

ST. CLAIR CATHOLIC DISTRICT SCHOOL BOARD'S

Mental Health & Wellbeing Team Work & Data for 2019-2020

ONE TO ONE

INDIVIDUAL MENTAL WELLBEING SUPPORTS FOR SCCDSB STUDENTS AND FAMILIES

SEPTEMBER 2019 - MID MARCH 2020

778

 referrals were received

from K-12 with almost 74% being in elementary and 26% being in secondary.

Gender Break down:

51%- Male
47%- Female
0.7%- Unspecified

Reasons why individuals required 1-to-1:

Self Regulation
Anxiety
At Home Conflict

Top Tools Used for Supporting Youth:

Wellbeing Plans
BRISC
Anxiety
Attendance

Of the individuals that received one-to-one supports

18.04% were referred to intensive services outside of the school system
81.96% were not

Noted Indicators of improvement:

Connecting with a caring support person
Improved self-regulation/impulsivity/anger skills
Increased resiliency/independence
Improved self advocacy
Improved coping skills
Other improvements such as better attendance, social skills, attention skills in class, etc.

Barriers to accessing outside systems

Lack of Adult/ Parent Follow Through
Lack of Trust in the System
Parents Having Their Own Mental Health/ Addiction Issues



MID MARCH-JUNE 2020

791

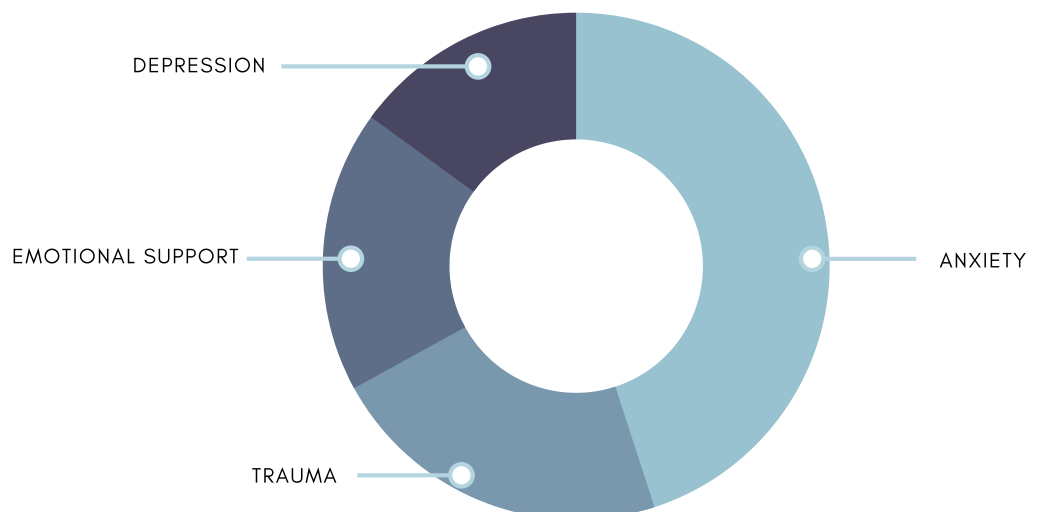
 students and families were provided supports by the Student Wellbeing and Support Team

Gender Break down:

51%- Male
47%- Female
0.7%- Unspecified

Identified Themes:

45% of students were supported for anxiety
22% of students were supported for trauma
18% of students received social emotional support
15% of students were supported for depression



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MIND UP LESSONS

MindUP is a 15-lesson curriculum based firmly in neuroscience, that teaches students from 3 to 14 the skills and knowledge they need to regulate their stress and emotions, improve their focus, form positive relationships, and act with kindness and compassion.



191

CLASSES



271

GRADES



5750

STUDENTS

PROMISING RESULTS

Before the Mind Up Programs...

27.84%

of students did not understand how the brain worked.

Teachers thought

57.14%

of their students did not understand how the brain had an effect on their mental health.

34.38%

of students did not understand how the brain had an effect on their mental health.

64.89%

of students knew how to calm themselves down.

Teachers thought

14.29%

of their students knew how to calm themselves down.

After the Mind Up Programs...

83.13%

of students indicated they had a very good understanding.

