

SMHILE in Toronto!



Global Leadership Exchange
School Mental Health Match
June 1-2, 2026



#LE26
#SMHMatch



SMHILE in Toronto!



Welcome! Bienvenue! Boozhoo! Bonjou benvnu!



Welcome Daunte Hillen



Greetings from SMHILE Co-Chairs



SMHILE

School Mental Health
International Leadership Exchange

#LE26
#SMHMatch

Agenda

June 1, 2026

9:00-9:15	Welcome and opening
9:15-9:45	Introductions and first sharing
9:45-10:15	<i>Mental health in Ontario schools - provincial overview</i>
10:15-10:45	<i>Advancing scalability and sustainability in school mental health</i>
10:45-11:00	Break and Mental Health Promotion Activity
11:00-12:00	<i>District leadership across the multi-tiered system of support</i>
12:00-1:00	Lunch
1:00-2:15	Ignite and Dialogue Sessions – Mark, Torill, Bron, Eric
2:15-2:30	Break and Mental Health Promotion Activity
2:30-3:30	Ignite and Dialogue Sessions – Anna, Lenka, Cindy, Ken, Nate
3:30-4:00	<i>Mental health in action: From system to school</i>
4:00-4:15	Closing

Agenda

June 2, 2026

8:30-9:00	Breakfast
9:00-9:15	Welcome back, summary of themes for GLE, set up for school visits
9:15-10:30	Travel together by coach bus to Edgewood Public School
10:30-11:30	School visit – Edgewood Public School / Bliss Carman Senior Public
11:30-12:00	Travel to SATEC W.A. Porter Collegiate Institute
12:00-12:45	Lunch
12:45-1:45	School visit - SATEC W.A. Porter Collegiate Institute
1:45-2:45	Travel back to Eaton Centre Marriott Hotel by Coach Bus
3:00-3:30	Final summary of themes for network meeting share-back
3:30-3:45	Thank you and closing

Bringing comprehensive school based mental health support to scale

Hosted by the School Mental Health International Leadership Exchange

Co-Chairs:

- Mark Weist (USA)
- Kathy Short (CAN)

Core Leadership Team:

- Torill Larsen (Norway)
- Rodrigo Antunes Lima (Spain)
- Anna Witzany (Czech Republic)
- *Dave Stodden, H2A (USA)*

SMHILE Members in Toronto:

- Achilles Bardos (Greece, USA)
- Eric Bruns (USA)
- Lenka Felcmanova (Czech Republic)
- Gavin Hazel (Australia)
- Nate Thompson (USA)

Interested in joining SMHILE? Chat with us!

Bringing comprehensive school based mental health support to scale

Site Hosts – Team Canada

School Mental Health Ontario

- Paula Callender
- Joyce Erogun
- Theresa Kennedy
- Susan Sweet

Ministry of Education:

- Simon Aqui
- Shirley Carder
- Bobbi Clifton
- Venetta Miranda
- Claudine Munroe



Ontario School District Presenters:

- Emily Balla
- Michael Glazier
- Melissa Hanlon
- Daunte Hillen
- Candice Kerkermeier
- Sheryl Robinson Petrazzini
- Shameen Sandhu
- Deb Shackell

Canadian SMH Leadership Network:

- Ken Bain
- Deineria Exner-Cortens
- Cindy Finn

Introductions



- ☐ Name
- ☐ Affiliation
- ☐ Country
- ☐ Tell us 3 things about you from your answers on the SMH Match Questionnaire!!



Ontario Ministry of Education

Claudine Munroe

Assistant Deputy Minister, Indigenous Education and Well-Being Division

Shirley Carder

Director, Mental Health Branch



Ministry of Education



Advancing Scalability and Sustainability in School Mental Health



Joyce Erogun

Student Engagement Team Lead

Theresa Kennedy

Associate Director

Kathy Short

Executive Director

Susan Sweet

Mental Health Promotion and Literacy Team Lead

Wellness moment



Would you rather...?

Would you rather...



window seat

OR



aisle seat?

Would you rather...



a relaxing breakfast

OR



a nice dinner?

Would you rather...



dogs

OR



cats?

Would you rather...



read a book

OR



watch a show?

Would you rather...



**proofread and edit a
research paper**

OR



**supervise student
training & learning?**

Would you rather...



