



Every human being is dignified and made in the image and likeness of God. When we are in community with one another, in schools and other shared spaces, we encounter and respond to the sacredness in others. We are compelled to act with compassion and kindness to support their well-being. We show preferential concern for those who are most in need and a sensitivity to people who are affected by injustice. ***The lived expression of human dignity in Dufferin Peel Catholic District School Board is a thriving Catholic community where mental health and well-being are prioritized and nurtured, in support of the sacredness and dignity of all. Everyone. Everywhere.***

"God has created all human beings equal in rights, duties and dignity, and has called them to live together as brothers and sisters." Pope Francis and Grand Imam Ahmad Al-Tayyeb

Framework Overview

The Dufferin-Peel Catholic District School Board Mental Health and Well-Being Guiding Framework 2022-2025 is an extension of the Board's Multi-Year Strategic Plan. The guiding framework is built on **FAITH** and inspired by Catholic social teachings and scripture. It centres **RESPECT** for the dignity of each learner as the basis for mental health and well-being. It identifies mentally healthy learning spaces and caring relationships as key prerequisites for students to **EXCEL**. It commits to system accountability and **TRUST** through understanding, uplifting, and reflecting on student data and voice. The purpose of guiding framework is to identify the system priorities and objectives to help students, staff and families **THRIVE**. For 2022-2025, the priorities are Dignity through Equity and Inclusion; Listening and Amplifying Student Voice; Responding through Teaching and Doing; and Reflecting. ***All members of the DPCDSB community are invited to use the priorities and objectives to examine their practice and pedagogy.***



"Prayer leads us forward in hope." Pope Francis.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27



"I am determined to make a positive change in my school to bring mental health into the light. I have so many ideas." Student Mental Health and Well-Being Champion

"To me, safety means unconditional acceptance and fellowship." Student Mental Health and Well-Being Champion

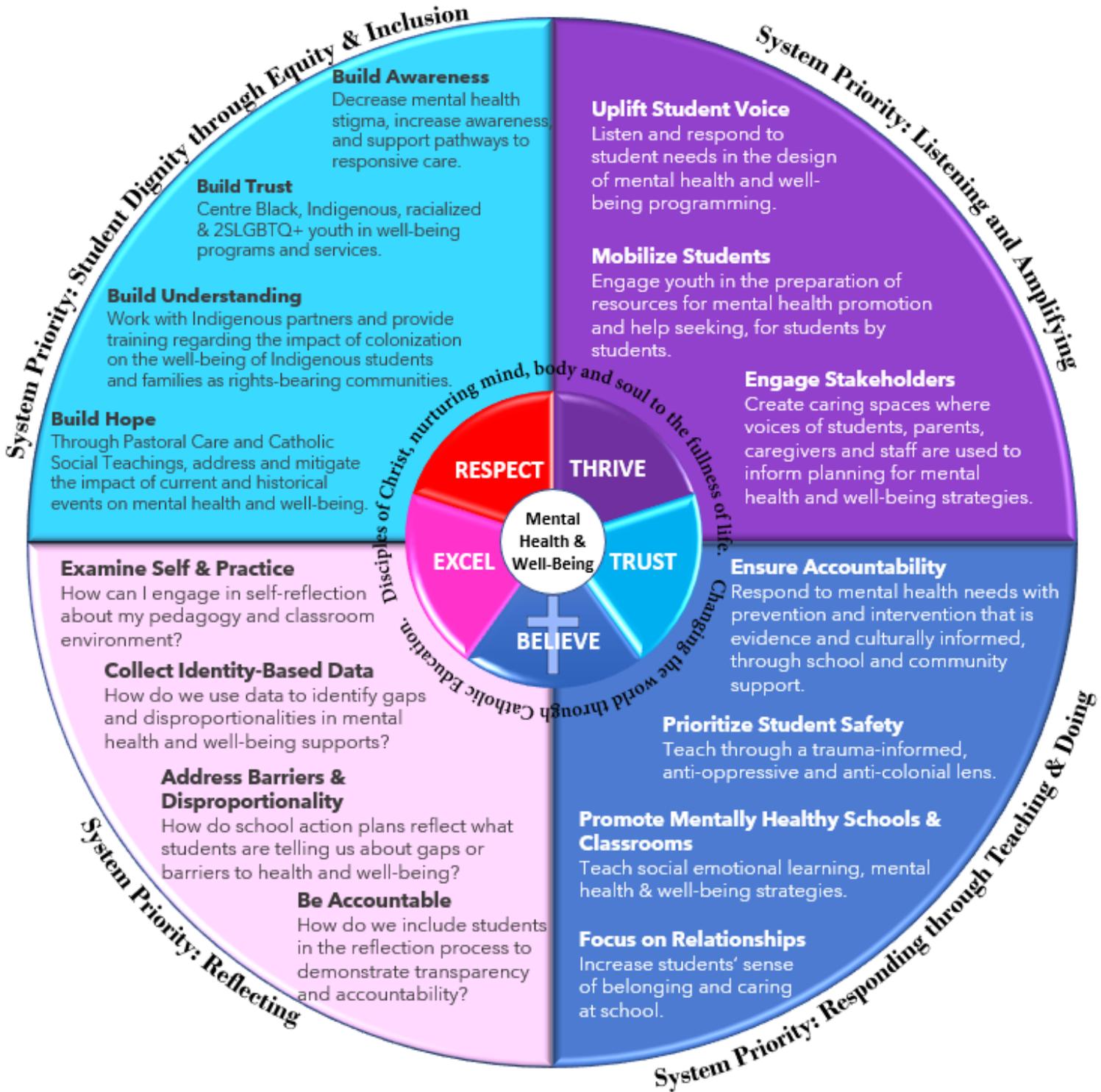
"Many students feel too scared to admit they are struggling with mental health. It is vital to make sure everyone knows where to access mental health resources." Student Senate

"Just listen, hear me out, be open minded, help me reach my potential, motivate me. It's only four years, but it can do a lot." Student Voice

School Mental Health Ontario (SMHO) is the provincial implementation support team to help district school boards develop a comprehensive approach to student mental health through the use of evidence-based strategies and services. SMHO works alongside the Ministry of Education to offer system resources and training in support of five key provincial goals:

- students are welcomed, included and feel a sense of belonging;
- students learn skills in identifying emotions and managing stress;
- students learn about mental health and know when and how to seek help;
- students receive timely and responsive evidence-based prevention and intervention at school;
- students and their families know where to seek intensive services, when needed.

The partnership between SMHO and DPCDSB is integral to achieving the objectives outlined in the Board's Mental Health and Well-Being Guiding Framework, 2022-2025.



The DPCDSB mental health and well-being system priorities are equal and interconnected. There is no starting place or finish line. They are a contemporary reflection of the mental health and well-being needs of our communities, sensitive to current and historical events, and ever focused on building hope through equity and inclusion. Specific objectives for each priority were informed by student voice and other stakeholders who safeguard the sacredness and dignity of all learners in Dufferin-Peel.

“Darkness can only be scattered by light; hatred can only be conquered by love.” St John Paul II