



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

Mental Health and Addictions Strategy

Mission Statement

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and becoming living witnesses of Christ.

March 2015



Christine Mesicek, Grade 8, St. Joseph Catholic Elementary School, Grimsby



Tiffany Truong, Grade 6, Cardinal Newman Catholic Elementary School, Niagara Falls



Message from the Director of Education

The Mental Health and Addictions Strategy of the Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, recognizes and honours the responsibility of the entire community to reach out in faith, hope and love to serve students and staff struggling with the challenges of mental health and addictions.

The image of Christ dying on the cross reflects the brokenness, suffering and struggles of the world and the hope and promise that our Lord provides through prayer and faith. In Niagara Catholic, this suffering and brokenness is often recognized in the students and staff of our school communities who are struggling with matters of mental health and addictions. As a Niagara Catholic family, our Mission, Vision and Values places the needs of its struggling members at the heart of its concern.

The letter of St. Paul to the Corinthians reminds us that we are the Body of Christ in the world and "if one member suffers, all suffer together with it; if one member is honoured, all rejoice together." (1 Cor 12:26). As a Catholic community, we are called to bring healing, hope and a true sense of belonging to those who are suffering. True faith does not end at the image of Christ broken on the cross, but instead focuses on His Resurrection, and the hope and promise to new life and new beginnings.

Through the Niagara Catholic District School Board's Vision 2020 Strategic Plan, the annual System Priorities, the Board Improvement Plan for Student Achievement and the Niagara Catholic Mental Health and Addictions Strategy, the Board is committed to the facilitation and implementation of resources, programs, professional development and training.

Our multifaceted plan is in cooperation with a variety of local community partners that support the physical, social, emotional and spiritual well-being of our students and staff. Our multilayered strategy brings a focused awareness of mental health issues to students, teachers, administrators and all support staff to assist in eliminating the negative stereotyping often associated with mental health disorders. These plans will promote and sustain student and staff well-being and positive student behavior within our inclusive, safe and healthy learning and work environment for staff and students at all Niagara Catholic District School Board sites.

Given the breadth, scope and impact of mental health and addictions challenges facing students and staff, Niagara Catholic recognizes the need for a continuous strategy and focus. The Niagara Catholic District School Board is committed to enhancing our Mental Health and Addictions Strategy based on resource mapping and the needs identified by our school communities and central office staff.

With the continued leadership, support and commitment of our expert and dedicated staff and community partners, we will continue to create loving, caring, inclusive, positive and safe environments for all students and staff.

As a Niagara Catholic family, together we can and will, continue to make a positive difference in the lives of our students and staff.

John Crocco
Director of Education/Secretary-Treasurer



Nurturing Souls and Building Minds

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Mission Statement

The Niagara Catholic District School Board, through the charisms of faith, social justice, support and leadership, nurtures an enriching Catholic learning community for all to reach their full potential and becoming living witnesses of Christ.

DEFINING MENTAL HEALTH AND ADDICTIONS

The definitions for mental health and addictions terminology are quoted from current research papers and reports, and provide a context for plan development.

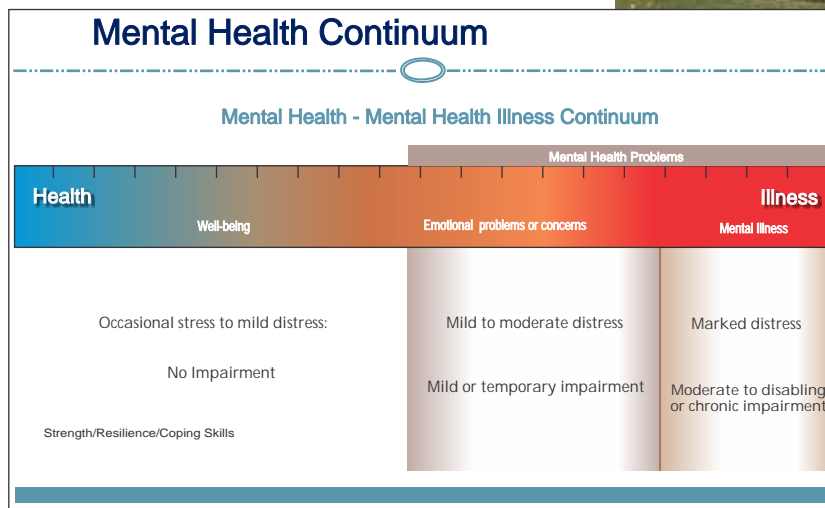
Positive mental health has been defined by the Public Health Agency of Canada as “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections, and personal dignity” (Public Health Agency of Canada [PHAC], 2006,p.2).

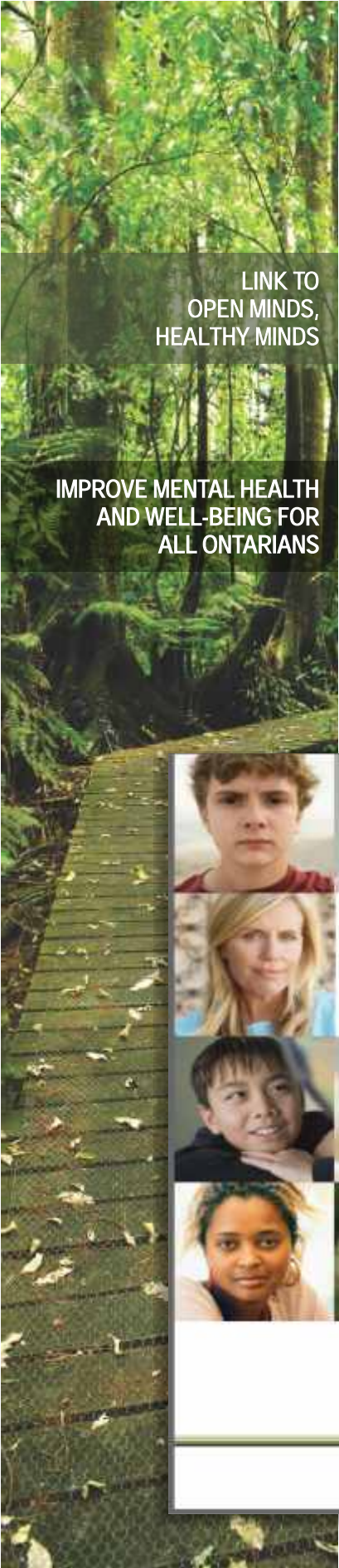
Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society (Santor, Short, & Ferguson, 2009).

Mental illness is the term that refers collectively to all diagnosable mental disorders. Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behaviour (or some combination thereof) associated with distress and/or impaired functioning (Santor et al., 2009).

Mental health problems [refers to] signs and symptoms of insufficient intensity or duration to meet the criteria for any mental disorder. Mental health problems may warrant active efforts in health promotion, prevention, and treatment (Santor et al., 2009).

“Addiction is a primary, chronic, neurobiologic disease, with genetic, psychosocial, and environmental factors” (Savage et al., 2003).





