

Q1 MENTAL HEALTH

Ottawa-Carleton District School Board
Building Brighter Futures Together @OCDSB

Q1 What are some things that the OCDSB is doing well to support learning and well-being?

Focusing on acknowledging mental health challenges

Healthy minds and bodies are at a foundation of how we live our lives. Facts and knowledge are worth little if we aren't able to navigate the world.

Community Members

4.1 ★★★★★ (28)



Having this conversation is a good start; however, I do not feel much is being done To support wellness for teachers or students.

Elementary Staff

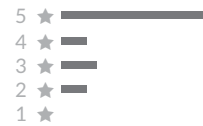
4.1 ★★★★★ (20)



Increased focus on mental health While there is still more to be done, good the OCDSB recognizes these challenges

Community Members

4.0 ★★★★★ (26)



Trying to support emotionally as many individual students as possible Students, especially at middle school, often lack confidence and hence can be victimized by their peers.

Elementary Parents and Guardians - 2

4.0 ★★★★★ (21)



There seems to be a larger awareness on students well being. There needs to be that kind of support for all teachers as well from their administration A school that works as a whole, though not as easy as it sounds, gets noticed. Students and staff, feel safe, and respected at their schools.

Secondary Parents and Guardians - 1

4.0  (20 )



Stress and anxiety seem to be increasing in our culture. Addressing this at an early age can only help combat this societal development . It is important because if we can reduce the anxiety we will improve overall well being and learning outcomes will improve as a result.

Elementary Staff

4.0  (19 )



Putting more time and training for staff on mental health Children today are under more stress and pressure than ever - they need more support

Elementary Parents and Guardians - 2

4.0  (18 )



I believe there is nothing more important than mental health and happiness when it comes to learning. I think we need people we feel completely comfortable talking to about feelings and our mental state.

Students Grades 7 to 8

4.0  (16 )



Focus on mental health well being of students. Assemblies and messaging are removing the stigmatism of mental health and helping children understand if they have an issue and where to go for help.

Elementary Parents and Guardians - 1

3.9  (24 )



I really like that the children are being taught self regulation and tools to help them work out their emotions Kids are taught appropriate ways to deal with their feelings

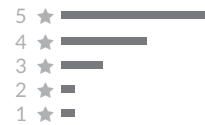
Elementary Parents and Guardians - 1

3.9  (24 )



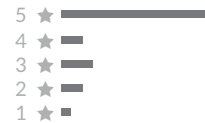
Acknowledgement of Mental Health Challenges Critical for our students to understand mental health shouldn't be taboo so they know they can get help
Secondary Parents and Guardians - 4

3.9 ★★★★★ (21)



Focus on wellness for all If we're not well, we will not perform.
Elementary Staff

3.9 ★★★★★ (21)



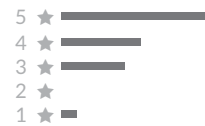
The OCDSB is starting to increase awareness of mental health concerns. Mental health is affecting a majority of students in the OCDSB in various ways. It affects safety, well being and the readiness for students to learn.
Secondary Staff

3.9 ★★★★★ (20)



Teachers and guidance counselors are compassionate and work with parents to allow students to overcome challenges it's important as a parent to understand that when your child is going through a difficult time that the schools have resources that are there to help
Secondary Parents and Guardians - 3

3.9 ★★★★★ (19)



I like that we are becoming aware of the huge issues of resilience and mental health issues. We are living in a society where people are stressed, uptight, anxious and non resilient. This has to change.
Elementary Staff

3.9 ★★★★★ (10)



I've noticed an increase awareness and thoughtfulness behind mental health. As there is an increase in awareness of mental health issues, esp among staff and students, I think the OCDSB should be a leader in best practice
District Office and Centrally Assigned Staff

3.9 ★★★★★ (9)



Focus on mental health. It's the first step to any success.

Community Members

3.8 ★★★★★ (27)



Presentations from public health on substance use, especially emphasizing to not use, delay use, use less often, use less amount
Kids are going to experiment with drugs and alcohol, it is good to promote several healthier options depending on where kids are at

Community Members

3.8 ★★★★★ (27)



Initiatives to increase awareness of mental health supports in the schools and community. Students/parents need information about available resources.

Community Members

3.8 ★★★★★ (26)



Support to students dealing with mental health It is important to recognize the whole student and offer support to students who require mental health and addiction strategies.

