

MENTAL HEALTH ACTION PLAN 2025-2026

Vision:
**Our Students -
Shaping Our
World**

Mission Statement:
Fostering success for every
student, every day.

LKDSB is committed to the promotion of mental health and well-being for ALL students. We recognize the importance of mental health in the promotion of student success and achievement.

At LKDSB, our Mental Health and Well-being Strategic Plan identifies 4 core areas of focus:

1

**Create a culture of safety for
accessing mental health
support**

3

**Partner across the board and
community to develop
comprehensive programming and
pathways to care**

2

**Provide staff with the knowledge
and tools necessary to support
mental health needs within the
school community**

4

**Incorporate student and family
voice in the promotion and early
intervention of mental health**



MENTAL HEALTH ACTION PLAN

2025-2026

Goal #1



All students will feel supported by LKDSB staff and understand how to access mental health support in their school.

- ⇒ Provide schools with consistent visual resources that promote student well-being and destigmatize help seeking.
- ⇒ Continue to support staff in developing their ability to have a positive impact as a caring adult in the school by instilling welcoming and belonging into their daily practice. Provide educators with tangible and virtual resources to facilitate continued emphasis on their Tier 1 role.
- ⇒ Utilize information from the LKDSB Climate Survey to consider student voice surrounding the accessibility and usefulness of the current information being shared in their classrooms.
- ⇒ Work in collaboration with the EDIJ team and racialized stakeholders to identify barriers to welcoming and belonging. Interpret information and implement plan to overcome barriers.
- ⇒ Collaborate with student driven committees within schools to identify gaps in feeling supported and work alongside these committees to meet the needs of their student population.

Target Audience

Students
Educators
Administrators

Individuals Involved

Students Mental Health Lead
Educators Administrators
EDIJ Racialized Stakeholders

Indicators of Success

- ✓ Increase of percentage in responses on next climate survey, specifically in the areas of students willing to ask for emotional support and students having a caring adult in the school
- ✓ Understanding of the school Mental Health Professional role increases as measured by number of appropriate referrals submitted

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Goal #2



Foster social emotional learning through targeted interventions and classroom resources.

- ⇒ Establish consistent dissemination of everyday, good for all, resources in the classroom to educators for the purpose of supporting mental health and resilience for all students.
- ⇒ Explore avenues to enhance capacity for MIND UP program implementation.
- ⇒ Support, coach, and host professional development for all staff to improve understanding of the link between social emotional learning, well-being, creating a trauma-informed classroom and academic success.
- ⇒ Increase visual resources targeted at JK-3 classrooms to focus on proactive strategies for managing emotional responses and building coping repertoire.
- ⇒ Offer summer camps for students focused on social emotional learning, wellness, and promotion of positive mental health strategies

Target Audience

Students
Educators

Individuals Involved

Students Mental Health Lead
Educators Leadership
Administrators

Indicators of Success

- ✓ Number of teachers utilizing social emotional learning strategies in their daily practice
- ✓ Number of MIND UP trained individuals increases
- ✓ Number of staff provided training for social emotional learning and building a trauma-informed classroom



Lambton Kent
District School Board
Student Achievement ✓ *Community Success*

Goal #3 Build staff capacity to identify signs and symptoms of mental health concerns and suicide, establish fast access to the suicide prevention protocol, and understand the pathway for mental health support in their school.



- ⇒ Encourage all LKDSB staff to complete the mental health literacy modules through SMHO.
- ⇒ Provide each administrator with a visual chart of how to access mental health supports in their school.
- ⇒ Create resource for all teachers to have immediate access to the suicide prevention protocol.
- ⇒ Ensure there are a minimum of two ASIST trained staff in each school location.
- ⇒ Host regular ASIST trainings for staff moving into resource, guidance, and administration.
- ⇒ Establish mental health volunteer champions within each school to distribute mental health and well-being information to their staff.
- ⇒ Facilitate professional development for all LKDSB that pertains to recognizing and reacting to student mental health concerns.

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
Educators	Leadership
Administrators	ASIST Trainers

Indicators of Success

- ✓ Number of ASIST trainings and staff trained during the year
- ✓ Professional development seminars offered in person and virtually
- ✓ Resource for rapid access to suicide prevention protocol is dispersed to all administrators and educators
- ✓ Number of volunteer champions and their participation in dissemination of information

Goal #4



Support staff and students with the Grade 7/8 and Grade 10 Ontario curriculum with a focus on mental health.

- ⇒ Establish relationships between mental health professionals and educators who deliver the mental health curriculum.
- ⇒ Create lines of communication and facilitate introductions so that mental health professionals can support and answer questions from educators regarding delivery of the mental health curriculum.
- ⇒ School mental health lead will assist with professional development to build confidence of educators to deliver curriculum modules.
- ⇒ Offer coaching through individual and group sessions for educators wanting to gain more understanding and confidence with the new curriculum.

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
Educators	Mental Health Professionals
Administrators	LKDSB Leadership

Indicators of Success

- ✓ % of teachers showing increased confidence to implement new curriculum through end of year survey
- ✓ Measured number of educators reaching out for support from their school mental health professional for curriculum support
- ✓ Number of educators attending individual/group coaching sessions for curriculum implementation

Goal #5



Identify the scope of parent/caregiver engagement as key component to student mental health.

- ⇒ Interpret and utilize the data from the parent/caregiver climate survey to bridge gaps in access and knowledge of mental health services within LKDSB.
- ⇒ Create and implement a parent/caregiver directed survey through Thought Exchange to gather specific information regarding awareness, understanding, and barriers to mental health support in school communities.
- ⇒ Leadership will establish clear definition of term engagement (awareness, connection, participation, collaboration) and set goals for the future.
- ⇒ Collaborate with administrators to determine variance of needs from caregivers and look for opportunities to deliver equitable resources to parents regarding mental health in the school.
- ⇒ Offer parent/caregiver information sessions both in person and virtual to establish trust, provide mental health information, and strengthen school community.

Target Audience

Parents/Caregivers
Administrators

Individuals Involved

Parents	Mental Health Lead
Administrators	LKDSB Leadership
SSSWB Team	Mental Health Professionals

Indicators of Success

- ✓ Established definition of engagement and goal set by the leadership team
- ✓ Barriers identified for parents/caregivers and planning commenced to facilitate change
- ✓ Number of parents/caregivers attending virtual sessions with Mental Health Lead, SSSWB Team, Mental Health Professionals, and Leadership team