relax alone

OR



**spend time with
friends?**

District Leadership Across the Multi-Tiered System of Support

Emily Balla

Ottawa Carleton District School Board

Michael Glazier

Wellington Catholic District School Board

Melissa Hanlon

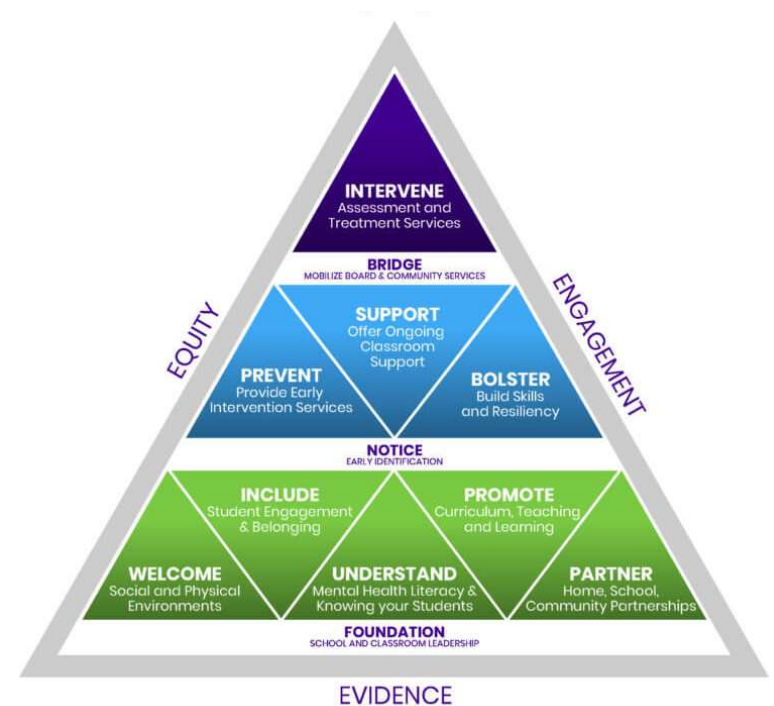
Toronto Catholic District School Board

Candice Kerkermeier

Keewatin-Patricia District School Board

Sheryl Robinson-Petrazzini

Hamilton-Wentworth District School Board



LUNCH!



Ignite and Dialogue Session

Mark Weist (USA)

Advancing alignment in school mental health

Torill Larsen (Norway)

School mental health in Norway and Europe: Trends and challenges



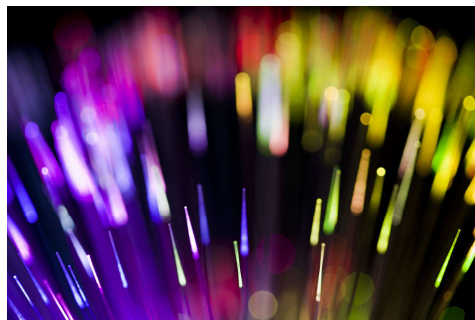
Ignite and Dialogue Session

Bron Dunnachie (NZ)

Two school-based mental health/wellbeing programmes in Aotearoa New Zealand: Exploring the landscape

Eric Bruns (USA)

Getting students the help they need with the staff we can actually find



Wellness moment

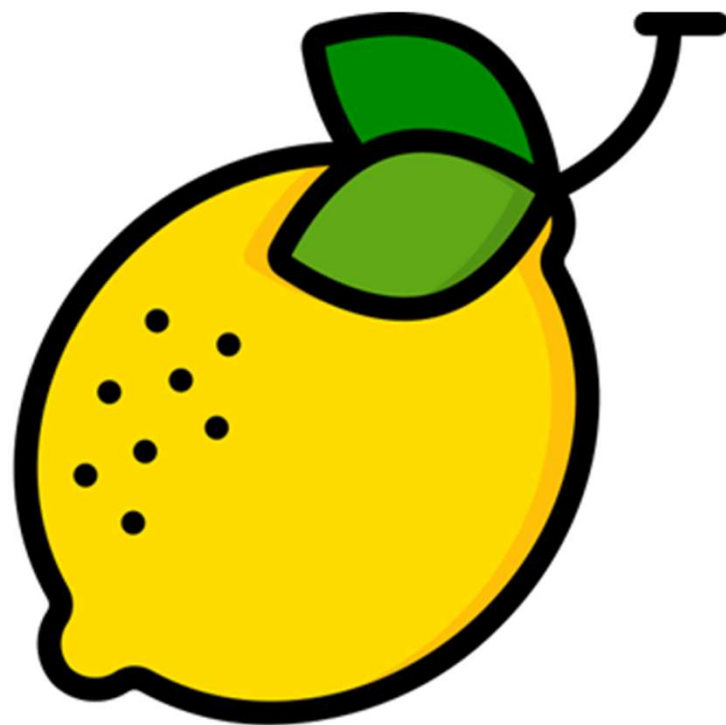


Breathing strategy

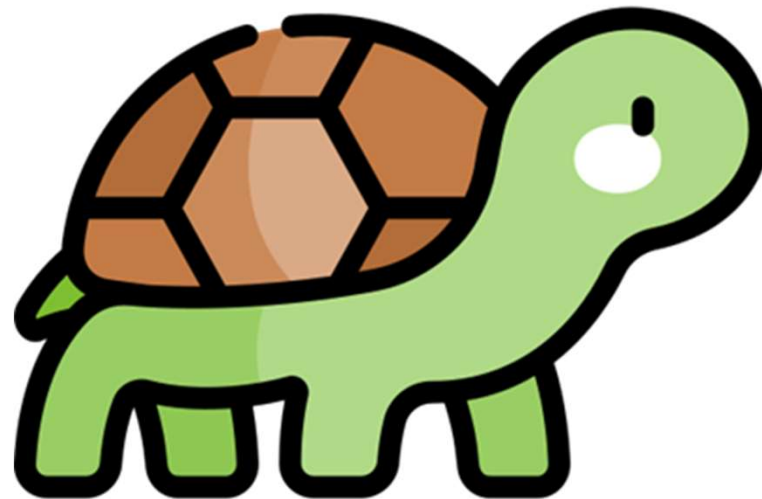


Hot chocolate breathing

Tense and relax



Tense and relax



Tense and relax

Tense and Relax

This poster has four different rows of tense and relax activities. Do one row at a time. Consider covering the other rows to help focus on one activity at a time.

