

September 5, 2023

The Honourable Michael Parsa
Minister of Children, Community and Social Services
7th Floor, 438 University Ave
Toronto, ON M5G 2K8

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 AND FOOD INSECURITY FACING CHILDREN AND YOUTH IN
ONTARIO**

Dear Minister Parsa and Minister Lecce,

At the 2023 June 27 Board meeting, Thames Valley District School Board (TVDSB) Trustees passed a motion requesting that I write you a letter in support of the following two joint statements by the Toronto Youth Cabinet:

- The Joint Statement on Addressing the Rising Mental Health Crisis Facing Children and Youth in Ontario (April 24, 2023)
- The Joint Statement on Addressing the Rising Food Insecurity Facing Children and Youth in Ontario (May 24, 2023)

The original statements by the Toronto Youth Cabinet are attached to this letter.

On behalf of the Board of Trustees, I want to thank the Ministry for its recent support of the healthy development of all students, through the introduction of mandatory mental health literacy modules.

At Thames Valley, we continue to experience increased demand for access to mental health resources. In response, we offered, for the first time ever, drop-in mental health support clinics across all Thames Valley regions this July and August.

Despite the school board's ongoing efforts to grow our mental health resources, the additional recommendations outlined in the April 24th joint statement would greatly benefit the wellbeing of students and families as well as enhance our ability to meet their needs.

Thames Valley is also seeing a rise in food insecurity facing children and youth in our communities. Hunger is the primary reason that families access the Thames Valley Education Foundation's Caring Fund for emergency relief. The Board agrees with the joint statement's recommendation of a universal free school breakfast and lunch program. Such a program would go a long way towards preventing hunger from impacting students' ability to learn.

Once again, thank you for considering the recommendations in the two joint statements attached to this letter.

We appreciate all the government has done so far to support the wellbeing of students and their families and look forward to continuing this important work with you and our community partners.

Sincerely,

A handwritten signature in cursive script that reads "L. Pizzolato".

Lori-Ann Pizzolato
Chair of the Board
Thames Valley District School Board

CC: Trustees
Toronto Youth Cabinet

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 with 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 Patrice Barnes
Leader, Official Opposition, Marit Stiles
Education Critic, Chandra Pasma
Mental Health and Addictions Critic, Lisa Gretzky
Health Care Critic, France G elinas

Sincerely,

1. Toronto Youth Cabinet
2. Ontario Student Trustees Association (OSTA-AECO)
3. Ontario English Catholic Teachers Association (OECTA)
4. Ontario Secondary School Teachers Federation (OSSTF)
5. Association des enseignantes et des enseignants franco-ontariens (AEFO)
6. People For Education
7. Wellesley Institute
8. Jack.org
9. Youth Wellness Hubs Ontario

NOTE: Toronto Board of Health during their April 17, 2023 meeting endorsed this statement.



Public education. Public good.



May 24th, 2023

The Honourable Michael Parsa
Minister of Children, Community and Social Services
7th Floor, 438 University Ave
Toronto, ON M5G 2K8

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

**RE: JOINT STATEMENT ON ADDRESSING THE RISING FOOD INSECURITY FACING
CHILDREN AND YOUTH IN ONTARIO**

Dear Minister Parsa and Minister Lecce,

We hope this letter finds you well. Ontario and all parts of Canada and North America are seeing a cost of living crisis, with rising inflation and unaffordability of basic necessities. In Canada, food inflation is at 10.6% as of February 2023, more than double the rate of overall inflation.

According to a 2022 report by Feed Ontario, 30 percent of food bank clients are children and youth under the age of 18. A study by the University of Toronto on food insecurity found that 1 in 5 children are food insecure in Canada. In Toronto according to the Daily Bread Food Bank and North York Harvest Food Bank, 1 in 4 of their users were children in March. The first time in 25 years.

Ontario is facing a calamitous hunger crisis that calls on the government to act, and act urgently to address it. In Ontario the base funding of \$28 million for student nutrition programs has remained consistent since 2014, despite the cost of food having increased dramatically over the last decade.

Across the province student nutrition programs are at a breaking point, with many having to reduce meals given to students or close down operations despite increased demand by schools. No young person should go hungry, but the simple truth is that far too many children are. The ramifications of food insecurity are far-reaching and have a profound impact not only on the health and well-being of individuals, but also the quality of education they receive. Simply, we can not expect a hungry student to do good in math, be focused and attentive, happy and ready to learn.

We acknowledge that the government took steps last year to mandate food literacy and nutrition across all grades and into the science curriculum to ensure students are taught and more knowledgeable of the benefits of locally grown food, different approaches to agriculture and so much more. However, it is indefensible to solely learn about food and its benefits, while being deprived of accessing it yourself.

That is why the Toronto Youth Cabinet and all underlying signatories are calling on the Province of Ontario to provide a universal free school breakfast and lunch program to all Ontario students. The province must also guarantee that schools are provided with the sufficient infrastructure, resources and funding to hire and train staff who will be responsible for preparing these nutritious meals.

In a province as wealthy and abundant as Ontario, it is unacceptable to have children be deprived of their right to food and adequate nutrition in supporting them to reach their full potential. Although I recognize that with rampant inflation, the government will be wary of increased spending, a universal school food program has the huge potential to support families in a meaningful way who are facing unprecedented financial pressures. The benefits of such a program are far-reaching, not only is it a cost-effective way to drive economic growth by investing in local Ontario farmers and producers and creating a healthier society, it has proven to contribute to increased student achievement, reduced absenteeism and increased health promotion.

Thank you Minister Parsa and Minister Lecce for your attention on this matter. We hope for immediate action on this. Let us continue to work towards making Ontario's publicly funded education system much stronger, more equitable and the best in the world!

CC: Premier of Ontario Doug Ford
Parliamentary Assistant to the Minister of Children, Community and Social Services
Logan Kanapathi
Parliamentary Assistant to the Minister of Education Patrice Barnes
Leader, Official Opposition, Marit Stiles
Children, Community and Social Services Critic, Monique Taylor
Education Critic, Chandra Pasma

Sincerely,

1. Toronto Youth Cabinet
2. Food Banks Canada
3. Breakfast Club of Canada
4. Feed Ontario
5. Daily Bread Food Bank
6. North York Harvest Food Bank

7. Food Share Toronto
8. Food Secure Canada
9. Second Harvest Food Rescue
10. Coalition for Healthy School Food
11. Ontario English Catholic Teachers Association (OECTA)
12. Ontario Secondary School Teachers Federation (OSSTF)
13. Association des enseignantes et des enseignants franco-ontariens (AEFO)
14. Elementary Teachers' Federation of Ontario (ETFO)

