aligned and Integrated Model (AIM)
- Helps school administrators and their teams to reflect on core elements of mentally healthy schools
- Supports school improvement planning and next steps



School Mental Health Ontario Resources

School Mental Health Ontario website



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS

Taking Care

Self-care is a skill!

- ✓ Try to take care of yourself before you try to take care of others
- ✓ Practice self-kindness
- ✓ Take the time to check-in with yourself
- ✓ Use social, and other supports, as needed
- ✓ As adults, we are the best predictor of how our children are doing

“Self-care isn’t just about bubble baths: on a deeper level, it’s about staying connected to ourselves and being true to who we are and how we want to be.”

Souers and Hall, *Fostering Resilient Learners*

Take Care of Yourself



It is essential to take care of yourself, not just for your own well-being, but also for those you care about and support. Caring for yourself improves your energy, focus, ability to cope with challenges and your overall life experience. When you take care of yourself, you inspire and model for others to do the same.

While each of us is unique in the strategies we use to support our mental health, in reflecting on your own well-being, consider these **4 important elements** that protect and enhance your well-being.

Compassion

Self-compassion is defined as “giving ourselves the same kindness and care that we would give a good friend” (Dr. Kristen Neff). When we treat ourselves with compassion it allows us to be accepting of ourselves, set reasonable expectations, and give ourselves permission to focus on what we need. Extending compassion and kindness to others, in turn, helps us feel good. Small acts of kindness, in fact, are not small – they leave a ripple effect extending from ourselves to others. It is important to remind ourselves that we are worthy of our own care. This allows us to commit to making our mental health and well-being a priority.

Do I lead with compassion and empathy, starting with myself?

- Have I been gentle and kind to myself today?
- How do I practice being gentle with myself and my expectations?
- How do I show care for those around me? My family, my students, my colleagues...

 School Mental Health Ontario  Santé mentale en milieu scolaire Ontario www.smho-smso.ca



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS'
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



Learning From Each Other



1. You will be randomly placed into a breakout room.

Group 1

Group 2

Group 3

Group 4

2. In your breakout room, share your thinking to the following question:

**As a leader, how do you build a Mentally Healthy School in one of the areas of Tier 1?
(Welcome, Include, Understand, Promote, Partner)**

Consider

- What am I doing?
- Why am I doing it this way?
- Who is better off as a result of what I am doing?



**Please share your big
idea in the group chat**



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



Save the Dates



Webinar

French:

January 18 at 3:00 p.m. (EST)

English:

January 25 at 3:00 p.m. (EST)

3 Podcasts

French and English:

Spring 2022

Professional Learning Network 2

French:

March 23 at 3:00 p.m. (EDT)

English:

March 29 at 3:00 p.m. (EDT)



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

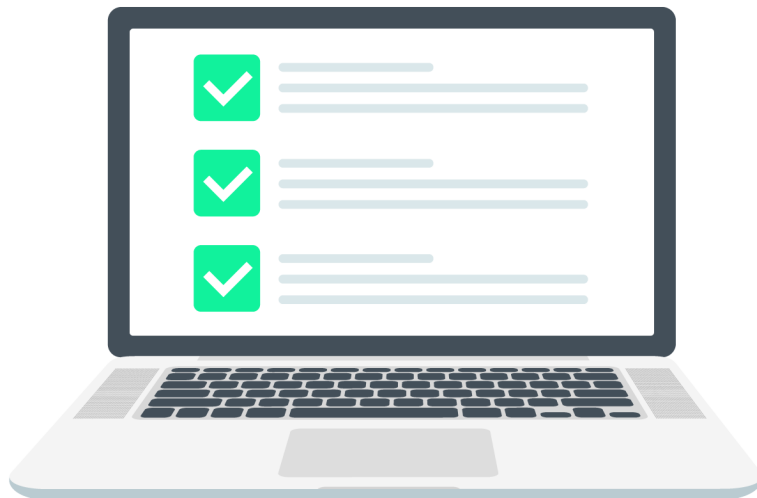
CATHOLIC
PRINCIPALS'
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS



We value your feedback. Kindly complete the survey linked in the chat to help guide our planning for future learning opportunities.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS

thank
you

merci



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

CATHOLIC
PRINCIPALS
LEADERSHIP
DEVELOPMENT
ONTARIO

LEADERSHIP
EN ACTION

PRINCIPAL
ASSOCIATION
PROJECTS

Contact us



Association des directions
et directions adjointes des
écoles franco-ontariennes



l'Association des directions et des
directions adjointes des
écoles franco-ontariennes
(ADFO)

www.adfo.org



[@adfo](https://twitter.com/adfo)

Catholic Principals'
Council | Ontario
(CPCO)

www.cpco.on.ca



[@CPCOofficial](https://twitter.com/CPCOofficial)

Ontario Principals' Council
(OPC)

www.principals.ca



[@OPCouncil](https://twitter.com/OPCouncil)