

Peel District School Board

Open Minds Healthy Minds Mental Health and Addictions Strategy



AERO Fall Conference
December 7, 2012

Let's Get Started!

- 1. Open Minds Healthy Minds Steering Committee**
- 2. First Priority - System Mapping**
 - **Working Table**
 - **Survey development**
 - **Survey distribution**
 - **Data discussions**

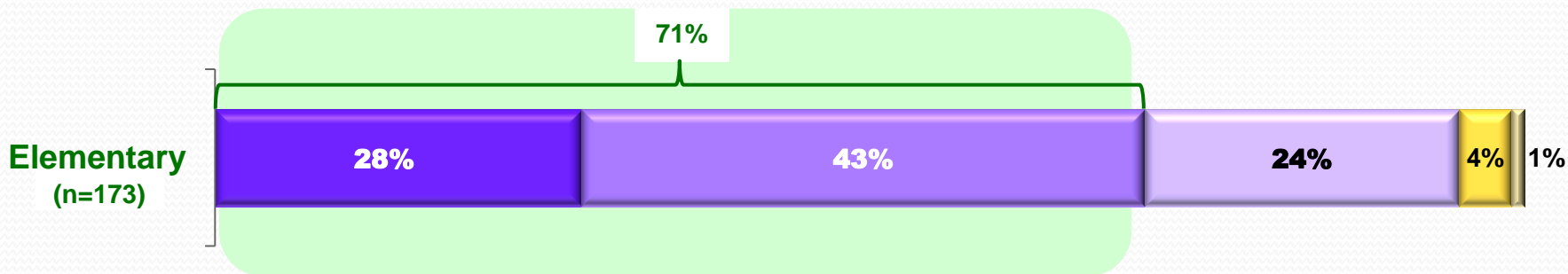
Highlights Survey Results

**Elementary
and
Secondary**



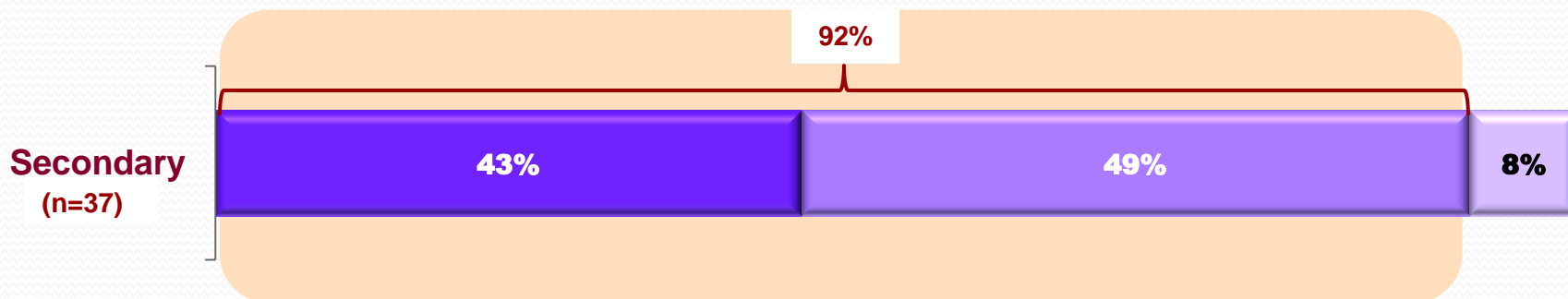
How concerned are you about student mental health at your school?

■ Extremely concerned
 ■ Very concerned
 ■ Somewhat concerned
 ■ A little concerned
 ■ Not at all concerned



Top 3 mental health/addictions concerns:

1. Anxiety
2. Depression
3. Attention Deficit Hyperactivity Disorder (ADHD)



Top 3 mental health/addictions concerns:

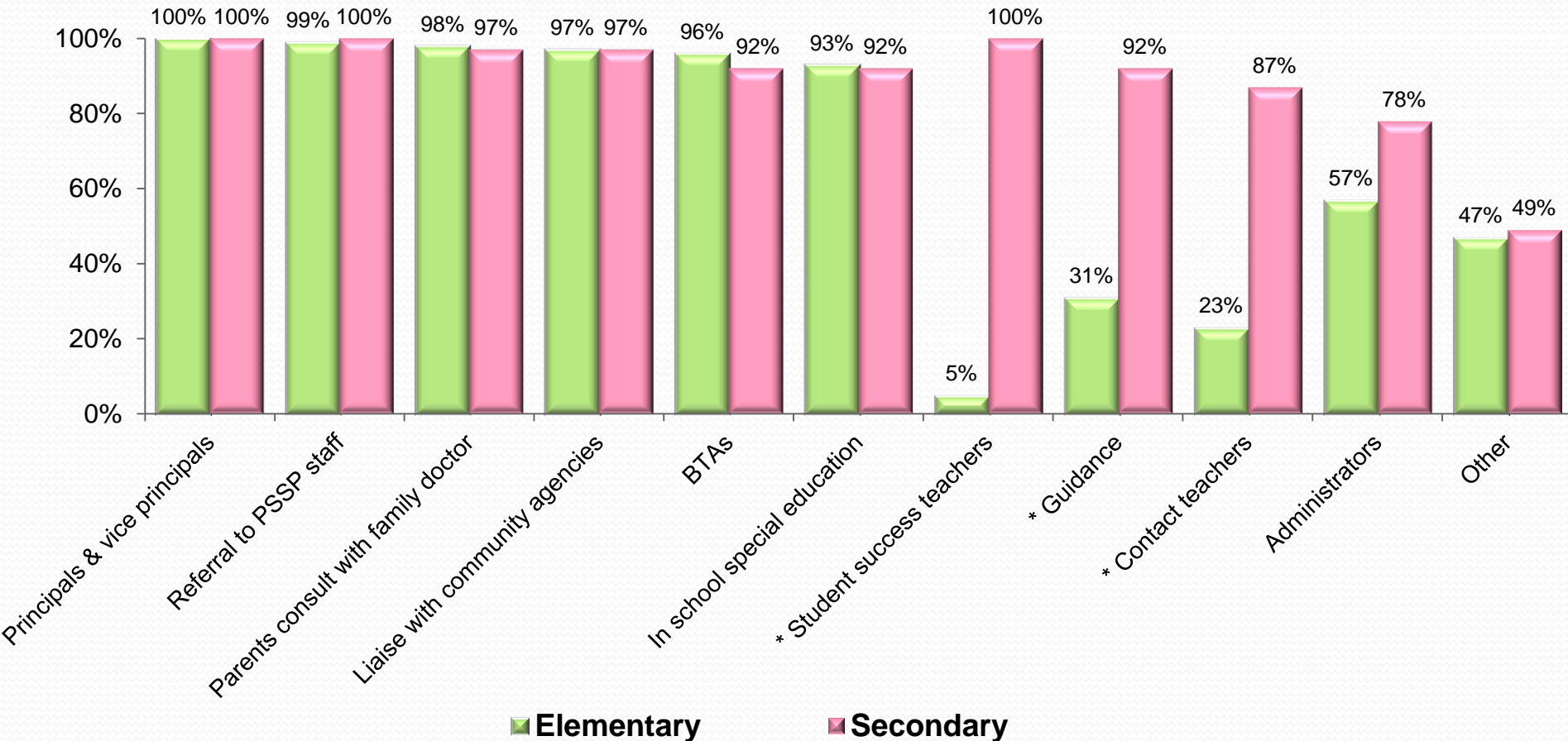
1. Anxiety
2. Depression
3. Substance abuse

What factors contribute to your school's mental health/addictions challenges?

- Elementary:**
1. **Parents** – personal challenges, understanding, reluctance
 2. **Family** – stress, single parent, history
 3. **Cultural** – barriers, beliefs, transition
 4. **Stigma** – social, cultural
 5. **Poverty** – low SES, unemployment

- Secondary:**
1. **Parents** – pressure, personal challenges, understanding
 2. **Family** – stress, history, expectations
 3. **Cultural** – dissonance, transition, norms/values
 4. **Resources** – professional support, alternative programs, wait lists

