

The **Sudbury Catholic District School Board (SCDSB) 2025–2026 Mental Health and Addictions Action Plan** outlines a comprehensive, evidence-informed framework to promote student mental health, enhance service delivery, and strengthen community partnerships.

Grounded in a **multi-tiered system of supports (MTSS)** and a whole-school approach, this plan sets four strategic priorities:

Priority 1: Enhance Mental Health Literacy

SCDSB will build foundational mental health and addictions knowledge among students, staff, and families to reduce stigma and increase early identification of mental health concerns.

Key actions include:

- Board-wide literacy training and professional development.
- Embedding mental health education in curriculum and school culture.
- Creating accessible, culturally responsive resources and workshops for families.
- Promoting consistent use of non-stigmatizing language across all communications.

Priority 2: Enhance Mental Health Service Delivery

This priority strengthens timely, equitable access to mental health supports through clear pathways, evidence-based interventions, and continuous monitoring of outcomes.

Key actions include:

- A coordinated triage process for referrals and crisis response.
- Universal wellness promotion and targeted group interventions.
- Individual clinical services for students with significant needs.
- Systematic data collection to drive improvement and accountability.

Priority 3: Increase Awareness and Empowerment

To ensure all students, families, and staff know how to access supports, SCDSB will implement initiatives that promote help-seeking, self-advocacy, and shared responsibility for mental well-being.

Key actions include:

- Development of clear service guides and referral resources.
- School-based awareness campaigns such as “Your Voice, Your Mind.”
- Peer wellness ambassador programs in secondary schools.
- Family engagement through webinars and targeted communications.

Priority 4: Strengthen Community Collaboration

This priority focuses on sustaining strong partnerships with community mental health and social service agencies to deliver seamless, wraparound care.

Key actions include:

- Formalizing and regularly reviewing partnership agreements.
- Coordinating shared care and transition planning.
- Building staff capacity to navigate community systems.
- Hosting joint case conferences for students with complex needs.

Measuring Success:

Progress will be evaluated using clear metrics, including:

- Staff, student, and family participation in training and awareness activities.
- Service access rates and wait times.
- Student and family satisfaction with services.
- Fidelity to evidence-based practices and crisis protocols.
- Frequency and impact of interagency collaborations.

Through this plan, SCDSB affirms its commitment to **fostering a safe, inclusive, and mentally healthy school community**, ensuring every student has the opportunity to thrive academically, socially, and emotionally.