LINK TO
OPEN MINDS,
HEALTHY MINDS

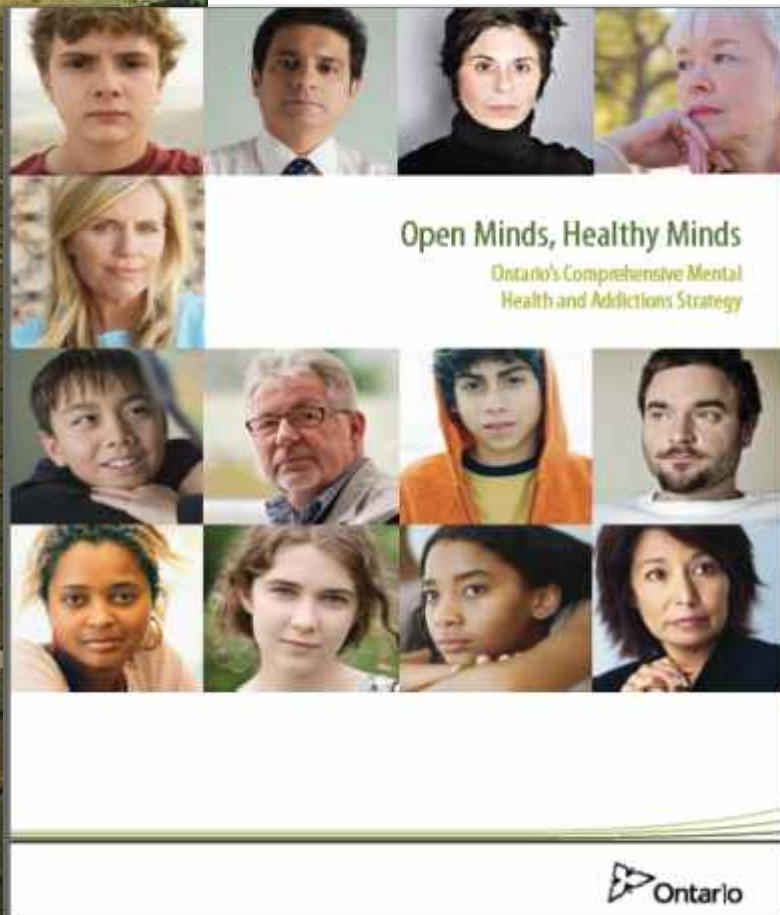
IMPROVE MENTAL HEALTH
AND WELL-BEING FOR
ALL ONTARIANS

The Mental Health Continuum provides an overview of how states of mental health are differentiated by the amount of stress/distress and impairment involved. The lines differentiating states of mental health are not precise because it is not clear at which exact point a concern becomes a problem, or a problem becomes an illness.

Open Minds, Healthy Minds, Ontario's Comprehensive Mental Health and Addictions Strategy, lists one of its guiding goals as "improve mental health and well-being for all Ontarians".

The following excerpt from the comprehensive strategy provides the rationale and key strategies to support this goal:

Good mental health is a resource for living. It enhances physical health and helps people succeed in school, at work and in their relationships and to contribute to our communities. People who feel good about themselves and their lives are more productive and less likely to take sick days. To improve their mental health, Ontarians must know how to manage stress and enjoy work-life balance. They need constructive ways to deal with negative emotions such as anger, sadness, fear and grief. They also need activities and interests that help them feel more self-confident and form supportive friendships.



These key strategies will help Ontarians develop the skills they need to manage stress and enhance their well-being:

- i. Laying the foundation for good mental health early in life.
- ii. Improving mental health literacy, fostering resilience and mental wellness.
- iii. Building school-based capacity.
- iv. Developing workplace programs.

(Open Minds, Healthy Minds - Ontario's Comprehensive Mental Health and Addictions Strategy, June 2011)



Niagara Catholic District School Board

MENTAL HEALTH AND ADDICTIONS STRATEGIES

A Plan for Improving Mental Health and Addictions Supports

Short	Medium	Long
<ul style="list-style-type: none">• Develop a suicide protocol that addresses prevention, crisis and postvention• Communicate the Mental Health and Addictions Strategy to all staff• Facilitate the roll out of the mental health curriculum in all Grade 9 Religion classes and pilot in Grade 10 classes• Increase staff mental health literacy through presentations, professional development workshops and educational sessions• Collaboration with local agencies and community partners to develop a community protocol• Implementation of suicide alertness training (safeTALK) to Educational Assistants, all Grade 7 and 8 teachers, Grade 9 Religion teachers and NTIP program• Implementation of suicide intervention (ASIST) training to Senior Administration, Principals, Vice-Principals, Chaplaincy Leaders, Child and Youth Workers, ERTs, SSTs, CTCC Teacher, Success Teachers and Learning Strategy teachers• Hiring of Social Workers and Implementation of social work program• Implementation of evidence based programs (Zones of Regulation, Roots of Empathy and Girls Talk)• Implementation of parenting program	<ul style="list-style-type: none">• Continue to facilitate the implementation of evidence-based promotion and prevention programs for staff and students• Implementation of PD with the inclusion of Religion, Health and Physical Education and Student Success consultants• Tracking of referral numbers provided by community partners (CASON (counsellors), MHAN (nurses) and Pathstone (Mental Health workers))• Sustainability of evidence based programs (Zones of Regulation, Roots of Empathy and Girls Talk)• Inclusion of mental wellness and mental health education in faith formation• Training programs and mental health literacy for elementary school staff• Data collection for social work program (number of referrals, students in service)• Training with students about courageous conversations with school staff about friends in need of help	<ul style="list-style-type: none">• Systemic mental health awareness and literacy training for all staff• Expansion of all of the existing services and awareness and prevention programs in the schools• Implementation of prevention programs at different stages of development• Development of creative and effective strategies to increase family engagement and participation• Focus groups with students to identify needs and programs that students find beneficial or effective• Setting up mental health teams in each school• Continue to sustain ASIST and safeTALK training annually• Introduction of programs that focus on resiliency• Expansion of the social work program
<p>Provide Support for Success Goals:</p> <ul style="list-style-type: none">• Design Pathway to Care Program• Design awareness, prevention and intervention programs• Design clinical support counselling services		

Child and Youth Mental Health and Addictions Initiatives



TIER ONE: PROMOTION

BUILDING CAPACITY IN CHILDREN AND YOUTH AWARENESS INITIATIVES



The journey of learning for students enrolled in Catholic Education is guided by the Ontario Catholic School Graduate Expectations which promote the knowledge, skills, values, attitudes and actions informed by faith. As disciples of Christ, students are empowered to search for true happiness and meaning in life. The promotion of good mental health, early identification and prevention of mental illness supports this awareness.

The Ontario Catholic School Graduate Expectations (Institute of Catholic Education, 2nd Edition, 2011), are addressed through this Mental Health and Addictions Strategy:

- a discerning believer formed in a Catholic community,
- a self-directed, responsible life-long learner,
- a collaborative contributor,
- a caring family member, and
- a responsible citizen.

The *Fully Alive Program* supporting Family Life Education has been designed to encourage students enrolled in Niagara Catholic elementary schools to become people who are fully alive in the spirit of God. The program provides a distinctively Catholic view of human life, sexuality, marriage, and family complementing the efforts of parents. The five themes focus on positive self-esteem, identifying and living with emotions including grief and stress, promoting healthy relationships and decision making, and managing familial change, which supports awareness and age-appropriate education about mental health and addictions.

Teachers of Grades 7 and 8 students can also access supplementary lessons from the Catholic Association of Religious and Family Life Educators of Ontario (CARFLEO) on stress and grief, bullying prevention, suicide prevention and mental health and addictions.

The Niagara Catholic District School Board has committed to educating our students on the importance of mental wellness and how to cope with difficult situations. These lesson plans include:

- Dignity of the Human Person, Stigma
- Mental Health and Mental Illness
- The Stigma of Mental Illness
- Addressing the Stigma of Mental Illness
- Primary and Secondary Relationships
- Discerning Healthy Relationships
- The Triple A: Anxious About Anxiety
- Letting Go of Our Anxieties
- Substance Abuse
- Self-Care Kits and How to Cope



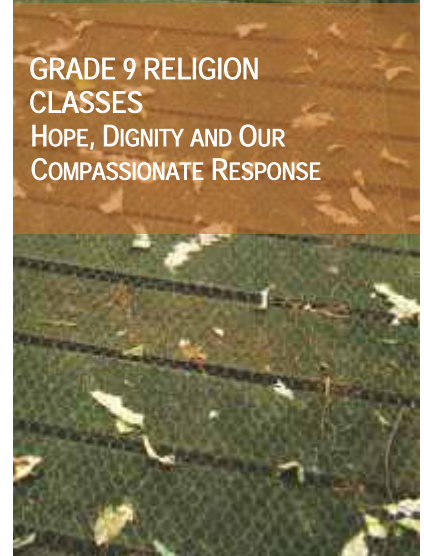
**ONTARIO
CATHOLIC SCHOOL
GRADUATE EXPECTATIONS**



**THE FULLY ALIVE PROGRAM
SUPPORTING FAMILY
LIFE EDUCATION**



**GRADE 9 RELIGION
CLASSES
HOPE, DIGNITY AND OUR
COMPASSIONATE RESPONSE**





THREE YEAR
THEOLOGICAL THEME AND
ADULT FAITH FORMATION
PROGRAM

HEALTH AND
PHYSICAL EDUCATION

FEMALES USING ENERGY
FOR LIFE (FUEL)

TEAMS OF ADULTS
LISTENING TO KIDS (TALK)

ROOTS OF EMPATHY

The Niagara Catholic District School Board's theological theme of *Growing in Wisdom to Worship and Witness*, the theological virtues of love, hope and faith and the cardinal virtues of temperance, justice, fortitude, and prudence, support awareness and education related to mental health and addictions. The call to lead a virtuous life allows each person to better understand the role that faith plays in recognizing human weakness and suffering, the grace that comes from reaching out for help, and the call to promote human dignity and the preferential option for the poor and vulnerable, especially for those who may suffer from mental illness and addictions in our community.

