



DATE September 12, 2019

TO Unit Presidents

COPY Provincial Executive
OTF Governors
Provincial Office

FROM Susan Perry, Department Head, Professional Development Department

SUBJECT *Faith & Wellness: A Daily Mental Health Resource* Research Study

OECTA, School Mental Health Ontario (SMHO), York University and Brock University have partnered to conduct a randomized control trial on a newly developed online universal resource called *Faith and Wellness: A Daily Mental Health Resource*. This resource has been co-developed by, and for, Catholic teachers, and provides practical, brief, easy-to-learn strategies for enhancing mental health amongst students as part of the regular school day.

During the 2018-2019 school year, teachers from eight (8) Catholic school boards in Ontario piloted the resource within their classrooms. Results from the pilot evaluation show promising results in the following areas: classroom culture, teacher knowledge/confidence about delivering social and emotional learning (SEL) practices, student SEL skills, and student wellness. In order for us to know for certain whether this resource has an impact in these areas, we would like to conduct a more rigorous evaluation during the 2019-2020 school year.

All teachers working in Catholic elementary schools are invited to apply to participate in this research study. An online application form including additional information about the research project is available [here](#).

In an effort to share this opportunity broadly with members, attached is a poster invitation. Please share this information with your members.

Any questions may be forwarded to Melissa Cho-Li at m.cho-li@catholicteachers.ca.

BR/mc-l