

## Q2 MENTAL HEALTH PROFESSIONALS

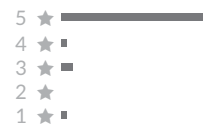
Ottawa-Carleton District School Board  
Building Brighter Futures Together @OCDSB

### Q2 What are some ways that the OCDSB could improve how we support learning and well-being?

**More psychologists, OTs, Social Workers to be able to meet the needs of all students in a timely way.** The wait is far too long to get support to those who need it. So much learning time is lost because of it.

*Elementary Staff*

4.4 ★★★★★ (25)



**Provide more social work and psychology in schools** Students are unwell, they can't learn

*Elementary Staff*

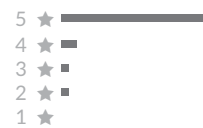
4.4 ★★★★★ (23)



**We need to have more resources in our schools to meet the challenges we have in our schools (i.e., behaviour, mental illness, ELLs, ASD, etc.)** Without social workers, trained EAs, psychologists, we struggle to provide our most needy students with what they need to be successful.

*Elementary Staff*

4.4 ★★★★★ (22)



**Better access to social workers and psychologists. Waiting years for a psych eval is insane and does a disservice to the student.** 7 minutes with a social worker because they have too many students to see doesn't make sense or help a student who needs it.

*Elementary Staff*

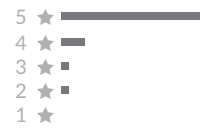
4.3 ★★★★★ (30)



**Increase mental health staff in elementary schools. More social work/psych/speech-language supports are needed across the district.**

*Elementary Staff*

4.3 ★★★★★ (22 👤)



**As usual the way to improve support and well-being is to add more support staff, resource teachers, E.A's, social workers, Therapists etc. The more each child can be helped with extra support the better all around.**

*Elementary Staff*

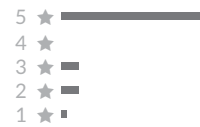
4.3 ★★★★★ (10 👤)



**Stop saying that we offer services and support when getting it is near to impossible. Far too few EAs, SW, Psych, OTs etc Because we are the ones that have to break the news to parents that the system is broken and that's not fair to us.**

*Elementary Staff*

4.2 ★★★★★ (30 👤)



**More support is needed in classrooms, via EAs, social work etc. Teachers are not able to reach all students independently. Higher needs students are consuming all the attention and other students are suffering.**

*Elementary Staff*

4.2 ★★★★★ (29 👤)



**Students with DD or MID+diagnosis of mental illness aren't being treated/have no supports. We need a Section 23 program at CHEO with experts. ABA training is great, but teachers aren't mental health experts. Cognitive capacity can't determine whether a person who is suffering gets help.**

*Elementary Staff*

4.2 ★★★★★ (25 👤)



**We need social workers and psychologists working with staff and students to support the amount of trauma students are experiencing. If we can't address wellness we will never be able to meet their learning needs.**

*Elementary Staff*

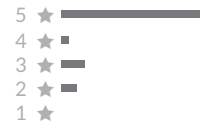
4.2 ★★★★★ (25 👤)



**We need much more professional social-emotional support in our neediest schools.** Students cannot learn if they are struggling with emotions and self-control. Teachers are not mental health professionals no matter how much PD we get

*Elementary Staff*

4.2 ★★★★★ (24)



**provide better mental health support to students** Students would benefit from accessible mental health professionals.

*Elementary Parents and Guardians - 2*

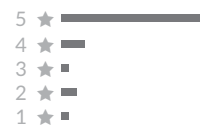
4.1 ★★★★★ (25)



**Assigning one social worker put school would be a good start.**

*Elementary Staff*

4.1 ★★★★★ (24)



**The OCDSB should have trained trusted staff to be able to handle mental health crisis'** It's important because many students need that trusted teacher to be able to lean on and to help them in a time of crisis.

*Students Grades 9 to 12*

4.1 ★★★★★ (24)



**Students are not receiving enough in school supports - through in class support and SW, Psych services.** Without the proper supports, much of our days are spent supporting student's in a non-academic capacity.

*Elementary Staff*

4.1 ★★★★★ (23)



**We need more mental health support for our students, such as school counsellors and social workers in elementary schools.** As teachers, we are having to spend more time dealing with these issues, and we don't have enough time to do it!!

*Elementary Staff*

4.1 ★★★★★ (23)



**more support staff (ESL/Spec Ed; psychologists, etc.) -- pushing the Ministry for more \$/ fixed funding as needed** Catching students with needs early and helping them will lead to better success later; they will gain confidence & possibly a growth mindset

*Elementary Parents and Guardians - 3*

4.1 ★★★★★ (23 👤)



**Mental health of all** Professional services need to happen more than once every 2 weeks...students and staff are experiencing mental issues that are not being addressed

*Elementary Staff*

4.0 ★★★★★ (31 👤)



**Have more counselors and social workers in the school** Navigating one's childhood, social changes, family dynamics is important to academic success, especially pre-adolescence and adolescence years.

