

Special Education Advisory Committee Meeting

Wednesday, October 18, 2023

11:45 p.m.

Northeastern Catholic District School Board

MINUTES

PRESENT: Sabrina Gravel, Cochrane Temiskaming Resource Centre
Ellen Renaud, North Eastern Ontario Family and Children's Services
Ryley Reis, Canadian Mental Health Association
Colleen Landers, NCDSB Trustee
Stan Skalecki, NCDSB Trustee
Daphne Brumwell, Superintendent of Education
Jennifer Dunkley, Superintendent of Education
Catherine Hoven, Special Assignment Teacher
Lisa Lamarche, Behavior & Autism Worker
Kim McEntee, Mental Health Supervisor
Katie Mundle, Special Assignment Teacher
Jean Ethier, Education Services Officer / Recorder

EXCUSED: Billie Richer, VOICE for Deaf and Hard of Hearing Children
Amber Smith-Come, School Principal St. Anne School
Debbie Chornobey, YMCA

1. Welcome, Prayer and Land Acknowledgment

Daphne welcomed everyone and led the group in prayer and land acknowledgement.

2. Approval of Agenda/Minutes

Approved by Stan Skalecki

3. Elections – Chair and Vice Chair

The committee decided to have the elections will take place at the November meeting.

4. Mental Health Update – Presented by Kim McEntee

This presentation shares info about NCDSB's mental health & well-being strategy focus areas, along with some key highlights for the 2023-24 school year. See pages 5-7 of the minutes for full details of the presentation. Slide two shows NCDSB's 5 pillars for our Mental Health Strategy. We develop annual actions to support each of the 5 pillars.

Leadership Commitment – in this pillar, we target initiatives, training and support for school principals and superintendents and our Mental Health Advisory Team.

Enhancing Staff Capacity – in this pillar, we target training for the different staff groups in schools (teachers, youth workers, EAs, etc.)

Mentally Healthy Classrooms & Schools – in this pillar, we target resources needed to promote mental health in schools (e.g., class lessons)

Internal & External Partnerships – in this pillar, we target our internal processes and also work on different committees with our community partners.

Parent & youth engagement – in this pillar, we target different ways to build up knowledge or support for parents and youth (e.g. info sharing, learning opportunities)

Slide three has a few sample initiatives for the 2023-24 school year.

Single Session – Training for mental health team. It takes a strength-based approach and trauma-informed approach. Staff learned an approach that helps them frame a conversation with students.

Resource calendar – teachers received a calendar that has resources they can use in class with students that help build up mental health promotion.

PPM 169 – The Ministry has set a mandatory expectation for delivery of mental health modules to all grade 7 & 8 students across the province.

Cultural Humility – NCDSB Superintendents, Principals, Teachers, Support Staff, engaged in reflection on this topic during the end of September Professional Activity Day.

Parent Engagement – NCDSB is working on a promotional video to inform parents about our approach to mental health in schools. Anticipated launch date is May 2024.

5. Psychological Assessments

In addition to the funds, we set aside annually to complete psychological assessments, we have received funding from the Ministry to support the completion of additional assessments. We are aiming to complete somewhere between 30 and 50 assessments over this school year. These will be completed by Catherine under Dr. Bonniferro's supervision, by Corrie Brownlee of Bassis and Carter and by Natalie Bisson. The funds provided by the Ministry are intended to help boards lessen wait times for assessments, allow boards to purchase assessment tools as needed and provide professional learning to staff as it relates to research-based literacy practices. Our priority this year is to ensure our students with the highest needs have up-to-date assessments.