The Living Skills Expectations in the Health and Physical Education Curriculum are critical to the delivery of the overall and specific expectations identified in the three strands in the curriculum document. The Living Skills are taught and evaluated as an integral part of the Healthy Living, Movement Competence and Active Living Strands and are not to be delivered in isolation. The Living Skills sub-groups of Personal Skills, Interpersonal Skills and Critical and Creative Thinking encourage teachers to consistently address critical issues in Mental Health throughout the entire Health and Physical Education curriculum.

Females Using Energy for Life (FUEL) is an after-school, girls-only, non-competitive physical activity program designed to encourage female youth to be more active and learn more about all aspects of health, including mental health and addictions.

The Niagara Cluster Group of the Student Support Leadership initiative (SSLI), Teams of Adults Listening to Kids (TALK) conducts a series of focus group sessions between the Niagara Catholic District School Board and Pathstone Mental Health. The purpose of these focus groups is to invite school board and agency staff to discuss the education and servicing of students with mental health problems. As part of the SSLI mandate, these focus groups facilitate the development of coordination and joint initiatives between school boards and mental health agencies in the province of Ontario, in meeting the needs of students with mental health problems.

Roots of Empathy (ROE) is an evidence-based program that has shown dramatic effect in reducing levels of aggression among school children while raising social and emotional competence and increasing empathy. The program reaches elementary children from Early Years to Grade 8. Roots of Empathy focuses on raising levels of empathy, resulting in more respectful and caring relationships and reduced levels of bullying and aggression. In the Niagara Catholic District School Board, Roots of Empathy is facilitated by Child and Youth Workers and Early Childhood Educators.

The Girls Talk program provides a safe place for young women to connect with each other and to learn about depression and its contributing factors. Young women will develop self-awareness, coping strategies and critical thinking skills through artistic and recreational activities. The topics covered during the sessions were determined through the validity project (from the voices of young women) and through research conducted by the Centre for Addiction and Mental Health about factors influencing young women and depression. They include depression, stigma, stress, relationships, self-esteem, media and body image. The purpose of this program is for young women to focus on their own personal power, self-esteem and sense of purpose. This program is facilitated by Child and Youth Workers in all Niagara Catholic secondary schools.

The Zones of Regulation program is a systematic, cognitive behaviour approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. This curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts. By addressing underlying deficits in emotional and sensory regulation, executive functions, and social cognition, the curriculum is designed to help move students toward independent regulation. Child and Youth Workers facilitate the Zones of Regulation program in all Niagara Catholic elementary schools.

In partnership with community agencies, the Niagara Catholic District School Board hosts a community support information evening for families. This evening provides parents with information about community resources available for children and youth with autism, developmental disabilities, learning disabilities and mental health concerns. Representatives from each of the agencies are present to speak directly with parents and provide information regarding supports and how to access services.

Members of the Special Education Department have been involved in the development of a mental health and addictions place mat to further support Educational Resource Teachers within all the elementary and secondary schools of the Niagara Catholic District School Board. The place mat is designed to provide educators with basic mental health and addictions information and resources around social, emotional and behavioural characteristics of mental illness as well as best practices for supporting students and talking with parents about mental health.





STRENGTHENING FAMILIES

PATHSTONE MENTAL HEALTH ANTI-STIGMA COMMITTEE

SAFE AND ACCEPTING SCHOOLS TEAMS: CLIMATE SURVEYS

Strengthening Families is a parent event funded by Family and Children Services (FACS) Niagara. The goal of the project is to produce an evidence-based program model appropriate for families and communities with at-risk youth between the ages of 12 to 16 years, in the Niagara Region. The program has evaluated outcomes, increased positive parenting practices, increased overall family strengths and resilience and improved social skills in youth.


In partnership with Pathstone Mental Health, another component of the mental health literacy initiative is the implementation of the Anti-Stigma Committee. The committee membership comprises a cross-section of volunteers from district school boards and community agencies interested in reducing stigma in schools and in the workplace. Further information on the committee's initiative is found at www/mendthemind.ca.

The School Climate Surveys are part of a comprehensive bullying prevention strategy to reduce incidents and fundamentally change attitudes toward bullying. The Ministry of Education and Niagara Catholic District School Board is committed to building and sustaining a positive school climate for all students in order to support their education so that all students reach their full potential.

School Climate Surveys are tools that can help Safe and Accepting Schools Teams identify the nature and extent of bullying problems. The survey includes students (Grades 4 – 12), teachers and school staff, and will invite parents in the community to provide timely input and /or recommendations to school administrators on bullying prevention strategies. Initial assessment provides a baseline. Ongoing assessment determines whether programs are effective at reducing bullying and improving the school climate, and whether they continue to be relevant for schools over time. The survey results assist Safe and Accepting Schools Teams in determining the needs of the school and making decisions on effective bullying-prevention programming.

CHARTER of RIGHTS
 ALL CHILDREN AND YOUTH SHALL HAVE THE FOLLOWING SIX INALIENABLE RIGHTS REGARDING
MENTAL HEALTH AND WELL-BEING:

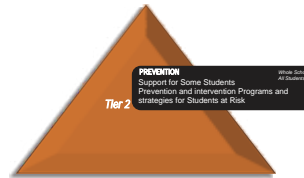
<p>THE RIGHT TO RESPECT To live and grow in a culture of care and respect, where an individual's existence and capabilities are to be valued with dignity.</p>	<p>THE RIGHT TO SUPPORT To be able to approach individuals within school and the community who are knowledgeable and compassionate in dealing with mental health concerns, and who are representative of the cultural diversity of the children and youth that they serve.</p>	<p>THE RIGHT TO SUCCESS To be supported in achievement, and thrive in a fun and engaging environment that emphasizes learning and living at one's own pace; to be fairly assessed in a timely, to be understood and accommodated.</p>
<p>THE RIGHT TO ACCEPTANCE To not simply be tolerated but be accepted; to not face discrimination or be treated differently on the basis of gender, race, ethnicity, Aboriginal identity, sexual orientation, social class, disability, language, faith/religion, body image or on any other physical, social, mental, emotional, or cultural representation.</p>	<p>THE RIGHT TO SERVICE To receive equitable and timely access to mental health supports and services, in an individual's preferred language and be made aware of such support and resources regardless of where they live.</p>	<p>THE RIGHT TO PROTECTION To be safe from harm, bullying, or any form of harassment; to be able to freely voice opinions and input without reprisal.</p>



OSTA & AECO Student Trustees from across Ontario worked closely with the Coalition for Child and Youth Mental Health to produce the Charter of Rights for Mental Health and Well-Being. The Charter was published by OSTA - AECO in May 2010.

TIER TWO: PREVENTION

BUILDING CAPACITY MENTAL HEALTH IN CHILDREN AND YOUTH PREVENTION INITIATIVES



In partnership with the Ministry of Child and Youth Services (MCYS), the Ministry of Education (EDU) and the Ministry of Health and Long-Term Care (MOHLTC), Working Together for Kids' Mental Health is a provincial strategy to support better outcomes for children and youth with mental health needs. Working Together is implemented at a community level, and is supported by a lead child and youth mental health agency identified for each community.