First ○○○	Next ○○○	Then ○○○
 Squeeze your hand into a fist	 Count to five	 Relax your hand
 Push your shoulders up to your ears	 Count to five	 Relax your shoulders
 Push your feet into the ground	 Count to five	 Relax your feet
 Squeeze your belly	 Count to five	 Relax your belly

School Mental Health Ontario Santé mentale en milieu scolaire Ontario www.smho-smso.ca

Tense and relax

Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands.

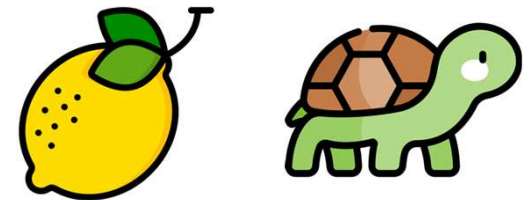
Push your shoulders up to your ears and hold for a few seconds then relax your shoulders.

Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet.

Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.

Listen to this poster
bit.ly/tenseandrelax-audio-elementary

School Mental Health Ontario Santé mentale en milieu scolaire Ontario Together, we can support the mental health of every student. www.smho-smso.ca



Ignite and Dialogue Session

Anna Witzany & Lenka Felcmanová (CR)

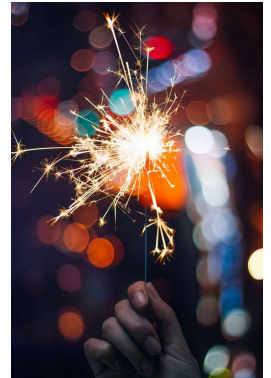
Collaboration among NGOs, government institutions, and universities in developing and scaling school-wide support frameworks

Cindy Finn & Ken Bain (CAN)

Presenting the Canadian School Mental Health Leadership Network

Nate Thompson (USA)

Youth leadership and voice in school mental health: Connecting student leaders in the Czech Republic and USA





School
Mental Health
Ontario

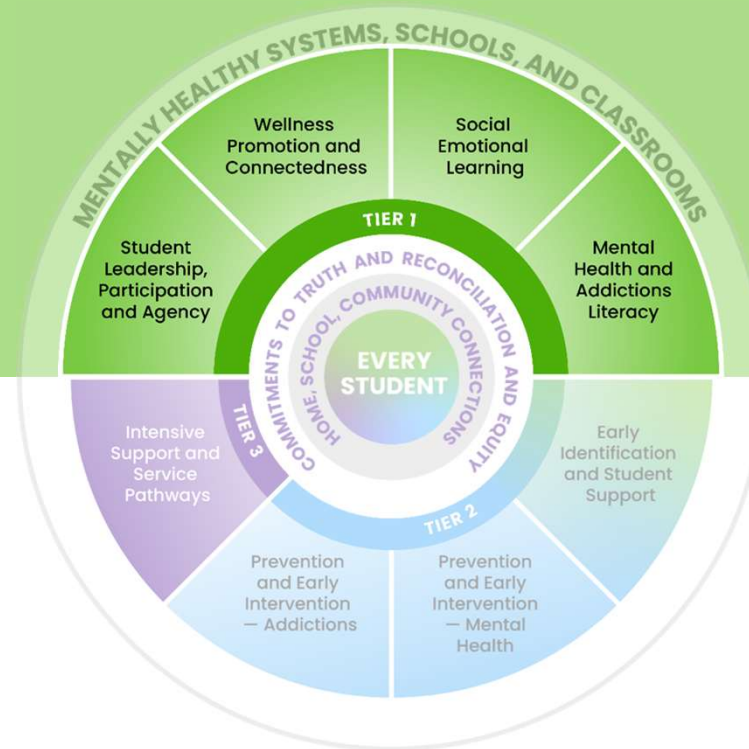
Santé mentale
en milieu scolaire
Ontario