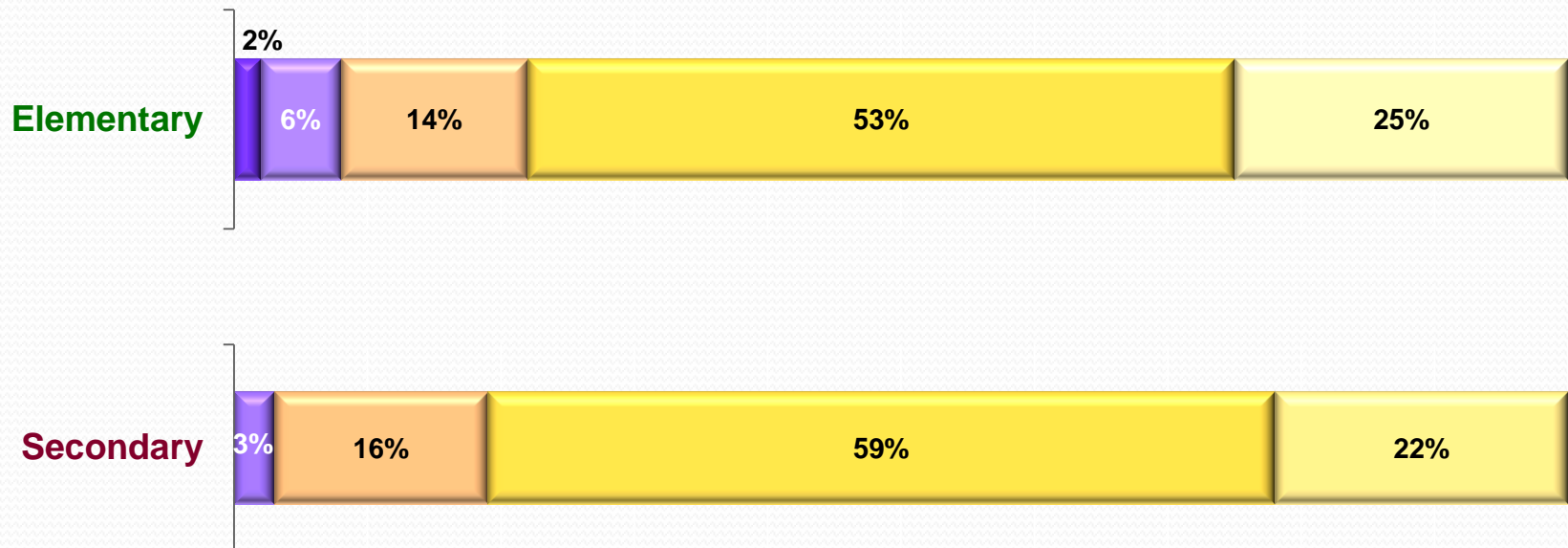
Who supports students who are experiencing mental health/addictions challenges?



*Note: These supports are more available at the secondary level.

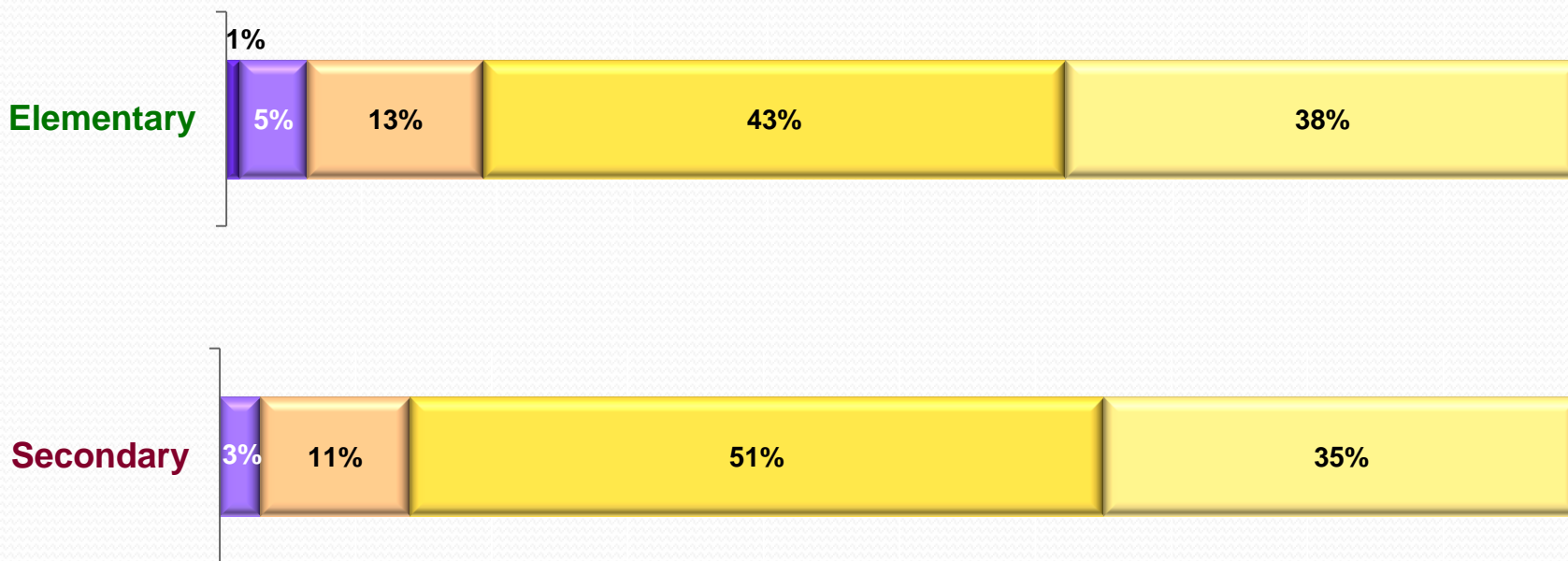
To what extent are you satisfied that as a **Board** we have services in place for meeting the needs of students with mental health/addictions challenges