As part of the year two implementation initiative, facilitated through the Niagara Catholic District School Board Special Education Department, elementary and secondary Educational Resource Teachers (ERT), and secondary Child and Youth Workers (CYW) have been trained on the implementation and use of Strength and Difficulties Questionnaire (SDQ), Child and Adolescent Needs and Strengths Education Edition (CANS-EI) and Global Appraisal of Individual Needs Short Screen (GAIN-SS) identification tools. The mental health identification/screening tools are used so that staff can identify students with potential mental health needs and link them to the appropriate professional community services.

Over 100 Niagara Catholic staff have participated in the Mental Health First Aid: For Adults Who Interact With Youth Ages 12 to 24 training. Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis has been resolved. Staff include: Child and Youth Workers, Secondary Success Teachers, Stay-in-School-Coordinator, Secondary Health and Physical Education Teachers, Health and Physical Education Consultant, Chaplaincy Leaders, Religion Consultant and Special Education Department Staff.

Under the umbrella of Student Success, professional development workshops have been offered on several mental health related topics in partnership with Niagara Region Public Health Department (NRPH), Pathstone Mental Health, Schizophrenia Society of Hamilton, Dr. Jean Clinton, Community Addictions Services of Niagara, Community Care Access Centre and the Niagara Health System.

The School Mental Health ASSIST (SMH-ASSIST) is a provincial implementation support team designed to build system and school capacity to support students with mental health and addictions needs. The ASSIST team supports educator professional learning opportunities and capacity building with online and paper resources focused on addressing mental health and addictions needs.



ASIST (APPLIED SUICIDE INTERVENTION SKILLS TRAINING) ROLLOUT

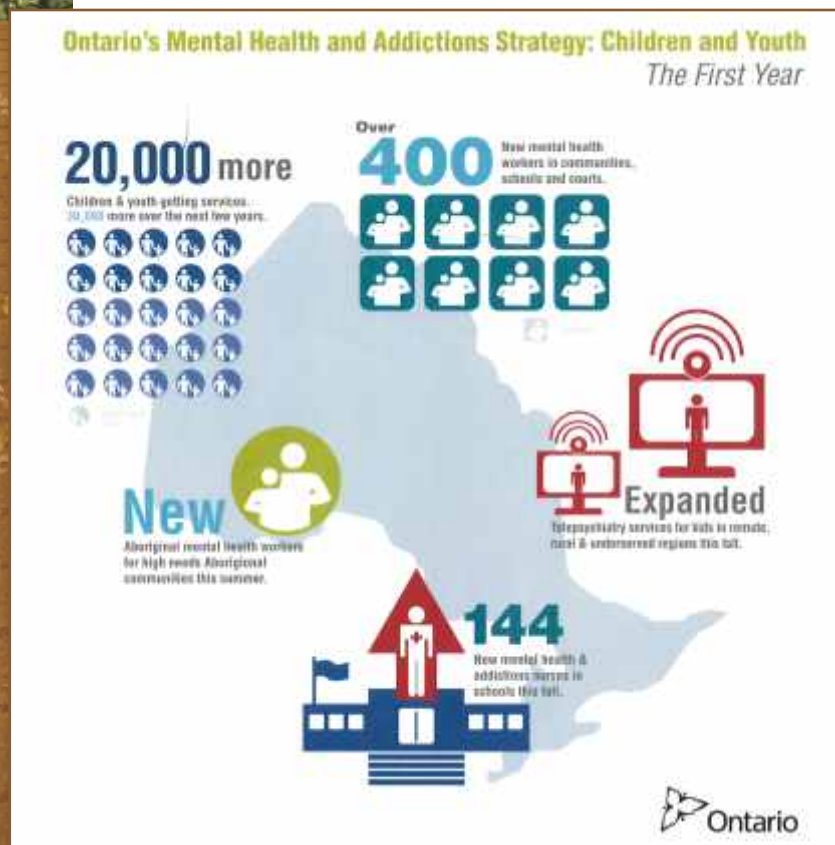
The Niagara Catholic District School Board has invested in internal Applied Suicide Intervention Skills Training (ASIST) trainers to continue to train staff in suicide intervention. Trained staff include:

- Board Staff
- Behaviour Resource Teachers
- Chaplaincy Leaders
- Child And Youth Workers
- Educational Resource Teachers
- Guidance Staff
- Human Resources Staff
- Senior Staff
- Special Education Coordinators
- Student Success Teachers
- Vice-Principals

SAFETALK

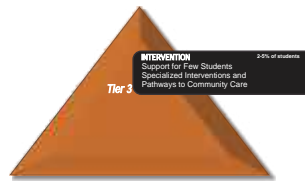
The Niagara Catholic District School Board has invested in internal safeTALK trainers to continue to train staff in suicide awareness. Trained staff include:

- Educational Assistants
- All Grades 7 and 8 teachers
- All Grade 9 Religion teachers
- Child and Youth Workers
- Select staff and students in secondary schools



TIER THREE: INTERVENTION

BUILDING CAPACITY MENTAL HEALTH IN CHILDREN AND YOUTH INTERVENTION INITIATIVES



The Mental Health Lead for the Niagara Catholic District School Board, assists in the coordination of mental health services internally and externally. The Lead implements and facilitates training and acts as a liaison for community agencies in regards to mental health initiatives and system level changes.

Niagara Catholic District School Board has two Social Workers who consult with schools about behaviour management, social-emotional issues, social skills development and anger management, to facilitate academic success for students. The Social Workers provide services to students with mild to moderate mental health and addiction issues, and youth whose clinical presentation is appropriate for treatment within a school-based setting.

In addition the Social Workers offer clinical crisis intervention and support to students and families and provide psycho-social assessments and develop treatment plans for students. They liaise with community agencies to ensure effective responses to students and families through community referrals.

While working with students the Social Workers also consult, mediate, advocate and problem solve with principals and school teams and work cooperatively, as part of a multi-disciplinary team, with staff and students.

Community Care Access Centre (CCAC) has partnered with the Niagara Catholic District School Board to support schools in recognizing and responding to student mental health concerns. The Mental Health and Addictions Nurses (MHAN) work with students who may have mild to complex mental health and/or substance abuse issues. They also consult with school staff regarding a mental health diagnosis, or about students who are transitioning back to school from hospital/institution.

Pathstone Mental Health has been allocated resources for mental health workers to support students. The Mental Health School Support Workers provide direct services to students, which may include counselling, therapy, short term and crisis intervention, group therapy and support for key transitions to enhance student achievement.





THREAT / RISK
ASSESSMENT

SUPERVISED ALTERNATIVE
LEARNING (SAL)

LEARNING STRATEGIES
SOCIAL SKILLS CLASSES

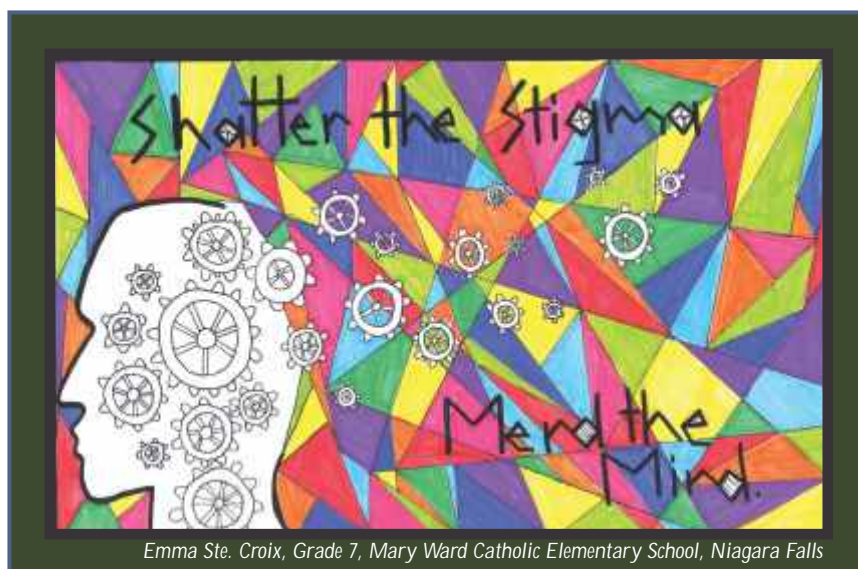
NIAGARA REGIONAL POLICE
LIAISON OFFICER

Threat Assessment/Crisis Intervention (related to self-harm/suicide threat or other crises) is provided by the Niagara Catholic Supervisor of School Counselling Services as requested by the Niagara Catholic District School Board Safe and Accepting School Teams. Some school administrators have completed Level 1 Threat Assessment training delivered by Kevin Cameron.