Mental Health Promotion in Action

From system to school

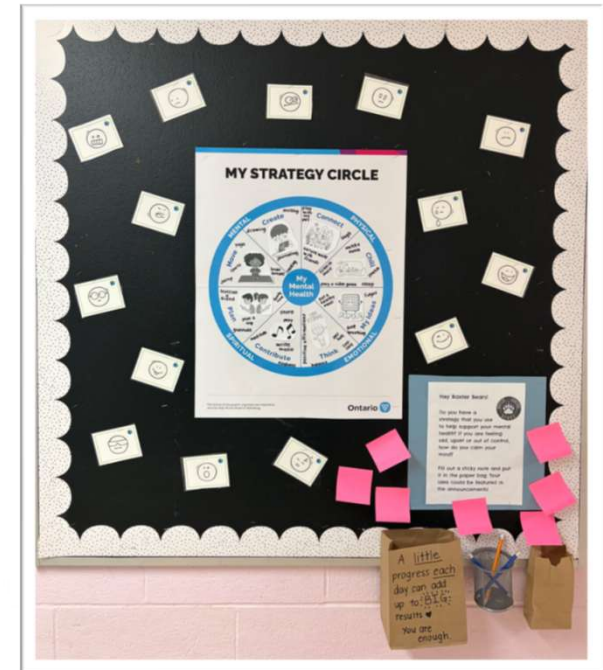


The role of educators in mental health



Implementation challenges

- Creating a shared understanding of the role of educators in mental health
- Reaching classrooms and the student desk
 - Awareness of the provincial structure of support
 - Awareness and use of resources



System overview

SMH-ON Provincial Level Teams

Provincial Leadership Team

Directors, SMHO-SMSO +
Ministry of Education Reps

Equity Reference Group

Portfolio Leads

SMH-ON/SMS-ON
Implementation
Coaching Team

Mental Health Leaders
and
Superintendents

Board Level Teams

Board
Leadership
Team

Board Mental Health
Leadership Team
(Mental
Health leader,
Superintendent,
Manager, MHPs,
Administrators)

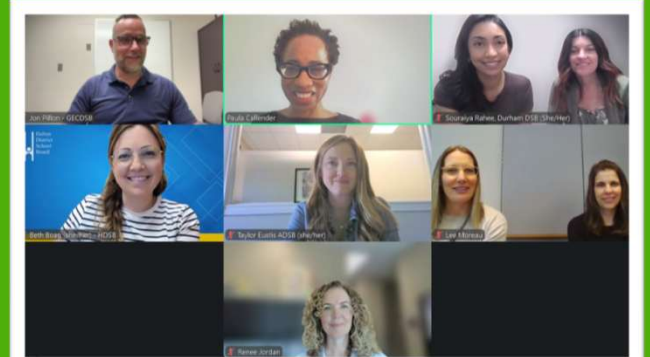
School Level Teams



Unique to each school:
students, classroom teachers,
school staff, school public health
nurses

