



FOUNDATIONS: MENTAL HEALTH AND WELL-BEING INITIATIVES AT ONTARIO'S UNIVERSITIES

A background report from the Council of Ontario Universities in support of the In It Together partnership



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The role of universities goes beyond higher learning and academics. When students step on Ontario campuses, they can access programs and services that have been developed to support their social, emotional, and academic development.

Providing effective support for mental health challenges has become one of the most pressing issues on postsecondary campuses today. Seventy-five per cent of mental health disorders first appear before the age of 25 and, according to the World Health Organization, mental health disorders are the single most common cause of disability among young people.

Indeed, statistics show just how much the situation on Ontario's campuses has changed. At universities, the number of students who identified their primary disability as a mental health disability more than doubled between 2011 and 2016. In 2017, health services at universities determined the second most used billing code by physicians on campus was directly related to mental health. A 2016 report released by the Ontario University and College Health Association found that depression, anxiety, and suicide attempts are increasing among postsecondary students.

Ontario universities are making mental health and wellness a priority.

Universities are reaching across the postsecondary education and mental health sectors to develop innovative partnerships and resources. The Centre for Innovation in Campus Mental Health (CICMH) was founded by the Council of Ontario Universities, Colleges Ontario, the College Student Alliance, the Undergraduate Student Alliance, and the Canadian Mental Health Association (Ontario Division). CICMH's mission is to enhance the capacity of Ontario colleges and universities to support student mental health and well-being. It does this by bringing together a multi-disciplinary community of campus service providers to share best practices, improve mental health services for students, and enhance support for frontline staff.



To have the most impactful mental health and wellness services at our institutions, we must go beyond frontline staff. Everyone has a role to play in supporting student mental health and wellness.

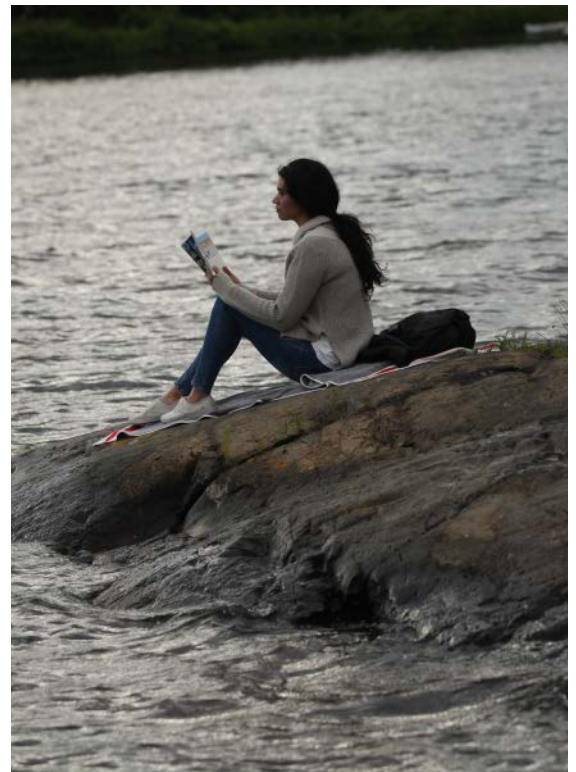
The university sector developed More Feet on the Ground to teach faculty, staff and student leaders how to recognize, respond, and refer students experiencing mental health issues on campus. The educational website has been so successful that CICMH is managing the website moving forward and its scope is being expanded to include Ontario colleges.

Universities are also building partnerships with local health and community agencies to expand the mental health services available to students on their campuses.

In addition to building innovative partnerships across the postsecondary and mental health sectors, universities are focusing on mental health and wellness on their campuses. They have developed a suite of services to reflect the diverse range of needs across the spectrum of mental health, from preventative and early intervention programming to crisis management. This report provides a snapshot of some of the activities taking place on university campuses, such as mental health awareness events, stress relieving activities, research, specialized services, and counselling.

It is important to note this document does not provide an exhaustive compendium of all mental health and wellness activities at our institutions. Rather, it highlights the diverse range of actions that universities are putting in place to address mental health and wellness on their campuses.

The activities in this report provide a foundation for future work in the area of mental health and wellness. Ontario universities are committed to strengthening mental health strategies and ensuring that their campuses are safe, supportive environments for students, faculty, and staff. Universities recognize that providing mental health and wellness services and supports will equip their campus community members with the tools and resources they need to thrive during their postsecondary education and beyond.





ALGOMA UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- Mental health supports, including self-care initiatives, are promoted at all student orientations.
- [Good2Talk](#) and other local mental health and well-being services are promoted to students.
- Awareness events such as Bell Lets Talk, Mental Illness Awareness Day, and Mental Health Week are acknowledged and promoted by Algoma University.
- Algoma hosts Pet Therapy events throughout the year.
- The university provides culturally based programming such as the Elders-in-Residence program and Sharing Circles.

Skill-Building

- The Peer Support Program was created to provide an opportunity for students to help students as they navigate through the university experience.

Counselling and Specialized Services

- Health professionals, such as a physician and Master of Social Work (MSW) Counsellor, offer on-campus services for students at designated times each week.

Community Partnerships

- Algoma University introduced IM Well (Integrated Mental Wellness), a mobile app for students that integrates campus and community supports.
- The university partnered with the local chapter of the Canadian Mental Health Association (CMHA) to provide access to a Mental Health Educator who leads annual training and advocacy activities on campus.

Governance and Policy

- A Mental Health Committee has been established to assess campus mental health supports, as well as advocate for resources. The committee, made up of staff,

faculty, and students, is led by the Algoma University Students' Union.

- Algoma University has formalized the intake, return to school, and crisis management processes to ensure supporting departments are informed and aware of treatment plans and required supports.

Training and Professional Development

- Mental health training has been developed for residence staff, varsity coaches, and service staff at the university.
- The *Not Myself Today* initiative, a workplace mental health program that builds greater mental health awareness, reduces stigma, and fosters safe and supportive cultures, was implemented for university staff and faculty.
- Algoma is the first university in Canada to offer Talk Today training for student athletes to ensure they have the education and supports in place specific to their needs.



BROCK UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- Wellness Week, in collaboration with the Brock University Students' Union, provides students with self-care activities to help them de-stress prior to exams.
- [Active Minds](#) is a student organization dedicated to eliminating the stigma of mental illness and raising awareness of mental health issues and suicide.
- Students have access to *Mood Magazine*, which provides information about living with a mood disorder as well as addictions, eating disorders, and more. It is devoted to increasing knowledge and awareness of mood disorders and promoting general mental health education.
- Presentations are offered to international students on a variety of health topics, including mental health, healthy relationships, and mental illness.
- The university participates in the Bell Let's Talk campaign to promote discussion around mental health to eliminate stigma and support those who struggle with mental health concerns.

Skill-Building

- The Student Wellness and Accessibility Centre coordinates workshops for first-year students that teach tools on how to recognize mental illness, respond to students who may be exhibiting mental health concerns or, in a crisis, refer these students to services on campus and in the community. A modified version of this workshop was developed for international students.
- The Resiliency Campaign helps students develop an understanding of resiliency and the importance of coping strategies, as well as to

teach strategies and ideas on how students can engage in self-care.

- The Sleep Campaign aims to teach students the importance of sleep and how napping could be helpful to them. Students also learn different strategies to improve their sleep.
- The university provides weekly mindfulness sessions for students, allowing them to explore the practice and benefits of mindfulness and learn helpful stress-relieving strategies.
- The Night Against Procrastination is an initiative to teach students how to organize their time so they can be more productive. Activities during the event include short workshops, such as yoga and dance classes. Work spaces, peer tutors, and writing experts are also made available to assist students working on assignments.

Anti-Stigma

- Speak Out Night is a community event in partnership with the Student Wellness and Accessibility Centre, [Active Minds](#), and Niagara Region Public Health. The event, consisting of presentations and speakers, encourages all people to break the stigma of mental health.

Counselling and Specialized Services

- Through the Student Wellness and Accessibility Centre, the university offers personal counselling sessions for students experiencing personal and social difficulties while studying at Brock University.
- Mental health counselling, for challenges related to substance abuse, eating disorders, and anxiety and mood disorders, are provided collaboratively by physicians and nurses for all Brock students.
- The Brock Office of Human Rights and Equity provides information,

education, assistance, and advice on a wide variety of issues related to harassment and discrimination.

- The Student Justice Centre's Drop-in Support Services provide a safe space on campus and peer-to-peer support for students who have experienced assault, harassment, discrimination, or prejudice. Workshops on topics such as mental health, mental health stigma, bullying, and discrimination, are also offered to students.
- Brock's Peer Support program through the Sexual Violence Support Centre provides peer support for students with mental health concerns arising from sexual violence.

Community Partnerships

- The [Niagara Holistic Wellness Portal](#), developed by community partners including Brock University, offers extensive information to help foster positive mental health, in addition to information on campus supports, services, and resources.

Training and Professional Development

- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available to the university community.
- The university offers student Mental Health First Aid Training, empowering students and giving them the skills necessary to provide appropriate identification and referral for those dealing with a mental health concern.

CARLETON UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The university supports various mental health student-led initiatives such as the [Student Alliance for Mental Health](#), the Student Mental Health Advocacy Collective, Jack.org Carleton, and Mental Health Champions (in residence), which cross-promote campus resources and regularly engage the student body in awareness campaigns, workshops, and advocacy around mental health and illness.
- The university has developed a centralized [Mental Health and Well-Being website](#) to provide comprehensive information on resources, education, initiatives on campus, etc.
- Faculty, staff, and students established [Thrive Week](#) at Carleton, a series of events focused on building positive mental health, for the entire campus community.
- A therapy dog program operates in Carleton's MacOdrum Library and the Centre for Initiatives in Education.

- A break with no classes was introduced in the middle of the fall term to help improve students' life-study balance.
- [Good2Talk](#) and other local mental health and well-being services are promoted to students.

Skill-Building

- The [From Intention to Action \(FITA\)](#) program was established to support students who self-identify as overwhelmed and those who are on Academic Warning.
- The [Mentorship Network](#) looks to connect peer mentors and mentees across the Carleton campus. The network provides mentorship training, resources, and information for all Peer Mentors connected to the Network, as well as a full list of opportunities for both Peer Mentors and those looking to connect with a Peer Mentor on campus.
- The university established iThrive, a resiliency program for Residence Fellows.
- The university offers an evidence-based mindfulness program for

students, called Koru. This four-week course, developed specifically for students, teaches mindfulness, meditation, and stress management techniques.

- Carleton University developed a Mental Wellness Mentors program, which is being piloted in university residence in the fall 2017.
- A peer support program for student mental health and well-being is being explored for implementation on campus.

Anti-stigma

- The [Bench the Barriers](#) campaign, featuring athletes talking about their own struggles with mental health, was established by the Department of Athletics.
- Students actively engage in the [Bell Let's Talk](#) campaign and it is widely promoted on campus.
- Carleton University was among the first schools to receive a Friendship Bench to serve as a year-round visual reminder for students to speak openly about mental health issues and to encourage them to



both ask for help and offer it to those in need.

Counselling and Specialized Services

- The university created the Manager of Student Care and Support position in Student Affairs. This role supports students in managing their studies and well-being, helps students access the support services they need on campus, coordinates the Student-at-Risk Evaluation Team, supervises the [CU Don't Know alcohol awareness campaign](#), and supports the university's alcohol strategy.
- The university currently has eight counsellors, who are Masters of Social Work (MSW) or Registered Psychotherapists (RP), for students, including the addition of two counsellors in 2014 to Health and Counselling Services as a result of a student referendum. Three of these counsellors are located in residence and one is dedicated to international students.
- Additional positions in [Health and Counselling Services](#) have been created to support students. These include a Mental Health Nurse, a Sexual Assault

/ Trauma Counsellor, and an Assistant Director of Health and Counselling Services, who will focus on improving the efficiency and effectiveness of mental health support for students.

- Specialized staff are on campus at designated times throughout the week to provide services that support student health and well-being. These include an Indigenous Counsellor and a psychiatrist.
- Walk-in support models for student services have been implemented, including the [Academic Advising Centre](#) and the [Centre for Student Academic Support](#).
- Resources that outline student services and programs, and communicate a streamlined "Stepped Approach" to reflect the range of mental health services are being developed for students to access online.
- In the fall of 2017, an online counselling program, Therapy Assistance Online (TAO), is being piloted within Health and Counselling Services for students with mild to moderate anxiety and depression. The TAO platform also includes a self-help feature with a

focus on coping skills development and resilience training that is available to the whole campus.

Community Partnerships

- The university supports the active engagement of Carleton representatives in community groups such as the [Community Suicide Prevention Network](#).
- Carleton's Department of Neuroscience participates in the [Society for Neuroscience Ottawa Chapter](#), along with the University of Ottawa, which organizes a wide variety of events and lectures related to mental health and well-being.

Governance and Policy

- In 2009, Carleton University developed its first [Student Mental Health Framework](#) with the purpose of facilitating a consistent and integrated approach to responding to students who are in distress. The framework created a strong foundation for the mental health and wellness services, programs, and initiatives that have since been implemented. In 2016, the university launched the [Student Mental Health Framework 2.0](#),



which aims to continue consistent and coordinated crisis management while also building a holistic, campus-wide approach to student mental health and well-being.

- A Student Mental Health Advisory Committee was created in 2008 to guide the implementation of the recommendations of the framework and to ensure mental health needs on campus are effectively addressed based on thorough review and evidence-based practices.
- A Student Engagement Strategy and Committee has been established to ensure continual student commitment, engagement and feedback related to mental health needs on campus.
- Carleton University has revised academic regulations, such as moving deferred final exams earlier and closer to the date of the original exam, to help relieve the stress on students.

Training and Professional Development

- The university introduced the Student Mental Health Level 1 and Level 2 training to faculty, staff, teaching assistants, and student leaders. To date, more than 4,000 have completed the training.

- Faculty and staff on campus receive [Mental Health First Aid](#) training, teaching them how to provide help to a person developing a mental health problem or experiencing a mental health crisis.
- Applied Suicide Intervention Skills Training (ASIST) is provided to key university staff on campus. Staff are taught to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
- Staff, peers and mentors on campus participate in safeTALK training. This prepares participants for how to identify persons with thoughts of suicide and connect them to specialized intervention care.
- Online mental health and wellness training options have been expanded for staff, faculty and students, including [More Feet on the Ground](#) and an updated resource for Supporting Students in Distress. A resource is being developed for students outlining how to support a friend in crisis.

Knowledge Mobilization

Research

- The university has a variety of researchers focusing on the area of mental health. Of particular note

is [Dr. Kim Matheson](#) who is the Culture and Gender Mental Health Research Chair at The Royal's Institute of Mental Health Research and Carleton University and is a researcher in the [Indigenous Youth Futures Partnership](#) project which received a \$2.5-million grant from the Social Sciences and Humanities Research Council.

- Dr. Andrea Howard's research in the [Research on Emotion and Addictions Development and Methodology \(READY\) Lab](#) focuses on emotional well-being and substance use during adolescence and the transition to adulthood.

Conferences and Seminars

- A number of events, activities, workshops and speaking engagements are organized at the university by faculty, staff and students throughout the year, particularly during [Thrive Week](#).
- The university's Department of Neuroscience helps to organize and participates in a variety of events through the [Society for Neuroscience Ottawa Chapter](#), including the annual Brain & Mental Health Art Show, Lap the Gats, the Grass Lecture, the Young Researchers Forum, and The Brain and Mind Institute Research Day.



UNIVERSITY OF GUELPH

Outreach Initiatives

Health Promotion and Awareness

- Collaborated with our undergraduate and graduate student associations to purchase [Feeling Better Now](#), a website with online mental health assessments, resources, and online counselling options covered under the student health and dental plan.
- The [Mental Well-being](#) website was created for students to access information and resources on the programs and services at the University of Guelph that help achieve a healthy lifestyle.
- Time-specific “stress-busting” activities are organized for students in each residence hall the night before every exam.
- The university offers several one-to-one and group support programs including [Aboriginal Student Advising](#), [Sharing and Wellness Circles](#), [International Student Advising](#), [Faith Advising](#), and [Cultural Diversity Advising](#).
- The Resident Assistant (RA) Chats program engages Residence Life Staff (RLS) members and students in intentional conversations about their transition to university, their health, their interests, and their academics. Three conversations are organized throughout the academic year.
- [Transition supports](#) focus on normalizing help-seeking and introduce campus mental health resources and targeted programming such as [START International](#), [START Aboriginal](#), and the [Chroma Project](#).
- The university has a number of [programs](#) aimed at fostering a supportive community among international students such as International Student Connections, Conversation Cafes, iChat, and exam stress buster events.

- The House Calls program, a residence-wide program, was designed to check on students’ health, hand out information on various available supports, and reinforce to students that the university cares about their well-being. In March 2017, university staff and faculty connected with over 2,000 students over the course of three nights.

Skill-Building

- The [STARTonTrack/Bounce Back](#) program helps students who are struggling with school, as defined by them. Through meeting with an upper year student and being coached through identifying what success would mean, what obstacles they are experiencing, and where they can find resources to help overcome those obstacles, students develop stress management skills as well as personal resiliency.
- The Wellness Education Centre offers How to Help a Friend workshops that prepare students with the knowledge and confidence to support a friend who is struggling with mental health.
- The heart of the [Peer Helper Program](#) is providing accessible support services to students in need. The peer relationship can help break down barriers to seeking help and encourage students to reach out when needed. The support services offered by Peer Helpers seek to engage students, especially those at the highest risk. Peer Helpers are trained in active listening, bystander training, and providing referrals to campus and community partners so that service users can gain access to more specialized resources if needed. This relationship acts as another important contact point for students to reach out and seek support. It also provides a conduit to help identify students at risk to the supervisors who coordinate

these programs.