Teachers indicated that

85.29%

of students had a very good understanding of the brain's effect on their mental health.

86.72%

of students indicated they had a very good understanding of the brain's effect on their mental health.

83.38%

of students indicated they can confidently calm themselves down.

Teachers indicated that

97.06%

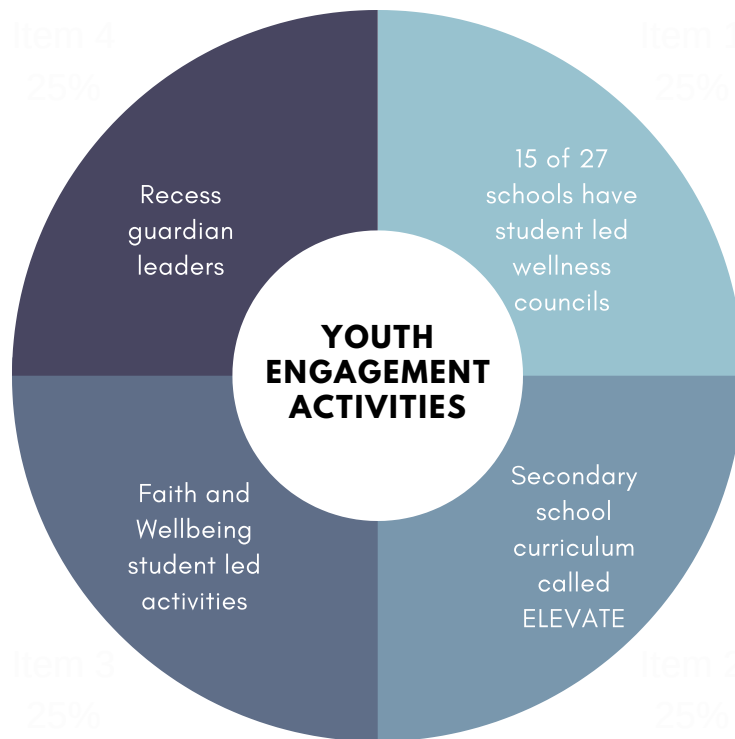
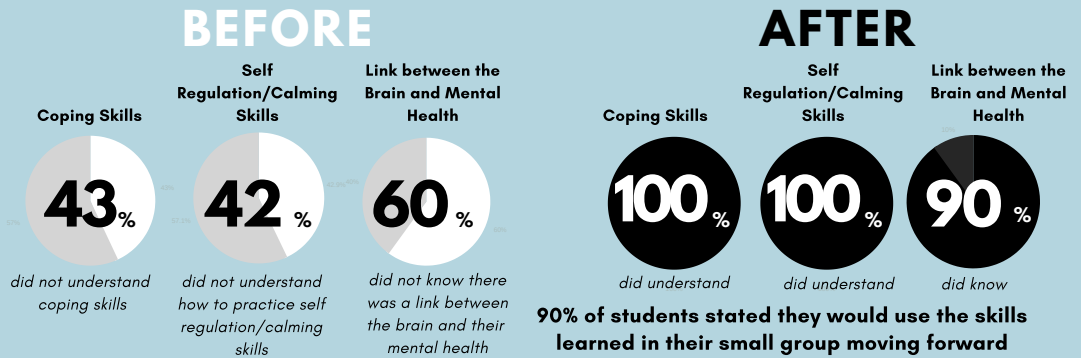
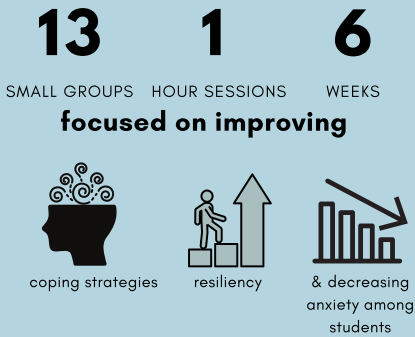
of their students can confidently calm themselves down.