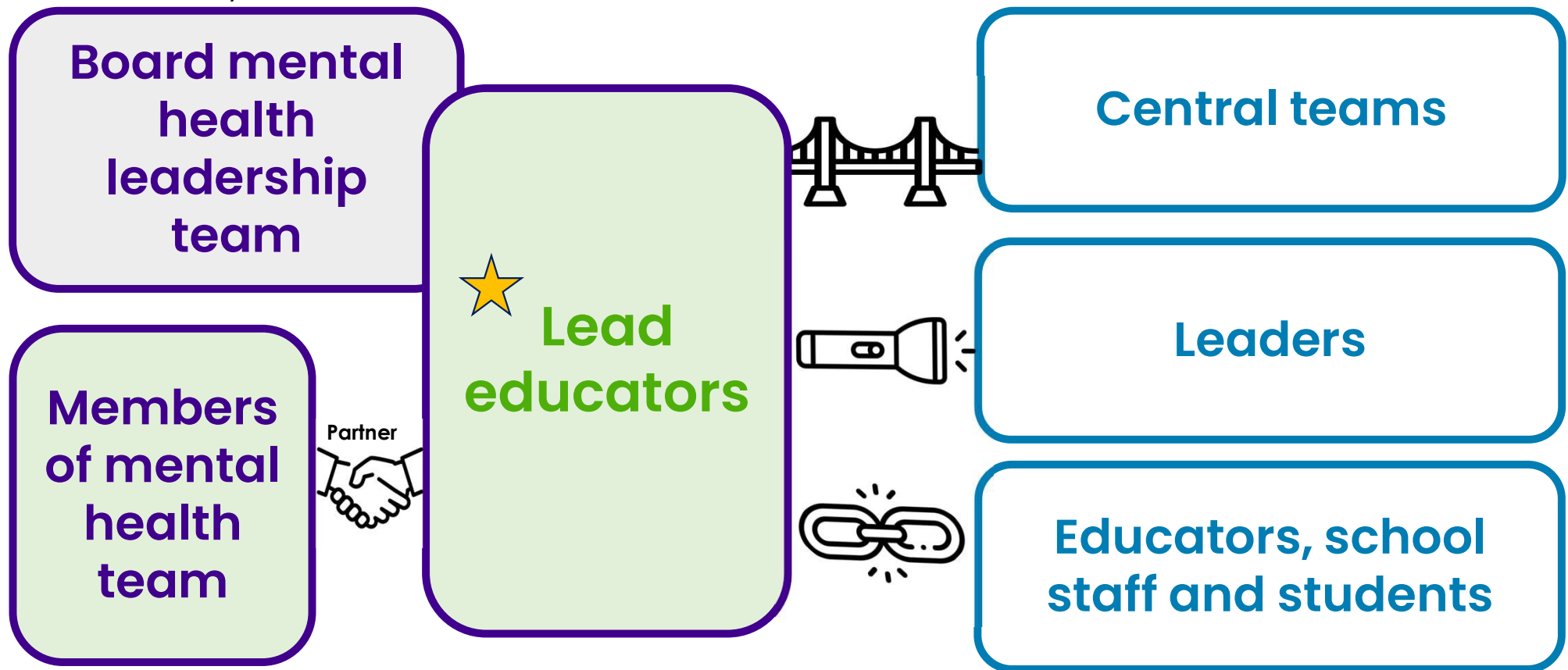
The magic of lead educators ✨

- Knowledge of teaching practice and curriculum
- Credibility (teacher to teacher)
- Understanding of current realities and emerging needs in classrooms



The role of lead educators

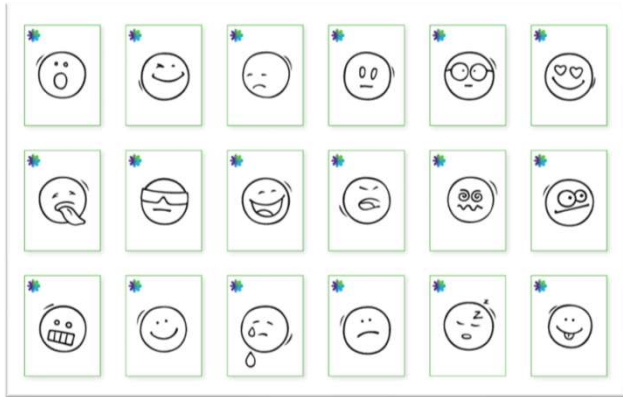
 Coached by SMH-ON





Creating a spark

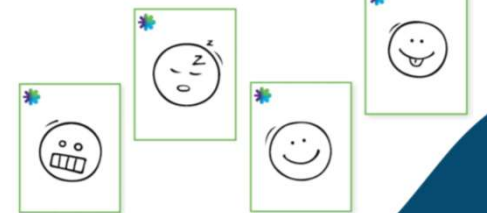
One simple tool modelled to multiple audiences



Lead educators

School leaders

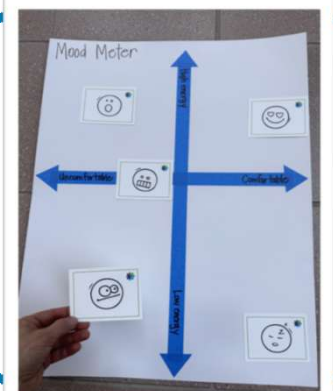
How do you feel when...?



Central teams

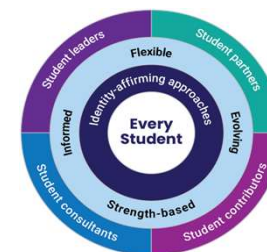


Schools and classrooms



Lead educators

Leading Mentally Healthy Schools



Grade 7

Identity-Affirming Approach to Teaching and Learning

This approach to teaching and learning is grounded in the understanding that all students bring their own experiences, knowledge, and skills to the classroom. It is a student-centered approach that recognizes the importance of students' cultural, linguistic, and social identities in their learning. This approach is based on the following principles:

- All students have the right to a high-quality education that is relevant to their lives and experiences.
- All students have the right to learn in a safe and supportive environment that respects their identities and experiences.
- All students have the right to participate in the learning process and to contribute to the classroom community.
- All students have the right to learn in a way that is culturally, linguistically, and socially responsive.

Core Lessons

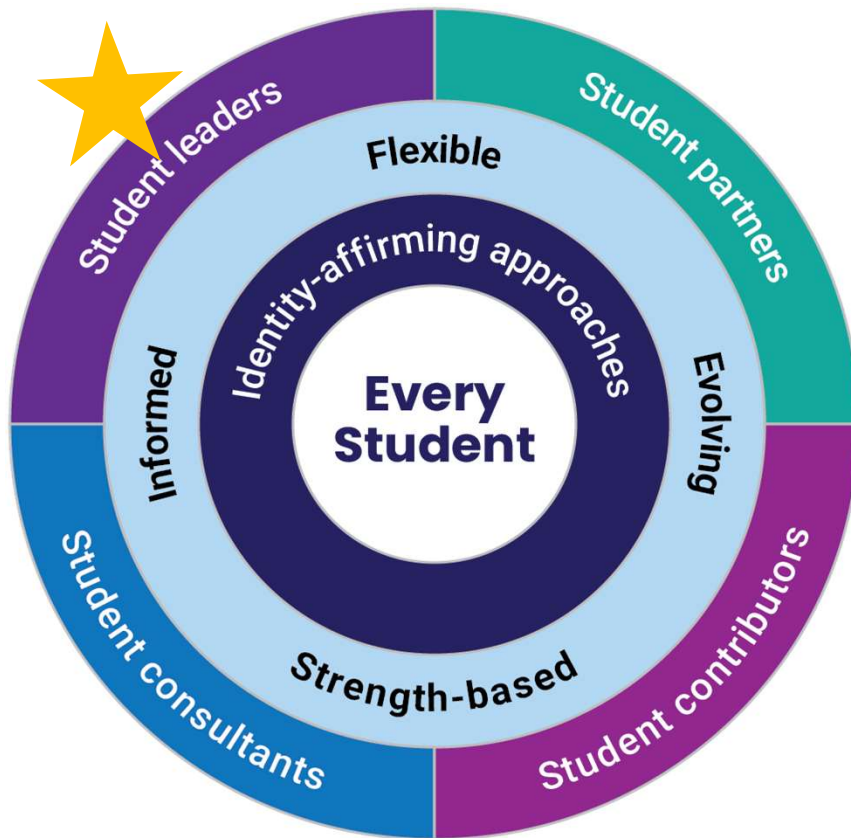
Ministry of Education Health & Physical Education Modules