- [Project Serve](#) programs offer students the unique opportunity to connect their academic and personal interests and passions with valuable, immersive learning opportunities in the community. Often, they provide students the opportunity to create particularly strong connections with staff and students that form lasting, supportive relationships for them throughout their academic experience, while also exploring challenging contemporary social justice themes. Training for Project Serve programs include active listening, self-reflection, understanding power and privilege, well-being, healing from trauma, and emotional literacy.
- [Mental Health: Experience to Understanding](#) is a credit course that can be taken as an elective. This course is offered through a partnership between the Department of Psychology and Student Accessibility Services (SAS) for students diagnosed with mental health issues. This course is recommended for



students who wish to increase their understanding of mental health issues and to enhance their strategies and abilities to successfully complete their academic studies.

Anti-Stigma

- The annual 1in5 Mental Health Awareness Week, a collaboration between students and staff, promotes mental wellness and opens the dialogue about mental health. Campus partners include the Wellness Education Centre, ResLife, Office of Intercultural Affairs, Multi-Faith Resource Team, Student Support Network, Jack.org, Central Student Association, the Aboriginal Resource Centre, and Department of Athletics.
- During Mental Well-being Awareness Week, residences plan mental health programming. This includes placing bulletin boards designed by the Wellness Education Centre in each residence community, the facilitation of wellness-themed events in residence, and a discussion about mental health facilitated by RLS in each community. RLS ask students what mental health is and discuss with them the prevalence of mental health issues in university populations, as well as, university

campus supports, and proactive actions that support mental well-being.

- The Student-Athlete Mental Health Initiative (SAMHI) is a national initiative with the goal to eliminate mental health stigma in postsecondary sport and facilitate access to mental health resources on campus. The campus team for SAMHI composed of student-athletes at University of Guelph puts on events (Mental Health Matchups) to raise awareness for the mental health of student-athletes. Additionally, the campus team spoke to and handed out pamphlets to all varsity athletes that contained campus mental health resource information and information about mental health.
- The Bell Let's Talk campaign partnered with the athletic departments at universities to reduce the stigma on campuses by having student athletes lead the conversation. In 2016, University of Guelph hosted a Bell Let's Talk game to raise awareness at winter homecoming called the "Frosty Mug." More than 4,600 students, staff, and community members attended the game. Messages from student athletes advocating to reduce the mental health stigma on campus was played throughout the event.

Counselling and Specialized Services

- [Student Wellness Services](#) provides mental health support through disability services, counselling services, health services, and wellness education and promotion.
- Confidential, non-judgmental listening and support services are available in a drop-in peer support model through the [Student Support Network](#). The university is doing a pilot of embedding this peer program within the varsity athlete program.
- The university has implemented departmental crisis response services across campus for students including: 24/7 support from the Canadian Mental Health Association; a Mental Health First Aid trained Residence Life Manager; and ensuring Residence Life student staff are on-call from 8 p.m.-8 a.m. each night, providing support and referrals.
- The RLS facilitate the development of roommate, suitemate, and community agreements, support mediations when needed, and develop informal relationships with each student in their community. They also facilitate hundreds of



community-specific, hall-wide, and residence-wide events each year to provide students the opportunities to interact with peers and integrate within their residence and campus community.

- [OUTline](#) and [CampOUT](#) are programs that provide a safe, confidential or private outlet for students who are questioning their own sexual preference, gender or identity. Using personal experiences and stories, volunteers normalize the questions and struggles that students experiencing these kinds of questions for the first time may be asking.

Community Partnerships

- A partnership program between the Canadian Mental Health Association and the university provides after hours and crisis support for students at risk.
- A pilot program with Guelph Family Health Team called Act As One provides psychiatric services on the university campus.
- In collaboration with Family and Children's Services, the Crown Ward Championship Education Initiative provides support and mentorship to youth in care in the Guelph Wellington County to help prepare them emotionally,

financially, and academically for postsecondary education opportunities.

Governance and Policy

- The [Student Mental Health Strategy](#) outlines the university's commitment and priorities regarding student mental health.
- The university launched [We're Listening: Your experience Matters](#), a student engagement strategy focused on student wellness.

Counselling and Specialized Services

- [More Feet on the Ground](#), an online mental health awareness program.
- Beyond the Books, provides participants with general information on the prevalence of mental challenges and illness. It helps participants identify signs of troubling behaviour and give them skills to engage in a preliminary discussion to determine if referral to a professional is necessary.
- safeTALK, an alertness training program, prepares anyone, regardless of prior experience or training, to become a suicide alert helper.

- Applied Suicide Intervention Skills Training (ASIST), teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
- Mental Health First Aid, provides participants with skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.
- The resources, [Responding to Students in Distress](#) and [When Should I Refer a Student](#), were developed for university community members to assist students in crisis.

Knowledge Mobilization

Research

- Participation in the National College Health Assessment (NCHA) survey, a national survey that collects information on students' health behaviours, attitudes, and perceptions.



LAKEHEAD UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- [Good2Talk](#) and the local Canadian Mental Health Association's Crisis Response Program are promoted to students.
- The university relays mental health related communications to students during the academic year, including automated calls to first year and upper year students to identify students at-risk and provide information on supports and resources.
- The university promotes being active and going outside for mind and body wellness through the RECESS program.
- Developing a Peer Health Education Outreach Team that will provide programming that focuses on the delivery and promotion of health topics and programming including mental health, physical activity, sexual health and nutrition.
- The university organizes Wellness Weeks twice each academic year to provide proactive de-stressing programs to students. Past activities during the week have included therapy dogs and guest speakers.
- The university collaborates with the Student Union's Mental Health Team to do student outreach in the community.
- Mobile apps, such as MIND BODY Labs, CALM, IM Well, Take a Break, Breathe, and Relax Sounds, are being promoted to students on campus as possible tools to support positive student mental health and well-being.
- Residence Life Staff (RLS) developed in-house programming for students designed to reduce stress, increase awareness of mental health issues, and showcase the mental health resources available to students on campus and in the community. Student Health and Counselling has partnered with Residence Life to deliver Meditation Mondays and Wellness Wednesdays throughout the term.
- The Joint Health and Safety Committee at Lakehead hosts an annual Employee Health and Wellness Fair that includes information, resources, and activities related to supporting mental health.
- Mental health related events are organized across campus during the academic year to raise awareness of campus and community mental health services including the Annual Health and Wellness Fair and numerous pop-up displays.
- Information on how students can access academic accommodations and available supports is shared at campus information fairs and community events.
- The university is ensuring that faculty, staff and students are aware of the Ontario Human Rights Commission's Guidelines for Medical Documentation and Accommodation for postsecondary students with mental health disabilities.
- Presentations are conducted on campus to raise awareness about invisible disabilities, as well as the supports that are available for students.
- Mental health awareness, service awareness and stress-reducing activities have been introduced into a variety of campus-collaborative events taking place on campus, such as Student Appreciation Days, Open House, Frosh Week, and Orientation.
- Mental health and service awareness sessions are presented by health professionals





during International Student Orientation events.

- Dedicated health boards in residences and across campus promote and raise awareness of mental health and the services available on campus and in the community.

Skill-Building

- Various faculties and departments provide wellness sessions to their classes. Student Health and Counselling presents talks on maintaining wellness and managing stress to various student bodies.
- Meditation sessions are offered four times weekly in two different locations across campus.
- Developed a session for students entitled, Working Effectively on Group Projects. The session discusses the challenges and benefits of working collaboratively, the communication challenges that are often encountered in group projects, and practical advice on how to work effectively on group assignments.



Counselling and Specialized Services

- The [Student Health and Counselling Centre](#) on the Thunder Bay campus offers students Medical Health Services and Counselling Services, including physician-led mindfulness-based cognitive behavioural therapy workshops.
- The Wellness Centre on the Orillia campus offers students access to counselling, a nurse practitioner, and a naturopathic doctor, who all provide mental health support.
- Student Accessibility Services (SAS) and Student Health and Counselling are working together to support the increasing number of students on campus who are disclosing a mental health condition.



- An Accessibility Advisor position was created to be the first point of contact for new students. The advisor shares the services SAS provides and, when necessary, refers students to campus supports, off-campus resources, and/or escorts students to receive on campus assistance from a physician and/or counsellor.
- As part of the Transition Program, SAS staff visited local high schools and held video conferences with regional high schools highlighting the supports available for students with disabilities and promoting the supports for students with mental health conditions.
- SAS facilitates academic accommodations and supports students with mental health disabilities and conditions. SAS Advisors, upon request, liaise with faculty and/or staff on behalf of students with mental health disabilities and conditions. SAS provides one-on-one learning strategies sessions for students. Areas of focus include assistive technology, including apps, and academic support.

Community Partnerships

- The Student Health and Counselling Centre works with external health care providers, including the Thunder Bay Regional Health Sciences Centre's Emergency Room and Adult Mental Health Services, to coordinate care for students and to ensure that students are provided care upon discharge.
- SAS collaborates with community groups such as the Canadian Mental Health Association (CMHA), Autism Ontario, and Confederation College's Student Accessibility Services in order to provide support and programming to students.
- The Thunder Bay District Health Unit, Student Health and Counselling, and the Department of Athletics collaborated to

develop a pilot alcohol and mental health workshop for the Men's Varsity Hockey Team, Woman's Volleyball team, and Men's Basketball team. There are plans to expand the session and deliver it to more athletics teams.

- Student Health and Counselling partners with Residence Life and the Thunder Bay District Health Unit to deliver tobacco cessation strategies, as well as strategies on sexual health with CMHA.

Governance and Policy

- The university revised its Policy and Procedures for Accommodating Students with Disabilities/Medical Conditions, incorporating the Ontario Human Rights Commission's Guidelines for Medical Documentation and Accommodation for postsecondary students with mental health disabilities.

Training and Professional Development

- New faculty and staff receive mental health and service awareness information sessions to ensure they are aware of the supports on campus.
- The university hosts a webpage for faculty and staff called [How Can I Help a Student?](#) The webpage includes links and resources, such as the educational website on how to recognize, respond and refer students experiencing mental health issues on campus, [More Feet on the Ground](#).
- Students and staff participate in various mental health training programs including Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid, and safeTALK.

- The Residence Life Manager is fully trained and certified in delivering the Mental Health First Aid course through the Mental Health Commission of Canada and delivers this training to all Residence Life paraprofessional staff.

- Student Accessibility Exam Invigilators receive training in Mental Health Awareness and Confidentiality.

- Further efforts are being put into place to extend mental health training across the university to additional front line staff, as well as Program Chairs and Directors.

- University Accessibility Advisors are provided with opportunities to attend provincial meetings/conferences/webinars in the area of mental health.

- Student Health and Counselling and the Department of Athletics partnered to facilitate delivery of a mental health awareness and campus services session to the university athletic coaches.

- Student Health and Counselling and Security Services professionals attended the Train the Trainer Workshops for Non-Violent Crisis Intervention Foundation course. This training has now been provided to Student Affairs professionals that work closely with students.

Knowledge Mobilization

Research

- The Centre for Research on Aging and Health's researchers have conducted funded research on seniors' mental health as part of end-of-life care, oncology care, arts-based enhancement of seniors' quality of life, and studies on dementia self-management.

- The Centre for Rural and Northern Health Research has a strong focus on Indigenous mental health including children's mental health, youth mental health and resilience, suicide prevention, addiction recovery, and perinatal mental health.

- The Centre for Education and Research on Positive Youth Development has a research focus on children and adolescent well-being, particularly strength-based research in educational environments, mental health settings, addiction treatment centres, and youth justice facilities.

- Dr. Chris Mushquash, Associate Professor of Psychology and Indigenous Learning at Lakehead University holds the Canada Research Chair in Indigenous Mental Health and Addiction.

- Recent funding success includes: Dr. Kristen Jones-Bonofiglio, Assistant Professor in the Faculty of Nursing and director for the Centre for Health Care Ethics, was recently awarded the AMS Phoenix Fellowship for her project Self-Compassion as the Foundation for Well-Being and Compassionate Care, which considers nurses' experiences of mental health; and Dr. Vicki Kristman, CIHR New Investigator and Associate Professor in the Faculty of Health Sciences, was recently awarded funding from the Canadian Institutes for Health Research for a one year project in partnership with Nookiwin Tribal Council to create an app that will help Indigenous people experiencing mental health problems as a result of violence or harassment in the workplace to find appropriate supports.

LAURENTIAN UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The university promotes a number of external resources available to students looking for mental health and wellness support. These include Health Sciences North's Mental Health and Addictions Program, Drug and Alcohol Helpline.ca, Mental Health Helpline.ca, Problem Gambling.ca, and Good2Talk.
- Mental health and wellbeing tools such as apps are available to help with skills such as meditation, relaxation and breathing in addition to group programming or individual counselling sessions.
- Pet Therapy is a fun activity offered most often during exam periods. Volunteers from the community bring dogs to campus for students to interact with during study breaks.
- Student Life Mentors is a student-led support service. Third- and

fourth-year student volunteers are matched to peers who might need advice, companionship, and support, to help access other services or integrate into campus life. Referrals for peer matches are often made through the counseling, accessibility, health and academic advising offices.

Skill-Building

- Peer-to-peer run groups are evidence-based methods to improve students' overall mental health. The Peer Mentor program, available to all students at the university, matches students with a peer to help them navigate university life.
- The university offers a number of wellness programs and events to help students, staff and faculty relieve stress. These include fitness classes offered on campus throughout the year, meditation, social activities, and programming organized by staff in our student residences.

- The Resiliency Program is offered to students who are registered with Accessibility Services. This is a four-part strength-based workshop offered to first-year students. Topics include mindfulness, time management, communication, making social connections, and study skills.
- As part of a research study, the university is running a Holistic Arts-Based Program (HAP) is a fun and effective 12-week arts-based mindfulness group program that engages children and youth in a strengths-based and meaningful helping process. HAP helps young people improve self-awareness and to feel better about themselves and to develop more effective coping strategies at home and school.

Anti-Stigma

- The university delivers workshops and programs aimed at educating and informing students on mental health services and programming, while creating a more culturally



aware campus when it comes to mental health. The university organizes a Mental Health Awareness Week during the fall and winter sessions.

Counselling and Specialized Services

- Health & Wellness and Counselling services are located on campus. The Health & Wellness team includes a Family Physician, Nurse Practitioner, and Registered Nurses.
- The Indigenous Student Affairs team strives to ensure a positive learning environment in a manner consistent with the Indigenous worldview. The intent is to increase accessibility and retention, as well as enhance the academic experience for students of First Nations, Métis, and Inuit ancestry at Laurentian University.
- Keep Me Safe is the university's international student mental health support program. The program offers immediate access night or day. International students can talk to someone in their own language with a call, chat or email.
- The Student General Association (SGA) promotes and supports a twenty-four hour student benefits supported counselling service called [Aspiria](#).

Community Partnerships

- The Canadian Mental Health Association (CMHA) offers a health

link program that creates health plans for students undergoing mental health treatment. Health plans include all community partners involved in the student's treatment.

Governance and Policy

- The President and Vice-Chancellor, with members of the Executive team, meet with the leaders of each of the student associations every semester to discuss university affairs including support services and health programming.

Training and Professional Development

- safeTALK, Mental Health First Aid, Mental Health First Aid (First Nations), and Applied Suicide Intervention Skills Training (ASIST) training opportunities are offered to students, staff and faculty.
- The website [More Feet on the Ground](#) is an educational website on how to recognize, respond and refer students who are experiencing issues with mental health. The website also provides students, staff and faculty with education and information regarding campus and community-based mental health services.
- The university organizes an annual professional development conference. Presenters include faculty, students and staff. The themes focus on wellness, work/life balance, and best practices in

mental health.

Knowledge Mobilization

Research

- The Evaluating Children's Health Outcomes (ECHO) Research Centre at Laurentian University is dedicated to the study of health (including physical, mental, spiritual, and emotional) and health-related quality of life issues in children and youth. The primary goal of ECHO is to promote the development of child health knowledge through research and to facilitate the training of researchers in child health research. In addition to having faculty with research expertise in mental health, ECHO has helped grow the capacity of students, faculty, and child health care service providers by facilitating sessions on marginalized youth, resilience, and Indigenous understandings of health and well-being.
- The Centre for Research in Occupational Safety and Health (CROSH) at Laurentian University, in partnership Vale and the United Steelworkers are conducting groundbreaking new research on the topic of mental health in the mining industry. The aim of the three-year study, called "Mining Mental Health", is to gain vital information in order to develop key strategies that promote the best possible mental health for workers at Vale's Ontario Operations.



MCMASTER UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- In collaboration with the Student Success Centre, Wellness Educators coordinate programming in the [Student Wellness Education Lower Lounge \(SWELL\)](#). The Wellness Outreach Unit is comprised of 40 Student Success Leader (SSL) volunteers who staff booths, facilitate workshops, develop educational material, write newsletter articles, collaborate with other campus groups, and host large-scale events and awareness weeks.
- The Exam Challenge uses a social media platform to engage students in their own wellness during exam season. Participation in the daily challenges, which promote various wellness activities or strategies, enters students into a draw for a daily prize.
- The Exam Breakfast is a barrier-free way for students to access a healthy breakfast during a time when students often neglect eating.
- McMaster makes use of a number of therapy dogs to visit students and help relieve stress throughout the year and specifically during exam time.

- Student Wellness uses its own website and social media platforms, including Facebook, Twitter and Instagram, to promote wellness-related messages and health promotion campaigns. The [Student Wellness Centre \(SWC\)](#) on campus continues to expand its online wellness content and promotes mental health and wellness programs and workshops.
- The Wellness Newsletter developed by Student Wellness addresses an array of themes including: stress management, sleep, financial wellness, and grief and loss, among others. The newsletter is widely distributed on campus each semester.
- Welcome Week, a week filled with events and orientation programs for incoming first-year students, is based on the themes of alcohol/responsible drinking, mental health, and sexual violence/consent. For example, Inspiration, Reflection, Integrity, Success (IRIS) is a drama program that works through challenges a student might experience during first year. From social pressures to academic challenges and issues of self-confidence, IRIS offers on- and off-campus support through a theatre production, written,

directed, scored and performed by students peers.