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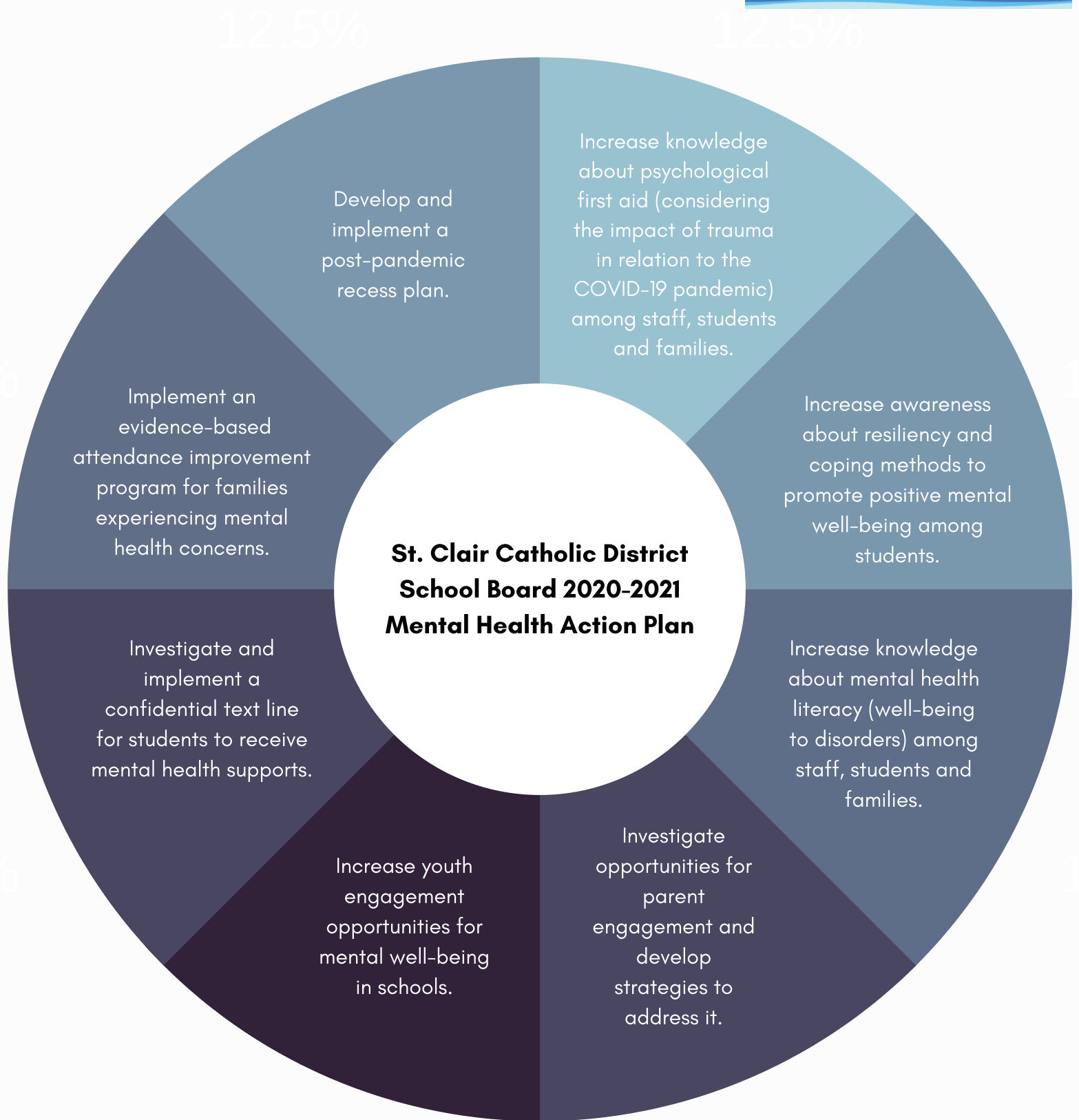
Other Intervention/strategies addressing mental wellbeing at SCCDSB

OUR VISION
Catholic Education + Future Ready

SMALL GROUP WORK



SCCDSB Student Support and Wellbeing Team members work to support youth engagement in many aspects as shown in the diagram above. School climate feedback is the foundational work of youth engagement work and it is important to adapt to meet the ever-changing needs of our students. SCCDSB works closely with both public health units on such work.



Evidence based strategies driven by the Diffusion Theory of Change and McKinsey 7-S model of change.