Learning Activities

Consolidation of Learning

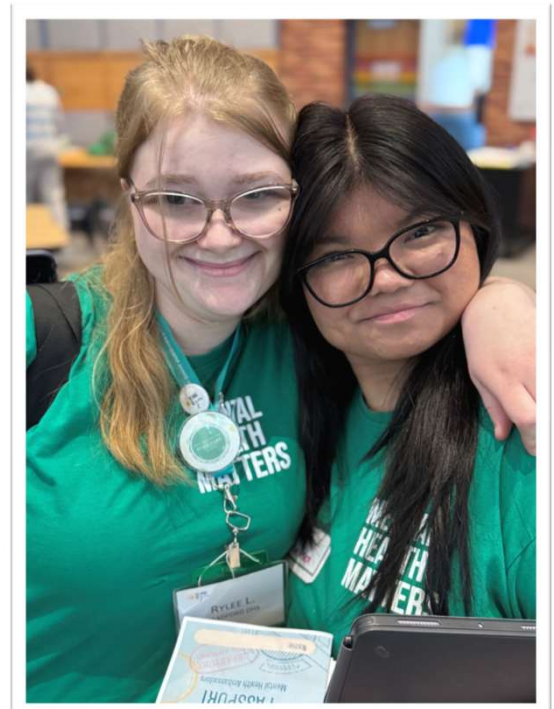
1	2	3	4	5	6	7	8	9	10
The World Is My Classroom This module is designed to help students understand the world around them and the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Module 1 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Module 2 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Module 3 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Module 2 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Art Integration This module is designed to help students understand the role of art in their lives. It includes lessons on the history of art, the role of the artist, and the importance of art in the classroom.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Consolidation of Learning This module is designed to help students consolidate their learning and understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.
Consolidation of Learning This module is designed to help students consolidate their learning and understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Module 1 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Module 2 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Module 3 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Module 2 This module is designed to help students understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.	Art Integration This module is designed to help students understand the role of art in their lives. It includes lessons on the history of art, the role of the artist, and the importance of art in the classroom.	Visual Arts This module is designed to help students develop their visual arts skills and understand the role of visual arts in their lives. It includes lessons on the history of visual arts, the role of the artist, and the importance of visual arts in the classroom.	Consolidation of Learning This module is designed to help students consolidate their learning and understand the role of the classroom in their lives. It includes lessons on the history of the classroom, the role of the teacher, and the importance of the classroom community.

Students as leaders in mental health



The magic of students as leaders ✨

- Knowledge of students' interests and strengths
- Credibility and increased engagement (student to student)
- Understanding of current realities, emerging needs students
- Knowledge translation
- Honest!

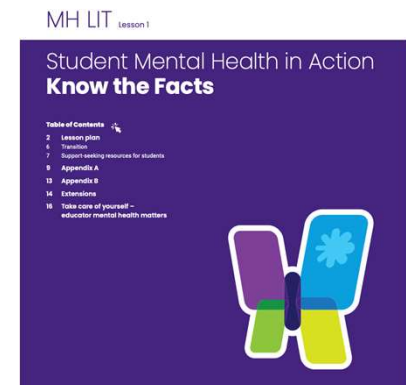
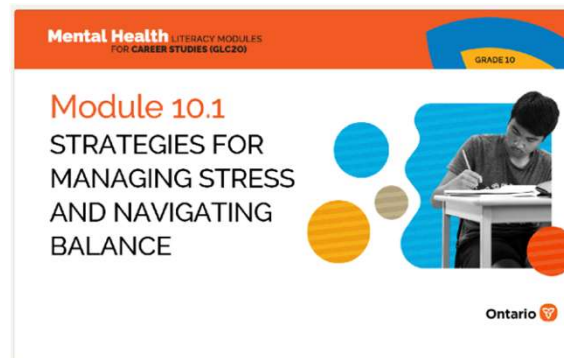