- The Student Health Education Centre (SHEC) is a peer-run health promotion, education and referral service for McMaster University students. It offers confidential peer support, an information hotline, and referrals on- and off-campus.

Skill-Building

- [Wellness Skills Programs](#) includes such programs as: Managing Your Emotions, Challenging Eating Disorders, ACT on anxiety, and other anxiety groups, Art Therapy workshops, trauma recovery, building relationships, Walk in Nature Days (WIND), Positive Psychology, Managing Sleep Issues, Women's Self Esteem, and a support group.
- A mindfulness program, Mindfulness Mondays, is delivered by volunteers weekly on campus.
- The MacPeer Program is a cross-faculty peer mentorship program in association with the Student Wellness Centre. Upper year students use their insight to help younger students flourish at McMaster.



- The university offers the Koru mindfulness-based program for students. This is a four-week course for students who have identified as feeling overwhelmed, wish to learn more about mindfulness, and/or engaged in substance misuse and wish to learn new skills to cope.

Anti-Stigma

- There are multiple resources available where students can come forward in a confidential manner including the Student Peer Hotline.

Counselling and Specialized Services

- The [Student Wellness Centre \(SWC\)](#) offers many resources for students, including a range of counselling options, medical services, psychiatry, mental health, and wellness programs.
- Two family physicians provide therapy for mental health problems such as depression and anxiety. In addition, medical services on campus include two-part-time psychiatrists who provide consultation and follow-up visits for students with complex mental health problems; psychiatrists who participate in case management with physicians; counsellors providing direction around the treatment and management of complex cases; and daily crisis appointments are available with

a physician for an urgent mental health crisis, requiring assessment and potential certification and transfer to Emergency Psychiatry Services.

- In 2016, McMaster established a Student Support and Case Management Office to coordinate support and planning across multiple departments in student situations that are highly complex and present higher risk to the individual and/or the community, including those that involve students who are at greater risk for suicide. The office also supervises Social Work placement students and facilitates harm reduction workshops for students, based upon the peer-to-peer support model.
- The Chaplaincy Centre provides pastoral support with personal counselling and bereavement support groups.
- The McMaster Student Assistance Plan provides psychological counselling services by phone 24/7, year-round, and toll free in 180 languages. Counselling is also offered over the Internet and through the iAspiria app, which is an app that allows McMaster students access to confidential services. Counselling support is then received by in-person counselling, email exchange, video or telephone.

- Academic-life services include legal consultation, financial consultation, life coaching, nutrition consultation, and wellness resources, such as parenting and everyday life.
- A peer support line run by the McMaster Students Union (MSU) provides an entry point for students seeking support from their peers. Both the MSU and Graduate Students Union offer third-party assistance programs where counselling can be accessed.
- McMaster has established a Queer Students Community Centre that offers student peer support and resources.
- MSU Maccess provides programming, resources, and events in an effort to establish a sense of community for those that self-identify as having disabilities. A central aspect to Maccess is the provision of peer support by trained volunteers with lived experiences in the areas of disability, mental illness, and mental health concerns, among others.
- Student Accessibility Services helps facilitate academic accommodation plans, learning strategy support, and assistive technology support, including: training on the use of adaptive technology, texts in alternate



format to print, test and exam administration, including use of technology, time extensions, presence of a student's support animal, etc.

- Student Accessibility Services also aids students with volunteer assistance, notetaking programs, mindfulness programs in coordination with Athletics and Recreation, and disability awareness campaigns focusing upon mental health disabilities.

Community Partnerships

- St. Joseph's Healthcare Hamilton's Youth Wellness Centre provides a mobile team of mental health professionals for students at McMaster. The team offers a safe, accessible environment for young people aged 17 to 25 to receive expert care for mental health and addiction issues, as they transition from child/adolescent mental health services to those geared for adults. These transition supports are services delivered by St. Joseph's Healthcare Hamilton's adult Mental Health and Addictions Program and McMaster's community partners.

Governance and Policy

- The Student Support and Case Management Office co-created the [Student Mental Health and Well Being Strategy](#), identifying five key priorities to continue to work towards: education and resources; response to distressed students,

accessibility and accommodations, increase capacity, and research and health policy development.

- The Student of Concern Protocol is a mechanism McMaster utilizes to assist with creating a comprehensive and coordinated support plan for students who are experiencing an acute mental health crisis. Typically, the Protocol is applied to student situations that have exceeded the capacity of the office that they are working with and/or their behaviour is high risk. In addition to providing a coordinated care plan, which may include working in collaboration with the student's support person(s) to create a crisis, safety and accommodation plan, a plan may be developed to support the staff/faculty who are interacting with the student.

Training and Professional Development

- Since 2015, more than 100 front-line staff have been trained to recognize and refer students who are showing signs of distress, whether in residence, in the classroom, and anywhere else on campus.
- The university provides safeTALK training to students. Participants learn how to identify persons with thoughts of suicide and connect them to specialized intervention care.

- Various student groups, campus partners and faculties often reach out to learn more about wellness and health concepts, particularly mental health and other themes introduced through Welcome Week programming. Examples of outreach training that has been delivered: Commerce Mental Health, McMaster English Language Development Diploma (MELD) mental health training, fraternity mental health, International Student Services, [More Feet on the Ground](#) training, and Alcohol Awareness Community Advisory Residence training.

Knowledge Mobilization

Research

- Jennifer Heisz, an assistant professor of kinesiology, is looking at the effectiveness of quick exercise breaks during class and how they might help alleviate stress and increase mental alertness.
- James Gillett, an associate professor of sociology, is studying how therapy dogs can be utilized to reduce stress, anxiety and homesickness for first-year students.
- Dr. Michael Van Ameringen, a professor of psychiatry and neurosciences, is investigating the issue of Internet addiction and how it might be a signal for other mental health issues among university-aged students.



NIPISSING UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- NU Success is an interactive voice recognition outreach campaign occurring twice in the academic year that provides students an opportunity to identify any areas of concern they may want information or support, including mental health. It highlights available services and the opportunity to meet with a Retention Coordinator to connect with the appropriate resources.
- Student Counselling Services has partnered with orientation programs (Summer Transition Program (STP), New Student Orientation (NSO), and student paraprofessional training (Student Peer Educators, Residence Dons)) to provide mental health information and training.

Skill-Building

- Residence Life Student Leaders offer peer-led stress management and stress buster/study break opportunities throughout the peak times of academic demand during the year. Programming is designed to remind students to take a break from intensive studies for positive, healthful activities and snacks.
- [Student Development and Services](#) hosts multiple workshops that address mental health and wellness for the student community. These workshops include PEERS (Peer Educators Effectively Referring Students), Consent+ (Consent bystander intervention and how to respond to disclosures), Bringing in the Bystander (Bystander intervention training), Gender 101, Mental Health First Aid: Adults who Interact with Youth (help community members recognize and refer people who may be developing a mental health issue), safeTALK, Tattered Teddies (Suicide Awareness in children),

and Straight Talk (Suicide Awareness in Adolescents).

- Students have regular opportunities to participate in free, drop-in wellness programming that teach skills for holistic self-care (e.g. mindfulness, stress management, sleep hygiene). Students participating in the Aboriginal Advantage program are also offered an additional series through the Red Road Wellness Workshops.
- Through [Dibaadan](#), students have monthly opportunities to participate in an Indigenous Sharing Circle with an Elder and counsellor. This allows students to participate in a culturally grounded wellness opportunity, discuss their feelings, reflect, and gain support.
- Nipissing University provides access for students to a self-help mobile application that uses Cognitive Behavioral Therapy tools for mild anxiety and depression.
- Letting Go, Staying Connected is a program run at [New Student Orientation \(NSO\)](#) that recognizes the student is not the only one who will be working their way through a transition period. The program is designed to provide information and strategies to supporters on their student's first-year experience and ways to support their success and evolving independence.

Anti-Stigma

- NUListens is a university-wide program that works to create a supportive campus for students with mental or emotional wellness concerns. NUListens facilitates outreach programming for students to learn about mental and emotional wellness through supportive fun activities. Faculty and staff are provided with resources, training, and professional consultation

to better support students. Students are encouraged to seek out supportive helpers that are identified on campus as NUListeners.

- Nipissing University has a Jack.org chapter on campus that supports peer-to-peer engagement in discussing and hosting mental health awareness events. The chapter has worked collaboratively with Bell and Student Development and Services to host Bell Let's Talk, the national awareness campaign.

Counselling and Specialized Services

- Student Counselling Services works to support all students in achieving positive mental and emotional wellness. Short-term, individual or group counselling is designed to provide students with the support, tools, strategies, and referrals to achieve their wellness goals. Groups have included a cognitive behaviour therapy group for anxiety and depression, a learn to cope group that focuses on developing skills for emotional regulation, and a support group.
- Through the research of the Dibaadan project, Student Counselling has been able to acquire an additional counsellor. The Dibaadan counsellor will provide specialized cultural counselling, outreach and wellness programming, and professional development.
- The Student Intervention Specialist provides service navigation and case management to students with complex mental health concerns. The Specialist links the students to community supports and services, for example students being admitted or discharged from hospital due to mental health concerns. The Specialist also provides a better integration between the

community and the university, as a community resource. This role is a resource to faculty and staff through education awareness and training on how to recognize, respond, and refer students in distress.

- Student leadership and outreach is offered through peer education staff positions in health and wellness, counselling, and sexual violence prevention and awareness. These positions work in conjunction with the Student Intervention Specialist and the Sexual Violence Prevention and Education Coordinator to assist in planning and implementation of mental health and sexual violence awareness programs for the entire university community.
- [Student Accessibility Services \(SAS\)](#) supports students with permanent and temporary disabilities and strives to provide an accessible, barrier-free learning environment. All students registered with Student Accessibility Services are assigned an Accessibility Consultant. The Accessibility Consultant discusses academic accommodations and support services that are individualized to a student's specific needs, and facilitates appropriate referrals on campus and within the community.
- SAS supports students with disabilities and their transition to university life. The [Accessibility](#)

[Transition Program](#) is a multi-day program designed to provide first-year students registering with SAS an opportunity for skill development and an introduction to available supports and services essential to make their transition successful.

Community Partnerships

- In 2016, Nipissing hosted a concert with Robb Nash to raise awareness about mental health in collaboration with Canadore College, local school boards, Nipissing First Nation and Dokis First Nation, the Canadian Mental Health Association and North Bay Regional Health Centre.
- Student Development Services staff work in collaboration with the [Domestic Violence Community Coordinating Committee \(DV3C\)](#) members to end domestic violence and support victims of violence.
- The Nipissing Services Collaborative, a Centre for Addiction and Mental Health (CAMH)-led community committee, has identified mental health gaps in the Nipissing District and is working with the committee to develop a service navigation system to help service providers and service users identify the appropriate service and help ensure supports are in place.

Governance and Policy

- Student Counselling Services and Student Intervention Specialist case management operate on policy and procedure for intake, assessments, ongoing student support and discharge. These policies and procedures continue to be streamlined and communicated clearly to the university community. Examples of this include: the use of centralized software system for appointments, case notes, intake, and discharge summaries. The centralized system generates tracking reports and manages university-wide referrals for students experiencing distress.

Training and Professional Development

- Residence Life Student Leaders are given significant training by campus counselling staff regarding common mental health challenges on campus, and how to recognize concerns, respond and refer. Additionally, training in boundary setting and compassion fatigue, as well as group support sessions for Residence Life peer leaders have been added to support for student staff who work with the greater community.
- [Student Counselling Services](#) offers training to students, staff, and community members regarding mental health. These trainings are informative and will



increase competency to respond to mental health concerns. These include: safeTALK, Tattered Teddies, Straight Talk, and Mental Health First Aid: Adults who Interact with Youth.

- [Student Counselling Services](#) partners with faculty to provide presentations on stress management, compassion fatigue, boundaries, conflict resolution and support services.
- The [Supporting Students in Distress](#) information package is made available to faculty and staff. The resources outline how to start a conversation with students and identify key areas of concern. It utilizes the Recognize, Respond, Refer and Reflect steps in order for faculty and staff to support students that they may consider in distress.
- Nipissing is currently rolling out an online early alert system, Student Retention Alert, for faculty and staff to have a platform to quickly identify student concerns that may include academic integrity, finances, mental health concerns, sexual violence, or for faculty and staff to identify their concerns to receive the appropriate supports.

- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available to the university community.

Knowledge Mobilization

Research

- Student Counselling Services worked alongside Indigenous students, community members, and Elders to identify barriers for students in accessing services. This project became known as “[Dibaadan](#)” (Speak from Your Heart-Your Truth – Ojibway Anishnaabemowin) and engaged employees and students with Indigenous knowledge and best practices for wellness. Dibaadan created recommendations for improvements to mental health services for Indigenous students. These include a holistic interpretation of wellness, use of ceremony and traditional medicines in campus services, acknowledging Indigenous teachings and wise practices in service provision, engaging Elders and knowledge keepers in services, building cultural competency for staff members, and making physical changes to student service spaces.

Conferences and Seminars

- On an ongoing basis Student Development and Services has been open to hosting training opportunities available to the broader North Bay and area community. These trainings are often a result of community partners approaching the university and building further connections to community supports and resources. Examples include: Northern Regional Conference for [draw-the-line.ca campaign](#) with Julie Lalonde; and Positive Spaces trainings in partnership with the [North Bay Multicultural Centre](#) and [OCASI Positive Spaces Initiative](#).
- The Student Intervention Specialist coordinates a monthly professional development session available to Nipissing University and Canadore College staff members working to support students mental health needs. Sessions generally include presentations from community partners, such as North Bay Regional Health Centre’s Mental Health Clinic and AIDS Committee of North Bay and Area.



OCAD UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- Safety & Wellness Day is a full day of activities focused on the safety and wellness of the entire campus community and is held annually during the first week of the fall semester.
- Peer Wellness Educators are trained student facilitators that lead a variety of awareness and education initiatives on campus, including a cooking club, a Wellness Fair, and social media campaigns.

Skill Building

- Dialectical Behaviour Therapy Skills Groups offer students the opportunity to learn a variety of skills in a supportive environment. Students in the group learn Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness skills with the support of their peers and trained professional counsellors.
- International Student Navigators support OCAD's international students to build skills navigating the Ontario health care system and university life.
- Acceptance and Commitment Therapy is a recovery group that supports OCAD students to focus

on values, setting smart goals and diffusion from difficult experiences. The group is designed to support students who self-identify as struggling with, or have previously struggled with mental health, substance use, and/or addiction.

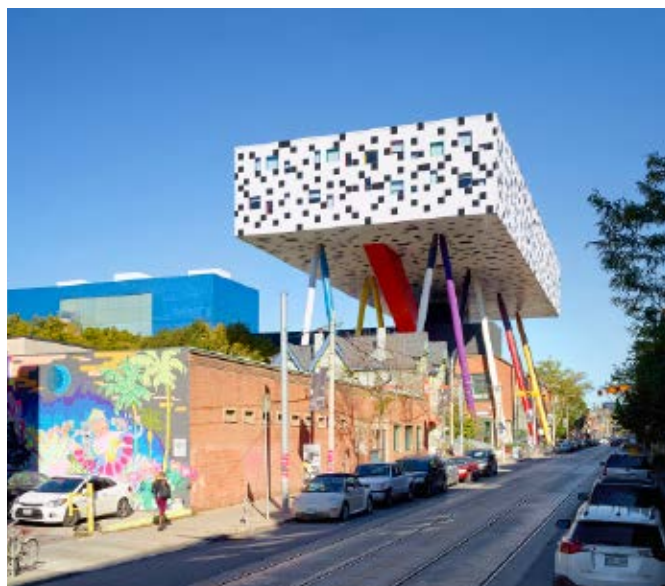
- Peer Wellness Educators (PWE) are a diverse team of student volunteers who work together to build a healthy community at OCAD U. PWEs have access to many training opportunities to build their skills and capacity. They create original health promotional materials, plan programming wellness outreach, and provide sexual health education for the OCAD community.

Anti-Stigma

- OCAD U encourages mental health on social media by speaking out against stigma, empowering students to speak up, and recognizing the power of language. Social media offers the Health and Wellness Clinic, a platform to contact students, share resources, and shape a warm, welcoming introduction to services. By using inclusive and accessible language, social media accounts strive to combat stigma without the unnecessary jargon that complicates the message to build a healthy community at OCADU.

Counselling and Specialized Services

- The integrated and expanded Health and Wellness Centre, providing medical and counselling services to students, was relocated to a purpose-built facility in May 2016, co-located with the OCAD Student Union and several other student services in order to facilitate referrals and collaboration.
- OCAD Health and Wellness continues to provide highly specialized and sought-after therapy groups including Dialectical Behaviours Therapy (DBT) skills groups, Acceptance and Commitment Therapy (ACT), and Peer facilitated drop-in support groups.
- The Health and Wellness Centre has increased its capacity to provide individual counselling for OCAD students by developing a robust training program for Master's level Social Work interns from the University of Toronto and Wilfrid Laurier University.
- OCAD provides specialized support appointments for students with a staff Peer Facilitator and former graduate of OCAD U.
- Offered to all students, the



university's supplementary health insurance plan includes up to \$1,000 for off-campus psychological services, which enables students to take advantage of community-based resources without the barriers of cost.

- [TranQool](#), a start-up emerging from OCAD University's incubator, is a platform for video-based counselling that improves access to mental health treatment.
- International students face additional barriers of language and culture when navigating the transition into university, including learning a new health care system. International Student Navigators provide peer support and information on health care, insurance and other services, as well as support, in a variety of languages.

Community Partnerships

- From 2015 to 2017 OCAD University, Ryerson University, George Brown College, and LOFT Community Services secured Ministry funding to create a program that would allow young adults to access age-appropriate supports and treatments for substance use and addictions on campus. This project built on the capacity for campus health providers to screen, address, and refer students with substance use and addictions appropriately. With LOFT as the hub organization, youth and young adults with substance

use issues from high schools and postsecondary schools will be supported as they transition between schools, hospitals, and the community.

