



School Mental Health Ontario Resources, 2021–2022

| Audience | Sample Resources | Brief Description |
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| Students | Student MH LIT | 4-lesson mental health literacy for secondary students. Watch the 2-minute overview video here |
| | Anxiety Shareables | Set of social media shareables focused on coping with stress and anxiety, developed with ThriveSMH student reference group |
| | Equity and Allyship Shareables | Set of social media shareables focused on equity within mental health, developed with ThriveSMH student reference group |
| | Grounding Shareables | Set of social media shareables focused on grounding techniques, using acronyms like SOLID with associated prompts |
| | ThriveSMH Instagram | A student-led Instagram account developed by SMH-ONS student reference group, ThriveSMH. |
| | Guided Video Series | Series of videos that students can use to help with relaxation techniques like visualization and calm breathing |
| | Help-Seeking Resources | Set of tools to promote student help-seeking, reduce stigma, and articulate pathways to support (pocket and screen reader versions) |
| | Topics in mental health | Information sheets on topics that may be relevant for secondary school students |
| | Tools for Adult Allies | Set of tools to support adults who encourage and facilitate student voice and leadership in the mental health promotion space |
| Parents / Caregivers | Suicide Prevention Resources | Tools to help parents to understand, identify, and respond to signs of suicidal ideation and behaviour (in multiple languages) |
| | Early identification resources | Tools to help parents to recognize signs of a mental health problem |
| | Topics in mental health | Information sheets on topics that may be relevant for parents and caregivers (e.g., substance use prevention, digital technology use, wellness promotion at home) |
| | Back to school resources | Series of tip sheets and web-based information to support parents with the return to school during COVID-19 (in multiple languages) |

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| | Tools for school staff | Tip sheets to support compassionate and helpful conversations about mental health with parents and caregivers |
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| Educators | MH LIT | 6-module on-line learning about mental health designed for the educator role, available on the VLE |
| | Everyday Mental Health Practices | Series of everyday mental health practices compiled in collaboration with ETFO, OECTA, OSSTF, and AEFO |
| | Virtual Field Trips | Series of lesson plans and virtual field trips, K-12, focused on strategies for coping with stress. Watch a sample video here |
| | HPE Lesson Plans | Series of lesson plans, K-8, with minds-on activities and mentor texts aligned with mental health in HPE curriculum |
| | Read Alouds | Series of read alouds that can accompany the HPE lesson plans or may be used more generally in the classroom or at home |
| | SEL posters | Series of posters that serve as reminders related to everyday practices that support social emotional skill development |
| | Reflection Tools | Tools to help educators to build and maintain mentally healthy classroom settings for every student. |
| | Back to school resources | PD Day slide decks and videos, First 10 Days resource, conversation starters, etc. to support wellness promotion with return to school. Many resources are packaged within this guide for easy access. |
| | Early identification resources | Tools to help educators to notice and respond to student mental health problems, in-person and during remote learning |
| | Equity and mental health resources | Information sheets to help educators to plan for safe and supportive conversations related to anti-racism, anti-oppression and the intersection with mental health |
| Child and Youth Support Staff | Rising to the Challenge Workshops | Workshop created with and for child and youth workers, chaplains, and other school staff who are engaged in class-wide and small group mental health promotion services |
| | Kids Have Stress Too! | Training and 4-unit resource for child and youth support staff to implement alongside educators in the classroom to support student learning about stress and coping |
| | Emotion Coaching | Series of modules to support the use of emotion coaching as a strategy for helping to validate and support students |

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| Principals / Vice-Principals | MH LIT | 6-module on-line learning about mental health designed for the school leader role, available on the VLE |
| | Leading Mentally Healthy Schools | One stop reference for school leaders related to creating the conditions for student mental health, updated release 2022 |
| | Equity and mental health resources | Resources to support school leaders in their efforts to advance equity and mental health outcomes |
| Audience | Sample Resources | Brief Description |
| Principals / Vice-Principals | Decision Support Tools | Tools to help school leaders in selecting mental health awareness and promotion activities |
| | Supporting Student Mental Health Series | Series of webinars and podcasts co-developed with OPC, CPCO, and ADFO |
| SMH Professionals | Training in early intervention protocols | Synchronous and recorded training, and ongoing coaching for implementation of evidence-based stepped care protocols like Brief Digital Interventions (Harvard/McMaster), Brief Interventions for School Clinicians (Washington U), and Supporting Transition Resilience of Newcomer Groups (National Center for School Mental Health) |
| | Suicide Risk Assessment Training | 3-session workshop series with McMaster Children's Hospital on suicide risk assessment for the school setting |
| | Workshops on critical topics in SMH service delivery | Workshops with expert speakers on topics like eating disorder prevention, gaming addiction, measurement-based care, substance use and overdose prevention, virtual care |
| | Centering Black youth well-being certificate course | 4-week certificate course offered in partnership with YouthRex for regulated SMH professionals to learn ways to centre Black student well-being and to combat anti-Black racism |
| | Culturally-adapted Cognitive Behaviour Therapy | On-line course in development alongside the CAMH Office of Health Equity |
| | Indigenous Mental Health Workshops | Series of web consultations and in-person sessions designed to build SMH professional capacity in mental wellness and early intervention supports for Indigenous students |
| | Indigenous Mental Health Project | Collaboration with First Peoples Wellness Circle to co-design mental wellness supports for Indigenous students |
| Mental Health | Implementation Coaching | Every board has a SMH-ON coach who supports implementation of the board mental health and addictions |

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| Leadership Teams | | strategy, helps with contextualizing guidance for the local board, offers assistance with critical incidents, etc. |
| | Regional and provincial community of practice | Regular meetings designed to facilitate cross-board sharing, common messaging, and alignment with the provincial school mental health action plan |
| | Tools and templates | Board mental health leadership teams have access to a Leadership Portal that houses a range of tools, templates, slide decks, videos, and resource banks that they can draw upon to create board-specific professional learning, resources, etc. |
| System Leaders | Desk Reference for Ontario Directors of Education Desk Reference for Ontario Supervisory Officers. | Reference guides to support System Leaders |