6. ESL/ELL

We have seen a steady increase in the number of students who are enrolling in our schools across the district who have the need for ELL supports through ESL instruction. In order to qualify for funding to support ESL instruction, a student must have been born in a qualifying non-English speaking country and have been in Canada for 4 years or less. Funding is on a sliding scale that decreases over time for each student. Last year we had 49 students who qualified for ESL supports in our schools. We expect the number this year to be higher. Though students may qualify for ESL supports, it is not always necessary. Usually after 12-24 months in school, students have developed a proficiency with the English language. This is often dependent on how much English is spoken in the home. It is our practice to provide about 3 hours a week of additional ESL instruction after school for students who would benefit from this support. Teachers are hired to deliver this program. Other supports we have provided recently is in-class support through a transitional EA and we have experimented with in-ear translation devices. More effort needs to be made to ensure that ELL plans are in place for those students who need them as there is a direct impact on assessment and evaluation and the Provincial Report Card. If a student requires tutoring, they should have an ELL plan.

7. Intervention Supports in Schools

You may recall that we developed a Tier 1 Intervention kit to support literacy and numeracy work with at-risk students in the spring. These kits were used by the tutors hired for this purpose. On the September PA day, Catherine and Katie provided all EAs and ECEs with an overview of what is in the kits and how to use the activities. Schools are currently finishing up the Aimsweb+ assessments. These results will help schools identify students who would benefit from intervention with a lead, an RT or an EA/ECE. We are hopeful that this support will go a long way in helping close the gaps in learning that exist. Leads will be tasked to work on specific skills for a short period of time, while RTs will work with older students who have larger gaps that will require longer lessons for a longer period of time. EAs/ECEs will support our youngest learners in the hope of avoiding the creation of gaps to begin with.

8. Agency Reports

Canadian Mental Health Association

Ryley shared with the committee that stats Canada released the mental health report for Canada recently showing the 2nd leading cause of death is suicide. He also shared the suicide and crisis lifeline number is 988. Minto Counselling Centre and South Cochrane Addictions Services are now under the CHMA Cochrane-Timiskaming branch.

North Eastern Ontario Family and Children's Services

The Triple P programs are up and running and taking place virtually. Since the program is being offered virtually a are number of parents can participate from different areas.

Virtual Triple P Stepping Stone Group – starts September 19, 2023

This online Stepping Stones Triple P group consists of 5 virtual online sessions followed by 3 personalized phone sessions to support your learning.

Stepping Stones Triple P has been developed for parents of children with a developmental disability. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Group Stepping Stones is great if you are having significant problems with your child's behaviour or if you would simply like to learn parenting skills to help promote your child's development and potential.

Virtual Triple P 0-12 Group for Positive Parenting – starts October 12, 2023 English and November 8, 2023 in French

North Eastern Ontario Family and Children's Services (NEOFACS) is pleased to offer a FREE group for positive parenting virtually! Enjoy the interactivity and peer support of a Triple P Parenting Group from the comfort of your home.

This online Triple P 0-12 Group consists of 5 virtual online sessions.

There is currently an 8–10-month waitlist in Timmins to meet with a counselor. The Kirkland Lake area now has their own independent family health team.

Ellen also wanted to remind the group about **One Stop Talk**.

One Stop Talk/Parlons maintenant (OST/PM) offers free virtual counselling services and seamless entry into child and youth mental health services across Ontario. The program serves as a single access point to mental health services for children and youth aged 0-17, connecting them with registered and experienced therapists across the province. Our agency's therapists and an integrated network of province-wide infant, child, and youth mental health agencies support this program.

Service Details

Counselling by registered therapists spanning Ontario, including our agency's therapists

Immediate access to free therapy; no prior booking or appointment required

Focuses on addressing one issue at a time and provides the freedom to access the service as many times as needed

OST/PM is not anonymous – the program requires children and youth to provide information about themselves,

including their name, date of birth, and postal code, to receive service

Start with a conversation, leave with a plan. No matter why you connect, children and youth co-create a personalized plan with their therapist, which is shared with them

Navigation services are available if additional assistance beyond the session is needed. OST/PM directly refers clients to additional services as close to them as possible in the child and youth mental health sector

OST/PM has dedicated Francophone therapists and interpretation services to over 200+ languages, including ASL

Who can contact One Stop Talk/Parlons maintenant?

Children and youth (aged 0-17 years) located in Ontario

Parents and caregivers located in Ontario are recommended to access the service with their child(ren)

When is the service available?

