



CICMH's Knowledge Exchange Event (November 11, 2013)

Summary of Evaluation Findings

Meeting delegates

- 75% of those contacted attended the event (90/120)
- Representatives from 18/24 (75%) colleges attended the event
- Representatives from 15/20 (75%) universities attended the event
- Representatives from 20/21 (95%) of the MHIF projects attended the event

Evaluation of event's goals

- 39/90 delegates completed the evaluation survey (43% response rate)
 - An electronic version of the survey was later circulated to help increase our response rate
- The goals of the event were to help delegates:
 - Learn more about Ontario's new Centre for Innovation on Campus Mental Health
 - Learn more about projects funded by MTCU's Mental Health Innovation Fund
 - Network and share
 - Identify potential areas for partnership building and collaboration
- Evaluation findings indicated that we successfully achieved these goals. Survey respondents were asked to rate on a 5-point scale (5=extremely satisfied) how satisfied they were with the following outcomes. Average/mean responses (n=39) are as follows:
 - CICMH's first Knowledge Exchange Event; M=4.31/5
 - Opportunity to network and develop relationships; M=4.46/5
 - Opportunity to learn and share; M=4.37/5
 - Opportunity for collaborative discussions; M=4.30/5

- Survey respondents were very pleased that the event highlighted practical campus mental ideas and initiatives that can be brought back to their campus. Respondents were also pleased that the event's activities allowed them to establish new contacts and potential partnerships that they can pursue after the event. Findings are as follows:

Open ended survey question - Please let us know what you will be taking away from this event and bringing back to your workplace/project/campus? Survey participants could list 1-3 items. The top responses are as follows:

1. New contacts and partnerships to pursue/follow-up
2. Ideas that can be implemented on our campus
3. Knowledge of MHIF projects
4. Systems mapping and identifying possible connections
5. (a) Resources that are currently available; (b) Energy

Interest & suggestions for subsequent CICMH event

- Of those who completed the evaluation form (39/90); 92% (n=36) would like to attend a follow-up knowledge exchange event hosted by CICMH. The remaining respondents were undecided (8%; n=3).
- Evaluation findings suggested the following improvements for a subsequent CICMH event:
 - More time for sharing
 - Include all stakeholders in the event (i.e., more diversity needed)
 - Allow for deeper discussions on core topics
 - Continued opportunity to identify areas for collaboration
 - More downtime
 - Ensure clear instructions and processes that are inclusive to all delegates
- Evaluation findings suggested that a subsequent CICMH event should focus on the following areas of interest:
 - Students: student engagement, peer support, student associations and the work that they do
 - MHIF specific: challenges faced, hints for new projects, evaluation
 - Provincial/systemic: systemic change -- not isolated change, continued funding/sustainability of projects, identifying opportunities for partnerships and collaboration
 - Campus & Community: collaboration, bridging and coordination from campus to community
 - Knowledge Exchange: best and promising practices, non-MHIF campus mental health initiatives, sharing campus mental health resources, MHIF project's progress, findings, final resources
 - Specific populations: LGBTQ, aboriginal, international, women, mature students
 - Miscellaneous
 - Counselling modalities (SFT, CBT, narrative, etc.)
 - Institutional planning
 - Social innovation

How can CICMH best be of value to its stakeholders?

- Moving forward from this event, survey respondents suggested that CICMH can best be of value to its stakeholders by providing the following core functions:
 1. **CICMH as a centralized source/clearinghouse** for up-to-date campus mental health info, events, resources, tools, best and promising practices, programs and policies.
 2. **CICMH to foster knowledge sharing and exchange** (re: campus mental health and wellness) across Ontario's post-secondary sector. Identify and relay what's going on across the province in an easy to understand way.
 3. **CICMH to facilitate partnerships and collaboration** to mobilize efforts, reduce replication and coordinate networking across the system.

Summary and Next Steps

Overall, the evaluation findings show that CICMH's first event successfully met its goals. To best meet stakeholders' needs, CICMH will work towards providing the three (3) aforementioned 'core functions.' As well, CICMH will hold a follow-up knowledge exchange event Fall 2014; and incorporate suggested improvements and themes into this event. November's meeting participants will be contacted via email so they can help guide the Fall meeting's agenda and/or join the planning committee, if of interest.

Thanks to all for helping make CICMH's first event a success!

Let's continue to Connect – Learn – Share – Network and Collaborate!