



MINUTES

Mental Health & Substance Use Leadership Committee Meeting

Thursday, March 20, 2025

3:30-5:00 PM

Educational Services, Conference Room

Chair: Laura Conboy

Recorder: Wendy Fisher

Attendees: Laura Conboy, Scot Gillam, Wendy Fisher, Maggie Farmer, Cheryl Snider, Rae McDonald, Adam Andrezyk, Kristy Luffman, Megan Brunet, Gillian Gunn, Melissa West, Valerie Arsenault, Chelsie Boucher, Amanda Posadowski, and Terry Day.

Regrets: Liv Rondeau, Shawn Quigley, and Ellyn Clost-Lambert

Agenda Items	Discussion/Decisions	MRP
1. Welcome / Land Acknowledgement	Member introductions completed. We continue to amplify the voices of Indigenous Peoples as part of our ongoing commitment to Truth and Reconciliation. Laura Conboy highlighted National Indigenous Language Day, which takes place on March 31 st of every year.	L. Conboy
2. Approval of Agenda	Motion to approve the agenda by Rae MacDonald. Motion seconded by Adam Andrezyk.	All
3. Approval of Minutes	Motion to approve the minutes by Valerie Arsenault. Motion seconded by Gillian Gunn.	All
4. Community Partner Updates	KFL&A Public Health has merged with Hastings Prince Edward Public Health and Leeds, Grenville and Lanark District Health Unit, and are now called South East Health Unit (SEHU). Amanda Posadowski advised that there is a new Centre for Addiction and Mental Health (CAMH) program for youth facing vaping, substance use and technology dependence . SEHU is collaborating with LDSB around the implementation and evaluation of vape detectors in	A. Posadowski

	schools. They are offering feedback on vaping occurrences and engaging in communication with caregivers. As part of PPM 128, SEHU collaborated with LDSB to host a caregiver event featuring Dr. Shimi Kang. The focus was on the effects of excessive technology use. The event was attended by ~ 80 participants. SEHU is also supporting LDSB to develop a communication campaign titled "Life Unfiltered," which addresses topics related to student social media and cell phone use. The Active Pass is being re-introduced as a substance use prevention initiative, providing youth with a larger scope of activities to engage in. Terry Day will be leaving his position of Manager of School Programs at the end of March. Autism services are currently hiring respite workers. Groups for Indigenous youth will be starting. There is now an in-home support worker for French speaking families. In May, school boards and Maltby Centre staff will review Nexus applications for the 2025-2026 school year. Maltby is currently exploring therapeutic modalities that are the best fit for each program. There is presently a four-month waitlist for ongoing mental health services. Families can access Maltby walk-in clinics for same-day, single-session appointments.	T. Day
5. Operational Plan Sharing with Trustees	Laura and Melissa West presented the 2024-2025 Mental Health and Substance Use Operational Plan to Trustees in January 2025. Information sharing included ways that students have been supported in accessing school-based and community-based mental health and substance use supports; PreVenture scale-up; professional learning opportunities for staff; the promotion of relationship-based approaches in schools; and, an increased focus on social media use in the upcoming mental health strategy. There was a discussion about the impact of social media on student mental health and what people are experiencing in their various roles. Laura advised	M. West / L. Conboy

	that the topic of social media will be a future agenda item as it warrants more time for discussion.	
6. Prepare, Prevent, Respond	Melissa provided an update on School Mental Health Ontario's (SMHO) Prepare, Prevent, Respond resource, developed in collaboration with mental health professionals and educators for use in educational settings. An expression of interest for facilitators has occurred and an information session is scheduled to further explain the resource and role. For those selected to be facilitators, there will be two upcoming working sessions to review materials and discuss an implementation plan for the 2025-2026 school year. This initiative does not replace ASIST, but will likely replace safeTalk.	M. West / L. Conboy
7. Right Time, Right Care	Laura summarized the Right Time, Right Care document. There is a meeting with school boards and SMHO coaches scheduled for April 7, 2025. Committee members collaborated to dialogue and reflect on LDSB's current continuum of learning, supports and services for student mental health.	L. Conboy
8. 2024-2027 MHSU Strategy Discussion	Laura has been working on the 2025-2028 Strategy. The committee will review a draft in May to provide feedback.	L. Conboy
9. Adjournment	Laura adjourned the meeting. The next meeting will occur on Tuesday, May 20, 2025 at 3:30 PM at Educational Services, Conference Room.	L. Conboy