Monday to Friday, 12 PM to 8 PM EST

Saturday 12 PM to 4 PM EST

Entry to the service closes 45 minutes before posted closure time to allow all clients to be served by end of service.

9. Date of Next Meeting – November 15, 2023 at 11:45am

10. Other Business – N/A

11. Adjournment

Moved By: S. Skalecki and Colleen Landers

That the meeting be adjourned at 12:35 p.m.

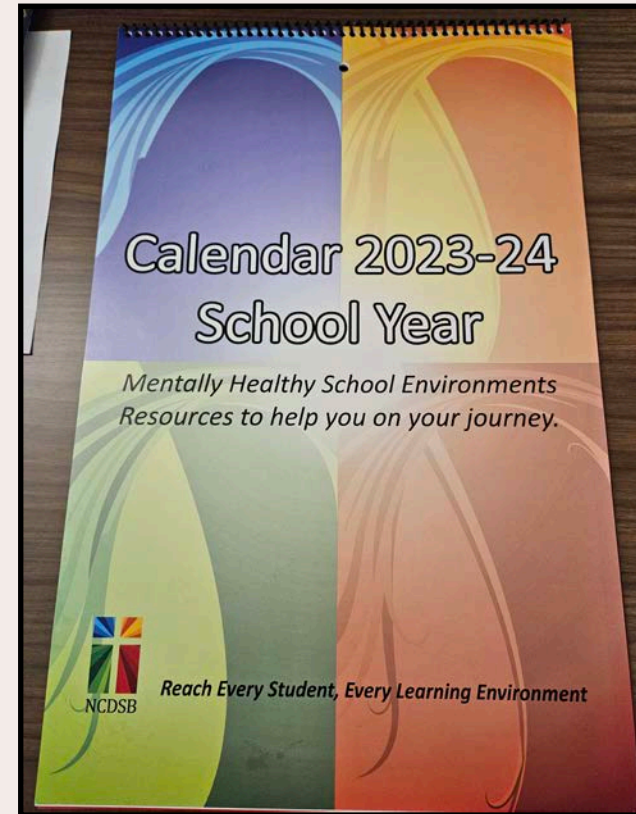
CARRIED



Mental Health & Well-Being
Education & Support

Kim McEntee

Supervisor of Mental Health & Wellness | Mental Health Lead





Our Strategy Focus



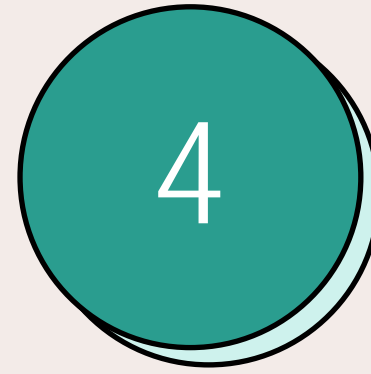
Leadership
Commitment &
Learning



Enhancing
Staff
Capacity



Mentally
Healthy
Classrooms &
School
Environments



Internal &
External
Partnerships



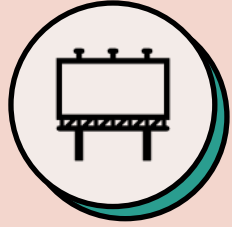
Parent &
Youth
Engagement



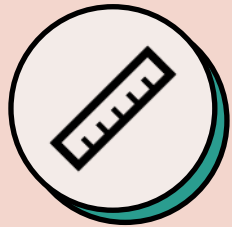
2023-24 Actions Sample Initiatives



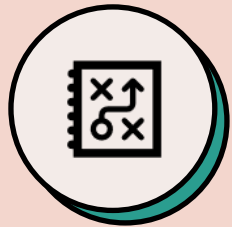
Single Session/One-a-time training
CYWs, MHWs, Attendance Counsellor



NCDSB Resource Calendar
School Relevant Content



Policy/Program Memorandum (PM 169)
Grade 7 & 8 Mental Health Literacy Modules



Cultural Humility Reflection
PA Day focus



Parent Engagement
Promotional Video