LKDSB

MENTAL HEALTH ACTION PLAN 2026-2027

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**
2. **Provide staff with the knowledge and tools necessary to support mental health needs within the school community**
3. **Partner across the board and community to develop comprehensive programming and pathways to care**
4. **Incorporate student and family voice in the promotion and early intervention of mental health**

Lambton Kent District School Board
Student Achievement ✓ Community Success

Goal #1

Continue our commitment to ensure all students feel supported by LKDSB staff and maintain welcoming school environments.

- Update visual resources to schools that promote well-being and inclusion of all students
- Support staff in enhancing their ability to have a positive impact as a caring adult in the school by using universal trauma-informed practices. Provide educators with tangible and virtual resources to comprehend and implement trauma-informed practices in the classroom.
- Distribute self-directed learning for all staff that increases their understanding of trauma-informed education, restorative practices, compassion fatigue, and social emotional learning
- Utilize information from the LKDSB Climate Survey to consider student voice regarding the resources being distributed to determine their effectiveness on welcoming and inclusion
- Work in collaboration with the EDIJ team to ensure all students have brave spaces, staff support, and mental health support if requested within their schools

Target Audience

Students
Educators
Administrators

Individuals Involved

Students
Educators
EDIJ
Mental Health Lead
Administrators

Indicators of Success

- ✓ Percentage of staff that access self-directed training
- ✓ Percentages in responses to climate survey regarding inclusion, equity, and feeling safe in their school community

Goal #2

Foster social emotional learning through targeted interventions and classroom resources.

- Continue distribution of everyday, good for all, resources in the classroom to educators and support staff for the purpose of supporting mental health and resilience for all students.
- Provide staff with consistent social emotional learning evidence based practices and activities that can be utilized in the classroom
- Continue to support the implementation of the MIND Up program. Provide further training and host refresher sessions for staff that have been trained.
- Provide mentorship for administrators 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 performance.
- Increase visual resources and Mental Health Professional led classroom presentations targeted at JK-3 classrooms to focus on proactive strategies for managing emotional responses
- Offer summer camps for students focused on social emotional learning, wellness, and promotion of positive mental health strategies.

Target Audience

Students
Educators
Administrators

Individuals Involved

Students
Educators
Administrators
Mental Health Lead
Mental Health Professionals
Leadership

Indicators of Success

- ✓ Number of teachers utilizing social emotional learning strategies in their daily practice
- ✓ Number of classroom presentations delivered by Mental Health Professionals
- ✓ Number of students attending LKDSB summer camps

Lambton Kent District School Board
Student Achievement Community Success

Goal #3

Continue to build capacity in staff to identify signs and symptoms of mental health concerns and suicide and understand the pathway for mental health support in their school.

- All staff will complete the School Mental Health Ontario Literacy course to develop base knowledge of mental health and mental well-being
- Meet with each school administrator to discuss changes to the referral process and provide a visual flowchart of how to access mental health supports in their school
- Proactively train incoming support staff in ASIST
- Provide monthly debriefing and check-ins for ASIST trained staff to build skills and be able to learn and recover after crisis response
- Expand mental health volunteer champions initiative within targeted schools to distribute mental health and well-being information, establish student leaders, and build community across LKDSB
- Strengthen relationships with community agencies to bring further awareness to mental health pathways in the school and community

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
All LKDSB Staff	Leadership
Community Agencies	ASIST Trainers

Indicators of Success

- ✓ Number of ASIST trainings and staff trained during the year
- ✓ Number of attendees to ASIST debriefing/refresher sessions
- ✓ Number of volunteer champions to support mental health
- ✓ Number of referrals and bi-directional communication contacts through Right Time Right Care Pathway

Goal #4

Support staff and students with the Grade 6, 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 to strengthen understanding and confidence when delivering these modules
- School Mental Health Lead, in partnership with curriculum leads, will be available to train, demonstrate delivery, and coach educators prior to delivering the new Grade 6 curriculum modules
- Offer coaching through individual and group sessions for educators desiring to gain more understanding and confidence with Grade 6, 7/8, and 10 curriculum
- Provide educators with easy access to grade specific modules through online LKDSB portal

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
Educators	Mental Health Professionals
Administrators	LKDSB Leadership

Indicators of Success

- ✓ % of teachers aware of, and showing increased confidence to implement Grade 6 curriculum modules
- ✓ Number of contacts with Mental Health Professional team and educators who deliver curriculum
- ✓ Number of educators attending individual/group coaching sessions for curriculum implementation

Goal #5

Create student driven Youth Wellness Champions Councils to lead mental health promotion initiatives in schools

- Target eight schools in LKDSB in the first year to establish Youth Wellness councils, driven by students and supported by LKDSB employees
- Partner with Public Health to launch Youth Wellness Champions in schools
- Organize Mental Health Champions and provide training, direction, support, and resources to create a student driven summit in May/June of 2027
- Offer guidance and coaching to LKDSB employees who volunteer to operate their council within the schools

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
Educators	Mental Health Professionals
Administrators	LKDSB Leadership

Indicators of Success

- ✓ Number of staff and students participating in the Youth Wellness Champions initiative
- ✓ Number of activities being initiated by champions in schools
- ✓ Number of students attending the well-being summit

Goal #6



Launch Preventure, a proactive substance use evidence-based intervention in targeted schools across LKDSB

- LKDSB Mental Health Professionals, along with community partners, will be trained in Preventure to facilitate for students in selected schools
- Utilize data to target specific schools for year one of this implementation, with the long-term goal to be able to consistently implement Preventure in all schools each year
- Partner with community agencies to create capacity for the long-term vision of Preventure at LKDSB
- Use feedback from staff and students after delivery of this intervention to gain insight into improvements that can be made for following years

Target Audience

Students
Educators
Administrators

Individuals Involved

Students	Mental Health Lead
Educators	Mental Health Professionals
Administrators	LKDSB Leadership

Indicators of Success

- ✓ Number of students in which intervention is delivered
- ✓ Number of trained LKDSB and community staff
- ✓ % of satisfaction of students who are given the intervention

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Goal #7

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

- 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.
- Collaborate with Public Health agencies and administrators to determine variance of needs from caregivers and look for opportunities to deliver equitable resources to parents regarding mental health in the school.
- Mental Health Team will Offer parent/caregiver information sessions both in person and virtual to establish trust, provide mental health information, and strengthen school community.
- Keep up to date wellness information available on the LKDSB site and social media platforms
- Provide all administrators with QR code that links to "By Your Sde" through SMHO to increase avenues to support for families

Target Audience

Parents/Caregivers
Administrators

Individuals Involved

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

Indicators of Success

- ✓ Number of interactions with parents by Mental Health Professional team for students that have not been referred to Mental Health Support
- ✓ Number of QR code postcards delivered to staff
- ✓ Number of parents/caregivers attending virtual sessions with Mental Health Lead, SSSWB Team, Mental Health Professionals, and Leadership team