The Supervised Alternative Learning (SAL) Program enables the Supervised Alternative Learning Committee of Niagara Catholic to excuse students from 14 to 17 years of age from attending school, while they continue to participate in learning under the supervision of the Board or a school of the Board. The goal is to maintain a connection to learning for these students and to support their continued progress towards graduation or achievement of other educational and personal goals.

The Learning Strategies Social Skills Classes are specialized low ratio placement classes for primary and junior students. The classes create a learning environment to support students to reach their spiritual, academic and social emotional potential with the support of a teacher and Child and Youth Worker. Strategies and opportunities are provided for students to develop self-regulation, and problem solving strategies in social conflict situations using a Christ-centered, faith-based approach. Each student's Individualized Educational Plan (IEP) is developed, reviewed and monitored on a regular basis.

The Niagara Regional Police Service School Resource Officer (SRO) Program aims to reduce the barriers between youth and police. The School Resource Officers engage with students, staff and parents in a proactive and positive way, providing a consistent police presence and developing meaningful relationships with area youth. School Resource Officers become part of the school community, with the goals of assisting and ensuring safe learning environments for all members of the school community.



Emma Ste. Croix, Grade 7, Mary Ward Catholic Elementary School, Niagara Falls

The Niagara Region Public Health Department (NRPH), implemented Youth Net in Grade 9 classes in secondary schools throughout the Board. Youth Net is a mental health promotion and early intervention program run by youth for youth. The main goal of Youth Net is to provide a forum for young people to express, explore and discuss their views and concerns about mental health. Youth Net trains youth facilitators to run focus groups with youth between the ages of 12 to 20 to discuss their opinions on mental health, the issues they face and how they deal with these issues. Youth facilitators are “older youth” between the ages of 16 to 30.

Community Addictions Services of Niagara (CASON) is a member of Addictions Ontario and the Ontario Federation of Community Mental Health and Addictions Programs. CASON is funded by the provincial government through the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN).

CASON is committed to excellence and collaboration in the provision of a comprehensive client-centered community based service for individuals and families with addiction concerns. The practice offers services to the youth community with alcohol, drug and gambling issues and values family involvement. CASON has a positive history of supporting Niagara Catholic District School Board secondary students in their schools.

The Niagara Health System (NHS) and the Niagara Catholic District School Board have open communication about students who have been hospitalized for mental health concerns or thoughts of suicide. The Niagara Catholic District School Board is informed about the discharge meeting so that a representative can attend the meeting to participate in the creation of a transition plan back into the school. The NHS is currently in the process of creating a Student Care Coordination Plan for schools to support students.





Niagara Catholic Alternative Learning The Pope Francis Centre

The Pope Francis Centre motto is "A Place where all are welcome". The Pathway to Care Program provides students who may struggle with learning in a traditional school setting with a supported learning environment, where they can work on independently selected programming, credits and receive individualized supports.



The Pope Francis Centre offers *Fresh Start*, *Jump Start*, *Parent Support* and *Mental Health and Addictions* programs to support students.

These programs and supports are integrated with the following opportunities:

Independent Learning: With the guidance and support of staff, students work on and complete their course of study.

Community Involvement: Students participate in community service activities.

Healthy Living: Students participate in Healthy Living activities including physical education, addiction and mental health guest speakers.

Nutrition for Learning: Providing healthy breakfasts, lunches and snacks for students to help them be ready to learn.

Pathways Planning: Career planning, Co-operative Education, trips to Niagara College, connections with Job Gym and experiential learning activities.

Personal Life Management: Regular meetings with the CYWs to discuss personal, socio-emotional, and behavioural issues and to develop the problem solving skills.

Goal Setting: To develop goals related to the successful reintegration of the home school.

Mental Health Supports

- Access to counselling and social work services are provided by Social Workers, including drop-in sessions for students two mornings per week.
- Access to drop in sessions with a Mental Health and Addictions counsellor from Community Addictions Services of Niagara two mornings per week.
- Support from two Child and Youth Workers to assist with emotional and self-regulation.
- Access to programs that allow students to target individual needs and interests, along with physical activities working with the Child and Youth Workers to learn life skills.
- The Pope Francis Centre has various community partners visiting the site to engage students in activities including Job Gym through the John Howard Society, and guest speakers.



Shatter the Stigma
Mend the Mind

2014 Poster Contest
Grade 1 to 3 Category Winner
Brianna Brereton, Holy Name Catholic Elementary School,
Wolland

Pathstone 
SUPPORTING LEARNING



NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

Employee Mental Health and Addictions Initiatives

Workplaces play an important role in our mental health. Many individuals find their workplaces can be a major source of stress. Workplaces should be key partners in Ontario's Comprehensive Mental Health and Addictions Strategy, adopting policies and programs that help employees enhance their mental health. When employees are functioning with optimal mental health their productivity is higher. The Niagara Catholic District School Board acknowledges that building a healthy workforce is a system priority. Niagara Catholic continually designs programs and services to support employees' healthy habits and lifestyles for improved physical and mental health and to perform at their optimum in order to improve student achievement.

The Niagara Catholic District School Board's Faith Formation program provides a variety of faith formation activities for staff to deepen their faith and community experience. Extensive research has shown a deep connection between faith, community belonging and well-being (Ellison, 1991). Participation by staff in faith formation activities may prove to increase an overall sense of well-being which is a strong preventative indicator in mental health issues.

The Niagara Catholic District School Board has established a Staff Wellness Committee to focus on the personal wellness of all employees. Implementation of the activities of this committee will support the mental health and well-being of students and staff. The Board believes that the personal wellness of an employee will contribute to the overall well-being of staff and students.

The Niagara Catholic District School Board's Employee and Family Assistance Program (EFAP) provides employees, trustees and their immediate families support through education and information on lifestyle and wellness issues. This is attained by providing up to five (5) counselling sessions, at no cost to the employee or immediate family member, wishing to partake in the services of Lidkea, Stob, Venema and Associates. At the employer's request, group sessions or presentations on lifestyle and wellness issues may also be offered by Lidkea, Stob, Venema and Associates.

The Niagara Catholic District School Board recognizes that a healthy mental state also depends upon a healthy physical state. In partnership with Canadian Union of Public Employees (CUPE) and Ontario English Catholic Teachers Association (OECTA), Niagara Catholic provides recreational activities for all employees of the Niagara Catholic District School Board.

The CAREpath Navigation System and Survivor Support Program is available to members contributing to the OTIP Long Term Disability (LTD) Benefits Plan. Available to the cancer patient, cancer survivors and their immediate family, this service offers ongoing emotional and medical support (1-800-290-5106).

FeelingBetterNow® is available to employees, their spouse and dependent children, as part of the OTIP LTD benefits plan. FeelingBetterNow® is Canada's only medically-based and approved website designed to assist family physicians and patients in the early diagnosis, treatment and ongoing management of mental and emotional health problems using medical best practices. The website provides a preliminary assessment of your emotional and mental health using a set of online tools (www.feelingbetternow.com/otip).

Proaction Plus services are available to Canadian Union of Public Employees (CUPE) employees working 20 hours or more with Niagara Catholic District School Board. These services are provided by a national network of specialists qualified in the psychosocial professions. These counsellors are chosen for their skills and experience by Solareh, Services for Progress in Human Resources Inc (1-800-668-0193).





ADMINISTRATORS
HUMAN RESOURCES
CERTIFICATION

CATHOLIC PRINCIPALS'
COUNCIL OF
ONTARIO (CPCO)

The Niagara Catholic District School Board focuses training for all administrators on the challenges of mental health and addictions through the Human Resources Certification for Administrators.

