



LEADING MENTALLY HEALTHY SCHOOLS

The Role of the School Leader:

The school leader plays a key role in creating and sustaining a mentally healthy school environment;

- supporting educators to be caring and informed adults in the lives of their students
- supporting vulnerable students with appropriate supports within the school and to/from/through services
- identifying goals for student well being
- securing resources for additional supports

School leaders build a team to support well-being at school. The school team may be comprised of principal/vice-principal, SERT, guidance counsellor, student success teacher, educational assistant, classroom teacher, student counsellor, social workers, psychologists, speech language pathologists.

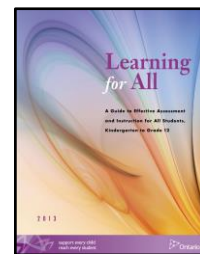
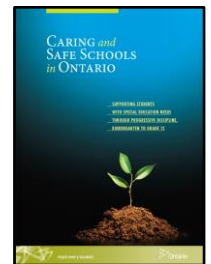
The team ensures the following;

- the whole child is supported
- all educators are aware of signs and symptoms that a student may be struggling
- all educators know the internal pathway to care
- strategies specific to well-being promotion are used by all
- evidence based resources (i.e. Supporting Minds) are implemented

What a School Leader Needs to Know:

Healthy and strong relationships with staff, students, parents/guardians and community partners are critical to building the capacity of staff to support student mental well-being.

The commitment of school leaders to a purposeful process for welcoming all students and families to the school for registration, orientation, educational and safety planning is critical to student success for all students and in particular for those who may be in risk. Taking this time ensures a relationship with the family and student is developed right from the start.



Learning for All, Caring and Safe Schools in Ontario, and Achieving Excellence are all aligned to support the work of student well-being.

Foster Conditions and Climate

Building Staff Capacity

Supporting Students who are Vulnerable

Promotion of Mental Well-Being

Staff Well-Being

Partner with Families and Community



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As the School Leader...you are needed/called upon to:

Promote Awareness

All educators learn basic information about the MHA Strategy, student mental health and addictions, links with student achievement, alignment with other initiatives, the role of schools in creating mentally healthy settings for all students.

Who needs this level? What are the priority knowledge needs?

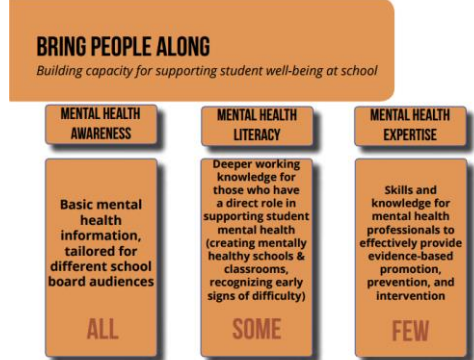
Focus on Literacy

Help your educators to gain a deeper knowledge of strategies for creating mentally healthy schools and classrooms, common mental health problems, how to recognize early signs of difficulty, how to support vulnerable students, and routes to local services in order to reach and teach all students in their classrooms.

Who needs this level? What are the priority knowledge needs?

Enlist Expertise

Bring in School Mental Health Professionals to support the school team to learn skills to effectively provide evidence-based promotion, prevention, and intervention services in schools. **Who needs this level? What are the priority knowledge needs?**



So that all are supported through Strategic Programming, Specific Populations, Service Pathways:

Consider...What can we weave into our daily practice to enhance mental wellbeing? Which programs and services are currently in place? Have these services been evaluated? Considering our school population, are there particular areas of support to explore? Can all school staff describe the pathway to service for vulnerable students?

Strategies for Leading Mentally Healthy Schools*

1. Think in Tiers
2. Set the Stage
3. Connect the Dots
4. Focus on the Positive
5. Bring People Along
6. Follow Planning Processes
7. Enable Implementation
8. Foster Collaboration

*See our LMHS Infographic and check out the full document on-line at smh-assist.ca

Tackling the Tough Issues

- School support for **SOME & FEW**
- Dealing with mental health crises
- Managing transitions
- Working with families
- Meaningful student engagement
- Self-care ideas

