

Limestone District School Board 2026-2027

Mental Health, Substance Use and Addictions Action Plan

Area of Focus	Goals	Key Activities	Audience	Timeline	Status	Monitoring and Evaluation
Student Mental Health, Substance Use and Addiction Support	Students will receive teacher-led, culturally-responsive mental health literacy programming.	Support the implementation of mandatory mental health literacy modules for grades 6 , 7 , 8 and 10 .	Grade 6, 7, 8 and 10 students Grades 6, 7, 8 & 10 educators	September 2026 – June 2027		
	Students will receive resources and programming to help to prevent, reduce, and address substance use and addiction.	In partnership with School Mental Health Ontario (SMHO) and Youth Wellness Hubs Ontario (YWHO), LDSB will participate in ongoing implementation and scale-up of PreVenture .	Grade 8 students Student Support Counsellors & Social Workers	September 2026 – June 2027		
	Increasing student (and staff) awareness of how online environments—including social media and other digital platforms—can influence mental health, relationships, and help-seeking.	Facilitate age-appropriate learning opportunities that strengthen students' digital well-being by increasing awareness of healthy technology use, online relationships, and pathways to support.	K-12 students K-12 educators and administrators	September 2026 – June 2027		
	Increase students' understanding of anxiety and access to evidence-informed supports that promote coping, resilience, and school engagement.	Enhance the capacity of educators, students, and families to recognize and respond to anxiety by developing and sharing evidence-informed resources and practical coping strategies that can be reinforced across school and home.	K-12 educators K-12 students	September 2026 – June 2027		

	Strengthen student engagement and attendance through tiered mental health-informed approaches that reduce barriers and support re-engagement when needed.	Attendance counsellors and school teams will implement student-centred attendance practices that respond to mental health-related barriers to school engagement.	K-12 students Families/caregivers Attendance Counsellors In-school teams	September 2026 – June 2027		
Engagement and Collaboration	Strengthen student voice by creating opportunities for students to co-design, lead, and promote mental health, substance use, and addiction awareness initiatives.	Provide consultation, resources, and planning support to schools to strengthen student engagement and leadership in mental health and substance use health promotion, well-being, and stigma reduction initiatives.	Grades 7-12 students School staff Educational Services staff	September 2026 – June 2027		
		Increase communication with student leaders by sharing mental health and substance use health resources, seeking feedback on emerging student needs, and identifying opportunities for collaboration.	Inter-school council School leadership/wellness teams	September 2026 – June 2027		
	Strengthen caregiver mental health literacy and partnerships to support student mental health, substance use health, and well-being.	Provide evidence-informed learning opportunities and resources that strengthen caregiver mental health and substance use health literacy.	Caregivers	September 2026 – June 2027		
	Strengthen shared understanding of student mental health and well-being through meaningful use and communication of available LDSB data.	Share available mental health, substance use and well-being data with students, families, and education staff to encourage awareness, inform decision-making, and support continuous improvement.	Students Caregivers School board staff	August 2026 – June 2027		

Pathways To, Through, and From Mental Health, Substance Use, and Addiction Care	Strengthen school mental health professionals' capacity to provide brief, culturally responsive mental health supports and facilitate access to community services when needed.	Regulated school mental health professionals will provide evidence-informed, culturally-responsive brief mental health interventions and use standardized outcome measures to guide care and monitor student progress.	Social Workers, Psychologists and Clinical Consultants K – 12 students	July 2026 – June 2027		
		Non-regulated school mental health professionals will deliver evidence-informed Tier 1 and Tier 2 mental health promotion and mental health literacy support through whole school, classroom and small-group programming.	Adolescent Care Workers and Student Support Counsellors K-12 students	September 2026 – June 2027		
		As part of Right Time, Right Care strengthen coordinated pathways to care by clarifying roles, responsibilities, and service capacity across school and community mental health supports.	School boards Lead children’s mental health and addiction agencies	July 2026 – July 2027		
		Collaborate with Kingston Community Health Centre (KCHC) and community partners to strengthen integrated, family-centered support that address the health, mental health, and social needs impacting student well-being and engagement.	Primary/junior students and caregivers at select elementary schools Staff at the KSS, KLC and LCVI elementary FOS	July 2026 – June 2027		
	Strengthen system capacity to support life promotion and suicide prevention, intervention, and postvention through evidence-informed protocols, professional	All staff will have an awareness of the LDSB Suicide Response Protocol and how to access pathways to care for students.	All staff	September 2026 - June 2027		

	learning, and coordinated practices.	Review and update the LDSB Suicide Response Protocol to ensure alignment with current evidence, inclusive and culturally responsive language, emerging best practices, and provincial guidance.	Mental Health, Substance Use and Addiction Leadership Committee	September 2026 - June 2027		
		Education staff will be trained in Applied Suicide Intervention Skills Training (ASIST).	Administrators Educators Educational Services staff	October 2026		
		Education staff will be trained in Prepare, Prevent, Respond (PPR) Life Promotion/Suicide Prevention Literacy for School Staff training.	Educators	September 2026 – June 2027		
Identity-Affirming Practices	Improve student well-being, belonging, and engagement by strengthening identity-affirming and equitable mental health practices across all tiers of support.	Build staff capacity to apply identity-affirming mental health practices that recognize and respond to students' diverse identities, strengths, and lived experiences.	Educational Services Staff School staff	September 2026 – June 2027		
		Review and enhance resources, programs, LDSB protocols, and practices through an equity and identity-affirming lens to identify and address barriers to responsive student support.	K-12 students	July 2026 – June 2027		

Enhance Staff Knowledge	Strengthen staff knowledge, skills, and confidence to support student mental health and well-being through evidence-informed resources and learning opportunities.	Build staff capacity to recognize indicators of student mental health concerns, respond using supportive approaches, and facilitate connection to appropriate supports.	K-12 educators Educational Services Staff Superintendents and Managers	August 2026 – June 2027		
		Provide school staff with access to evidence-informed mental health, substance use health, and addiction resources to enhance knowledge and support student well-being.	School board staff	July 2026 – June 2027		
	Strengthen staff capacity to provide responsive, inclusive, and identity-affirming mental health supports that reflect students’ diverse strengths, needs, and lived experiences.	Strengthen staff understanding of the intersection between mental health, well-being, and diverse learning profiles to support responsive and inclusive practices for students with special education needs.	Special education teachers School board staff	July 2026 – June 2027		
	Strengthen staff capacity to support students experiencing complex life events and/or mental health concerns by providing evidence-informed guidance, resources, and responsive practices.	Develop evidence-informed guidance to support consistent, compassionate, and appropriate responses to student disclosures of non-suicidal self-injury.	Educational Services Staff School board staff	September 2026 – June 2027		
		Provide staff with evidence-informed resources and guidance to support sensitive conversations with students related to grief, loss, world events, and other complex experiences.	Educational Services Staff School board staff Communications	September 2026 – June 2027		