

Inclusive Student Services Impact Update

2023-2024 • Volume 3

Psychological Services

Psychological Services team members work with students, their caregivers, their educators, and colleagues from across the DDSB to promote student well-being and achievement.

The Psychological Services team is made up of professionals with skilled and varied backgrounds. We bring professional expertise to the learners and teams we support, including:

- Consultation services, with the goal of improving students' learning and social experiences at school;
- Child and adolescent mental health, in terms of assessments and interventions;
- Clinical assessment for children and adolescents to effectively link individuals' strengths and needs with supports at school;
- Safety planning and crisis-based response for students and school communities;
- Professional learning support related to student well-being and achievement (e.g. accommodation)

Psychological Services: We're here to help!

Our Foundation: We believe in the fundamental worth of students, their families, and their broader communities. Understanding that relationships are essential to well-being, trust, and a sense of belonging, we offer services that are rooted in anti-oppression. We understand that we're always on the path of learning. We are committed to respecting student voice, the contexts in which learners and their adults live, as well as the dignity of their lived experiences. We embrace a strength-based approach to optimize student potential and we strive to promote safe, welcoming communities where well-being is centered.

"It was so helpful having Psychological Services staff in the building if we needed help working something out in person. Communicating via email can slow things down whereas the conversation flow is much more efficient."

—Dana, Educator

How We Serve: Members of the Psychological Services team may work individually with learners, their caregivers, and/or school-based team members. We also work as part of the multi-disciplinary Inclusive Student Services Teams. Our work often intersects with the professional expertise of Instructional Facilitators, Speech Language Pathologists, and Social Workers.

How to Access: Our services are referral based and provided in accordance with the professional standards and ethics of the College of Psychologists of Ontario. To access Psychological Services, school-based staff follow the Inclusive Student Services referral pathway. We can also provide mental health support to students if they or their caregivers make a request through the "Connect with our Mental Health Team" button on the DDSB website.

"We have staff that feel they have a chance at being successful in the service of students."

—Justin, Principal

"I feel hopeful now."

—Student

"...incredibly helpful to talk to and I was extremely happy with the discussion we were able to have with a parent regarding everyone's experiences, and what strategies would be helpful for all of us."

—Emily, Educator

Did you know?

- During the 2022-2023 school year, we provided psychological services to over 3,500 students across the DDSB
- During the 2022-2023 school year, we completed over 550 standardized psychological assessments across the DDSB
- For approximately 84% of referrals for direct services (such as individual counselling), psychological services team members are able to initiate contact within 4 weeks
- Psychological Services team members spent over 400 hours during the 2022-23 school year providing crisis-based support to schools across the system. That's approximately 57 days!
- Along with colleagues from other Inclusive Student Services teams, we provide identity affirming, evidence-informed group supports (with Social Work) and skills development groups (with Speech Language Pathologists and Instructional Facilitators) at schools across the district.



For more information about the
DDSB Inclusive Student Services Impact Update,
please visit [DDSB Inclusive Student Services](#).