*Elementary Parents and Guardians - 3*

4.0 ★★★★★ (25 👤)



**Schools need more properly trained mental health professionals on campus more frequently and easier reach out. Guidance counsellors are not enough.** Mental illness is so frequent among teens and with the LGBT community being ripped out of the sex ed curriculum it puts LGBT youth at a higher risk

*Students Grades 9 to 12*

4.0 ★★★★★ (24 👤)



**More EAs, LRTs, ESL teachers, social workers, and MLOs (Multicultural Liason Officer who offer interpretation) to support students' well-being** They need support in their physical health, behaviour, self-regulation, learning, mental health, and communication in their first language .

*Elementary Staff*

4.0 ★★★★★ (23 👤)



**We need more therapeutic programs delivered in schools for students who need a hybrid of social work and emotional /mental health support.** Outsource the therapy so the Spec Ed administration demands on teacher and admin are alleviated. Run programs outside of instructional time.

*Elementary Staff*

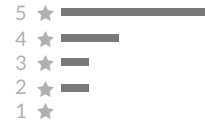
4.0 ★★★★★ (22 👤)



**More supports for mental health. More social workers and guidance counsellors.** To address explosion of needs in our schools.

*Secondary Staff*

4.0 ★★★★★ (18 👤)



**More guidance counsellors** They'd be more accessible to students

*Students Grades 9 to 12*

4.0 ★★★★★ (16 👤)



**Have more support through the system** Kids who are struggling with problems (e.g. abuse) very often have no one to talk to. This will cause chronic absences, aggressiveness, drug use, etc.

*Students Grades 9 to 12*

4.0 ★★★★★ (15 👤)



**Provide either a full time V.P. or a full time Social Worker (ideally both) to inner city schools.** To adequately support the mental health of our most vulnerable students.

*Elementary Staff*

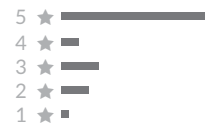
3.9 ★★★★★ (29 👤)



**We need FULL TIME mental health professionals in every school. We need EA's in every classroom.**

*Elementary Staff*

3.9 ★★★★★ (25 👤)



**More educational and career guidance** Post secondary education should be emphasized thru all grs not just 11-12. More guidance counselors = more one on one time for students

*Students Grades 9 to 12*

3.9 ★★★★★ (24 👤)



**Make the professionals more accessible. i.e., more social work, ESL support** Students that struggle in those areas need A LOT of help

*Elementary Staff*

3.9 ★★★★★ (23)



**Support and resources in cases of abuse** The instances of sexual misconduct at Bell High School; we receive no guidance on what to do in cases like that at the board handled it poorly

*Students Grades 9 to 12*

3.9 ★★★★★ (19)



**Getting more staff on board** Especially for guidance counselors, the student to staff ratio is terrible since I find it hard to find openings to talk to the people I need

*Students Grades 9 to 12*

3.9 ★★★★★ (17)



**Increase time allocated for professional services - social worker, psychologist and SLP.** Most students who need assessments have to pay privately or wait many years for the school to do it.

*Elementary Staff*

3.9 ★★★★★ (10)



**Many behaviour therapists need to be hired.** We, as teachers, are not trained to deal with the severe behaviour students that are complex and need tremendous support.

*Elementary Staff*

3.9 ★★★★★ (10)



**We need guidance counsellors at the elementary level (especially intermediate), not just at the high schools.** Students are coming to school with many mental health and social issues that teachers and administrators can't deal with. This leaves students behind

*Elementary Staff*

3.9 ★★★★★ (10)



**Need for more mental health practitioners in our schools (social worker, psychologist) for Tier 1, 2, and 3 interventions and support.** Adding mental health support to teacher workload is overwhelming.

*Elementary Staff*

3.8 ★★★★★ (26)



**More accessible support** make it more clear to students that each school has a counselor, psychologist, addictions counselor etc.

*Students Grades 9 to 12*

3.8 ★★★★★ (25)



**I think OCDSB needs to improve their system to provide a place for students to go and talk about mental health and personal issues.** Its important because students especially in their teenage years they need a place where they can go speak about their problems and not feel judged.

*Students Grades 9 to 12*

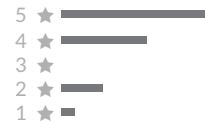
3.8 ★★★★★ (20)



**More guidance or nurse people in the building.** Kids need people to talk to that care. They also have certain questions that are better answered by a professional. More mentor like support.