■ Very satisfied ■ Satisfied ■ Neither satisfied/dissatisfied ■ Dissatisfied ■ Very dissatisfied

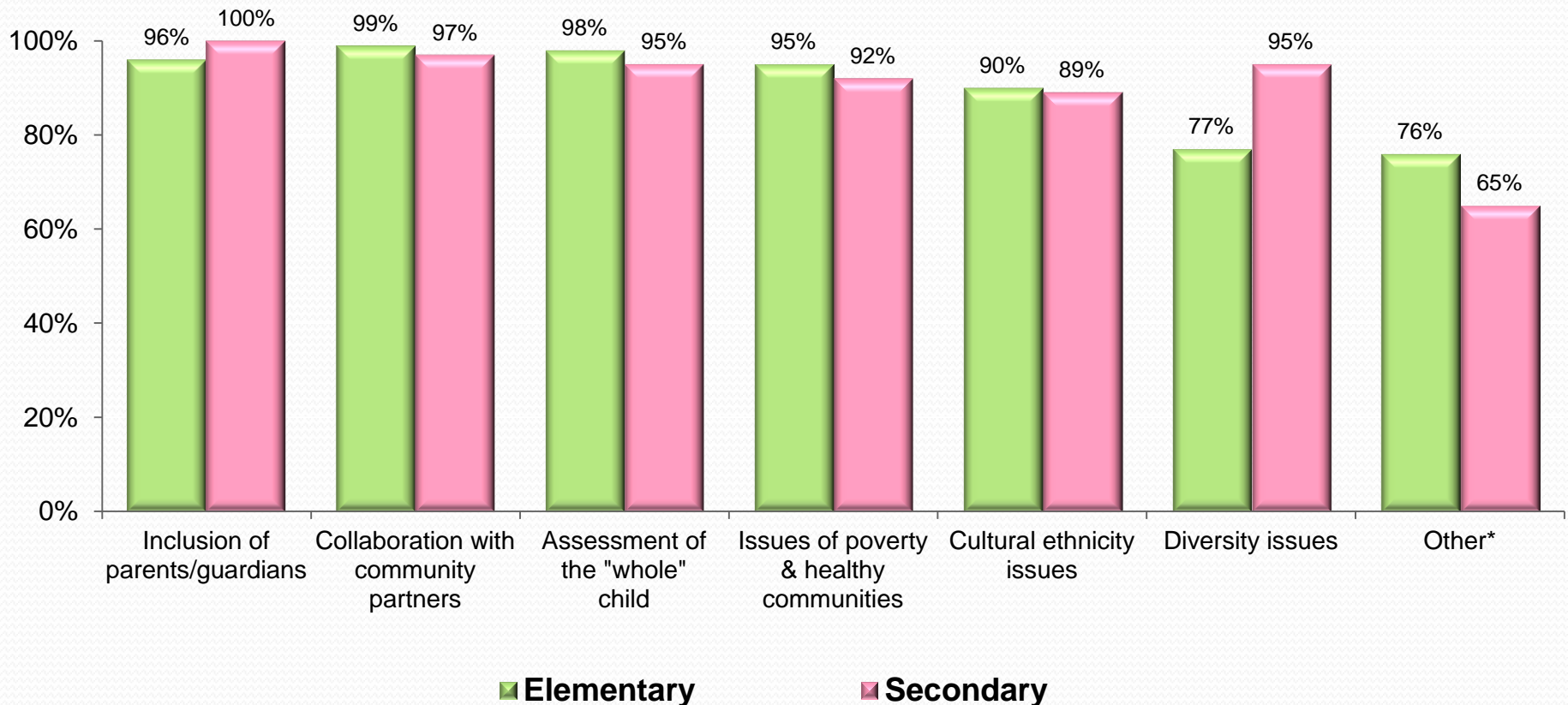


To what extent are you satisfied with the **community mental health partners** in meeting the needs of students with mental health/addictions challenges

■ Very satisfied ■ Satisfied ■ Neither satisfied/dissatisfied ■ Dissatisfied ■ Very dissatisfied



Are there particular aspects/issues related to mental health that you would like to see reflected in the PDSB mental health/addictions strategy that is currently being formed?



Building Our Strategy

Areas of Priority

- 1. To actively promote mental health awareness and decrease stigma across our system.**
- 2. To promote a broad understanding of suicide prevention, intervention and postvention.**
- 3. To develop a deeper understanding of what mental health means in the diverse groups in our community.**
- 4. Continue to promote/deepen our collaborative working relationships.**
- 5. Increase our system's responsiveness to mental health needs.**

Next Steps

Share the data and Mental Health Strategy with our system:

- **Directors Council**
- **Leadership Team**
- **Principals**
- **Professional Service Support Personnel**
- **In-School Review Committees**
- **School Staff**



Thank You!

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