In addition, the Catholic Principals' Council of Ontario (CPCO), offers school administrators in Niagara Catholic District School Board professional learning opportunities regarding Mental Health and Addictions.

The following sessions are available to administrators:

i) Mental Health in the Workplace

This workshop explores the need for leaders to understand the three dimensions of wellness: physical, psychological and spiritual. All three need to be understood, nurtured and developed to become fully human. Using this thesis as a backdrop, the workshop will use the resource, Comprehensive Workplace Mental Health developed by the Canadian Mental Health Association to provide participants with an understanding of mental health and mental illness in the workplace and how to minimize workplace issues that affect employee mental health.

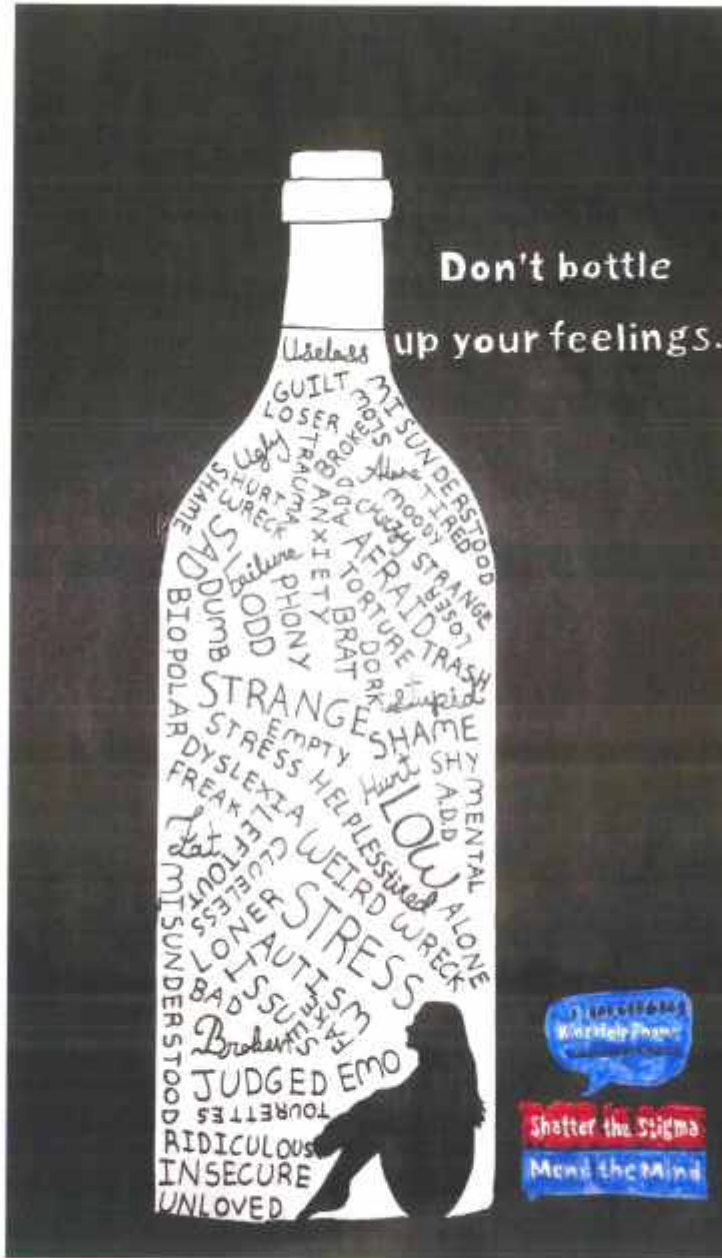
ii) Having Hard Conversations

This training seminar explores how administrators often face situations where difficult topics must be addressed. What do we know about the best strategies for those moments? What questions should we be asking ourselves before we speak, and what environments are best for when we do speak? Based on research around conflict and interpersonal communications, this professional learning opportunity provides participants with an action plan and scripting tools for having those necessary hard conversations.

iii) Finding Balance in Your Leadership Role

Principals and Vice-Principals have reported in recent surveys that they understand their roles as leaders and culture builders in their school communities. However, the increasing demands can bring disequilibrium to their work day. Balancing the demands of being an instructional, cultural and organizational leader can produce frustration in not being able to devote time and attention to details that school leaders believe are necessary to fulfill the mission of the school community. This session explores practical ways that Principals and Vice-Principals can create balance to achieve the results they desire in their school communities.

Don't bottle
up your feelings.



Shatter the Stigma
Mend the Mind

2014 Poster Contest
Grade 7 to 8 Category Winner
Angelica Anderson, St. Mary Catholic Elementary School,
Niagara Falls

Pathstone



NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD

Internal and External Protocols



Internal Process

Concerns About Mental Health

- MHAN Nurse
- Social Work Services NCDSB and Pathstone
- Crisis response (911 or hospital)



Internal Process

Threat or Risk to Others

Contact

- Supervisor of Counselling Services
- Crisis response (911 or hospital)



External Process

Serious Threat or Risk

Contact

- Crisis response (911 or hospital)
- Niagara Community Protocol Threat Assessment

Niagara Catholic District School Board – Threat Protocol Threat to Self (Suicide Intervention) and Threat to Others



Notify Principal or Designate

Emergency/
Imminent Risk

CALL:

- ✓ 911;
- ✓ parent/guardian; and
- ✓ Supervisor of
Counselling Services

DO NOT leave a message
or e-mail the information

Next Steps:

- document and share report of emergency with school team
- consult with designated Board and clinical staff
- following student's return to school ensure completion of Mental Health and Addictions (MHAN) Referral Form

No Emergency/
No Imminent Risk

Principal/Vice Principal completes interview with student about threat to self or others.

Principal/Vice Principal must:

- ✓ complete ASIST intervention (if necessary)
- ✓ contact parent/guardian
- ✓ identify level of risk with school team, and
- ✓ create student safety plan

STUDENT is MILD to MODERATE RISK...

- complete Referral Form for Mental Health Services to access social work services
- complete Niagara Catholic Use, Share and Disclose Personal Information Consent Form with parent/guardian
- send electronic copies to Mental Health Lead
- retain original copies at school in a confidential file

This student has presented concerns that need counselling or follow-up services (i.e. depressive symptoms, anxiety concerns, self-harm; body image/eating concerns, etc.).

STUDENT is HIGH RISK...

- complete Mental Health and Addictions (MHAN) Referral Form to access a Mental Health and Addictions Nurse
- complete Niagara Catholic Use, Share and Disclose Personal Information Consent Form with parent/guardian
- send electronic copies to Mental Health Lead
- retain original copies at school in a confidential file

This student exhibits high risk behaviours or concerns, such as suicide attempts or suicidal ideation. This student may have been hospitalized. This student is in IMMEDIATE need of service(s) due to safety concerns.

Primary Concerns:

1.

2.

External Agency Interventions/Supports:

- | | | | | |
|--|-------------------------------|----------------------------------|----------|--------|
| <input type="checkbox"/> CONTACT Niagara | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> FACS involvement | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> NHS | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> Pathstone | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> Bethesda | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> Probation Services | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> Psychiatrist/Psychologist | <input type="checkbox"/> past | <input type="checkbox"/> present | Contact: | Phone: |
| <input type="checkbox"/> Other: | | | | |

Attempted Action(s) at School Level:

- Positive Behaviour Plan/Safety Plan IST Student Success Team
- Area Team (i.e. Educational Resource Teacher, Central EA)
- Call Home Sent to Office Teacher Detention Office Detention
- Attendance Counsellor Child and Youth Worker
- Supervised Alternative Learning Program
- Sent Home Total # of Days:
- Parent/Teacher/Student Meeting
- Suspension
- Expulsion Pending Expelled
- Other:

Referring Staff Name: _____

Principal Name and Signature: _____

Date: _____

Parent/Guardian consented to involvement of Mental Health Services (attached)

Date: _____

Mental Health Lead Signature: _____

Date Received: _____

Please scan and send electronic copies of completed forms, including consent forms and any accompanying documents to Mental Health Lead, Andrea Bozza (andrea.bozza@ncdsb.com). Retain original copies at school.