Leadership training



Key elements

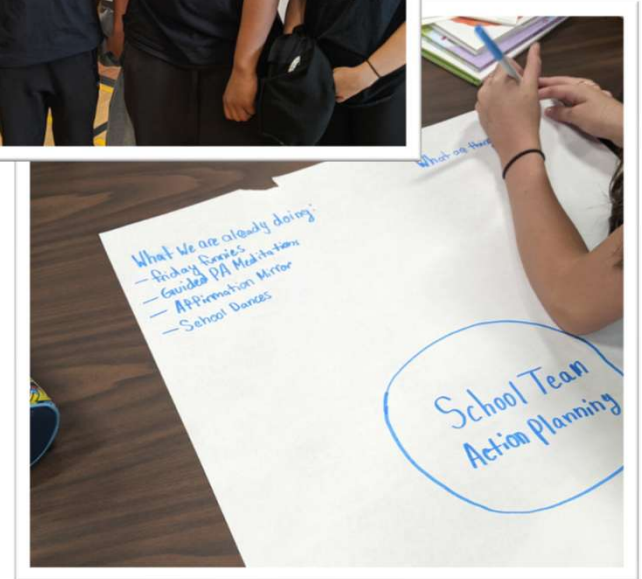
- Evidence-informed resources
- Targeted selection process
- Multidisciplinary teams
- Community partnerships



Elementary leadership training

Key elements

- School teams (students, educators)
- Facilitators (the mental health leader, educator lead, secondary student leaders)
- Evidence-informed training
- Moving beyond the event (school teams plan initiatives for the school year)

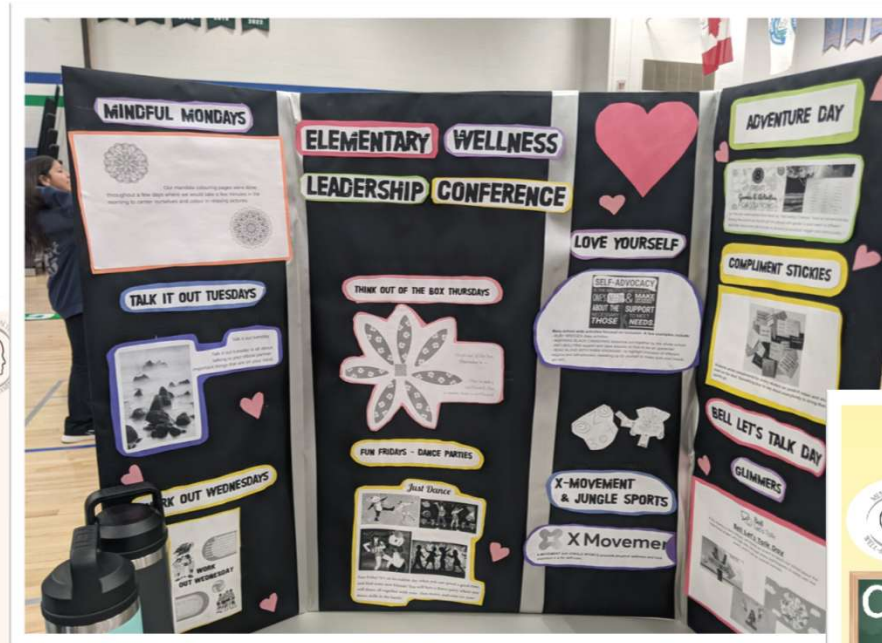
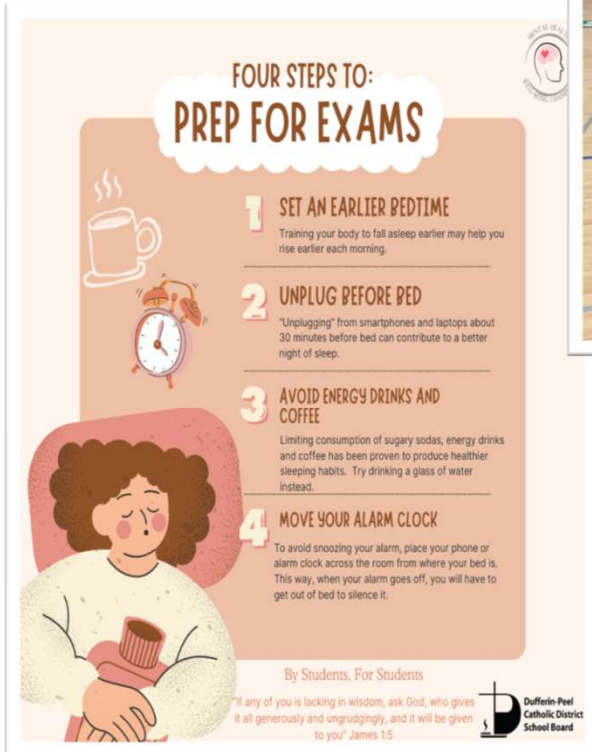