Governance and Policy

- OCAD U completed a three-year Campus Mental Health Initiative from 2013-2015 that engaged students, faculty, staff, and community partners in a systemic approach to awareness, education and training, curriculum and pedagogy, policies and procedures, and services and programs.
- OCAD U's new Academic Plan 2017-2022 establishes health and wellness as one of six guiding principles and establishes as a priority the development of "a comprehensive and integrated framework to promote campus mental health that focuses on community and connectedness, builds resilience and increases help-seeking behaviour, and includes expanded relationships with community partners to promote student mental and physical wellbeing and support the development of life skills and financial management."
- The university's Academic Accommodations for Students with Disabilities Policy, approved in 2016, clearly outlines the institution's approach to the provision of accommodations, including mental health disabilities.

Training and Professional Development

- The [Supporting Students in Distress protocol](#) and [comprehensive guide and training](#) for staff, faculty and student peers, ensures that members of the university community can identify, engage and appropriately refer students who are experiencing mental health distress.
- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available to the university community.

Knowledge Mobilization

Research

- The OCAD U Health and Wellness Centre secured funding from the Canadian Association of College and University Student Services (CACUSS) to engage in a year-long research project that examined Peer Health Promoters experience working in both mental and physical health promotion. The results of the project were presented at CACUSS 2016 and a summary of the project will be published in an upcoming edition of *Communique*.
- OCAD U maintained a commitment to understanding student health, mental health, and related behaviours by participating in National College Health Association survey in 2013 and 2016.



UNIVERSITY OF ONTARIO INSTITUTE OF TECHNOLOGY (UOIT)

Outreach Initiatives

Health Promotion and Awareness

- The “Are You Okay?” button on the top banner of the university’s [home page](#) leads students through a series of questions to help them identify the options and resources, both on and off campus, that are available to offer them support.
- The Student Mental Health Advisory Committee, comprised of student volunteers, organizes events and activities to promote positive health and well-being among students.
- Student Mental Health Services offers a menu of brief, interactive presentations for instructors to add into their classes to help students learn practical strategies to support students’ mental health and academic success. Topics range from procrastination and time management, stress management, social media and gaming, test and presentation anxiety, resilience and self-reflection.

Skill-Building

- The university has created a [webpage](#) for students with mental health self-help tools and resources.

- Support Groups on depression, sleep therapy, and anxiety are offered weekly on campus and provide a safe environment for students to discuss their challenges and emotions.

Anti-Stigma

- The [Mental Health Blog](#) creates an online community for students living with mental health challenges, and those who wish to support these students and create awareness.
- The university participates in Bell Let’s Talk campaign to promote discussion around mental health to eliminate stigma and support those who struggle with mental health concerns.

Counselling and Specialized Services

- UOIT has five full-time Mental Health Counsellors who provide short-term counselling and therapy services to students through [Student Mental Health Services](#). Six additional counsellors support students with accessibility and career development related matters.
- A full-time [Outreach Worker](#), located in the student residences,

provides one-on-one life coaching and support for students.

- A full-time [Indigenous Cultural Advisor](#), located in the UOIT Baagwating Indigenous Student Centre (UBISC) provides counselling services and promotes Indigenous ways of healing.
- The [Campus Health Centre](#) provides on campus medical services to students, including diagnoses, medication prescriptions, and psychiatric referrals.

Community Partnerships

- Oshawa Psychological and Counselling Services, located close to campus, provide additional support and assistance to students through a contract referral arrangement with the university.
- Telephone and counselling support is also available through the Aspria Student Assistance Program through a contracted referral arrangement with the university.



Governance and Policy

- The provision of mental health support and services at the university is informed and guided by the Student Mental Health Framework set out in its 2014 report, *Healthy Students-Academic Success: Recommendations to Support Student Mental Health and Well-being at UOIT*. The report sets out a systemic approach to fostering health and well-being among students that includes several broad areas for strategic development designed to expand the university's capacity to respond to urgent mental health needs of students, while also enhancing students' capacity for resilience, engagement and success through a supportive and inclusive campus.

Training and Professional Development

- [Campus Connected](#) is a two-hour orientation to explore attitudes and skills that contribute to a supportive and caring campus.
- Applied Suicide Intervention Skills Training (ASIST) is a two-day course designed to help an individual recognize and intervene when a student has thoughts of suicide, and help them develop a plan to support their safety.

- [Mindsight](#) is the university's online mental health awareness training module created by a UOIT researcher and designed to reduce stigma by promoting awareness of mental illnesses, and facilitating a greater understanding of basic strategies and resources for supporting individuals experiencing a mental health challenge. This module is mandatory for new front-line staff.
- [REACH Guide to Student Mental Health Services](#) assists individuals in recognizing and responding to emerging student mental health concerns, listing the warning signs that may indicate that a student may be at risk, and provides strategies and information for connecting them with appropriate resources for assistance.
- Mental Health First Aid is a two-day course designed to give individuals the skills to help someone who is developing a mental health problem or is experiencing distress.
- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available to the university community.

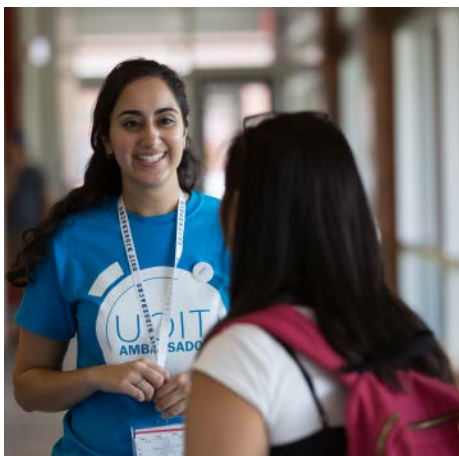
Knowledge Mobilization

Research

- UOIT in partnership with the Canadian Mental Health Association (CMHA) Durham is working to advance our understanding of mental health among students through the [USMART Research project](#). This project will examine the association between modifiable lifestyle factors such as sleep behaviours, exercise, and addiction, as well as socio-demographic variables, on undergraduate student mental health.

Conferences and Seminars

- In May 2016, UOIT hosted a conference: [Futures Forum on Community Mental Health and Wellness](#), engaging mental health experts and researchers in discussions on mental health, occupational health and well-being, healthy communities, and health technology. Lieutenant-General the Honorable Romeo Dallaire and author and public speaker Neil Pasricha participated in the conference as keynote speakers.



UNIVERSITY OF OTTAWA

Outreach Initiatives

Health Promotion and Awareness

- Pet Therapy is an activity offered every week at the university during the academic year. Volunteer teams bring dogs to campus for students to get to know and love. In 2016-2017, there were more than 20 [Pet Therapy](#) events on campus and more than 1,800 student and staff interactions with the dogs.
- Both the [undergraduate](#) and [graduate student](#) unions provide mental health and well-being services through various means, such as through their student health insurance policies (undergraduate or graduate), or their peer-led initiatives.
- Events promoting mental health and well-being at the university include the university-wide [Wellness Week](#), as well as many events hosted by [Community Life](#). Events and activities serve to foster connections amongst community members, inform, educate, communicate, and develop the social fabric of the university community.
- In 2016, the university launched its new [Mental Health and Wellness website](#). It acts as a central location for information and resources at the university and in the surrounding community, and assists students, staff and

community members as they navigate through the various supports, services, policies, and resources available.

- To reach the broad, diverse and dispersed university community, the University of Ottawa uses various methods of communication, including student, staff and community newsletters, targeted periodic emails during strategic times of the academic year, print materials, social media, activities, and events. The university's [media page](#) outlines the communication tools used to reach out to the community.

Skill-Building

- Students can choose to focus their studies in mental health and well-being via academic programs in psychology, medicine, health studies, and via many other [programs of study](#).
- [Mentoring Centres](#) offer a variety of services to help any student who is experiencing academic problems or wants to work on their academic skills. Mentoring is provided by over 220 devoted trained peers and supported by university staff to support students in their studies.

Anti-Stigma

- There are many [student-led initiatives and clubs](#) on campus that work on peer support, awareness, and advocacy around

mental health and well-being.

- The university has partnered with [Art with Impact](#) to launch the first francophone call for submissions, as well as to deliver stigma reduction campaigns through film.
- The Faculty of Music hosts the Ottawa component of the annual [Mysterious Barricades World Suicide Prevention Day](#) concert on campus and via live-stream.

Counselling and Specialized Services

- The Student Academic Success Service (SASS) [Counselling & Coaching](#) provides short-term psychotherapy to students experiencing distress associated with various life events, challenges, and acts as a referral resource for additional services both on- and off-campus.
- Peer Counselling acts as an additional resource to students accessing support with the SASS Counselling & Coaching Service. These highly trained [Peer Counsellors](#) provide informal emotional support to their fellow students and deepen the connection to the campus experience.
- SASS Counselling and Coaching Service offered a variety of [workshops and groups](#) geared towards addressing common

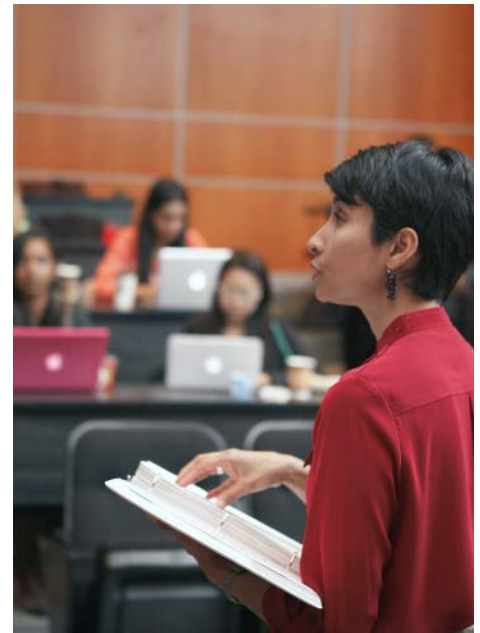


areas of concern for students. Popular workshops include Self-Esteem, Managing Worry and Anxiety, Koru Mindfulness, and the Rainbow Support Group for the LGBTQ+ population.

- The [Centre for Psychological Services and Research \(CPSR\)](#) offers internship opportunities to students completing their Masters or PhD work in clinical psychology, while SASS Counselling and Coaching and the [Community Counselling Services \(CCS\)](#) offer internship opportunities to students completing their Masters studies in Counselling Psychology. Both services offer some counselling sessions to the university community.
- [Protection Services](#) is the on campus security service, and it is available 24 hours a day, seven days a week, all year round, offering a bilingual service. Protection staff and constables receive a wide variety of training to support responding to the broad range of situations they encounter with students or campus community members in distress or at-risk situations.
- [Undergraduate Study Offices](#) provide in-faculty support via the academic advising model. Overall, the aim is to improve and systemize efforts to ensure student success and retention in academic life.
- The [Aboriginal Resource Centre \(ARC\)](#) works closely with all university faculties and services to develop initiatives that support and benefit First Nations, Inuit and Métis students. ARC provides services that support students' needs related to academics, career, or personal endeavours in a manner consistent with Aboriginal culture and values.
- Morning Star is the current Elder-in-Residence at the University of Ottawa, where she promotes emotional, physical, mental and spiritual wellness for all students

who would like to meet with her. She also organizes Sharing Circles and Healing Circles along with various Indigenous ceremonies that take place on or near campus.

- [Student Affairs, Faculty of Medicine, Roger Guindon Campus](#), provides supports to medical students during their studies to achieve personal and professional success and a healthy and positive life balance during their medical studies.
- The [Common Law Student Centre](#) in the Common Law Section, Faculty of Law, offers a number of services intended to support students who are faced with a personal challenge or crisis over the course of their studies.
- Claudette Commanda, has recently been named as the [Faculty of Law's first Elder-in-Residence](#), and will provide knowledge and guidance to students, professors and staff. Ms Commanda will lead the faculty in cultural protocols or ceremonial blessings in appropriate circumstances, and will contribute her perspective to the faculty's continuous efforts on the path to reconciliation.
- Law students are eligible to participate in the Members Assistance Program (MAP). The MAP is a confidential service designed to help members achieve their health and wellness goals. Lawyers, paralegals, law students, judges, other legal professionals in the law sector, and their families covered by the MAP are provided with confidential access to these targeted services.
- The university's Housing Service has [an innovative program](#) where they fund SASS Counselling and Coaching to provide in-house counsellors specifically for residents on site.



Community Partnerships

- The University of Ottawa has a very significant partnership with the University of Ottawa Health Services (UOHS) [Family Health Team](#), which provides services to registered students, staff and faculty on campus, as well as to the Ottawa community. The University of Ottawa is the only university in Ontario to have this unique relationship with a provincial health system Family Health Team.
- UOHS consists of over 100 full- and part-time employees as well as close to 90 health care professionals, offering care in the areas of Family Medicine (FHT), Specialty Medicine, Physiotherapy, Psychiatry, Mental Health, and other services. Physicians include family medicine and sports medicine physicians as well as specialists in Gynecology/Obstetrics, Psychiatry, Orthopaedics, Endocrinology, Internal Medicine, Pediatrics and Psychiatry.
- Through a partnership with the University of Ottawa Health Service the [Health Promotion Resource Centre](#) is available on campus for students. The Health Promotion Resource Centre is made up of two Health Promotion Specialists, administrative assistants, team leaders, and dozens of peer educator volunteers who dedicate themselves to making health information accessible to students and to encourage well-being through healthy choices. This dynamic team can be found educating and encouraging the University of Ottawa community, focusing on empowering students towards healthy living and academic success by offering free bilingual resources, services, programmes, events and interactive activities that touch on

student health issues such as, but not limited to: mental health stress management, nutrition and physical activity, drugs and alcohol consumption, and global health and development issues.

- Partnerships with the [Ottawa Rape Crisis Centre \(ORCC\)](#) and [Centre d'aide et de lutte contre les agressions à caractère sexuel \(CALACS\)](#) give students who have been victims of, or exposed to, sexual violence access to free and confidential support on and off campus.
- University staff members are involved with the [Centre for Innovation for Campus Mental Health \(CICMH\)](#), and participate in the learning and research opportunities to learn about student mental health.
- The University of Ottawa is a member of the [Ottawa Community Suicide Prevention Network](#).
- The university participates and takes advantage of various ad hoc partnerships, collaboration opportunities, and grant submissions as they arise to support community mental health.

Governance and Policy

- The [Student Well-being Committee](#) identifies and shares leading practices, and proposes actions concerning non-academic student needs that affect student well-being. Its goals are to: create better linkages between services, faculties and key stakeholders on campus; address increasing complexity of social well-being and health needs; strengthen the university's capacity to prevent issues, raise awareness and respond; spot gaps and service needs, and avoid duplicating efforts; promote synergies between services; respond to emerging

policies, laws, regulations from environmental scans; and develop university-wide responses and best practices. Selected students, representatives from student unions, student and university service directors, and senior university administration sit on this committee.

Training and Professional Development

- [More Feet on the Ground](#) is available to the University of Ottawa community via both internal and external portals. The website supports the community in understanding how to recognize, respond and refer a student in mental health distress.
- Internal human resources training for supervisors includes training on well-being, such as Mental Health First Aid and in-house workshops.

Knowledge Mobilization

Research

- There are multiple research institutes, partnerships and collaborations at the university related to mental health, such as the [Brain Mind Research Institute](#), the [School of Psychology's](#) multiple research laboratories and Canada Research Chairs, and many other [research endeavours](#).
- In 2017, the University of Ottawa received a \$5-million gift to study the interaction between nutrition, the gut microbiome, and mental health.

Conferences and Seminars

- Various staff, students and faculty host, develop, and attend conferences, research events and forums around mental health and well-being throughout the academic year, one highlight being [Brain Health Awareness Week](#).

QUEEN'S UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The Queen's Health Promotion team helps students engage in safer and healthier lifestyles through education and skill-building. Trained peers (80 student volunteers and five to seven part-time paid students) deliver workshops related to mental health and well-being, engage with students through interactive activities, and offer programming, such as Healthy Cooking Club.
- On-campus health promotion initiatives throughout the academic year include: Exam Care Packages, 15 Days of Exam Health Challenge, Self-Care Challenge, Finish Strong Queen's, Gratitude Journals, CHAMP Healthy Masculinities, Yoga in Residence, Run Club, Pet Therapy, Prescription Exercise, and Wellness Fairs.
- Queen's has developed on-line and printed resources to support student mental health. These include: [Green folder](#) to help faculty, staff, and teaching assistants identify and respond to students in distress, [Green card \(undergraduate\)](#), [Green card \(graduate\)](#), [Classroom slides](#) highlighting resources for instructors to show before classes start, and a [Do you need help?](#) phone list for all residence rooms and Queen's-owned housing.

Skill-Building

- Student Wellness Services staff have developed [workbooks](#) for students who prefer self-guided help. Areas of focus include: managing anxiety, self-care and compassion, and identifying and responding to students in distress.
- Student Wellness Services offers groups and workshops, including stress management, mindfulness, self-care, sleep, managing

feelings of anxiety, and thesis persistence.

- [The Start-Up program](#) is offered to students with disabilities who are transitioning to university, providing learning strategy support.
- The [Q Success program](#) connects trained peer mentors with first-year undergraduate students, starting in the fall semester, to help them with the transition to university. Students develop skills and knowledge to be successful at university, learn how to balance academics and extra-curriculars, practice self-care to stay healthy, manage stress, and learn about the resources available to support them if they need assistance.
- [Bounce Back](#) is a support program offered in the fall and winter terms for first-year undergraduate students who may be struggling academically. Students who opt into the program are matched with an upper-year student mentor who works with them one-on-one to identify the source(s) of their difficulties, share learning strategies, and to connect them with the appropriate on-campus resources.
- The [Peer Mentoring program](#) matches any student at any time with a peer mentor who provides support and models university success skills and mental health-coping strategies. The program aims to build confidence, encourage healthy lifestyles, and contribute to a satisfying university experience.
- Throughout the year, events focusing on student mental health and well-being take place on campus. These include: the 'How to Help a Friend' series (the Alma Mater Society (AMS) Mental Health Awareness Committee and [Got Your Back](#)), Elephant



in the Room (Arts and Science Undergraduate Society), Queen's Talks Lived Experience Speaker Series (AMS Peer Support Centre (PSC), PSC Cares Week (PSC), and West Campus Wellness Day ([Education Students' Mental Health Initiative](#)).