Niagara Catholic District School Board
CONSENT TO USE, SHARE and DISCLOSE PERSONAL INFORMATION

This information is being collected pursuant to the provisions of the Municipal Freedom of Information and Protection of Privacy Act and under the Authority of the Education Act, and will be used by the Special Education Department. Questions about this collection should be directed to the Superintendent of Special Education, Niagara Catholic District School Board, 427 Rice Road, Welland, Ontario L3C 7C1 (905-735-0240).

I, _____
 (Print full name of person)

of _____
 (Address)

hereby consent that Niagara Catholic District School Board can collect, use and disclose personal information from/with the following agencies:

- | | |
|--|--|
| <input type="checkbox"/> Contact Niagara | <input type="checkbox"/> Pathstone Mental Health |
| <input type="checkbox"/> Niagara Health Systems | <input type="checkbox"/> Speech Services Niagara |
| <input type="checkbox"/> Family and Children Services | <input type="checkbox"/> Public Health |
| <input type="checkbox"/> District School Board of Niagara | <input type="checkbox"/> Niagara Children’s Centre |
| <input type="checkbox"/> HNHB – Community Care Access Centre (MHAN) | <input type="checkbox"/> HNHB – Community Care Access Centre |
| <input type="checkbox"/> Institute for Clinical Evaluative Sciences (MHAN) | <input type="checkbox"/> Other: _____ |

of the following information:

- (1) _____
- (2) _____
- (3) _____

with respect to _____

D.O.B. _____

I understand that the purpose for collecting and disclosing this information is noted above. I understand that I can refuse to sign this consent.

 Parent/Guardian Name and Signature

 Student Name and Signature

 Witness Name and Signature

Date: _____

Please note:

***Consent may be revoked at any time. If consent is not revoked, then the above consent will be in effect for one year.**

***Personal information includes personal, health, and educational information.**



Mental Health & Addictions (MHAN) – Referral Form

Student's Last Name:		Student's First Name:	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Date of Birth (YYYY/MM/DD):	
Health Card Number:		Phone Number:	
Home Address:			City:
Province:	Postal Code:		Allergies:
<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Guardian		<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Guardian	
Name: _____		Name: _____	
Home: _____		Home: _____	
Cell: _____		Cell: _____	
Bus: _____		Bus: _____	
Other Emergency Contact: Name & Relationship:			Phone:
Languages Spoken in Home (Maternal Tongue): <input type="checkbox"/> English <input type="checkbox"/> French <input type="checkbox"/> Other:			
Interpreter required? <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Specify:			
School Board:	School Name:	Grade:	
School Address: _____			
City:	Province:	Postal Code:	
Telephone:		Fax:	
<input type="checkbox"/> OTHER AGENCIES INVOLVED WITH THE STUDENT:			
Reason for Referral: (please ensure Student and/or Parent/Guardian consents to share health information)			
<input type="checkbox"/> Changes in behavior:			
<input type="checkbox"/> Medical concerns/diagnosis or Medication Management:			
<input type="checkbox"/> System Navigation:			
<input type="checkbox"/> Addictions/Substance abuse:			
<input type="checkbox"/> Return to school support from section class/in-patient/ED:			
<input type="checkbox"/> Follow-up with student from youth justice system:			
<input type="checkbox"/> Safety concerns:			
<input type="checkbox"/> Other:			
Consent For CCAC Referral to Assess for Treatment			
I _____ agree to the referral to CCAC.			
<input type="checkbox"/> MHAN can arrange to see student by contacting school staff.			
<input type="checkbox"/> MHAN can arrange to see student by contacting parent/guardian.			
Signature: _____		Relationship: _____	
(Parent/Guardian or Student (16 years+))			
Referral Source/Contact Number:		Referral Date (D/M/Y):	
Principal or Designate/Contact Number:		Referral Date (D/M/Y):	
Special Education Coordinator/Mental Health Lead:		Referral Date (D/M/Y):	
A CCAC MHAN will contact the student or parent/guardian to determine/confirm consent.			

Please Fax Completed Referral To: 1-866-655-6402

HNHB Community Care Access Centre - Toll Free Phone #: 1-800-810-0000

A vertical photograph of a forest path. The path is made of wooden planks and is covered with fallen leaves. The forest is lush with green trees and ferns. The text is overlaid on the image in three sections: 'SELF HELP SERVICES' in the upper middle, 'ABUSE SERVICES' in the lower middle, and 'INFORMATION AND PHONE LINES' in the bottom section.

Community Agency List

In keeping with the Mission, Vision and Values of the Niagara Catholic District School Board, the following agencies may provide support and resources to students and staff that are in alignment with the Board's Policies and Administrative Guidelines.

SELF HELP SERVICES

Consumer/Survivor Initiative – Support, education, advocacy and self-help groups. 1-877-734-0025

Depressive & Manic Depressive Support Group – Support and education for those affected by bi-polar illness. 905 934-1445

Family Mental Health Support Network of Niagara - Offers education and support to families who have a relative with a serious mental health problem. 905 894-6808
www.familysupportniagara.com

National Network for Mental Health - Advocacy, resources, information, education to benefit the mental health consumer. 905 682-2423

Parents for Children's Mental Health - A support group for parents of children who suffer from mental health issues. 905 931-5249 cope.niagara@yahoo.com

ABUSE SERVICES

Niagara Region Sexual Assault Centre (CARSA INC) - Crisis support, counselling and assistance to victims of sexual violence, past or present, including child sexual abuse. 905 682-4584 24 hour answering service. Office 905 682-7258

Design for a New Tomorrow - Supports adults who experienced abuse in intimate relationships 905 689-1223

Niagara Victim Crisis Support - Practical/emotional support for victims/families of tragedy or crime. 905 682-2626

INFORMATION AND PHONE LINES

Contact Niagara - Identifies appropriate local resources for children experiencing emotional and behavioural difficulties, and people of all ages with a developmental disability. 905 684-3407 / 1-800-933-3617 www.contactniagara.org

Mental Health Helpline - 24 hour access to information about mental health services across the province. 1-866-531-2600 www.mentalhealthhelpline.ca

Centre For Addiction and Mental Health – Information about addictions and mental health issues. 1-800-463-6273

Information Niagara - Three digit phone number providing free information about community, social, health and government services. 211 or 905 682-6611 or 1-800-263-3695 www.incommunities.ca

Niagara Health System – Support for individuals experiencing a psychiatric crisis.

Greater Niagara General Hospital Site 905 378-4647 ext. 53803/53804

St. Catharines General Hospital Site 905 378-4647 ext. 43230

Welland County General Hospital Site 905 378-4647 ext. 33407 & 33408

Distress Centre – 24 Hour Crisis Line

Free, anonymous, confidential.

905 688-3711 St. Catharines

905 734-1212 Welland/Port Colborne

905 563-6674 Grimsby/Beamsville

905 382-0689 Fort Erie

Kids Help Phone – 24 Hour Crisis Line

A 24 hour bilingual telephone service providing counselling and information/referral services. 1-800-668-6868

CMHA Safe Beds – 24 Hours

Community crisis care at hospital, mental health agency referrals for individuals 16 years of age and older.

905 641-5254

Canadian Mental Health Association CMHA Niagara Branch – Counselling Services, rehabilitative programs, housing programs and support groups

905 641-5222 St. Catharines

905 354-4576 Niagara Falls

905 994-1905 Fort Erie

Bridges Community Health Centre – Mental health assessments, supportive counselling, and community referrals 905 871-7621

Quest Community Health Centre – Health care and social services to residents of St. Catharines area without a family physician 905 688-2558

Family Counselling Centre Niagara – Counselling to individuals, couples, and families with problems contributing to marital or family difficulties

905 937-7731 ext. 3345 St. Catharines

905 937-7731 ext/ 3345 Niagara Falls

West Niagara Mental Health Program - Consultation services, treatment and case management for adults 16 years and older who are having problems with the way in which they are feeling thinking or behaving. 905 309-3336



EMERGENCY
AND CRISIS
SERVICES

COMMUNITY
BASED SERVICES



CHILD AND
YOUTH SERVICES

Niagara Region Public Health Community Mental Health Program – Provides assessment, case management and counselling for persons 16 years and older experiencing mental health problems.

