

# MENTAL HEALTH & WELL-BEING GUIDING FRAMEWORK

| 2025-2028

EVERYONE EVERYWHERE



## FOREWORD

It is with deep gratitude and appreciation that I introduce the **Mental Health and Wellbeing Guiding Framework 2025-2028** for the Dufferin-Peel Catholic District School Board (DPCDSB). This important document is the result of a collaborative and compassionate effort, rooted in evidence-based research and shaped by the voices of our students, staff, families, and community partners.

Our Catholic faith calls us to honour the dignity of every person. Supporting mental health and well-being is central to that call. This Framework reflects our unwavering commitment to creating safe, inclusive, and nurturing environments where all students and staff feel valued, supported, and empowered to thrive spiritually, emotionally, socially, and academically.

I am incredibly proud of the work undertaken by all who contributed to the development of this Framework. Your dedication, expertise, and care have produced a document that not only offers guidance but also inspires hope and action. It represents a shared vision and a clear path forward for addressing the complex and evolving needs within our schools and school communities.

As we continue to journey together in faith and learning, may this Framework serve as both a resource and a reminder that well-being is foundational to student success, and that our collective efforts truly make a difference in the lives of those we serve.

**Dr. Marianne Mazzorato, Ed.D.**

Director of Education



## OVERVIEW OF THE GUIDING FRAMEWORK

The Dufferin-Peel Catholic District School Board's three-year Mental Health and Well-Being Guiding Framework for 2025-2028 is designed to address the evolving well-being needs of students and their families. Grounded in research and shaped by student and community voice, the Framework emphasizes a proactive, inclusive and collaborative approach to mental health.

The Framework aims to equip students, families and staff with knowledge and resources to promote and sustain positive mental health and well-being across the DPCDSB community.

The Framework includes an Annual Action Plan outlining specific goals and anticipated outcomes. It is aligned with the Ministry of Education expectations (PPM 169) and aims to meet long term objectives outlined in the [Right Time Right Care](#) vision for coordinated support for children and youth.

A collaborative development process informed the creation of this Framework, including consultation with student leaders and various DPCDSB departments to ensure it reflects diverse perspectives and shared responsibility.

"Just listen, hear me out, be open minded, help me reach my potential, motivate me. It's only four years, but it can do a lot."

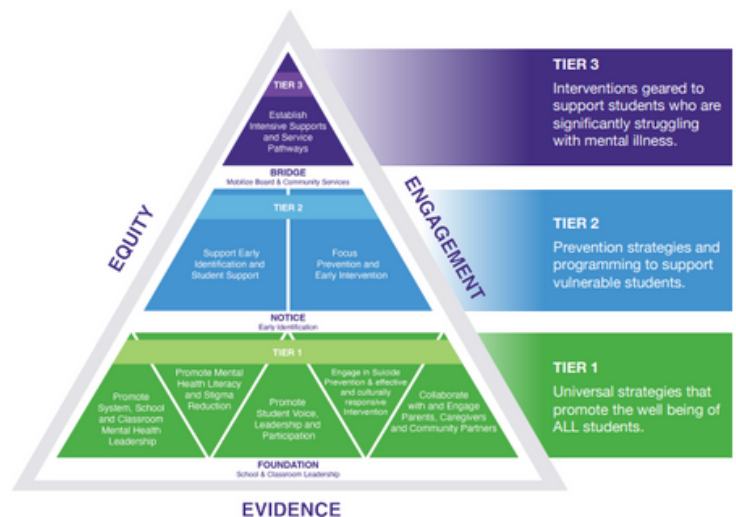
-Student Voice

*Disciples of Christ, nurturing mind, body and soul to the fullness of life.  
Changing the world through Catholic Education*

The mental health needs of students are multifaceted and in order to meet student needs, the DPCDSB utilizes a tiered approach to providing supports within schools. Mental health promotion, student leadership, and the teaching of mental health literacy are prioritized to foster a supportive environment where all students can benefit. Evidence-informed training and professional development facilitate early identification and allow for structured interventions to assist students requiring targeted supports. For students with more intensive needs the DPCDSB collaborates with community partners to ensure access to specialized services.

"I'm more than a report card. True value comes from resilience, kindness, and passion. Grades might open doors, but they don't define the person walking through."

-Student Mental Health and Well-Being Champion



## MENTAL HEALTH & WELL BEING GUIDING FRAMEWORK 2025-2028

Every human being is dignified and made in the image and likeness of God. When we are in community with one another, in schools and other shared spaces, we encounter and respond to the sacredness in others. We are compelled to act with compassion and kindness to support their well-being. We show preferential concern for those who are most in need and a sensitivity to people who are affected by injustice.

*“We need to strengthen the conviction that we are one single human family”*  
– Pope Francis. Laudato si

*The lived expression of human dignity in Dufferin-Peel Catholic District School Board is a thriving Catholic community where mental health and well-being are prioritized and nurtured, in support of the sacredness and dignity of all. Everyone. Everywhere.*



### Framework Overview

The DPCDSB Mental Health and Well-Being Guiding Framework 2025-2028 is an extension of the Board’s Multi-Year Strategic Plan. The Guiding Framework is built on **FAITH** and inspired by Catholic Social Teachings and scripture. It centers **RESPECT** for the dignity of each learner as the basis for mental health and well-being. It identifies mentally healthy learning spaces and caring relationships as key prerequisites for students to **EXCEL**. It commits to system accountability and **TRUST** through understanding, reflecting, and responding to student data and voice. The purpose of the Guiding Framework is to identify the system priorities and objectives to help students, staff and families **THRIVE**. For 2025-2028, the priorities are **Human Dignity, Student Voice, Education** and **Accountability**. *All members of the DPCDSB community are invited to use the priorities and objectives to examine their practice and pedagogy.*

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* John 14:27

School Mental Health Ontario (SMHO) is the provincial implementation support team to help district school boards develop a comprehensive approach to student mental health through the use of evidence-based strategies and services.

