



# **WCDSB's 2025-2028 Three Year Mental Health & Addictions Strategy**



# WCDSB's Mental Health & Addictions Plan



## Priority #1: Students

**STUDENT LEADERSHIP, MENTAL HEALTH AND WELLBEING LITERACY, AND ACCESS TO MENTAL HEALTH SUPPORTS**

**Goal 1:** Facilitate opportunities to ensure that student voice, perspective, and experience contribute to shaping mental health and addiction strategies and activities in schools.

**Goal 2:** Support the integration of identity affirming, culturally responsive, social-emotional learning and mental health and addiction literacy into classroom instruction by providing resources, coaching, and professional learning opportunities.

**Goal 3:** Ensure that students with mental health and addiction needs impacting them at school have access to a multi-tiered system of support including pathways of care to community-based services.

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## Priority #2: Parents & Caregivers

**PARENTS & CAREGIVER VOICE, MENTAL HEALTH LITERACY, AND KNOWLEDGE OF PATHWAYS TO CARE**

**Goal 1:** Provide parents and caregivers with learning opportunities to strengthen mental health and addiction literacy and deepen understanding of the school-based multi-tiered system of supports and pathways to community-based care.

**Goal 2:** Engage and amplify parent and caregiver voice, perspective, and experience in the development and implementation of the mental health and addiction strategies.

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## Priority #3: Educators & School Staff

### TRAUMA-INFORMED SCHOOLS AND IDENTITY-AFFIRMING SOCIAL EMOTIONAL LEARNING

**Goal 1:** Promote and strengthen Tier 1 trauma-informed school and classroom practices, by equipping educators and staff with practical tools, resources, and professional learning that also contribute to staff wellbeing

**Goal 2:** Support the integration of identity affirming, culturally responsive, social-emotional learning and mental health and addiction literacy into classroom practices

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## **Priority #4: System Leaders & Administrators**

### **ALIGNED SYSTEM-LEVEL LEADERSHIP IN MENTAL HEALTH LITERACY AND TRAUMA INFORMED PRACTICES**

**Goal 1:** Support system leaders and administrators in building a shared and aligned understanding of mental health literacy within a broader vision of wellbeing that is inclusive of spiritual wellness, equity and inclusive education, healthy schools, and safe and inclusive learning environments.

**Goal 2:** Facilitate aligned and sustained system-level leadership in mental health by supporting leaders to embed mental health and wellness into school and board improvement planning, and foster identity-affirming, trauma-informed school cultures.

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## Priority #5: Community & Partnerships

**CROSS-SECTORAL COLLABORATION, COMMUNICATION, AND PLANNING IN SUPPORT OF AN INTEGRATED MULTI-TIERED SYSTEM OF SCHOOL AND COMMUNITY-BASED MENTAL HEALTH SUPPORTS**

**Goal 1:** Strengthen and enhance collaboration and communication with key community mental health and addictions partnerships in alignment with the tiered model of school mental health supports and services.

**Goal 2:** Advance cross-sectoral mental health service planning in alignment with Right Time, Right Care.