Ongoing support

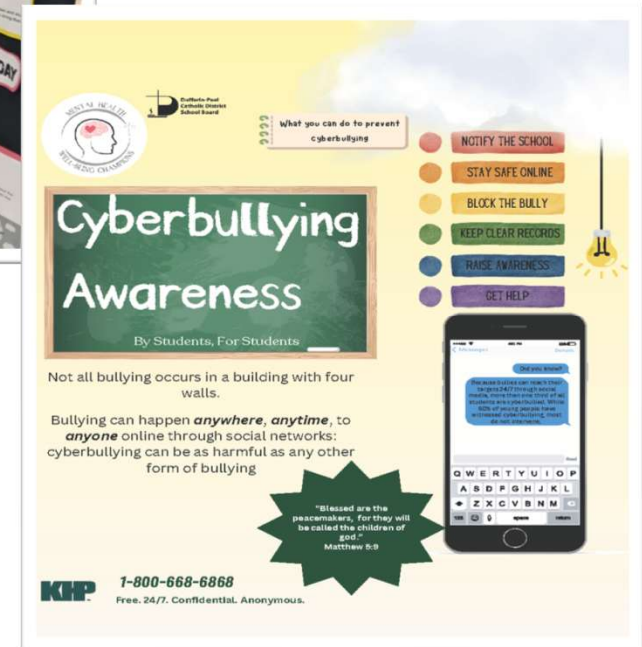


- Continuity
- Allyship
- School-wide, everyday wellness

Impact

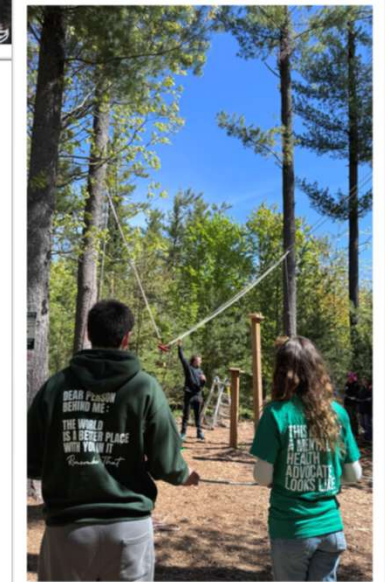
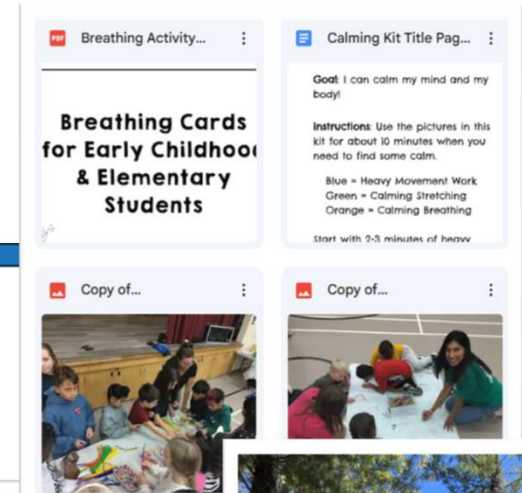
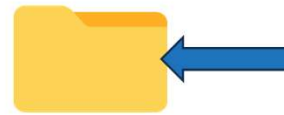


- Agency
- Participation
- Leadership



Keeping the momentum going

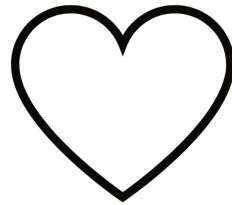
- Shared digital folders for each school
- Check-ins throughout the school year (educator lead, superintendent look-fors, public health nurses)
- End of year symposium to communicate, celebrate, reflect and plan ahead



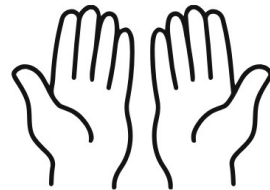
Reflection: head, heart, hands



What are you thinking about?



What are you feeling?



What actions do you want to take?



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Questions?



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



**We work together with Ontario
school districts to support
student mental health**



@smhosmso



@smho_smsso



School Mental Health Ontario



company/smhosmso



smho-smsso.ca/#connectwithus

Stay informed! Subscribe to receive the
latest information, research and resources
to your inbox.

Closing



I spy...

Identity-affirming and welcoming spaces, signage and design



#LE26
#SMHMatch

Slide 49

JE1 [@Kathy Short] This was missed when you reviewed. This is the suggested bus activity Deb created for us.

We could set it up at the end of day one, encourage folks to snap photos around the city and use the hashtag or send it in and let them know there will be time to continue this on the bus and through day two.

Thoughts?

Joyce Erogun, 2026-05-29T18:52:17.548

KS1 0 Wonderful idea!!

Kathy Short, 2026-05-29T19:07:05.251

KS1 1 Mark said when he and colleagues did a visit in Portugal they played everyone's fav songs on the way. That was where I got the idea for the SMH playlist. How would we actually do that if we gathered up songs on day one?

Kathy Short, 2026-05-29T19:08:15.719