



Administrator Information Sheet

Administrators support the mental health and well-being of every student they serve in their community and set the conditions for mentally healthy schools through their leadership and example everyday with students, staff and families. As part of this important role, administrators can help students as they navigate increasingly complex choices related to substance use and device use. School Mental Health Ontario is launching a new resource for students in grades 4-8 that can assist you and the school team in supporting students with these realities.

Customize the information below to share Connect Quest with various audiences.

About Connect Quest

Connect Quest is a set of hands-on learning activities and implementation guides focused on building connections to promote balanced device use and substance use health.

Why focus on connection? Connection is foundational to well-being. When students feel connected (to themselves, peers, trusted adults and nature), they are more confident in seeking help and making informed choices that support their well-being.

The **Connect Quest** materials are publicly available on connectquest.ca, and feature 26 activities focused on three areas of connection:

- connection with yourself
- connection with community (friends, school, family)
- connection with nature

The resource suite also includes a student leader guide, school implementation materials, outreach materials, a parent/caregiver resource and a background document that outlines the research and evidence base.

Connect Quest supports school improvement goals specifically as they relate to mental health and well-being, student engagement, parent/caregiver engagement and alignment with PPM 128. It is flexible, adaptive, responsive and can be used in multiple ways to support:



- **school-wide and year-long focus areas:** Use Connect Quest as a resource for mental health week, building connections at the start of the school year or in a new class, spirit weeks, school climate, student leadership groups.
- **student voice, agency, and leadership:** Students are not only participants in Connect Quest—they can be leaders who choose, adapt and facilitate activities and plan initiatives in ways that make sense for their school communities.
- **individual use:** Students may explore connect quest activities, particularly in the “connect with self” domain to check in with themselves, reflect on values and habits.
- **parent/caregiver engagement:** Connect Quest activities can be accessed at home to support connection in the family, and to help practice and encourage strategies to support balanced device use and substance use health and supportive conversations between families on the subjects.

We encourage you to explore Connect Quest as a practical, evidence-informed resource that can support you as you lead a mentally healthy school. Below is information outlining the suite of resources available through Connect Quest. Feel free to share with staff, students and parents/caregivers as appropriate.

Supportive resources

Resource	Summary
Introduction and background	<p>Read more about what Connect Quest is, why it was created, how it helps, how to use it and background and evidence on why connection matters.</p> <p>Website link PDF link</p>
School Implementation Guide	<p>The School Implementation Guide includes:</p> <ul style="list-style-type: none"> • a practical tour of Connect Quest—what it is, how it works and why it was created • what students want you to know and why connection matters • clear, ready-to-use tips to kickstart implementation, including where to begin and how to facilitate and support activities confidently <p>Web version PDF version</p>
Implementation Map	<p>Provides an overview of the activities, including a brief content summary and tips to help adult allies support student leaders in their Quest.</p> <p>School Implementation web page</p>



Resource	Summary
Supports for student-led campaigns	<p>Student leader webpage includes:</p> <ul style="list-style-type: none"> • Student Leaders Guide (PDF) and tips to help students lead a Quest and explore the power of connection with yourself, others and the environment. • Definitions (PDF): What do we mean by substance use health and balanced device use? • Group Warm-Up Activities (PDF): to help everyone feel comfortable, spark conversation and build excitement. These warm-ups can be used alone or as add-ons to other Connect Quest activities. • Connect Quest Planning Checklist and Tips (PDF): ideas and templates to help plan and promote Quests.
Communication supports	<p>Connect Quest Social Media Sharables: a series of engaging visuals you can share with staff, students and families to introduce information about Connect Quest.</p> <p>School Announcements (PDF): ready-to-use announcements for morning announcements, slides or newsletters.</p>
Parents and Caregiver Guide	<p>This guide provides information and tips for parents/caregivers including:</p> <ul style="list-style-type: none"> • definitions • tips for connecting with their child • talking about substance use health and balanced device use • tips for participating in youth-led conversations • activities and resources <p>Web version PDF version</p>

FAQs

Who can use Connect Quest?

The toolkit is designed to be flexible—it can be used in a variety of ways:

- individually, by students for reflection and learning
- in classrooms and school-wide initiatives, led by students and supported by caring adults



- at home, by families and caregivers to support open conversations about substance use health and balanced device use

What are some key messages about Connect Quest that I can share with staff and or parents/caregivers?

Connect Quest is designed to be flexible to meet the unique needs and goals of each school community. A set of ready-to-use [key messages](#) is available to help you share Connect Quest with staff and parents/caregivers.

Where can I access Connect Quest?

Activities and support materials are publicly available at connectquest.ca, a student-facing website with youth-friendly language and imagery throughout.

Adult allies can visit connectquest.ca/adult-allies for supportive resources.

