

Parents as Partners Conference

Workshop Session: C4

Room: 201A

Social and Emotional Well-Being of Adolescents

Equity Policy Advisory Committee (EPAC)

Youth mental health has been a fast-growing concern globally. The TDSB's Research Department has been collecting students' well-being data since 2006 through its system-wide Student Census – the largest youth survey in Canada. Aside from collecting demographic information about the student population, the Census asks students about their in-school and out-of-school experiences as well as their physical health and emotional well-being. This workshop will provide an opportunity to listen to findings about adolescent emotional well-being in relation to various demographic and experiential factors, to ask questions about youth mental health, and to discuss ways and gather resources in order to support the well-being of our adolescent children.

TDSB Children and Youth Mental Health and Well-Being, Strategic Plan,
[www.tdsb.on.ca/Portals/0/Elementary/docs/SupportingYou/TDSB Mental Health Strategy-StrategicOverviewYear3.pdf](http://www.tdsb.on.ca/Portals/0/Elementary/docs/SupportingYou/TDSB_Mental_Health_Strategy-StrategicOverviewYear3.pdf)

TDSB Mental Health and Well-Being website
www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-Well-being

CAMH Youth Mental Health
www.camh.ca/en/hospital/about_camh/newsroom/understanding/Pages/mentalillness.aspx

Hong Fook Mental Health Association
<http://hongfook.ca/association/>

Maria Yau

Research Coordinator, Toronto District School Board

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Maria Yau has been working at the school board for over 30 years. She has been a principal investigator on a number of system-wide research projects related to equity and diversity, including pioneering the Student and Parent Censuses, which collects identity-based data and data on student experiences and well-being.

Roxanne Chee

Special Education Experiential Learning (SPEEL) Teacher Lead, Toronto District School Board

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Roxanne Chee has worked with at-risk youth and in Special Education for much of her teaching career at the TDSB. Her interests include deepening her understanding of the mental and emotional health of students, and the role of mindfulness in strengthening well-being.