Anti-Stigma

- There are a number of student groups at Queen's that focus on mental health and reducing stigma. These include: Queen's For the Boys; Authentically U (Arts and Science Undergraduate Society); Got Your Back, a project of the Clinical Psychology Outreach Program, created by graduate students; Education Students Mental Health Initiative; the Engineering Wellness Centre; the AMS Mental Health Awareness Committee; and [Jack.org Queen's chapter](#).

Counselling and Specialized Services

- [Student Wellness Services](#) offers individual and group-based support for students struggling with mental health or managing a mental illness. Students can book appointments, or access crisis walk-in services. Mental health support in Student Wellness Services is provided

by psychiatrists through a partnership with the Department of Psychiatry in the Faculty of Health Sciences, as well as by physicians, psychotherapists, a mental health nurse, counsellors, psychologists, a cross-cultural advisor, accessibility advisors, and a transition support coordinator, and specialist who support students who have experienced sexual violence.

- Counsellors are located in the central offices of Student Wellness Services, as well as being embedded in residences, and in the School of Graduate Studies, the Smith School of Business, the Faculty of Education, the Faculty of Engineering and Applied Science, and the School of Medicine.
- Student Wellness Services offers a number of support groups for students, including Pegasus (sexual violence), Mindfulness-based cognitive therapy for depression, and Managing Powerful Emotions.
- The [Interfaith University Chaplaincy](#) provides spiritual guidance for students, and individual and group support related to grief and loss, identity, a financial literacy workshop, and

community-building events like [Cooking with Grandmas](#).

- The Cultural Counsellor at the Four Directions Aboriginal Student Centre provides one-on-one guidance counselling, advocacy, and teaching/talking circles.
- The Department of Psychology runs an on-campus fee-for-service [psychology clinic](#) that accepts self-referrals.
- Queen's students are actively involved in mental health promotion, outreach, support and referral. Trained students run the Alma Mater Society's Peer Support Centre (PSC), a Substance Use Resource Centre, the Sexual Health Resource Centre, and the Society of Graduate and Professional Students' Student Advisor service.

Community Partnerships

- Queen's partners with [community organizations and agencies](#) to provide referrals, crisis services, and additional group support. These include: a Managing Anxiety and Depression support group led by the local chapter of the Canadian Mental Health Association, and an Understanding and Coping with



Anxiety and Depression group led by the Queen's Family Health Team.

- Queen's works with Addiction and Mental Health Services – Kingston, Frontenac, Lennox and Addington, and Kingston General Hospital, as part of a comprehensive response to student crisis and complex care needs.

Governance and Policy

- University policies that support student mental health include: Academic Accommodations for Students with Disabilities, Academic Consideration for Students with Extenuating Circumstances, Students-at-risk, Threat Assessment Protocol, and the Policy on Sexual Violence involving Queen's students.
- Committees, comprising staff, faculty and students, provide guidance and direction regarding campus mental health. These include: the Provost's Advisory Committee on Mental Health, the Student Affairs Student Health and Wellness Steering Committee, the Mental Health Working Group, the

Mental Health Presentation Group, and the Graduate Student Life Advisory Group.

Training and Professional Development

- Training and education on mental health is provided annually to student leaders, including orientation leaders, residence dons, peer mentors, and Alma Mater Society (AMS) peer support centre volunteers.
- General and faculty-specific educational [workshops](#) and events are offered throughout the year for students, faculty members and staff. These include: Identifying and Responding to Students in Distress; Mental Health: Awareness, Anti-stigma, and Response; Mental Health First Aid; safeTalk; and the annual Thrive Week.
- Presentations, events and workshops are also delivered by request (e.g. high table presentation for residences, presentations to faculties, schools, and departments, such as, Anxiety in the Academy).

- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available for the university community.

Knowledge Mobilization

Research

- Queen's faculty members are engaged in a broad range of research related to mental health. These experts include: Kate Harkness (Psychology); Cella Olmstead (Psychology); Bell Mental Health and Anti-Stigma Research Chair Heather Stuart (Community Health and Epidemiology); Steve McNevin (Psychiatry); Rouman Milev (Psychiatry); Anne Duffy (Psychiatry); Chris Bowie (Psychology); Wendy Craig (Psychology); and Katie Goldie (Nursing).

Conferences and Seminars

- Queen's Department of Psychiatry and Providence Care Mental Health Services hold an [annual conference on Mood and Anxiety Disorders](#). The 17th annual conference is on November 25, 2017.



RYERSON UNIVERSITY

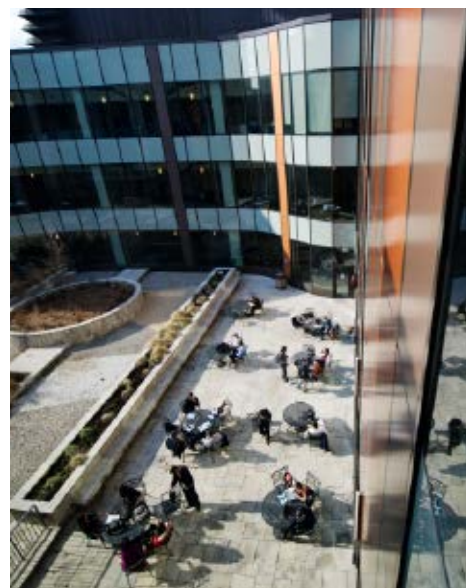
Outreach Initiatives

Health Promotion and Awareness

- [#TakeCareRU](#) is a whole-health campaign that began in RU Student Life as a way to connect students to a community and services offered for various aspects of their health. This campaign has since been adopted by the entire university as the messaging for whole health (mental, physical, and community well-being) at Ryerson. This campaign now includes a wide variety of social media, blogs, videos, offline posters and light boards, and more.
- The university conducts move-in day parent sessions for parents of arriving students in residence to discuss behaviour and changes the student may experience, including mental health and well-being, and tips to provide support.
- RU Student Life has created a number of videos as a broad editorial and programming strategy to provide mental health and well-being resources and information to students via digital community: [Sing Away Stress with #Thrive RU](#), [Students Talk About Orientation Week](#), [Inside Anxiety](#) [featured on University Affairs], [Ryerson Students Talk: Dear First-Year Me](#), [Ryerson Students Talk: Challenges and Fears in First-Year](#), and [Ryerson Students Talk: Overcoming Challenges in First-Year](#).
- Ryerson's Housing and Residence Life team conducts Residence Student resource tours for new students during Orientation Week. Students are accompanied by a peer student leader and visit the Medical Centre and Counselling Centre on campus.
- Let's Talk Collaboration, a partnership between the Centre for Student Development and Counseling and the Tri-Mentoring

Program (peer-mentoring), organizes six "Let's Talk" programs supporting students' emotional intelligence and well-being.

- RU Student Life (the student-run, multi-platform social media digital engagement strategy) supports the events and messaging of other departments around the university. Some of this includes promotions of: Office of Sexual Violence Support and Education (OSVSE) - [#ConsentComesFirst](#) events and messaging; Health & Wellness - Same-Day/Personalized Care, group therapy; and Student Life - Therapy Dogs.
 - RU Student Life writes [blogs](#) as a broad editorial and programming strategy to provide mental health resources and information to students via the digital community. Past blogs have included [Social Media Makes Me Sad](#), [An Open Letter To My Anxiety](#), [How to Help Someone Who Is Thinking About Suicide \(SAFEtalk\)](#), and [How to Beat Blue Monday](#).
 - Ryerson Student Affairs weaves the ThriveRU framework (described under Training and Professional Development) through the new Co-Curricular Recognition (CCR) program, and provides support using an online student engagement tool, ConnectRU as a space to promote ThriveRU to students.
- ### Skill-Building
- The [Student Health Assistance and Resilience Program \(SHARP\)](#) is a peer-facilitated program designed to help students develop lifelong skills for managing their health and well-being.
 - Thriving in Action (TiA) is a 10-week program for students based on Positive Psychology and progressive learning strategies. Inspired by Carleton University's successful From



Intention to Action (FITA) program, TiA was developed to support students' resilience through postsecondary's transitions, expectations, and demands. It offers a skills-based curriculum focusing on mindfulness, learned optimism, gratitude, grit, and self-compassion, entwined with such essential learning skills as note-taking and time management, taught within a holistic framework.

- Facilitated one-to-one conversations are organized in residence between new students and peer student leaders within the first two weeks of the academic year, then again at six weeks, and at the end of each term. Topics for discussions include the transition to living independently, mental health and well-being, as well as the stigma around mental illness.
- [Mood Routes](#) is a free, accessible walking/rolling program to experience the many benefits of getting out, moving, and connecting together in the outdoors in nearby green spaces. Research increasingly shows that moving in the outdoors reduces stress, improves concentration, bolsters creative problem-solving, and builds community. The aim of this program is to help students adopt this simple act as part of their overall strategy for well-being and healthy approach to study.

Anti-Stigma

- The university engages in social media campaigns that focus on mental health and well-being including [Hourly #BellLetsTalk](#), [2017 Tweets](#) and [Friendly Reminders](#).

Counselling and Specialized Services

- Transitioned to a [same day consult intake model](#) in the Centre for Student Development and Counselling resulting in more than 60 per cent of students being seen within two business days, and a reduction in average wait time to 6.6 days, from more than 15 days the previous year.
- All of the Ryerson services and programming for students with disabilities in [Academic Accommodation Support \(AAS\)](#) are geared towards supporting the mental health and well-being of students.
- In 2016-17, [Student Learning Support](#) facilitated 46,829 learning sessions with Ryerson students in the form of one-on-one meetings, group sessions, and workshops. Professionally trained and qualified staff, as well as trained students, guided these learning sessions on topics ranging from academic writing, to remedial math skills, to English language help. All of these learning sessions contributed to the Student Affairs goal of supporting the mental health and well-being of students.
- The [Wellness One program](#) is targeted wellness programming for Housing and Residence Life student staff who support peer/students. The program is based on four spheres of stress as identified by student staff (Financial, Academic, Personal, Work-Related) and includes active programming, policies (return to work, support during/after high stress situations, etc.), intentional

wellness conversations between staff and supervisors, and voluntary quarterly assessments on stress levels.

- Group counselling sessions are hosted in residence, facilitated by a Master of Social Work or PhD intern.
- In collaboration with Outward Bound Canada, [Portage](#) offers incoming students with disabilities, a two- or three-day urban or wilderness overnight camping experience to generate a greater sense of readiness, make social connections, and increase resilience.
- Student Life employs an Events Assistant for Student Health and Wellness initiatives during Orientation and the academic year to provide support for students who are in need of focusing on their mental well-being.
- Using appreciative advising and the [ThriveRU](#) framework, Ryerson implemented mandatory one-on-one's during the first six weeks of university with 514 incoming international students in person and 83 students on Skype.

Community Partnerships

- Ryerson partnered with St. John's Ambulance to host weekly [therapy dog sessions](#). More than 2,000 students attended during the 2016-17 academic year.
- Ryerson's Centre for Student Development and Counselling partners with [Loft Community Services](#) in Toronto to provide referrals to Loft's Youth Programs



division for students with complex case management needs. This ongoing program assists with connecting students to specific community resources and programs that are beyond the reach of Ryerson staff and is re-evaluated on an annual basis.

- Ryerson is growing its relationship with [Outward Bound Canada](#) to bring various outdoor, land-based opportunities to students as part of the [Portage Program](#).

Governance and Policy

- Created by the Ryerson Mental Health Committee (RMHC) Policy and Procedures subcommittee, the Mental Well-being Principles for Ryerson Policies is intended to guide the review and creation of policies at Ryerson from a lens of mental well-being. This document influenced how mental well-being was operationalized within 'Our Time to Lead', Ryerson's 2014-2019 Academic Plan.
- A mapping document, modelled after the *Post-Secondary Student Mental Health: Guide to a Systemic Approach* created by the Canadian Association of College and University Student Services and Canadian Mental Health Association, has been established to capture various programs, events, initiatives, and activities at Ryerson that are aimed at enhancing mental well-being at Ryerson.

Training and Professional Development

- [ThriveRU](#) is a program dedicated to weaving principles of positive psychology, mindfulness, compassion, optimism, grit, and gratitude into local curricula on campus so that students are supported in the development of better habits, not as an add-on, but in the context of their day-to-

day work. This project has resulted in the training of more than 100 staff across the university, and well over a thousand students have been exposed to the ThriveRU principles. The project is being taken up rapidly by specific faculties and departments where it is making its way directly to students in the classroom.

- All peer student leaders and employees who work in Housing and Residence Life are provided with safeTalk Mental Health Training and receive advanced training in topics related to effectively supporting a student and accurately referring them to correct support.
- The university has 24/7 on-call support in residence. Staff, both professional and student staff, are trained and certified with Applied Suicide Intervention Skills Training (ASIST) and available on-call to provide support as necessary. Two active safeTalk trainers, certified in the ASIST program, are also available.
- Mental Health 101 is a training program targeted toward faculty and front-line staff that is designed to teach individuals in the community how to respond to and refer a student or colleague in distress.
- Student Health and Wellness created and presented "Enhancing Inclusivity: Exploring Mental Well-being and Flexibility in the Classroom", at the 2017 Ryerson Faculty Conference, directly in line with the Ryerson Mental Health Committee's (RMHC) objective to create the conditions for curriculum and pedagogy to be more supportive of mental health and well-being. The university is looking into having this workshop available for additional faculty groups in the future.

- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available to the university community.

Knowledge Mobilization

Research

- Ryerson Student Affairs has a plan to administer a Canadianized version of the [Thriving Quotient Project](#) in Fall 2017 to a meaningful sample of Ryerson students as a way to begin measuring and benchmarking the academic, social, and psychological aspects of a student's postsecondary experience that best predict success.
- Ryerson is currently investigating whether emoji-based surveys can capture student before-and-after responses about mood and stress after taking part in the Mood Routes Program. The research focuses on the following questions: 1. Are emojis a useful and/or appropriate tool to assess mood? 2. What are the benefits of emoji-based assessments (ie. time/efficiency, accessibility, increased response rates, etc.)?

Conferences and Seminars

- [Investing in Inclusion](#), created and hosted by the Ryerson Career Centre, is an interactive seminar series for employers looking to engage in dialogue and re-imagine their strategies of recruitment and retention of candidates and employees from diverse communities. The mental health workshop panel brought together recognized leaders in workplace mental health to share success stories, challenges, and things to consider when embarking on an organization's own "journey of inclusion."

UNIVERSITY OF TORONTO

Outreach Initiatives

Health Promotion and Awareness

- The Factor-Inwentash Faculty of Social Work, Master of Social Work (MSW) Buddy Program was developed to reduce anxiety and build community for incoming students by matching them with returning MSW students.
- At University of Toronto Mississauga (UTM), the Office of Student Transition provides academic support to new students to improve their goal-setting skills by learning to create SMART (Specific, Measurable, Agreed upon, Realistic, Time-based) goals.
- At the University of Toronto Scarborough (UTSC), a partnership has been made with the Schizophrenia Society of Ontario to deliver psychoeducational support groups on campus to those living with a loved one who has the lived experience of serious mental illness.
- Annual Fairs at UTSC include Mental Health Understood in October and the newly developed Sexual Health collaborative with a Fair to be held in November. These fairs' approach to mental health encompasses the whole individual, including both mental and physical health.
- Community Champions are students, staff, faculty or initiatives that are creating conditions, in and outside of the classroom, for students to flourish. This project was awarded the 2017 Healthy Campus 2020 ACHF (American College Health Foundation) Award in June.
- Launched the [Best Practices Network website](#) in July 2017 that currently features two toolkits, The Umbrella Project, a harm reduction program developed

by Algonquin College, and the From Intention to Action program created by Carleton University.

- Individual faculty members are embedding education on wellness, resilience, and coping into their syllabi, classrooms and curriculum, and taking opportunities for using curriculum, classrooms and learning environments to normalize students' experience of mental health challenges like stress and anxiety, assist with navigating the institution's services and programs and define help-seeking behaviour as a strength.

Skill-Building

- Peer and mentorship programs deliver health education, support the orientation and transition to university, mentor students, and provide connections based on academic programs, interests or lived experiences.
- The Conflict Resolution Centre for Graduate Students (CRC) is a tri-campus resource emphasizing positive and respectful ways of managing and resolving conflict. The CRC is available to students, staff and faculty. A key initiative is the G2G Peer Advisor team who connects with graduate students about a wide range of issues, hold drop-in sessions, raise awareness, and deliver conflict resolution and communications skills workshops.
- The Flourish project at the Scarborough campus (UTSC) engages students through resilience-building and strength-based programming. Students are given an assessment regarding key indicators about their mental health and are provided customized feedback and a comprehensive list of resources supporting their mental health.
- Mindfulness programs are available on all campuses including daily opportunities to

practise secular mindful meditation techniques that increase relaxation, resilience and focus.

- Peer mentorship opportunities include the Faculty of Arts and Science First-Year Learning Communities program designed to improve the transitional experience for first-year students by providing them with the opportunity to meet classmates, develop friendships, form study groups, and develop academic and personal skills.
- The Exam Jam program offers more than 80 intensive course-specific study sessions alongside opportunities to engage in activities that help students manage or reduce stress and establish healthy and productive study habits.
- MoveU/HappyU is a partnership between the Faculty of Kinesiology and Physical Education and Health and Wellness. It involves an eight-week personal training and coaching program focusing on classroom performance, reduced stress, improved sleep, and better concentration.
- Hosted the Service Design Institute, a two-day institute for student life staff, focused on fostering resilience through service interactions. A framework was developed to understand incorporating resiliency within the service user and provider roles.
- Hosted two webinars for staff: Understanding Resilience Training and the Neuroscience behind It and Implementation and Assessment of Resilience Training.
- Embedded wellness in the Practicum Course in the Faculty of Pharmacy and Masters of Professional Kinesiology. The in-course material covered responding to stress and fostering resilience. The survey revealed

that 81 per cent and 90 per cent of the participants were able to describe the relationships between resilience, stress and wellness; 93 per cent and 85 per cent were able to discuss at least two types of thinking traps and how they can impact stress levels.

