



## Mental Health and Well-Being

### Thematic Session

Breakout sessions at CASSA 2022 are designed to allow time for participants to explore topics of most interest to them. Whether gathered with your own team and colleagues, or meeting leaders from across Canada, this is an opportunity to share and discuss issues relevant to us all.

### Mental Health and Well-Being

The pandemic has taken its toll in many ways and at all levels. Children have been disconnected from their school and school community. Adults have been disconnected from children and their peers. Our school and collaborative teams who support schools have been unable to meet/gather/collaborate in traditional ways and this lack of connections has created issues for many people.

There is no question that technology has helped bridge a gap and has created new opportunities, but it has not replaced the deep need for personal human connection. For the vast majority of people across Canada, the 2022-23 school year will be the first time since March 2020 when schools and organizations will return to work under largely routine circumstances. We also know that the pandemic has not left us.

We are wondering what structures, strategies and measures you are taking to address mental health and well being across your schools and organizations. Here are some guiding questions:

1. What evidence do you have that mental health and well-being is an issue for you and your schools/districts?
2. What strategies or structures are you putting into place to address mental health and well-being?
3. How are you supporting leaders with their own mental health and well-being?
4. What steps will you be taking first as we approach September and why did you choose those steps?



**Canadian Association of School System Administrators**

Association canadienne des gestionnaires de commissions scolaires  
CASSA-ACGCS