



2025-2026 Mental Health & Well-Being Action Plan

The District School Board of Niagara (DSBN) is committed to promoting the mental health and well-being of all students; we recognize that mental health and well-being is the foundation of student success.

This 2025-2026 Mental Health & Well-Being Action Plan supports and guides the implementation of the DSBN's 2026-2029 Mental Health and Well-Being Strategy. The Strategy reflects our commitment to ensuring that all students can experience well-being. High-quality, evidence-based programming is provided to students through universal mental health promotion activities, targeted preventative early intervention, and, in collaboration with community partners, more intensive supports.

PRIORITY 1:	PRIORITY 2:	PRIORITY 3:	PRIORITY 4:
Foster belonging and well-being through inclusive, trauma-informed school culture.	Empower students and families as partners in mental health.	Ensure equitable access to targeted mental health services.	Strengthen collaboration and responsiveness across the system.

The four priorities of our multi-year strategic plan align with the 10 requirements within *PPM 169: Student Mental Health*.

PPM 169 Requirement	1: Inclusive, Trauma-Informed Culture	2: Students and Families as Partners	3: Equitable Access to Targeted Services	4: System Collaboration and Responsiveness
1. Joint Local Planning			●	●
2. Multi-Tiered Systems of Support	●	●	●	●
3. Measurement-Based Care			●	●
4. Suicide Protocol	●		●	●
5. Virtual Care Delivery			●	●
6. Educator Mental Health Literacy	●	●	●	
7. Student Mental Health Literacy	●	●	●	
8. Family Mental Health Literacy		●	●	
9. Social-Emotional Learning	●	●	●	
10. Mental Health Absences			●	●



PRIORITY 1

Foster belonging and well-being through inclusive, trauma-informed school culture.

GOAL 1

Strengthen use of a core suite of social emotional learning (SEL) programming in all elementary schools.

Key Actions

1. Implement targeted SEL classroom programming delivered by youth counsellors in Grades K/1, 4, and 5.
2. Prioritize use of core programs: MindUP, WITS, Kids in the Know, Merrell's Strong Kids, Zones of Regulation, and SNAP for Schools.

GOAL 2

Expand system-wide restorative and trauma-sensitive practices.

Key Actions

1. Provide system-wide professional development and small group learning.
2. Expand restorative practices by increasing elementary and secondary pilot schools and updating discipline procedures to reflect trauma-sensitive approaches.

GOAL 3

Deepen school engagement with Truth and Reconciliation.

Key Actions

1. Implement focused professional learning and collaborate with Indigenous Student Well-Being to embed School Mental Health Ontario's Life Promotion Toolkit.
2. Support Indigenous Support Advisors in completing the Feather Carriers Leadership for Life Promotion training.

PRIORITY 2

Empower students and families as partners in mental health.

GOAL 1

Promote mental health literacy through student, family, and community engagement.

Key Actions

1. Expand student and family understanding of mental health and well-being through school councils, digital platforms, social media, and school-based engagement.
2. Strengthen partnerships with community agencies to co-lead mental health and well-being initiatives.

GOAL 2

Provide schools and families with tools that strengthen relationships and promote restorative approaches.

Key Actions

1. Equip schools, students, and families with tools and resources to support restorative approaches and mental health literacy and awareness.
2. Launch dedicated staff and family portals to strengthen connection, capacity, and access to well-being supports.

PRIORITY 3

Ensure equitable access to targeted mental health services.

GOAL 1

Implement a tiered youth counsellor (YC) model.

Key Actions

1. Expand YC support in elementary priority schools and Special Education classes through targeted prevention, intervention, and multidisciplinary collaboration.
2. Introduce dedicated Restorative Practices YC roles to build system-wide capacity for proactive, relationship-centered approaches.

GOAL 2

Strengthen identity-affirming mental health supports.

Key Actions

1. Strengthen collaboration with Equity, Indigenous Education, and community partners to promote inclusive, identity-affirming mental health supports.
2. Pilot targeted initiatives like School Mental Health Ontario's Bridges with 2SLGBTQIA+ student groups.
3. Expand professional learning for social workers focused on equity and inclusion.

PRIORITY 4

Strengthen collaboration and responsiveness across the system.

GOAL 1

Strengthen partnerships with community agencies.

Key Actions

1. Strengthen in-school programming, prevention initiatives, and care coordination through community partnerships, including Right Time Right Care planning with lead child and youth mental health agency and local boards.
2. Collaborate with community partners to deliver student programming and prevention initiatives that promote mental health, well-being, and positive relationships.

GOAL 2

Build social worker capacity for supporting students with special education needs.

Key Actions

1. Deliver tailored mental health supports for students with special education needs through targeted social worker training and placement.
2. Strengthen collaboration with Special Education to build system capacity, including dedicated support for Specialized School to Community and Adaptive Learning programs.