Community Members

3.8 ★★★★★ (26)



Mental health awareness I feel like ocdsb is doing great at getting the message across that mental health is just as important as physical health

Students Grades 9 to 12

3.8 ★★★★★ (23)



OCDSB is a very inclusive board supporting students from many cultural backgrounds and with many different abilities. It is imperative that public education be inclusive.

Elementary Staff

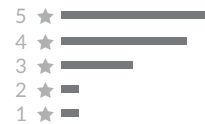
3.8 ★★★★★ (21)



Starting to put a greater emphasis on mental health. Having a student struggling with mental health impacts EVERY aspect of your classroom.

Elementary Staff

3.8 ★★★★★ (21)



A focus on mental health which is very important

Secondary Staff

3.8 ★★★★★ (20)



Mental health initiatives for students Raise awareness and give students strategies to deal with stress

Secondary Staff

3.8 ★★★★★ (20)



I think it is extremely important to provide a secular environment that continues to provide an inclusive learning platform based on equality Ultimately society's challenges will only be met successfully by a people united

Elementary Parents and Guardians - 2

3.8 ★★★★★ (19)



Increased focus on mental health and well being. Students who can do well, do. Providing support to students who are struggling helps everyone within the community.

Secondary Staff

3.8 ★★★★★ (19)



Providing programs and supports in schools to help students deal with mental health issues. In some cases, these supports are the only source the students have.

Secondary Staff

3.8 ★★★★★ (19)



Once the students are comfortable in their setting, they are more apt to work at learning various concepts.

Secondary Parents and Guardians - 1

3.8 ★★★★★ (18)



Mental Health This should be a primary focus, we have had very challenging experience with supports at school for my severely mentally ill son. Absolutely #1 focus

Secondary Parents and Guardians - 3

3.8 ★★★★★ (16)



Incorporate mental health issues in lectures.

By doing this, students realize that it is perfectly okay to feel the way they do and that they should feel comfortable reaching out for help.

Students Grades 9 to 12

3.7 ★★★★★ (22 👤)



OCDSB is now doing a better job with mental health issues and gender. My friends and family all struggle with these problems and I believe that getting help earlier in life can help

Students Grades 7 to 8

3.7 ★★★★★ (21 👤)



supporting students with mental health issues through strong, caring staff

Secondary Staff

3.7 ★★★★★ (19 👤)



Providing support to people who need it Specifically for drug and other substance abuses, help is available, however not many people reach out because they think that it might cause problems

Students Grades 7 to 8

3.7 ★★★★★ (16 👤)



Discussions of mental health. Anxiety and depression are common in even primary students. We are now giving them the words to express this.

Elementary Staff

3.7 ★★★★★ (13 👤)



Recognizing mental health challenges Great job recognizing challenges and sharing with students, lays foundation for more support in classrooms

Community Members

3.7 ★★★★★ (13 👤)



I have experienced first-hand that the OCDSB is doing an excellent job of providing supports both inside and outside of the classroom. Highschool is not only about learning, but learning how to learn- a process which can be inhibited by one's mental state.

Students Grades 9 to 12

3.7 ★★★★★ (8 👤)



Mental Health is being taken more seriously

The conversation around mental health is become more and more commonplace, so its good to see the OCDSB including more resources for students.

Students Grades 9 to 12

3.6  (22 )



Emphasis on mental health.

Elementary Parents and Guardians - 4

3.6  (21 )



Good info available about mental health The more we talk about it, the less stigma there is.

Elementary Parents and Guardians - 4

3.6  (20 )



Providing student success teachers and support staff for our struggling students Many students truggling with mental health issues and learning challenges need extra support in order to stay in school

Secondary Staff

3.6  (20 )



Recognizing the need for focus on both of these. Recognition is the first step towards positive change for our students. It is important because without a sense of well-being for both staff and students learning is put on the back burner.

District Office and Centrally Assigned Staff

3.6  (19 )



Good support and accommodations for needs relating to mental health issues at our high school Reinforces validity of students' mental health issues, mitigates sense of isolation, and thus fosters achievement despite mental health challenges.

Secondary Parents and Guardians - 1

3.6  (16 )



Concern for well being of staff and students - caveat - current KG program does not show this support and concern Mental Health for all
- little people trying to navigate social interactions with 30 others is not healthy

Elementary Staff

3.6  (13 )



We have an emphasis on recognizing individual students needs, more acceptance and understanding of mental health concerns, a focus on inclusivity for all and better appreciation of the role of relationships to student success.

Elementary Staff

3.6  (12 )

