



MINUTES

Mental Health & Substance Use Leadership Committee Meeting

Tuesday, November 26, 2024

3:30-5:00 PM

Microsoft Teams

Chair: Laura Conboy

Recorder: Rae McDonald

Attendees: Scot Gillam, Rae McDonald, Amanda Posadowski, Kristy Luffman, Wendy Fisher, Ellyn Clost-Lambert, Gillian Gunn, Maggie Farmer, Laura Conboy, Liv Rondeau, Megan Brunet, Melissa West, Leah Carey, Terry Day

Regrets: Shawn Quigley, Adam Andrezyk, Valerie Arsenault, Cheryl Snider

Agenda Items	Discussion/Decisions	MRP
1. Welcome / Land Acknowledgement	Member introductions. Welcome to Terry Day, Manager of School Programs, replacing Michael Whiteman from Maltby Centre. We continue to amplify the voices of Indigenous Peoples as part of our ongoing commitment to Truth and Reconciliation. Laura Conboy introduced a video featuring Autumn Peltier, Indigenous rights and water activist. Liv Rondeau shared that Autumn will be speaking at the Kingston Climate Change Symposium on January 20, 2025.	L. Conboy
2. Approval of Agenda	Motion to approve the agenda by Gillian Gunn. Motion seconded by Ellyn Clost-Lambert.	All
3. Approval of Minutes	Corrections to be made to the previous minutes: - Date should be Thursday, October 17, 2024 - Shawn Quigley approved the agenda, not the minutes - Agenda item numbers need to be corrected Motion to approve the minutes by Melissa West. Motion seconded by Ellyn.	All

4. Review of Terms of Reference	Updated Terms of Reference (TOR) were reviewed by all members. An appendix has been created detailing who represents each affinity/agency. Vacancies are noticed in the TOR. Laura indicated that people should reach out directly to her, if there are names to put forward to fill those vacancies. A finalized TOR will be shared.	All
5. Community Partner Updates	Amanda Posadowski advised that KFL&A Public Health is continuing to work with Limestone around PPM 128. They are exploring speaker options for educators and students. Public Health is reviewing the data provided through their module included in the 2023-2024 School Climate Survey. Lastly, they are working with a community group, aiming to expand the current Active Pass to include other age groups and activities. Terry Day confirmed that walk-in clinics are still running. Clinics in Napanee and Sydenham are less busy than Kingston, seeing anywhere from 9-16 clients per day, but have capacity for more. Wait times for walk-in clinics are very low. 10 AM – 12 PM seem to be the busiest time of day. Nexus referrals are currently being processed. The goal is to have standard dates in early December and the spring, to help create predictability for the program and schools. On behalf of Shawn, Laura shared that Kairos has been experiencing a decrease in requests for service. Between November 2022 and November 2024, there has been a 40% drop in referrals. Limestone makes up 90% of Kairos referrals. Shawn can speak more to this at the January meeting. Amanda asked about suspensions related to vaping and student absenteeism and wondered if there is a link between these. Suspensions may occur at the discretion of administration. Ellyn advised that the data is a starting point for tracking trends. Liv noted that there is an increase in suspensions for substance use and vaping, which leads to disengagement and difficulty to re-engage students. It may be better for administrators to build a return to school plan that includes sharing what Kairos can offer. Liv would like to see the data correlation	A. Posadowski / T. Day

	between substance use and mental health, in terms of student feedback, looking at its long-term effects. Maggie Farmer reported that interest to engage with substance use support is low, when suggested to students. Leah Carey wondered if students do not want to quit using substances, as it may be “a new thing to do.” There seems to be a lack of desire to quit using substances, not recognizing the harm it is doing. Gillian Gunn wondered if Shawn could provide a breakdown of site referrals, to help find specific connections to the decline.	
6. Special Education Service Delivery Updates	Superintendent Scot Gillam shared that Limestone underwent a significant review of special education services last year, which impacted elementary services, including decentralizing supports and redistributing them back into schools. Twenty-six elementary schools received intensive support staff at their sites, removing support silos. With this new structure, additional staff and supports are available in the system (i.e., increases in Student Support Teacher [SST] time and Empower). Scot has been hearing great things about the addition of intensive supports and team communication. Four diverse sites were recently visited, and overall, the impression was that the new special education model is better able to support site needs. Coordination within larger sites is still being ironed out, while smaller sites struggled, initially, without the additional school-based support. Overall, focussing on students in their home community and providing immediate supports has been a success. Anecdotal feedback and data on this system change is being collected. Scot reiterated that none of these changes were based on saving money, but more on ensuring that each school’s unique needs are being addressed in a responsive manner. Melissa advised that funding was set aside in relation to the restructuring, increasing professional development collaboration opportunities for specific educator groups. Copies of The Third Path have been purchased for Intensive Support Teachers (ISTs) and SSTs, and this extra professional development has helped the team to dig deeper, putting theory into practice.	S. Gillam

7. 2024-25 Action Plan Updates	Laura shared the following updates: - GLC20 implementation is underway with positive feedback from educators. Melissa is supporting this work - LDSB hosted Applied Suicide Intervention Skills Training (ASIST) in October - The non-suicidal self-injury working group has resumed - Social Workers have been engaging in several identity-affirming trainings offered through School Mental Health Ontario (SMHO) - Almost all Student Support Counsellors and Adolescent Care Workers participated in SMHO "Diving into Student Engagement" webinar - LDSB hosted the SMHO east regional meeting on November 8th - Laura and Melissa hosted a carousel session focused on Relationship-Based Approaches utilizing The Third Path during the November 13th administrator meeting - Laura spoke about Limestone's pathways to care and PPM 169 at the November 15th Student Mental Health East Regional Session hosted by the Ministry of Education - Laura and Melissa provided a half-day of professional learning focused on mental health literacy for occasional teachers during the November 22nd PA Day; Mike Blackburn and Nicola Dillard spoke about relationship-based approaches - Working collaboratively with KFL&A Public Health on implementation of The Fourth R - Working collaboratively with KFL&A Public Health Collaboration and Safe Schools to activities related to PPM 128 - Social Workers will be participating in training related to screening, brief intervention and referral to treatment (SBIRT)	L. Conboy
8. Right Time, Right Care	Item deferred until January 2025 meeting. Committee members are encouraged to review the Right Time, Right Care report.	L. Conboy / T. Day
9. Board Scan Data Review and Discussion	Ellyn reviewed the 2023-2024 Board Scan results provided by SMHO. Limestone's Mental Health and Substance Use Leadership Committee is one of five committees provincially that has 14+ members. Ellyn shared where Limestone has improved, sustained progress, and areas that require more work. We have rated ourselves higher than other boards on 26	E. Clost-Lambert

	indicators across a variety of areas, and rated ourselves lower on 8 indicators. Laura indicated that members will be asked to support the completion of the 2024-2025 Board Scan during the March 2025 meeting. If available, questions will be shared with committee members in advance.	
10. Adjournment	Laura adjourned the meeting. The next meeting will occur on Thursday, January 23, 2025 at 3:30 PM on MS Teams.	L. Conboy