Anti-Stigma

- Specific outreach through UTM's Wellness Ambassador program focuses on breaking down stigma (e.g., UTMental, a vlog delivered by students discussing their experiences with mental health and illness; Let's Talk UTM to coincide with Bell Let's Talk Day).

Counselling and Specialized Services

- UTSC has a Health and Wellness Centre which provides inter-professional health and counselling services in a safe, accessible and culturally responsive environment to optimize students' personal, academic and overall well-being. In the fall of 2017 Walk-In Counselling was implemented to provide quick access to counselling supports and services daily. A specialized mental health nurse role was added in 2016-17 to assist physician and psychiatric care.

- At UTM, the multidisciplinary Health and Counselling Centre staff work with diverse university populations to provide accessible medical care and counselling appointments, welcoming discussions on a wide range of topics related to student health and wellness. Counselling is offered through both individual appointments and group sessions, and includes Cognitive Behavioural, Interpersonal, Narrative, and Emotion-focused therapy with an emphasis on solution-focused goal-setting.
- Health Services and Counselling and Psychological Services at the St. George campus merged to create a single point of entry for health and mental health services. The new Health and Wellness Centre (HWC) fosters the delivery of integrated, inter-professional and coordinated care along the spectrum of student health and mental health needs. Students visiting the HWC are seen first by a family doctor who, together with the student, determines the most appropriate referral when needed.
- The university's embedded personal counselling program has expanded across the institution, creating localized psychological services in 27 faculties, departments, colleges and

residences on three campuses. Ten of the embedded sites specifically serve the needs of graduate students.

- Accessibility services at each campus support students with mental health and other disabilities by facilitating academic accommodations.
- The Sexual Violence Education and Prevention Centre provides resources on the prevention of and response to sexual violence, as well as support for survivors.

Community Partnerships

- Increasingly, health and mental health services on the university's three campuses are developing strong partnerships with community-based health resources to support students with complex mental health needs and to facilitate more seamless pathways between the university and community resources. Examples of these relationships include: Riverwalk Wellness and Eating Disorders, Good2Talk, Rainbow Health, Know the Score: Responsible Gambling Council, Partners for Mental Health, Interim Place, Crisis Outreach and Support Team (COAST), Scarborough Women's Centre,



East Metro Youth Services, CAMH and other local hospitals.

Governance and Policy

- The university developed its Mental Health Framework (MHF) in 2014 with a focus on expanding health and wellness services to support student needs and supporting and encouraging students to develop agency about their health.
- Many faculties and colleges have created local professional health and mental health roles. Trinity College's strategic plan addresses mental health supports, health and wellness capacity building, and the hiring of a full-time Associate Director of Community Wellness. Faculties such as Law and Applied Science and Engineering have created mental health strategic plans/task forces to provide a structural framework for their priorities of promoting a healthy community, increasing mental health literacy and competencies, and providing proactive programming that focuses on developing positive mental health in their particular contexts.
- In partnership with McGill University and Queen's University, University of Toronto created a national consortium on best practices for programs, services and policies on postsecondary student mental health. Developed a listserv in February 2017.

Training and Professional Development

- Each year, hundreds of Residence Life Staff, orientation leaders, and student leaders, receive training in safety and violence prevention, suicide prevention/intervention, and how to identify, assist and refer a student in distress.
- Teaching effective strategies for coping with stress, anxiety and its often-accompanying adversity has been a focus for the university. The Resiliency Curriculum and Training Project is creating training curricula and resources for faculty and staff on academic and psychological resilience, as well as supporting students in developing skills through programming and communications.
- [More Feet on the Ground](#), a training website that provides education on how to recognise, respond and refer a student in mental health distress, is available for the university community.

Knowledge Mobilization

Research

- An ongoing government grant supports the UTSC Flourish Project 2015-2017 which analyzes first year cohort data to determine rates of flourishing to languishing. Offshoots of this research include: a 10-week strength based resilience group;

training of 87 educators and mental health professionals in the Toronto District School Board (TDSB) and hospital sector, with over 328 participants in these sectors; a manual of Strengths-Based Resilience (SBR) and accompanying student workbook; an interactive companion website for SBR trainers; 10+ presentations at national and international conferences; and a scholarly publication, *Flourish: A Strengths-Based Approach to Building Student Resilience*.

Conferences and Seminars

- Victoria College's annual Minding Our Minds Conference on Mental Health is an example of a program which brings together students, staff and faculty to consider the challenges and opportunities for universities in the area of mental health and provides awareness, education and anti-stigma programming.
- University of Toronto Scarborough (UTSC) presented at the Positive Psychology Conference (2017) and received an award for positive psychology and resiliency research and education development. Presentations were also conducted at the Canadian Association of Colleges and University Student Services Conference on student mental health case management.



TRENT UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The university organized and facilitated interdepartmental conversations regarding alcohol misuse prevention. With the support of a pre-consolidation nursing student, the university developed and delivered information to student leaders on low-risk drinking guidelines and how to respond if someone is over intoxicated. Postcards were created for the 2017 orientation week leaders that highlight resources, and give instructions on how to help someone who has overused alcohol.
- Trent provided an orientation session for students in the Biishka program regarding Student Health Services. Biishka is an orientation program that provides incoming Indigenous learners with strong interpersonal connections at Trent University, laying a solid foundation of social and academic support grounded in Indigenous cultural traditions. Discussions at these sessions include common health concerns of students and how to access health care.
- [Good2Talk](#) and the local crisis line are promoted to students.
- Leave the Pack Behind (LTPB) is a free tobacco control program that offers young adults smoking and quitting information, personalized support, and quitting resources. LTPB runs orientation week booths, clubs and groups, and year-round events and campaigns on smoking cessation.

Skill-Building

- Sexual violence awareness training is provided to 40 Residence Life Staff (RLS), 100 Orientation Week leaders, 1,500 first-year students, and during Trent international student orientation (September and January). Student Dons were

paired with professional staff to deliver peer-led sexual violence education programming to first-year students. Concepts included sexual violence, consent, resources available on campus, and bystander intervention. The workshop is mandatory and students receive a wristband to enable them to participate in other orientation activities.

- A primer presentation introducing sexual health and sexual violence was presented to incoming international students prior to the above presentations.
- The university offers Skills To Enhance Peer Support (STEPS) workshops for students. Students enroll in the program and take workshops to gain a certificate. The goal is to enhance their ability to assist their peers in a variety of situations. Eighty-three students attended workshops in the STEPS program in 2016-2017.
- The university offers workshops on campus that focus on self-esteem (Building Positively) and stress management (Keep Calm).
- Welltrack, an online interactive self-help therapy that features a self-assessment, psycho-educational videos, a mood tracker, and relaxation exercises, is provided to students.
- In the fall of 2015, the Student Wellness Center partnered with the Trent Central Student Association and Trent Active Minds to host a Movies for Mental Health event on campus.
- The Student Wellness Centre has partnered with the Trent Central Student Association in ongoing programming to help reduce stress leading up to exams, including contributing to exam care packages, and leading activities at events such as massage days and stress reduction weeks.

Anti-Stigma

- The Centre for Teaching and Learning developed the postcard project. Four postcards about supporting student well-being are distributed to academic departments, promoting www.trentu.ca/wellness/classroom. The postcards, directed to faculty, included data from the National College Health Assessment and provided strategies for incorporating well-being into academic courses.
- As well as the partnership with the student association, Trent has a student group, Active Minds, that works to raise awareness about mental health and encourage help-seeking on Trent campus. Students voted in support of providing funding for this group through a student fee levy.
- MPP Jeff Leal visited Student Health Services in 2016 and 2017, raising awareness of campus health issues.

Counselling and Specialized Services

- Counselling Services collaborated with Trent Athletics to conduct an introduction to mindfulness workshop series for students.
- After a successful pilot, the Counselling Centre expanded their services to offer drop-in counselling for students at designated times throughout the week.
- In response to significant wait times and with the help of a consolidating Bachelor of Science in Nursing (BScN) student supporting physician care, Student Health Services offered 12 Mental Health Nursing clinics between February 27, 2017 and April 5, 2017. With the assistance of the Ontario mental health grant, Trent is expanding mental health nurse clinics to the full Health Services

schedule (10 clinics/week).

- Transgender care services have been added to the health care services provided at Trent. The physicians providing this care have services with active involvement with the local LGBTQ Taskforce - Healthcare Subgroup.
- Collaborated with the Trent Central Student Association (TCSA) to implement IM Well, a student assistance program and on-line self-help program accessed through a mobile app.
- In addition to the services offered through Counselling, Health Services and Accessibility Services, the Trent Central Student Association and the Trent Wellness Centre have partnered to pilot a Student Assistance Program (SAP) through the student health and dental insurance provider, IM Well. This provides a mobile app and live chat support, as well as on-call toll-free counselling, and referrals to local resources.
- The Trent First Peoples House of Learning provides cultural counselling, which is available to both Indigenous and non-Indigenous students. In the fall of 2017, an additional cultural counsellor was added with the assistance of the Ontario mental health grant.
- The Health Services clinic expansion took place more than six weeks during the 2016 Summer and involved the addition of two examination rooms, new electrical and ventilation systems, a nursing assessment and treatment room, medication storage, and improved utility space. Received two grants to commission artwork for the newly renovated space and for a barrier free, accessible physical examination table. Hosted an open house for staff, students and community partners to tour newly renovated space and learn about services.
- In the fall of 2017, Health Services launched full-time Mental Health Nurse-led clinics. The nurse completes intake for all new mental health appointments as well as provides assessments, determines risk, manages medications, provides individualized psychoeducation, supports behaviour changes, and liaises with health care and community health systems. The nurse also offers follow-ups for mental health clients who have already seen a physician, as well as seeing students with situational distress or in need of same day or same week care. This service has opened up more physician time for immediate health issues and is helping to reduce waiting times and ensure timely access for health care.
- Increased the number of appointments available at Health Services by hiring three part-time contract physicians, and contracted volunteer nurse practitioner.
- The Trent University Emergency First Response Team (TUEFRT) is a student run volunteer organization which provides first response first aid treatment to anyone who is injured or having a sudden medical emergency on the Trent campus. TUEFRT volunteers receive training, including how to administer medical directive epinephrine, and regularly collaborate with the university community to implement additional directives.
- In summer 2017, Trent created the position of Sexual Violence Prevention and Peer Support Co-ordinator, who is now the lead on sexual violence prevention initiatives, sexual violence response, and who is developing a peer support program around mental health strategies, coping, and resiliency.

Community Partnerships

- Trent collaborated with external partners on developing sexual consent messaging. University staff meet regularly throughout the year with the Kawartha Sexual Assault Centre (KSAC) and Fleming College to deliver



consistent messaging related to sexual consent. Trent, Fleming, and KSAC worked with a local artist to develop a consent video.

- Counselling Services partnered with the Kawartha Sexual Centre to hold group art therapy sessions for students.
- Staff delivered a workshop regarding interagency collaboration at the Ontario Universities Taking Action against Sexual Violence Conference in August 2016.
- Health Services was the recipient of a grant provided by The Greater Peterborough Health Services Foundation, which funded a barrier free examination table. This barrier free table allows health services to better provide care and support the dignity of students unable to access a standard exam table. Having an accessible examination table within the clinic supports an inclusive environment and service.
- Through the financial support of the Peterborough Kawartha Rotary Club, Health Services has commissioned two local artists to create nature based art pieces for the clinic space. Students experiencing general anxiety associated with visiting a doctor's office will have the direct benefit of the calming artwork.
- Health Services participated in the 2017 PRIDE in the Park Empty Cup booth where local health care providers received stories of LGBTQ and allies' encounters within health care as an initial step in a community-based research project.

Governance and Policy

- Trent created the Provost Ad Hoc committee on Accessibility and presented "Collaboration

for Accessible Learning" at seven faculty departmental meetings in 2016-2017. The presentation is to further comply with the Ontario Human Rights Commission's Guidelines for Medical Documentation and Accommodation for postsecondary students with mental health disabilities. It will continue to be delivered to departments in 2017-2018.

- Implemented Sexual Violence Policy and delivered staff training on receiving disclosures of sexual violence.

Training and Professional Development

- Since 2012, Trent University has been engaged in a community-wide safeTalk suicide prevention training program. By Spring 2017, more than 900 faculty, staff, and students had participated in the training.
- Student staff and elected student leaders that receive safeTalk training annually include: all Residence Life Student staff, college student staff, peer mentor student staff, and the Trent Central Student Association Executive and Board. As well, a number of full-time frontline staff (including all full-time security guards) have Applied Suicide Intervention Skills Training (ASIST).
- The university offers sessions to faculty and staff through the [Student Support Certificate](#) that include Referrals and Resources, Student Development Theory, Advising Students in Academic Jeopardy, Understanding Mental Health Issues, Bystander Information, Self-Care for Student Supporters, and Sexual Violence on Campus.
- Since launch of the Student Support Certificate program

in 2013, 285 employees have participated in at least one workshop and 55 employees have completed the entire certificate series (five core series workshops as well as four or more optional workshops). One participant said, "I actually asked a student if they were considering suicide. I NEVER would have had the courage to ask that question before."

- The university participates in [More Feet on the Ground](#), online mental health training.
- Dons, Rebound staff, college office student staff, and teaching assistants receive training on mental health and student support.

Knowledge Mobilization

Research

- Health Services provided leadership to Trent's participation in the National Campus Health Assessment Survey in the Spring of 2016. This data has been valuable for planning of services and identifying campus needs.

Conferences and Seminars

- Trent hosted a Sexual Consent Conference in June 2016. The conference addressed a broad spectrum of issues around sexual consent, ranging from consent on university campuses to people with impaired cognitive capacity to Indigenous perspectives.

UNIVERSITY OF WATERLOO

Outreach Initiatives

Health Promotion and Awareness

- Student volunteers (within departments, faculties, undergraduate, and graduate student unions) organize activities promoting mental health awareness and stress reduction: [Burst Your Bubble](#); [Healthy Minds](#); [Glow Centre for Sexual and Gender Diversity](#); [The Women's Centre](#); [Wrap Up Week](#) (events encouraging wellness prior to exams), and frequent campus visits from service/therapy dogs, helping students de-stress.
- [Mental Health Wellness Day](#) (in its ninth year) raises awareness of campus services and supports those community members struggling with mental health issues.
- [Single & Sexy](#) (a play written and performed by University of Waterloo students during Orientation Week) addresses various situations faced by first-year students living on their own including homesickness, abusive relationships, sexuality, and shifting values.
- [Move Your Mind](#), initiated by Health Services and Athletics and Recreation, pairs participants

and student volunteers in healthy exercises to combat mental health fears.

- The [Campus Wellness](#) website blog and other social media vehicles provide information to assist students with stress and mental health concerns.

Skill-Building

- Counselling Services offers many skill-building [seminars and workshops](#) (in person and online). Coping Skills consists of four different one-hour seminars focus on cultivating resilience, challenging thinking, managing emotions, and changing behaviour.
- The university's Housing and Residences department provides a wide range of skill-building workshops on managing academics, test anxiety, and wellness habits. In their [Living-Learning Communities](#), peer leaders, entrepreneurs-in-residence, and alumni in residence provide workshops and training in recognizing academic and personal stress.
- Workshops in the [Student Success Office](#) help improve study and life skills, while [Peer Success Coaches](#) can help develop

personalized actions plans. University 101 aids students who did not meet their program requirements after their first year of study by developing personal wellness strategies that support their academic skills.

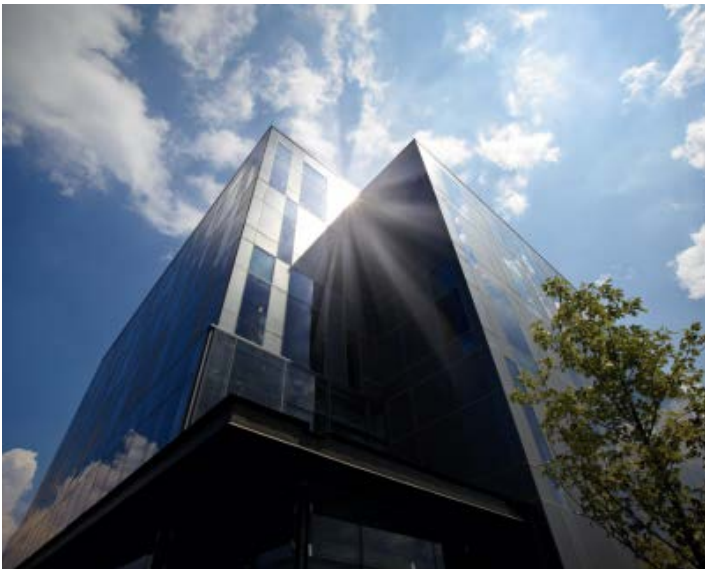
- Athletics and Recreation offers several programs, including Warrior Habits and Workout Buddies designed to keep students active, healthy, and happy.
- AHS 107: Sociology of Activity, Health, and Well-being (a required course for all first-year Applied Health Sciences students) focuses on social and cultural factors influencing leisure, activity, health, and well-being within diverse settings and different populations.

Anti-Stigma

- The preceding groups, programs, and events, supplemented by other student-led initiatives and campus clubs, aim to break down barriers, reduce the stigma associated with mental health, and promote well-being.