SMHO works alongside the Ministry of Education to offer system resources and training in support of five key provincial goals:

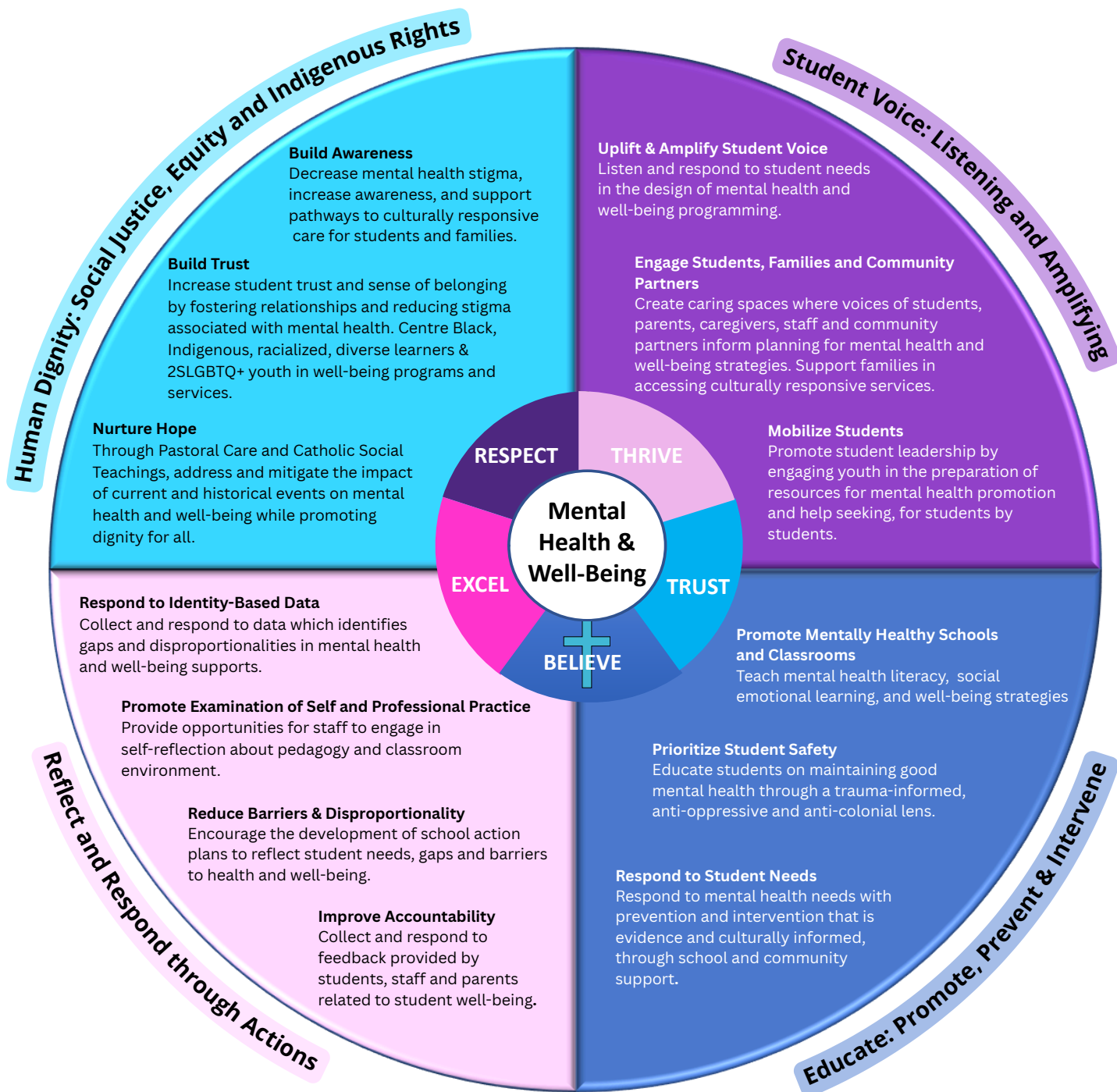
- students are welcomed, included and feel a sense of belonging;
- students learn skills in identifying emotions and managing stress;
- students learn about mental health and know when and how to seek help;
- students receive timely and responsive evidence-based prevention and intervention at school;
- students and their families know where to seek intensive services, when needed.

The partnership between SMHO and DPCDSB is integral to achieving the objectives outlined in the Board’s Mental Health and Well-Being Guiding Framework, 2025-2028.





## MENTAL HEALTH & WELL BEING GUIDING FRAMEWORK 2025-2028



The DPCDSB mental health and well-being system priorities hold equal importance and are interconnected; as each priority supports and reinforces the others. There is no starting place or finish line. They are a contemporary reflection of the mental health and well-being needs of our communities, sensitive to current and historical events, and ever focused on building hope through equity and inclusion. Specific objectives for each priority were informed by student voice and other stakeholders who safeguard the sacredness and dignity of all learners in Dufferin-Peel.

*“Darkness can only be scattered by light; hatred can only be conquered by love.” St John Paul II*