*Students Grades 9 to 12*

3.8 ★★★★★ (20)



**CYW, Psyc, SW in every high school full time** Guidance and VP are managing an increasing workload of cases that require ongoing collaboration with support professionals. We need to be proactive

*Secondary Staff*

3.8 ★★★★★ (17)



**Increased psychologist, social worker, drug counsellor presence in schools** Kids need a lot of support and what they get at school may be the only help they get

*Secondary Staff*

3.8 ★★★★★ (16)



**More social workers in the school to support students with complex needs** As guidance counsellors, we feel like crisis/case workers

*Secondary Staff*

3.8 ★★★★★ (15)



**You need more and better access to Social Workers. The teachers should be able to refer students to SW if the parents are unwilling to consent.** If the parent is unwilling or unable to help the child with mental health issues, the school needs to assist the child while they educate the parents.

*Secondary Parents and Guardians - 4*

3.8 ★★★★★ (15)



**Increased focus on student and staff mental health, better support for occasional teachers and early childhood educators. More social work support.** So many struggling students dealing with self reg. issues, and burned-out educators trying to keep things together.

*Elementary Staff*

3.8 ★★★★★ (8)



**Increase presence of school counsellors** For immediate crisis intervention and suicide prevention

*Students Grades 9 to 12*

3.8 ★★★★★ (6)



**Allocating more funding to have a minimum of two Child and Youth Workers in largely populated schools and one Child and Youth Worker in smaller school** If OCDSB is serious about the mental health and well being of students, CYWs use a relational, strengths-based approach to supporting children/youth.

*Elementary Staff*

3.7 ★★★★★ (24)



**Better access to social work, psychologists occupational therapists etc** Students who are referred wait for long periods to be seen and then are only seen with limited frequency and for a short time

*Elementary Parents and Guardians - 2*

3.7 ★★★★★ (24)



**Guidance staff in all elementary schools** Essential service that would support students meaningfully

*Elementary Staff*

3.7 ★★★★★ (23)





**Train teachers with skills to help them help students who are struggling** Often the school guidance counsellor isn't trust worthy, so being able to talk to a teacher about how you're feeling could really help.

*Elementary Parents and Guardians - 1*

3.7  (19 )



**Provide access to a school psychologist**  
Support mental health

*Elementary Parents and Guardians - 4*

3.7  (18 )



**We need a mobile social work team on top of those already in schools.** With a growing number of students refusing to attend school because of mental health concerns, we need a better way to connect.

*Secondary Staff*

3.7  (18 )



**Hire more support staff!!!!** Children need more professional support staff not less. Having to pay for my child's psych-Ed because he is not a behaviour is unacceptable

*Elementary Parents and Guardians - 2*

3.7  (16 )



**More support services and ressources such as special education teachers, mental health professionals on site, and social workers for high risk schools** So that these children's basic human right to equal education is met

*Elementary Parents and Guardians - 4*

3.7  (16 )



**Strengthen the guidance programs for students and parents** The few interactions we have had to have with the guidance office at South Carleton they are stretched too thin or need additional support

*Secondary Parents and Guardians - 4*

3.7  (10 )



**As a new EA I see many student needs that are not met, there should be more social skills workshops, guidance counselors, CYCs etc..**

Children are exposed to so much, mental health should be our main priority ... the learning will come if the children have the tools to cope

*Elementary Staff*

3.7 ★★★★★ (9)



**educate guidance counsellors on mental health** as a result of the deficiency of educated mental health counsellors

*Students Grades 9 to 12*

3.7 ★★★★★ (8)



**Guidance counselors and how they go about their work. More specifically how they go about talking to students who are going through a rough time.** I find that the guidance counselors in schools pry for information that a student is not willing to share with them. It makes them feel uncomfortable.

*Students Grades 9 to 12*

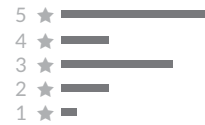
3.6 ★★★★★ (24)



**More school supports** Educational assistants, Resource teachers, Psychologists, Nurse Practitioners, Social Workers - we need more, especially given class sizes!

*Elementary Parents and Guardians - 1*

3.6 ★★★★★ (23)



**Hire more MLOs in schools to respond to the increasing need of the new immigrants to comprehend and be able to contribute to the new school system.**

*District Office and Centrally Assigned Staff*

3.6 ★★★★★ (20)



**hire better guidance counselors** all the ones i've met have no sensitivity at all and really don't have the students best interest at heart

*Students Grades 9 to 12*

3.6 ★★★★★ (20)



**more mental illness awareness and support.**  
**Each school should have a support worker not**  
**one support for several school.** I have a  
daughter with anxiety and she saw the support  
worker every 2 weeks - not enough should be  
each week

3.6  (18 )



*Elementary Parents and Guardians - 3*