Counselling and Specialized Services

- Counselling Services' team of professionals delivers free



programming and services to all University of Waterloo students currently registered or on a co-op term. With a secure, private, confidential, and supportive environment for students of all orientations and backgrounds, Counselling Services provides emergency support, urgent support, walk-in appointments, single session, intake, brief individual appointment, and group therapy – all to help students lead healthy and balanced lives.

- UW MATES (Mentor Assistance Through Education and Support), a counselling-based, one-to-one peer support program offered by the Federation of Students and Counselling Services, helps students who are experiencing social difficulties, mental health challenges, and transitional challenges adapting to university life or different cultures.
- Health Services has a range of student mental health supports: walk-in appointments with a physician/nurse practitioner, nurse triage to assess acuity of mental health concerns, mental health nurses who provide ongoing support, counselling and medication monitoring, and psychiatry (via consultation) with physicians, psychiatric assessments, and ongoing treatment.
- Housing and Residences offer both a dedicated Counsellor in Residence and a dedicated Case

Support Coordinator. Residence Life Dons receive extensive training in responding to critical incidents and also provide weekly and monthly programs and meetings to connect and build community.

- The Employee and Family Assistance Program (EFAP), provided by Homewood Health (effective September 2016), is a UW-driven, no-cost benefit for eligible employees and their family members, providing 24/7/365 access to confidential, short-term, counselling services, and is available in person, online, or by telephone.
- Organizational and Human Development (OHD), along with Occupational Health offer assessments and workshops in Psychological Health and Safety in the Workplace.
- AccessAbility Services provide academic support for students with both permanent and temporary disabilities.
- The Equity Office has expertise on substantive equality, diversity, and inclusion matters.
- The Sexual Violence Response Coordinator is a central resource person who provides guidance on where to find support, available options, and such steps as safety planning and navigating university procedures.

- The Chaplain Offices represent eleven different faith traditions, provide ritual space and moments, offering intentional and compassionate spiritual responses in times of crisis.
- The Waterloo Aboriginal Education Centre provides culturally relevant Indigenous information and support services to the university community including Aboriginal and non-Aboriginal students, staff and faculty.
- UW Police, in partnership with the campus community, provide a safe and secure environment. As first responders to campus incidents, they coordinate crisis management and responses to student emergencies as well as directing referrals to campus and community resources.

Community Partnerships

- Off-campus counselling partners include Delton Glebe, KW Counselling, Carizon Family and Community Services, and Shalom Counselling.
- Crisis lines, including HERE 24SEVEN and Good2Talk.
- Off-campus after-hours clinics, including a list of walk-in community clinics and hospitals for after-hours care during peak times each term when walk-in visits are unavailable on campus



by the end of the day.

- Sexual violence community resources including St. Mary's Sexual Assault and Domestic Violence (immediate crisis support and counselling), Sexual Assault Support Centre, Community Justice Initiatives (support groups for the victim and offender) and The Women's Centre (peer support and resources).
- Domestic violence community resources including Women's Crisis Services of Waterloo Region, Carizon – Family Violence Project, Assaulted Women's Helpline, and Healing of the Seven Generations.

Governance and Policy

- The [President's Advisory Committee on Student Mental Health \(PAC-SMH\)](#) will collect data on student mental health (considering both the UW student body and the larger societal context), review the information collected, advise on the progress of mental health initiatives across the university, examine root causes of student stress, anxiety and depression, and suggest how to mitigate them proactively instead of reactively.
- The president appoints a PAC-SMH Chair and eight members, based on expertise, stakeholder representation, and expression of interest, with students comprising 50 per cent of the committee's representation. Five topical expert panels, each comprised of 15-20 members (students, staff, faculty, alumni, community partners, and parents) support the committee, and are focused on a range of topics including student services, community partnerships, academics, mental health experts, and the student experience.

Training and Professional Development

- [Counselling Services](#) offers a broad range of suicide intervention and mental health training programs, raising mental health awareness, reducing stigmas, and supporting early intervention for those in need on campus. Training includes: QPR, SafeTalk, More Feet on the Ground (online and in-person), Mental Health First Aid, and Applied Suicide Intervention Skills Training (ASIST).
- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available for the university community.

Knowledge Mobilization

Research

- On campus, [The Centre for Mental Health Research \(CMHR\)](#), a state-of-the-art-facility in the Department of Psychology offers accessible, effective mental health services to the public. Federal and provincial funding allows faculty and students at the CMHR to not only provide comprehensive clinical training but also conduct highly productive programs of research in such areas as the development, persistence, and treatment of anxiety problems, factors associated with atypical cognitive development in children, innovations in understanding and treating eating disorders, the impact of cognitive decline on relationship functioning, and interpersonal processes in psychological treatment.
- The [School of Public Health and Health Systems](#) has multiple health policy and health systems researchers with special interest in mental health, such as [interRAI Canada](#), a research, education

and knowledge exchange cluster focusing on promoting innovations in data, evidence, and application systems for the health and social service sectors. This collaborative network of researchers in 32 countries is committed to improving services for vulnerable populations including those affected by mental illness.

- The [Mental Health and School-to-Work Transitions Research Lab](#), located in the Department of Psychology at St. Jerome's University, focuses on the mental health of emerging adults and the psychological variables that underlie success in post-secondary and tertiary education and subsequent school-to-work transitions.
- The [Centre for Community, Clinical and Applied Research Excellence](#)'s multidisciplinary team (researchers, clinical experts and staff) strive to improve the overall health of individuals in the community through advanced research, educational opportunities, and progressive outreach programs, helping to advance our knowledge in preventing and managing illness and injury, while optimizing health.

Conferences and Seminars

- During the year, various staff, students, and faculty host, develop, and attend conferences, research events, colloquiums, and forums for mental health. Highlights include: Graduate student representation at the [Conference of the Canadian Association of Cognitive & Behavioural Therapies](#); sessions at the annual staff conference hosted by Organizational and Human Development; and presentations by clinical graduate students at the Annual Convention of the Canadian Psychological Association.

WESTERN UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The [Wellness Education Centre \(WEC\)](#) offers all Western students a safe, comfortable environment to get connected with the wellness resources available at Western and in the London community.
- The [Peer Support Centre](#), partnership between University Student's Council (USC) and Psychological Services, provides non-professional support to students. By fostering a spirit of openness and understanding through peer-based support, the goal of the centre is to provide students with an accessible, welcoming, and accommodating service. The centre is a safe space in which students can express their feelings and access resources provided by the university, the city of London, and the USC.
- Western developed a [Mental Health and Wellness Resource Guide](#) for undergraduate and graduate students. The guide is filled with mental health resources for students at Main Campus and the Affiliated University Colleges, and provides contact information for resources related to academics, health, and well-being. More specifically, the guide includes on- and off-campus

resources, online resources, counselling resources, 24-hour crisis services, and services for students living in residence.

- Information and resources relevant to health and wellness, including grief support and campus health and wellness events, are accessible to students on the [Wellness Initiatives webpage](#).

Skill-Building

- The [Mental Health Learning Modules](#) provide participants with a basic understanding of mental health issues and of available campus and community resources. It covers topics including stress, anxiety, depression, suicide, and eating disorders. It is available to all Western students, faculty and staff. After successful completion, participants receive a certificate confirming their participation in the course.
- Free psychoeducational workshops, part of the [Laura Evans Psychoeducational Lecture Series](#), are offered on campus. Lectures offered in previous terms include Managing Stress and Anxiety, Healthy Relationships, Body Acceptance, and Introduction to Emotion Regulation.

Anti-Stigma

- The Western chapter of [Active Minds](#) empowers students to speak openly about mental health in order to educate others and encourage help-seeking. By providing information and resources regarding mental health and mental illness, the group encourages students to seek help as soon as it is needed, and serves as a liaison between students and the mental health community.

Counselling and Specialized Services

- Western's Student Development Centre provides professional, confidential [psychological services](#) free of charge to all Western students. Services include newly introduced walk-in single session therapy approaches for student intake, providing immediate supports when students first access psychological services.
- [Student Health Services](#) is an appointment-based medical clinic for all registered part-time and full-time students at Western and affiliated colleges. Urgent problems such as infections or injuries can often be seen the same day. Appointments can also be booked for non-urgent medical issues. Patients may see a physician of a specific gender



and may also ask to see the same doctor for each visit.

- [Residence Counsellors](#) provide professional and confidential counselling services on a wide variety of issues free of charge to students living in residence. The residence counsellors facilitate students' personal development, self-awareness, problem-solving and communication, and assist to support students with mental health issues who may demonstrate safety concerns for themselves and/or others.
- A Campus Case Manager provides assistance to students experiencing complex mental health challenges who require support in navigating on-campus and off-campus supports to remain engaged in their studies.
- Academic Counselling is available through faculties and departments across the university, either through scheduled appointments or drop-in hours. Students are encouraged to meet with academic counsellors with any academic questions or concerns they may have.

Community Partnerships

- The University Students' Council (USC) and the Society of Graduate Students (SOGS) are partnering with the Canadian Mental Health Association (CMHA) to provide [evening crisis support](#)

[services](#) to Western University students. CMHA will have a crisis support worker on campus in the evenings for drop-in services at Student Health Services. This service is available to all Western University students (undergraduate and graduate) as an opportunity to provide support after regular service hours.

Governance and Policy

- Western University is currently engaging with members of the campus community to develop a [Mental Health and Wellness Strategic Plan](#) to identify key outcomes and areas of focus to guide work in the area of the university community's mental health and well-being.
- Western has an active Student Mental Health Advisory Committee, including students, staff and faculty stakeholders who meet at least once per term to discuss issues and initiatives related to Student Mental Health. The committee has provided guidance into the ongoing development of the Mental Health and Wellness Strategic Plan.

Training and Professional Development

- Western provides [Mental Health First Aid Training](#) to faculty and staff. The training teaches participants how to help someone showing signs of a mental health

problem or experiencing a mental health crisis. The First Aid is given until appropriate professional treatment is received or until the crisis is resolved.

- safeTalk Training is provided to a wide range of Western staff and student leaders, including residence staff and orientation leaders.
- Several Western staff have become safeTalk and Applied Suicide Intervention Skills Training (ASIST) trainers to ensure sustainability of offering these trainings to staff and student groups.
- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available for the university community.

Knowledge Mobilization

Research

- The [Smart, Healthy Campus \(SHC\)](#) initiative will develop research and educational expertise in the interdisciplinary study and practice of exercise and mental health outcomes among undergraduate students. The objective is to develop greater resilience in students towards the stresses that challenge mental health, particularly in a residential campus.



WILFRID LAURIER UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- The Blue Folder is a campus-specific resource folder for faculty and staff which assists in identifying and responding to students in distress.
- Creation of a Wellness Education portfolio to enhance student engagement and student-led programming to reduce stigma, promote health and wellness, and raise awareness for mental health resources and supports.
- The Peer Wellness Education Team of student volunteers supports the physical, emotional, and psychological health of students at Laurier by promoting proactive wellness strategies and resources.
- Undergraduate and graduate students on Laurier's Waterloo campus can earn a Wellness Education Certificate by attending 10 approved wellness education activities and completing a short reflection on their learning. Stay tuned to the Student Wellness Centre's website and Facebook page for programming dates and details.
- The university is developing a strategy to address financial and food insecurity affecting students' mental health.
- Thrive, a week-long series of free events for students on the Waterloo campus, focuses on building positive mental health for students.
- SAFEHawk App is a free app for iPhone, Blackberry, and Android devices that connects students to telephone helplines such as Good2Talk, Here 24/7, and other community-based mental health resources in Waterloo Region, Brantford, and Toronto.
- The Graduate Students' Association takes a holistic approach to wellness. Events are planned throughout the year and target various dimensions of wellness: physical, emotional, spiritual, sexual, intellectual, environmental, and occupational. Wellness initiatives in the past have included therapy dogs, community cook-offs, Soup Tuesday with the Indigenous Student Centre, massages, weekly Shut Up and Work sessions, gym passes, yoga, hiking, and meditation. The Graduate Students' Association continues to strive to find new ways to design and implement programs to promote and maintain student wellness.
- The Students' Union offers several student-run clubs committed to promoting a healthy, balanced lifestyle and breaking stigmas around mental health. Peer Connect is a committee that addresses mental health by promoting a balanced lifestyle for all students.
- Faculty, staff, students and community members participate in annual mental health event called a Love My Live walk for mental health awareness, stigma reduction, and community building.
- Laurier International uses the Speak Your Language model developed by Ryerson University, for collaboratively providing mental health services to culturally and linguistically diverse international students.
- New and creative partnerships are being developed for cross-departmental mental health programming. Examples include



Accessible Learning partnering with Wellness Education to provide a Cultivating Calm workshop, promoting resilience, self-awareness and positive mental health and the I Move My Mood program, a partnership between the Wellness Centre and Athletics that encourages students to participate in physical activities on campus by pairing students in counselling with volunteer personal trainers, to experience the benefits of fitness and social activities on mental wellness.

- Athletics and Recreation offer numerous programs specific to building positive mental health including a resource fair, running Lecture Stretch Breaks in classes, and free yoga for staff and faculty.
- *Student Health 101*, an online magazine for students, covers a variety of mental health and wellness topics, with content created by the Student Wellness Centre and the Peer Wellness Educators.
- Free weekly yoga is offered by the Indigenous Student Centre and open to all students, faculty and staff.
- The Mental Health Advisory Committee, comprised of students and staff, is a group with the purpose to unify a mission and vision for mental health initiatives across campus.
- In addition to a variety of targeted communications, the Dean of Students emails all students throughout the term with information about mental health resources, programming and supports.

Skill-Building

- Ride the Wave workshops help students learn to ride the waves of student life with skill-building workshops led by Student Wellness Centre professionals. The workshops are designed to offer practical tips for increasing resilience, managing stress, and

developing skills to cope with the turbulence of student life.

- Learning Strategists in the Accessible Learning Centre offer one-to-one support to build skills including coping strategies during high stress times.

Anti-Stigma

- The university has many student led initiatives and clubs on campus that work on peer support, awareness and advocacy around mental health and well-being.
- Residence staff receive training on mental health, suicide intervention, and stigma reduction to help students feel more comfortable identifying mental health challenges and engaging a support network.
- Laurier participates in Bell Let's Talk Day every January to promote discussion around mental health to reduce stigma and encourage students struggling with mental health to seek support.
- Laurier participates in the annual live-streamed Mysterious Barricades event every September coinciding with World Suicide Prevention Day. The event raises awareness surrounding the "mysterious barricades" between mental illness and health, and inspires public discourse on the prevalence of suicide and measures for suicide prevention.

Counselling and Specialized Services

- Amalgamation of former Health Services and Counselling Services departments into Student Wellness Centre in 2014 to develop a circle of care approach to support student wellness. New staffing includes a Mental Health Nurse, Wellness Education Coordinator, Clinical Counselling Lead, and consulting psychiatrist.
- Laurier is partnering with [BEACON](#) to run a two-year pilot on E-therapy model for providing

cognitive behavioural therapy (CBT) and specialized, longer-term support for students.

- The Behavioural Intervention Team (BIT) comprised of staff representing seven unique departments, meets weekly and identified students in need of elevated levels of coordinated support and triages/supports accordingly.
- The addition of a Mental Health Nurse and a Case Manager complement staff in Student Wellness Centre, and have had a significant impact in service delivery in the last three years.
- The Multi-Faith Resource Team, which includes the university chaplains of six different faith traditions, is available to assist students in times of crisis.
- To ensure information is being triaged to the Behavioural Intervention Team, a new online CARE Report Form allows faculty and staff to easily share information identifying students at risk or in need of elevated levels of coordinated support.
- A counsellor dedicated specifically to residence students provides maximum support for first-year students experiencing mental health and transition challenges.
- Laurier's Sexual Violence Response Coordinator helps members of the Laurier community who have been impacted by gendered or sexual violence, and supports them in navigating a variety of reporting and support options.
- The creation of service-level agreements with the Sexual Assault Support Centre Waterloo Region and Sexual Assault Centre Brant provides expanded sexual violence counselling and educational workshops on-campus
- Accessible Learning has hired an additional consultant

whose primary focus is working with students experiencing mental health issues who are in the process of obtaining documentation and require interim accommodations.

Community Partnerships

- Delton Glebe Counselling Centre is a holistic counselling facility run by the Waterloo Lutheran Seminary that serves both the Laurier and external community.
- The Delton Glebe Counselling Centre provides therapy dogs to help students de-stress.
- University representatives sit on a variety of community task forces and round tables, such as, the Suicide Prevention Council, Town and Gown, Skills for Safer Living, Alcohol and Drug taskforces.
- Laurier is participating in the national Post-Secondary Education Partnership for Alcohol Harms (PEP-AH).
- The university has partnered with the Sexual Assault Centres in Waterloo and Brantford to provide specialized counselling and education related to sexual violence.
- In Accessible Learning, the accommodation planning process requires a high level of coordination with community support providers, services and treatment professionals who work with students with mental health issues. Partners include the Canadian Mental Health Association, psychologists, occupational therapists, and psychiatrists.

Governance and Policy

- Laurier developed a strategic plan for responding to mental health trends. Laurier is committed to ensuring students thrive and the university prides itself on being

a leader in the ways it supports, cares and advocates for the mental health of its students and communities. Education, training and student support services play a key role in enabling students to address mental health issues and make the most of their post-secondary experience. An inability to access these services can lead to an amplification of existing problems, which can ultimately have devastating consequences. Increasing awareness of and support for mental health resources is of vital importance.

- A review of the university Medical Documentation Policy is currently underway to review the policies and processes related to students' requirement to submit medical documentation for coursework and exams for accommodations and flexibility related to health issues, especially mental health.

Training and Professional Development

- Training efforts have focused on offering three internationally recognized training programs to faculty, staff, and student leaders/employees/volunteers: Mental Health First Aid, safeTALK, and Applied Suicide Intervention Skills Training (ASIST). Currently more than 1200 faculty, staff and student leaders have received training.
- [More Feet On The Ground](#), the online mental health education program teaches the university community how to recognize, respond to, and refer individuals experiencing mental health issues on Laurier's campuses. Faculty, staff, and student leaders can earn the More Feet on the Ground Mental Health Training Certificate after successfully completing the online modules. The certificate is eligible for recognition on the Laurier Experience Record for students.

