

April 24th, 2023

The Honourable Stephen Lecce
Minister of Education
5th Floor, 438 University Ave
Toronto, ON M5G 2K8

**RE: JOINT STATEMENT ON ADDRESSING THE RISING MENTAL HEALTH CRISIS FACING
CHILDREN AND YOUTH IN ONTARIO**

Dear Minister Lecce,

We hope this letter finds you well. The COVID-19 pandemic has affected society in many ways, especially the most vulnerable in our communities. Children and youth have been greatly affected by school closures, isolation from peers and other supports, disconnection from community and by the on-going changes to the way in which they attended school. As a result, we continue to witness the devastating impact that COVID-19 has placed on the health and well-being of children and youth.

According to the Children's Mental Health Association, approximately 70 percent of mental illnesses can be diagnosed before the age of 25. This makes adolescence a critical time for mental health promotion and prevention, including early identification, and effective treatment of mental disorders. Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate being the third highest in the industrialized world. According to data from Statistics Canada, suicide remains a leading cause of death among children and adolescents aged 10-14, and the second leading cause of death for youth aged 15 to 24. We know that for Black and Indigenous youth these numbers are far greater.

According to data from the Centre for Addiction and Mental Health (CAMH), one in seven Ontario students in grades 7 to 12 say they harmed themselves on purpose in the past year, with one in six having serious thoughts of suicide. Research conducted continues to sound the alarm on the growing mental health crisis that Ontario youth are facing. The time to take vigorous and urgent action on this front is long overdue.

We acknowledge that the Government of Ontario has made some investments to address youth mental health, however we must redouble our efforts to deal with this urgent crisis. Therefore, we are asking you Minister Lecce, to build upon what has been done, and go further by supporting students' mental health in Ontario by implementing the following immediately:

1. Mandatory Mental Health Literacy in the Curriculum

It is critical to ensure that all students receive the necessary education around mental health and school boards must prioritize mental health literacy to ensure that all students are successful. Mental health literacy will help children and youth identify signs and symptoms to better understand their own mental health and identify when help is needed. In addition, normalising these topics and conversations can address the stigma around mental health that still exists among young people. There must be mandatory age appropriate mental health literacy from K-12 in our curriculum and we must ensure that educators have access to extensive mental health resources and on-going professional development to support the cultural shift that we are seeking.

2. Mental Health Days for students.

The Government of Ontario must make changes to the Education Act to allow students to be absent from school for mental or behavioural health reasons; under an excused absence as outlined in the Education Act. The government must also ensure that students who do choose to take *Mental Health Days* are not required to provide their school with a doctor's note. Currently there are seven legally excused absences a student can take from school, and while mental health may be included under the "sickness excused absence" another category will not only emphasize the importance of self-care and prioritizing mental health but will also aid in destigmatizing mental health and allow for more open conversations amongst students, parents and teachers.

3. Additional mental health clinicians, and student support staff, such as; mental health professionals, school psychologists, child & youth workers, social workers, nurses, guidance counsellors, and mental health crisis intervention workers.

The current ratio of social worker/child and youth worker to student, school psychologist to student, guidance counsellor to student and mental health worker to student exceeds the recommended average of 1:250, 1:700 and 1:375 respectively. Not only is there a need for additional staff, but we are calling on the province to ensure that these staff are representative of the school populations. Access to culturally appropriate mental health supports, will ensure that all students are able to receive the best support possible from individuals who share their lived experiences. There is also a need to boost up community support, to ensure that a wrap-around of services are available for students to access to the broader system of mental health care.

4. Collection and reporting of data on mental health supports and services in schools.

Currently, there is a lack of publicly available data, therefore, we are asking for a province-wide reporting system to track mental health supports and services to ensure that students in need receive support in a timely manner. Examples of data that should

be included in the report are: the ratio of mental health clinician to the number of students, how often they are available to see those students, how long student wait times are from request of support to receiving support, how many students are accessing support, and what students are accessing support. There must also be data to measure the overall mental health status of students. This data should be made available to the public and should be collected in a disaggregated way to expose hidden trends and enable the identification of which students are more vulnerable and may require more support.

5. School-based culturally appropriate mental health screening for all grades.

Culturally appropriate social-emotional screening should be utilised in schools and done throughout a students' education. Screening students in their early years will help in early identification and intervention as well as serve as a preventive measure, with a focus on maintaining wellness.

The recommendations highlighted above have been researched, tested and proven to improve students' mental health. We have seen other jurisdictions take these steps and we must ensure here in Ontario we act on them all expeditiously. These recommendations are inter-connected, and so acting on one without taking action on the other will be detrimental in our quest to improve student mental health in Ontario. We must also ensure that any implementation of these recommendations be done in consultation with students, teacher and education unions, children's mental health stakeholders and other relevant partners.

On January 26th the Toronto Youth Cabinet released their student mental health survey informed by the participation of 1,042 students from across Ontario between the ages of 12 to 19 on the state of their mental health. The data collected provided insights into how best the provincial government and school boards can better address the rising youth mental health crisis.

The results of our survey are as follows:

- 94.9% of students said they would be supportive of mandatory mental health literacy in the Ontario curriculum.
- 98.2% of students said they would be supportive of mandatory mental health training for teachers and all student-facing staff.
- 43.7% of students said their school does not have a mental health professional.
- 79% of students said they struggled to access mental health support in schools.
- 67.7% of students said access to BIPOC mental health workers is important to them.

The full details of the survey can be found on the Toronto Youth Cabinet website.

We acknowledge that the government recently took steps to commit to mandatory mental health training for educators and we thank them for listening to students' voices. An overwhelming majority of students surveyed indicated they support this initiative. It is essential that all staff are

able to not only recognize when a student needs mental health support, but is able to appropriately respond in urgent situations. The province must guarantee that schools are provided with the sufficient resources and funding to ensure that staff are trained and are able to support students' mental health concerns.

Young people made it clear that a prerequisite to their academic success is good mental health. Together we the underlying signatories, stand in solidarity and demand action on the recommendations highlighted. Thank you Minister Lecce for your attention on this matter. We hope for immediate action on this.

CC: Premier of Ontario Doug Ford
Associate Minister of Mental Health and Addictions Michael A. Tibollo
Minister of Health Sylvia Jones
Parliamentary Assistant to the Minister of Education
Leader, Official Opposition, Marit Stiles
Education Critic, Chandra Pasma
Mental Health and Addictions Critic, Lisa Gretzky
Health Care Critic, France G  linas

Sincerely,

1. Toronto Youth Cabinet
2. Ontario Student Trustees Association (OSTA-AECO)
3. Elementary Teachers' Federation of Ontario (ETFO)
4. Ontario English Catholic Teachers Association (OECTA)
5. Ontario Secondary School Teachers Federation (OSSTF)
6. Association des enseignantes et des enseignants franco-ontariens (AEFO)
7. People For Education

