



Mental Health & Well-Being Strategy (2023-2027)

Centering the voices of students

Vision:

To provide inclusive and identity-affirming learning communities where every student experiences safety and belonging and has access to differentiated and responsive mental health care.

Mission:

As a District, we strive to create partnerships with students, staff, families/caregivers and communities to ensure that every student feels they belong in their schools and classrooms, where we build skills to foster positive mental health and well-being and where we bridge to identity-affirming clinical mental health services when required.

Belonging:

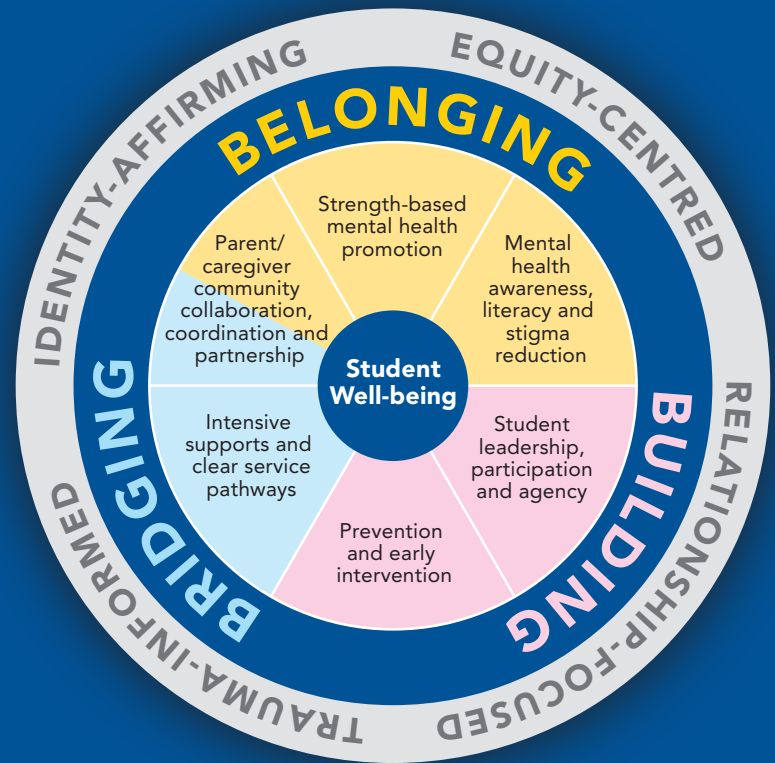
Improve belonging in our schools and classrooms where every student feels seen, heard and valued and where mental health is woven into every day conversations and practices

Building:

Build and strengthen staff, parent/caregiver and students' skills to support mental health while centering students' individual, cultural and community strengths and unique abilities.

Bridging:

Bridge and enhance service pathways to, through and from differentiated, identity-affirming and responsive mental health care spanning from school to community mental health services.



Mental Health & Well-Being Guiding Principles:

Commitment to supporting Indigenous students and families through culturally appropriate care.

Relationship-centred approaches to mental health where authentic connection and collaboration are built to engage students, families and the larger community.

Equity-centred mental health care focused on ensuring each student's access to appropriate and inclusive supports and resources tailored to meet their individual needs.

Trauma-informed education recognizes the impact of trauma on students' learning and behavior while empowering staff to address harm and inequities both inside and outside of the classroom.

Identity-affirming care that is strength-based, evidence-informed and values and celebrates students' unique and intersecting identities.

Engagement with students, families and community grounded in humility, curiosity, and compassion.

An understanding that staff well-being is an essential component to supporting student well-being.

"Every student has different needs that need to be met and recognized" - OCDSB Student