

➔ Catholicity

We are called to affirm our Catholic Faith in word and action and in all that we do.

Framework Overview

Our shared priorities and Catholic Board Improvement Learning Cycle lie in the belief that every human being is dignified and made in the image and likeness of God. As such, the people entrusted to our community must be treated with reverence and kindness. They must be cared for, nurtured, and supported to become contributing members of society. The Catholic educational community of which we take part requires this fundamental concept to be at the core of all of our work. All initiatives related to mental health and well-being require that we recognize this inherent dignity and that we actively participate in supporting and nurturing wellness in health, mind, body and, most especially, in spirit. This is how we measure success.



If we wish to prepare for the future and to ensure the well-being of each human person, we must grow in sensitivity as the means at our disposal become all the more potent. This is our responsibility to one another and to all living creatures ~ Pope Francis 2018.

Dufferin-Peel staff understand the importance of well-being for all learners and are increasingly attentive to the reciprocal and complex relationship between well-being and achievement. According to Ontario educators, these relationships can occur in four distinct yet overlapping forms:

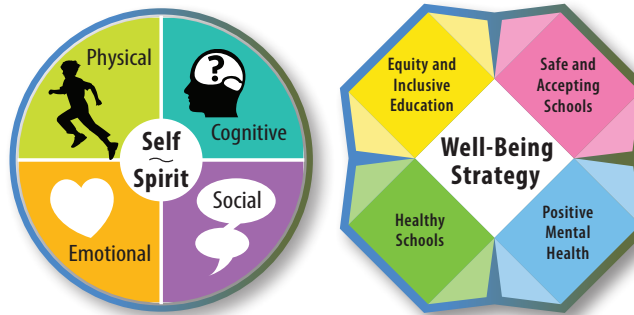
1. Well-being is crucial for achievement.
2. Achievement is essential for well-being.
3. Well-being is a complement to achievement.
4. Well-being constitutes a major achievement.

Leading From the Middle: Spreading Learning, Well-being, and Identity Across Ontario (Hargreaves & Shirley, 2018)

In Achieving Excellence:

A Renewed Vision for Education in Ontario (April 2014), one of the four renewed goals for education is Promoting Well-Being.

“All children and students will develop enhanced mental and physical health, a positive sense of self and belonging, and the skills to make positive choices.”



Ontario's Well-Being Strategy for Education, May 2016

Mission

The mission of the Dufferin-Peel Catholic District School Board, in partnership with the family and church, is to provide, in a responsible manner, a Catholic education which develops spiritual, intellectual, aesthetic, emotional, social and physical capabilities of each individual to live fully today and to meet the challenges of the future, thus enriching the community.



Dufferin-Peel Catholic District School Board
40 Matheson Boulevard West, Mississauga, ON L5R 1C5

Dufferin-Peel Catholic District School Board

Mental Health and Well-Being Guiding Framework

2018-2021



“An education in the fullness of humanity should be the defining feature of Catholic schools. ~ Pope Francis”



Our vision...

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**

➔ System Focus 1: **TEACHING** for mental health and well-being

We are called to support the inherent human dignity of all and this is central to (our) Catholic Social Teaching.

As members of a Catholic community of care, we will:

1. Communicate the shared **VISION** and strategic direction rooted in Scripture and Tradition with respect to mental health and well-being.
2. Intentionally and systematically **TEACH** strength-based strategies that build resilience (e.g., prayer, mindfulness).
3. Apply the same **DEVOTION** to well-being as with other core areas (e.g., religion, math, literacy).
4. Implement **ASSESSMENT** for learning with respect to well-being programs and initiatives.

Everyone	Everywhere
Student Voice Need "Not enough people talk about mental health. They mention it and then get on with their day."	Student Voice Response "...we need to take care of our mental health as much as we take care of our physical health."

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. ~ John 14.27”

➔ System Focus 2: **EQUITY** for mental health and well-being

We are called to support and strengthen individuals to grow and prosper and participate in community.

As members of a Catholic community of care, we will:

1. Nurture **VOICE** from a variety of sources and at a variety of levels with respect to mental health programs and initiatives.
2. **DIFFERENTIATE** well-being strategies so they meet the needs of all.
3. **PROMOTE** a culture where all know and feel they are valued, accepted, and made in the image and likeness of God.

Everyone	Everywhere
Student Voice Need Students feel comfortable talking to teachers who place no judgement and are open-minded, create a bond with students by trying to relate to them, want to get to know students for who they are as people, listen to students.	Student Voice Response "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".

➔ System Focus 3: **ACCESS** to mental health and well-being

As members of a Catholic community of care, we will:

1. Work to **REDUCE STIGMA** related to mental health and mental illness.
2. Ensure available in-school supports are **VISIBLE**.
3. Increase **AWARENESS** of available in-school supports and when and how to access them.
4. **HELP** all in need along a pathway to care and reduce barriers to access.

Everyone	Everywhere
Student Voice Need "We need to know we have someone to talk to all year long, not just Mental Health Awareness Week."	Student Voice Response Teach us how to get help for ourselves and our friends when we need it. "Students want someone positive to go talk to about negative issues."

Supportive Board Processes

We are called to ensure that fundamental rights are protected and upheld by those responsible members of society and our community.

As members of a Catholic community of care, the leadership team will provide schools with:

1. Consistent and clear communication about the Mental Health and Well-Being Guiding Framework so that all staff understand their role in forming a comprehensive community of care as an expression and responsibility of their vocation as Catholic educators.
2. A template to incorporate well-being goals into Pastoral Plans and School Improvement Plans, ensuring work in this area is prayerful, intentional, and systematic.
3. Selection criteria for effective mental health promotion and prevention programs and initiatives that are rooted in a Catholic ethical context.
4. Measurable, ethical indicators of impact for mental health and well-being programs and practices that provide opportunities for goal monitoring and refinement.
5. Clear descriptions of the roles of in-school mental health support staff.
6. A systematic plan for ongoing learning opportunities related to mental health and well-being that includes opportunities for faith formation.

“...we all need to be accepting, we need to be welcoming, we need to be understanding regarding mental health.”

Student Voice Conference, May 2018