905 688-2854, ext. 7262 Thorold
905 871-6513 Fort Erie
905 356-1538 Niagara Falls
905 735-5697 Welland

Bereavement Resource Council – Provides information about support groups/services for those dealing with the pain of grief and loss. 905 680-6400

Centre De Sante Communautaire Hamilton/Niagara – A multi-disciplinary agency serving the French speaking population providing individual and group counseling. 905 734-1141

Gateway Residential and Community Support Services of Niagara – For serious and persistent mental health issues. 905 735-4445

St. Joseph Healthcare Hamilton Mood Disorder Clinic – Provides consultations for individuals with mood disorders. Requires a referral from family physician or psychiatrist. 905 522-1155

Schizophrenia Society of Ontario – Provides public education and access to information about schizophrenia. 905 688- 2543, ext. 632

Pathstone Mental Health - Offers a broad spectrum of treatment services and programs to strengthen children up to 18 years of age and their families.

www.pathstonementalhealth.ca 24 Hours Crisis Care Line: 1-800-263-4944, 905 688.6850

Kristen French Child Advocacy Centre Niagara -Is a safe place to help, heal and cope with life altering impacts of child abuse for Niagara's children and youth. www.cacniagara.org, 905 937-5435

Niagara Health System – Assessment, diagnosis and treatment of mental health disorders in youth and their families.

St. Catharines General Hospital Site – Children's Clinic 905 684-7271 ext. 46573

Greater Niagara General Hospital Site – Mental Health Services 905 378-4647 ext. 53803/53804

Welland County General Hospital Site – Child/Adolescent Mental Health Clinic 905 732-6111 ext. 33522

The FORT - A support/resource centre providing youth and their families with supportive listening, information, options and referrals in time of need. Also offers a teen clinic. Serves residents of Lincoln, West Lincoln and Grimsby. 905 309-3678

Boys and Girls Club of Niagara-Night Youth Shelter - 905 358-3678

Provides short term residence for youth aged 16-30 who are homeless or are without secure stable housing. www.boysandgirlsclubniagara.org

Rainbow Youth/Niagara Pride Support Services – Individual and group support to gay, lesbian, bisexual and transgender youth and their families. 905 380-4576

The RAFT – Youth centre providing emotional support, advice, companionship, crisis intervention, emergency shelter and referrals to community services. 905 984-4365

Youth Gambling Awareness Program – Prevention and education program designed to reduce potential harm of youth gambling. 905 684-3500

PFLAG (Parents, Families and Friends of Lesbians and Gays) 905 937-0202

Niagara Eating Disorders Outpatient Program – Provides information and resources on eating disorders and weight preoccupation. 1-866-633-4220 905 378-4647 ext. 32532

Alateen – Children and youth affected by someone else's drinking. 905 328-1677

Alanon – For family and friends of alcoholics. 905 328-1677

Alcoholics Anonymous – 24 hours 1-866-311-9042

Centre for Addiction and Mental Health (CAMH) 1-800-463-6273

Community Addiction Services of Niagara – Youth, adults, and family members can access treatment resources designed to help individuals with alcohol, drug, and gambling problems. 905 684-1183

Drug and Alcohol Treatment Line – Substance abuse treatment information. 1-800-565-8603

New Port Centre – A residential program for individuals recovering from alcohol and substance abuse. 905 378-4647 ext. 32500

Narcotics Anonymous – 905 685-0075

Gambling Support Services – 905 684-1859

Niagara Multilingual Prevention/Education Problem Gambling Program – Provides problem gambling prevention/education information. All information available in several languages. 905 682-6411 ext. 63849





WEBSITES

www.mindyourmind.ca – For youth/emerging adults – info, resources, tools to manage stresses, crisis and mental health.

www.beautifulminds.ca – Adds positive change in people's knowledge of mental health/stigma around mental health issues.

www.camh.net/education/online-courses-webinars/mha101

Starting point to understand substance abuse, mental health problems, factors to understand those problems.

www.teenmentalhealth.org – Improving youth mental health by effective translation, transfer of scientific knowledge.

www.loveisrespect.org – About teen dating, abuse and provides resources for all ages. Peer advocate, government officials, law enforcement officials and general public.
1-866-331-9474

www.bullyingcanada.ca – Canadian anti-bullying site. (877)-352-4497

www.mentalhealth.ca – Resources/events in Niagara

www.yourlifecounts.org – Helping youth change addictive/self-destructive behaviours that can lead to suicide. 1-866-531-2600

www.surf.to/nnfed - A web site to raise awareness on a range of body image issues and weight and eating problems.

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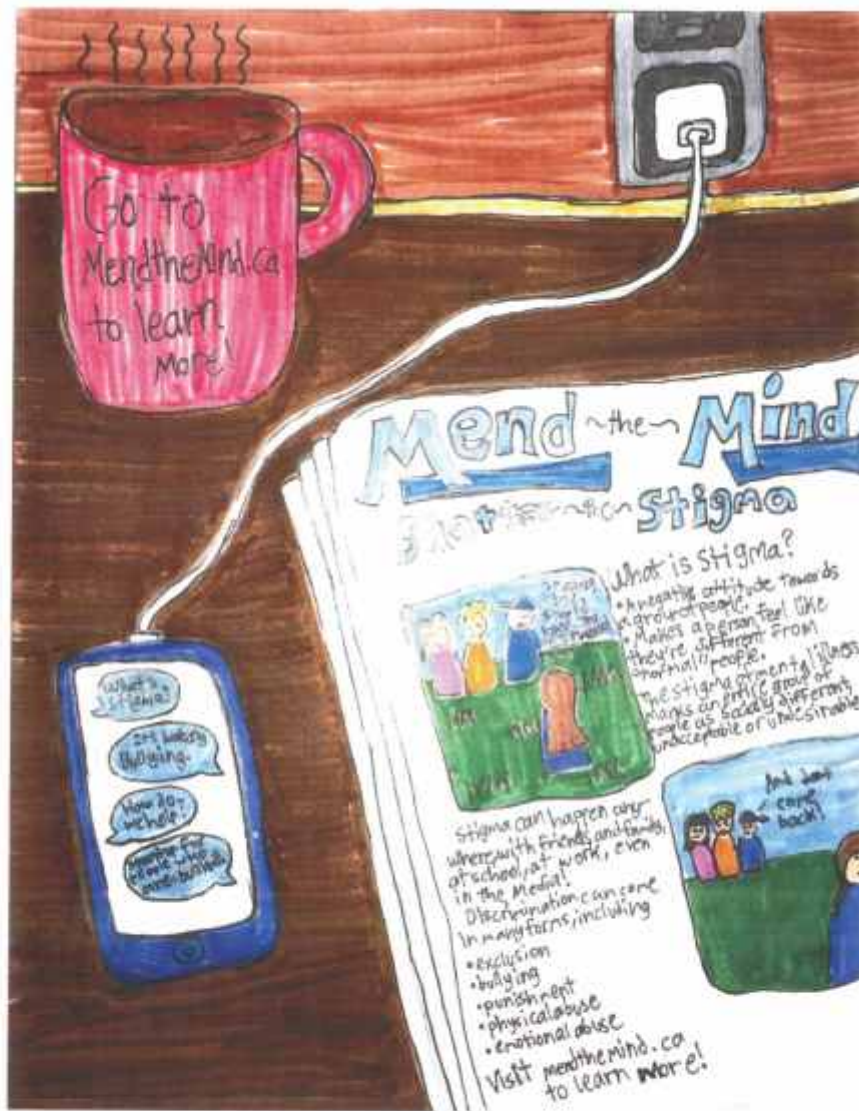
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Shatter the Stigma
Mend the Mind

2014 Poster Contest
Grade 4 to 6 Category Winner

Pathstone

Alyssa Mozzoni, St. Ann Catholic Elementary School,
St. Catharines