



Mentally Healthy Back to School Support Package

Practical Resources to Help Schools
Rise Together to Resilience

Together We Rise To Resilience School Mental Health Action Plan, 2021-2022

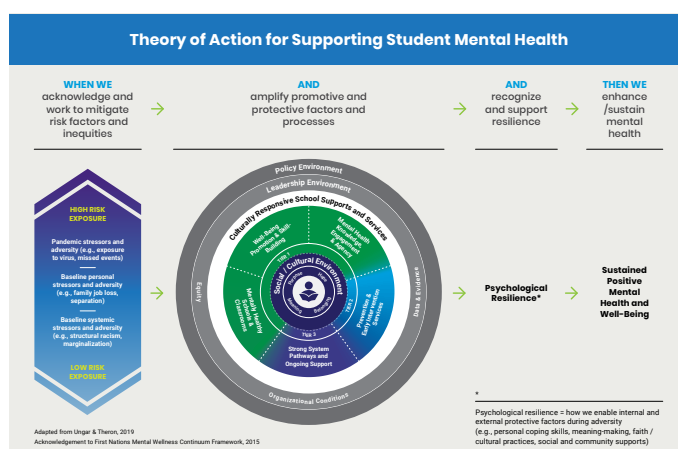
School Mental Health Ontario Supports Student Mental Health at School

School Mental Health Ontario (SMH-ON) is an implementation support team that bridges research, policy and practice to advance mental health services in schools. Strategic goals focus on the uptake, scalability, and sustainability of culturally responsive, evidence-informed strategies in school mental health. These strategies are housed within a Multi-Tiered System of Support that prioritizes mental health promotion, early identification, prevention, and early intervention. Implementation Coaches and Portfolio Leads provide direct support to Ontario's 72 school districts, four remote school authorities, and seven provincial demonstration schools as they work to protect and promote student mental health at school.

Each Ontario school board has a 3-year mental health and addictions strategy, and 1-year action plan, to define priorities and actions related to school mental health. A board-level Mental Health Leadership Team, led by a senior clinician and senior administrator, guides the implementation and monitoring of the strategy at a board and school level. For almost ten years, SMH-ON has provided guidance, resources, implementation coaching, and a community of practice that helps Leadership Teams to promote student mental health.

School Mental Health Action Plan Supports a Mentally Healthy Back to School

Within the SMH-ON 3-year strategy is the 2021-2022 School Mental Health Action Plan. It is rooted in foundational structures and builds on existing resources and delivery vehicles. Based on the emerging COVID-19 data story, stakeholder consultations and inputs, and pandemic-related research, this Theory of Action guides the Action Plan:



School
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Ontario

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Key Elements of the SMH Action Plan during COVID-19 Recovery Phase

1. Amplify the promotive and protective influence of schools

- * Culturally responsive mentally healthy classrooms
- * Wellness promotion and social-emotional skill-building
- * Student knowledge, engagement, leadership, and agency

2. Identify and address emerging and escalating student mental health problems

- * Early identification through mental health literacy
- * Supportive triage for early problems
- * Evidence-based stepped care protocols

3. Mobilize focused support for those disproportionately impacted by COVID-19

- * Prepare for a rise in lower base rate mental health problems (e.g., eating disorders)
- * Amplify welcoming and supports for students disproportionately impacted
- * Build knowledge and culturally responsive supports that serve to disrupt inequities

4. Build and sustain strong safety nets

- * Suicide prevention and postvention protocols
- * Suicide risk assessment and management series
- * System collaboration reference document

5. Provide hopeful and aligned communication

- * #ShareTheGood campaign
- * Consistent key messages for system and school leaders
- * Mentally Healthy Back to School Resource Package (Common PD Day slides on mental health literacy, First 10 Days resource, Amplified Welcoming and Engagement, etc.).

School Mental Health Ontario:
We work together with Ontario school boards to support student mental health.

For more information visit
www.smho-smso.ca
and follow us on twitter
[@smho_smso](https://twitter.com/smho_smso)

