



**NANAIMO LADYSMITH PUBLIC SCHOOLS
EDUCATION COMMITTEE
PUBLIC MEETING
INFORMATION SHEET**

DATE: November 6th, 2024
TO: Education Committee
FROM: Kirstin Funke Robinson, Director of Instruction & Shawn Shahi, District Principal
SUBJECT: Multi-Tiered System of Supports for Student Mental Health

Board of Education Strategic Plan – Board Goal

Student and Employee Wellness

Objective:

- Increase the number of students who feel welcome, safe, and have a sense of belonging in their school.

Background

To facilitate the Board's strategic plan goal to increase student wellness, our district provides a continuum of supports designed to improve student mental health. The Multi-Tiered System of Supports (MTSS) framework is an evidence-based educational strategy designed to enhance student success through early identification and timely provision of high-quality interventions. This framework is the foundation in our district for both literacy and numeracy, as well as social, emotional, and behavioural supports.

MTSS begins with proactive gathering and review of data to help schools identify and support students as needed and continues with ongoing review of progress monitoring data. Visually, MTSS is often displayed as a triangle, with 3 separate levels, or "tiers". The tiers of support for student mental health in NLPS are described below:

Tier 1: Universal Supports (Primary Prevention)

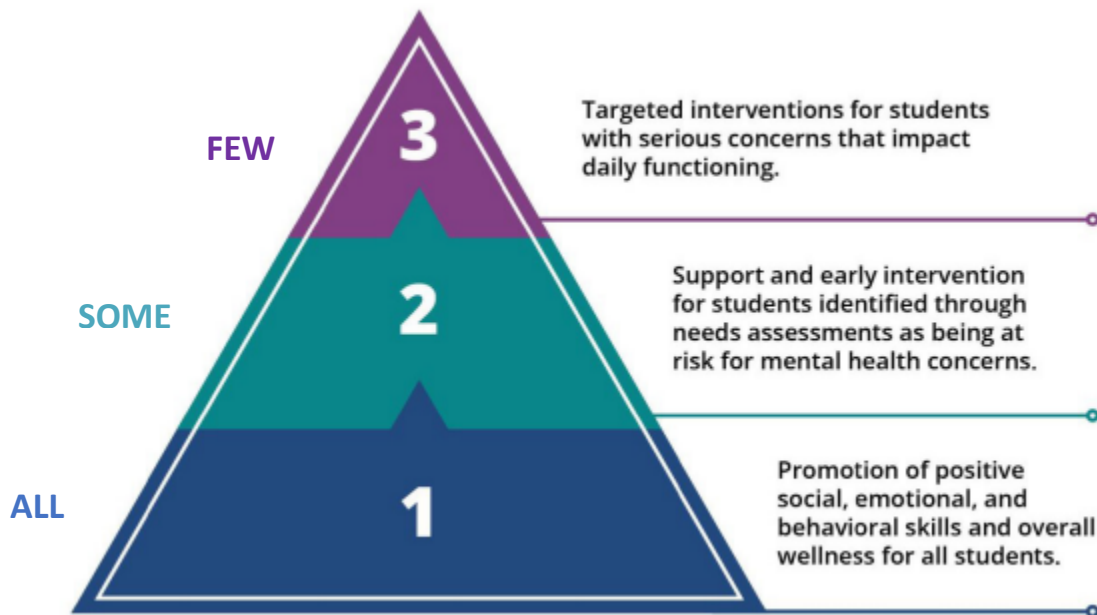
All students receive high-quality instruction and support in a positive school environment. Examples of universal supports include classroom social-emotional learning (SEL) programs, positive behavior intervention strategies, and school community-building activities.

Tier 2: Targeted Supports (Secondary Prevention)

Additional or specialized support beyond Tier 1, possibly in a small group setting, is provided to students who require it. Examples of targeted supports include focused social-emotional learning or skill-building programs that are often provided by staff other than classroom teachers, including counsellors, Child, Youth, Family Support Workers, or collaborative facilitation involving community partner agencies.

Tier 3: Intensive Supports (Tertiary Prevention)

Individualized support beyond Tier 2, likely in a one-on-one setting, is provided to students who require it. Examples of intensive supports include interventions planned by multi-disciplinary, specialized school-based team members (e.g., counsellors), as well as services provided by community-based professionals.



Promoting Mental Health and Well-Being in Schools: An action Guide for School and District Leaders - Center for Disease Control and Prevention (December 2023)

Discussion

In the 2024-25 school year, we have added a District Principal of Safe Schools and Wellness and increased the Mental Health Coordinator position from 0.6 to 1.0 full-time equivalent to support this work in our schools. Our school counsellors and Child, Youth, Family Support Workers are key point people in their schools in supporting the mental health of students across the tiers. Given increasing complexity in the mental health needs of our students, as reflected in important indicators such as the Early Development Instrument (EDI), Student Learning Survey, the McCreary Adolescent Health Survey, and our Tier 3 referrals, our district staff are engaging more and more in collaborative school, community, and district efforts. Our approach relies on collective responsibility for all students' mental health as a critical piece of their overall wellness.