- Laurier is currently expanding its wellness education portfolio and programming to include all dimensions of wellness and impacts on student success and well-being.
- Dr. Lori Haskell has been brought to Laurier to train a number of staff at Laurier across different departments on the neurobiology of trauma and how to develop trauma-informed responses to sexual violence.

Knowledge Mobilization

Research

- Laurier participated in the National College Health Assessment survey. The results confirmed an increase in students experiencing mental health challenges that impacted their academic and personal success. An analysis of trends will inform programming and training at the university.
- Deans of Students are actively reaching out to, and meeting with, faculty members identified to be conducting research related to wellness and health issues: addiction, peer support programs, wellness hubs, etc.
- Implementation of financial literacy strategy underway to address financial crisis, financial literacy, and food insecurity impacting student mental health.

Conferences and Seminars

- Laurier is providing professional development opportunities that align with the university's mental health priority. For example, Deans of Students and others attended the Mental Health Symposium in the summer of 2017 offered by Riley group, and the Behavioural Intervention Team and Threat Assessment training June 2017 led by the National Behavioural Intervention Team Association (NaBITA).

UNIVERSITY OF WINDSOR

Outreach Initiatives

Health Promotion and Awareness

- The university has recently devoted significant resources to establishing more places for students to connect, including green space, a basketball court, outdoor study spaces, and a community stage.
- Modelled after TED Talks and organized by the Student Centre, the Soup for Thought Series pairs thoughtful discussions with free soup for attendees. Past topics have included student mental as well as an introduction to the university's new policy on sexual misconduct led by the Sexual Misconduct Response and Prevention Officer.
- [JustBalance](#) is a comprehensive website for Canadian Law students and their families with information about wellness concerns, tips for supporting Law students, resources, videos, and a crisis link with campus, local, and provincial service contacts.
- Residence Services actively participates in many awareness-raising initiatives (e.g. during Suicide Prevention week, promotional materials are distributed to students and Resident

Assistants wear Suicide Prevention t-shirts).

- The Faculty of Law is highly progressive in their approach to supporting law student mental health. Free weekly yoga and boot camps, supportive emails, a twitter account dedicated to student well-being, an Elder-in-Residence, as well as several other initiatives all contribute to an emphasis on student wellness that is pervasive in their culture.

Skill-Building

- Implemented by both the Student Counselling Centre and the Psychological Services and Research Centre, psychoeducational groups for students run for several weeks throughout the semester and include topics such as mindfulness, assertiveness, depression, anger, and anxiety.
- [WellTrack](#) is a free online application brought to campus by the Student Counselling Centre that allows students to proactively support their mental health through such features as mood monitoring, self-directed therapy modules, relaxation techniques, and thought diaries.

- Various student groups implement activities that emphasize mental health, coping, and self-care during the school year, including the annual Self-Care Fair put on by the University of Windsor Jack.org chapter, and weekly outreach activities conducted by the Peer Support Centre.
- The [Enhanced Assess, Acknowledge, Act Sexual Assault Resistance Program \(E-AAA\)](#) – called “Flip the Script” was developed by University of Windsor faculty member Dr. Charlene Senn. The 12-hour empirically supported training program was implemented on campus in Winter 2017 to provide first-year university women with education on sexual assault, consent, and verbal/physical self-defense. The Office of the Provost has invested new resources to implement the program in residence over a three-year period with the goal of training more than 350 first-year students.

Anti-Stigma

- A student-led group was established in 2012 to raise mental health awareness and reduce stigma. The group holds various events throughout the school year, including their annual Time to Talk: A Mental Health Conference to



End the Stigma, where students and professionals come together to talk about their own mental health experiences.

- As part of the national Jack.org initiative, the University of Windsor's student chapter works to reduce stigma and improve campus culture surrounding mental health through a variety of awareness raising events and initiatives.
- Each year, the campus community participates in a wide variety of local and national mental health awareness initiatives, including Bell Let's Talk Day, Suicide Prevention Day/Week, Mental Health Awareness Week, and Eating Disorder Awareness Week.

Counselling and Specialized Services

- The University of Windsor has LGBTQ+ positive space stickers and posters visible in many offices across campus. A [Campus Pride Centre](#) is also very active, holding inclusive events and providing a positive environment for students who identify with the community as well as allies. Additionally, the university has a [Womxn's Centre](#), an [Aboriginal Education Centre](#), and a [Multi-Faith Space](#).
- The Faculty of Nursing is very progressive in their approach to supporting student mental health.

In addition to integrating the university's first embedded therapist in 2011, they actively work to create a compassionate culture and support students who are struggling with mental health challenges.

- The [Assessment and Care Team \(ACT\)](#) is a multidisciplinary team of professionals tasked with implementing the Behavioural Intervention Plan and responding to reports of students showing behaviours of concern. The team is trained in behavioural intervention and threat assessment.
- Some faculties at the university have specialized student support positions. The Experiential Learning Specialist in the Faculty of Education provides confidential support to teacher candidates. Athletics and Recreational Services has also employed a Lancer Support Services Coordinator for the past two years, providing holistic support and acting as a trusted confidante for student athletes.
- The [Student Counselling Centre](#) provides free, confidential short-term/crisis counselling and learning disability assessments to University of Windsor students. It also provides consultation and education for faculty, staff, students, and the community. Services are offered by psychologists, clinical therapists, and Masters-level graduate students.

- The [Peer Support Centre](#) is a safe, non-judgmental space for students to seek support from trained student volunteers who provide active listening, emotional support, suicide intervention, and referrals to relevant campus and community resources. The Peer Support Centre is located beside the Student Counselling Centre.
- Over the last six years, the Student Counselling Centre has expanded to embed therapists in the Faculties of Nursing, Law, and Graduate Studies. In 2017, an embedded counsellor will be operating in Engineering.
- The [Psychological Services and Research Centre](#) provides free, confidential longer-term counselling and group therapy to students. Advanced practicum students in the Clinical Psychology graduate program deliver these services and are supervised by Registered Psychologists.
- In addition to providing primary care, [Student Health Services](#) staffs a psychiatrist one to two days per week for nine months of the year.
- The [Health Promotion Office](#) is staffed by a Health Promotion Nurse who spearheads a variety of wellness promotion activities on campus, including the coordination of a large annual Health Fair



in partnership with Campus Recreation and an annual Mental Health Fair.

- [Student Accessibility Services](#) coordinates academic accommodations and provides advising and support to students with disabilities. Two disability advisors specialize in psychiatric disabilities.
- The Sexual Misconduct Response and Prevention Officer is an expert in sexual violence who provides advocacy, support, information, and referral to any individual on campus who has experienced sexual misconduct or is looking to help someone who has.
- In 2017, the University of Windsor purchased [KeepMeSafe](#) for all of its approximately 4,300 international students. This innovative service offers 24/7 crisis counselling, tele-counselling, and chat support in up to 30 different languages. This program will allow students to access high-quality counselling supports confidentially and in the language of their choice.

Community Partnerships

- Each Fall and Winter semester, Therapeutic Paws of Canada brings certified therapy dogs to campus to spend time with students prior to exams as a way to help manage stress and academic pressures.
- Staff from the Student Counselling Centre have made numerous presentations in the community on various mental health topics including: Mental Health 101; Suicide Prevention; Creating a Psychologically Healthy Workplace, and Stress Management, to name a few. Community partners that have requested such presentations include: Windsor Regional Hospital, Windsor Essex County Health

Unit, Greater Essex County District School Board; Revenue Canada, City of Windsor, St. Clair College, and Chrysler Canada.

Governance and Policy

- In January 2017, a Steering Committee along with faculty, staff, and student representatives from across campus met to discuss the development of a Student Mental Health Strategy. Using the domains outlined in *Post-Secondary Student Mental Health: Guide to a Systemic Approach* developed by Canadian Association of College and University Student Services (CACUSS), the Steering Committee will research and develop a comprehensive strategy by Summer 2018.
- Approved in April 2014, the [Behavioural Intervention Plan](#) provides a systematic approach for addressing student behaviours of concern and outlines the university's commitment to supporting students in distress. It provides a reporting structure for the campus community to bring students in need to the attention of the Assessment and Care Team.
- In September 2016, the university implemented a comprehensive stand-alone [policy on sexual misconduct](#). A Sexual Misconduct Response and Prevention Office has also been developed on campus and is staffed by an expert in the field of sexual violence.

Training and Professional Development

- The university recently developed and implemented an in-depth sexual assault disclosure training program for faculty and staff, which informs participants on the “do’s” and “do not’s” of receiving a sexual violence disclosure from a student

and how to make accurate and effective referrals. In total, more than 140 staff and faculty have received this training.

- Resident Assistants and Peer Support Centre volunteers are trained in a variety of mental health topics, including eating disorder awareness and supporting/referring students who have experienced sexual misconduct.
- The University of Windsor was the first Canadian university to implement the Bringing in the Bystander® In Person Prevention workshops, and has done so by uniquely structuring two senior-level courses to train Peer Facilitators who then facilitate workshops for first year students. The [Bystander Initiative](#) currently reaches close to 1,500 students per year.

Knowledge Mobilization

Research

- Through many departments including Psychology, the School of Social Work, and the Faculty of Nursing, considerable research on mental health, mental illness and mental wellness takes place at the University of Windsor.

Conferences and Seminars

- Staff and faculty have attended various conferences, including Canadian Association of College and University Student Services with sessions specific to mental health; Centre for Innovation in Campus Mental Health; Association of University and College Counseling Center Directors. Information and ideas gleaned from these conferences have been brought back and implemented on campus to improve access and delivery of mental health services.

YORK UNIVERSITY

Outreach Initiatives

Health Promotion and Awareness

- [York's Mental Health website](#) provides community members with information on the university's mental health strategy, campus resources, upcoming events, and training.
- The link between mental health and student success is explored in the wellness component of York's award-winning online transition platform [YU START](#).
- [JustBalance](#) is a comprehensive website offering mental health resources and supports for law students. Developed at Osgoode Hall Law School at York University and funded by a provincial mental health innovation grant, JustBalance has forged partnerships with law schools from across the country to help improve mental health outcomes for law students.
- York has a [designated gym space for students with disabilities](#), close to the main gym, which is staffed by student personal trainers and is available for use by any student with a disability.
- Held twice a year, the Stress Busters carnival is a partnership between Health Education and Promotion and numerous campus partners with a focus on sharing mental health resources with students and engaging them in fun stress-busting activities.
- In 2017, York University purchased [WellTrack](#), an on demand, interactive, self-help app designed to support the mental health of the entire York community.

Skill-Building

- The university offers free [mindfulness meditation](#) sessions led by Faculty of Health students trained and supervised by a clinical psychologist.

- A partnership between Health Education and Promotion, Learning Skills, the Learning Commons, Libraries, and the Office of the Registrar, Examapalooza engaged students in numerous stress- and anxiety-reducing activities in multiple exam centres and libraries.
- Recognizing the importance of peer mentors and leadership, particularly in relation to supporting student mental health, York University has a robust [peer leader community of practice](#). The aim of these programs is to support student academic and personal success.

Anti-Stigma

- In support of [Bell Let's Talk Day](#), Athletics and Recreation teamed up with other Canadian university athletic programs to grow the mental health conversation on Canadian campuses nationwide. By creating videos, developing social media campaigns, and highlighting the issue of mental health at sporting events, York's varsity athletes helped to decrease stigma and increase mental health awareness.
- Numerous [campus clubs](#) engage in supporting student mental health. They include but are not limited to: Active Minds, Centre for Addiction and Mental Health (CAMH) at York, Jack.org, Reach Out, Team Unbreakable, and The Healthy Student Initiative.

Counselling and Specialized Services

- [Project ADVANCE](#) is a transition program designed to prepare students with documented disabilities (including mental health disabilities) for success in their postsecondary studies. During Project ADVANCE students have the opportunity to learn about academic strategies, assistive technologies, and the

availability of campus support at York. Project ADVANCE is offered as a two-week intensive program each summer at no cost to participants.

- [Strengthening Transitions for Students with Autism Spectrum Disorders](#) is a program that provides additional support to help students with Autism Spectrum Disorders (ASD) succeed in postsecondary education programs. As students with ASD are at higher risk for developing mental health disorders, this program plays a critical role in identifying risk factors and engaging in early interventions with this growing student population.
- [Personal Counselling Services \(PCS\)](#) aims to help York students realize, develop and fulfill their personal potential in order to maximally benefit from their university experience and manage the challenges of university life. Students come to PCS for a wide range of concerns including, but not limited to: depression, anxiety, abuse, stress, self-esteem, relationship issues, eating and body image, as well as issues related to sexuality. PCS offers students the option of one-on-one counselling, group counselling, and access to a variety of workshops.
- York University was the first postsecondary institution in Ontario to establish a specific specialization focused on supporting students with mental health disabilities, [Mental Health Disability Services \(MHDS\)](#). The goal of this specialized service is to support the academic success of students with mental health disabilities via academic accommodations, specialized programming, peer mentorship, and outreach and education to York University faculty.

- The [Centre for Aboriginal Student Services \(CASS\)](#) provides culturally appropriate support services, including access to an Elder for York's Aboriginal student population.
- [Graduate Wellness Services](#) is responsible for creating and managing services and programs that support graduate student wellness and accommodation requirements.
- [Success and Wellness Counselling](#) within Osgoode Hall Law School provides Osgoode students with confidential short term counselling, wellness programming, and referrals into the community for ongoing support.
- The [Office of Student Conflict Resolution \(OSCR\)](#) supports students impacted by critical incidents. This includes contacting the student and/or their family and assisting them by arranging appropriate referrals and support, both internal and external to York.
- Recognizing the intersection between sexual violence and mental health, [The Centre for Sexual Violence Response & Education](#) has been created to coordinate supports and resources for all members of the community who have experienced sexual violence, receive disclosures and complaints, facilitate safety planning, assist survivors through the complaint process, and to provide survivors with care and support.

- Since the 2015/2016 academic year, York has: increased the staff complement within Personal Counselling Services by 18 per cent; increased the staff complement within Mental Health Disability Services by 40 per cent; increased the staff complement within the Success and Wellness Counselling Centre at Osgoode Law School by 100 per cent; and created a new position within the Faculty of Graduate Studies to support graduate student mental health.

Community Partnerships

- In partnership with St John Ambulance, [therapy dogs](#) make regular appearances throughout campus during the academic year.
- In partnership with post-secondary institutions from across the GTA, York supported, promoted and participated in [Mindfest](#). Mindfest is an all-day informative, inspirational, inclusive community-building mental health and wellness fair.
- [Health Education and Promotion](#) works collaboratively with on and off-campus stakeholders to create a community that supports student well-being.

Governance and Policy

- Established a Mental Health Steering Committee reporting to the Vice-President Academic & Provost, the Vice-President Finance & Administration, and the Vice-Provost of Students.

The committee is led by three co-chairs: one representing faculty, one representing staff and one representing students. The purpose of the Steering Committee is to provide oversight of the strategy, set priorities, take and make decisions, and be the institutional memory for mental health initiatives.

- Advisory roundtables for each group (faculty, staff, and students) have been established and meet regularly to allow community members to connect on campus mental health issues.
- York launched a pan-university wide [mental health strategy](#) in 2016.
- Mental health was articulated as an institutional priority in the 2015-2020 [University Academic Plan](#) with a key action being “to inaugurate and implement a pre-eminent mental health and well-being strategy for faculty, staff and students.”
- The [Students of Concern Committee](#) meets regularly to determine ways in which the university can best support students of concern. Students of concern are any students whose physical or mental state is such that they may be a threat to themselves, others, the educational process, or the York community in general.



Training and Professional Development

- The [First Year in the Classroom Toolkit](#) is a tool available to all faculty members, but aimed specifically at those teaching 100-level courses. It provides extensive information to help instructors support students transitioning into university and include modules on: inclusive course design, coping skills, and supporting students in distress.
- Presentations are delivered at New Faculty Orientation and York's [Teaching Commons](#) to better support faculty members in recognizing, responding, and appropriately referring students in distress.
- Each year more than 1,000 orientation leaders are trained to [recognize, respond, and refer students](#) in distress during orientation.
- Each year more than [200 student peer leaders](#) are trained in self-care, and in how to [recognize, respond and refer students](#) in distress.
- In 2013, York invested funding to train key staff members to be

[safeTALK](#) and [Applied Suicide Intervention Skills Training \(ASIST\)](#) trainers. Since then, York has [trained](#) more than 1,500 community members in safeTALK and more than 200 community members in ASIST at no cost to participants.

- [Identifying and Responding to Students in Distress: A Guide for Faculty and Staff](#) was co-created by the Office of Student Community Relations and Personal Counselling Services.
- [More Feet on the Ground](#), a training website that provides education on how to recognize, respond and refer a student in mental health distress, is available for the university community.

Knowledge Mobilization

Research

- A York University research team (Dr. Christo El Morr, Dr. Farah Ahmad, Dr. Paul Ritvo) received more than \$898,000 in funding and in-kind contributions from the Canadian Institutes of Health Research (CIHR) and ForAHealthyMe.com industry partners to research and develop support for the mental health needs of students through a

[Mindfulness Virtual Community \(MVC\)](#).

- Since 2009, York University has participated in the [National College Health Assessment](#) to gain a better understanding of students' health habits, behaviours, and perceptions, including mental health.
- York University houses several research labs dedicated to exploring the impact of mental health on [women](#), [children](#), and [individuals with development disabilities](#).

Conferences and Seminars

- The Mental Health Conference is an annual conference geared toward student leaders engaged in supporting campus mental health.
- [Career Success Symposium for Students with Disabilities](#) is a partnership between the Career Centre and Counselling and Disability Services, this event provided knowledge and access to employment supports, promoted networking opportunities, and facilitated the development of self-advocacy skills and peer connections among students and recent grads with disabilities.





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