



**Student Leader Engagement Day**  
**August 20<sup>th</sup>, 2014**  
**YWCA Boardroom, Toronto, ON**

**Participants:** Kaitlyn Kerridge, Brendan Peters, Lauren Kaluzny, Lucie Langford, Sean Madden, Pratihtha Kohli, Michael Marchione, Alexis Erlichman, Matt Caron, Charles Shih, Sarah Mughal, Maverick Smith, Muhammad Haris Javed, Elizabeth White, Veronica Barahona, Alex Martin

**Summary & Next Steps**

**Question: How can CICMH best meet the needs of student leaders?. The following ideas were presented and CICMH will continue to work with student leaders to achieve the following:**

- Help foster knowledge exchange/sharing between student leaders, CICMH and CICMH's other stakeholders (counselling, student services, health, administration, faculty, accessibility and community partners).
- Provide an opportunity to bring student leaders together to network and learn about other innovative and promising student-led campus mental health initiatives (e.g., November Event).
- Continue to engage student leaders' in CICMH's activities (e.g., student leader blog, online community of practice platform, community of practice events/summits)
- Continue to work with student leaders to ensure their voices and perspectives help inform CICMH's activities and next steps.
- Work with student leaders to identify their priority areas in campus mental health and migrate these priority areas to the community of practice (online platform and face-to-face events) for collaborative discussion, problem solving, learning and sharing of resources.
- Include campus mental health resources in CICMH's database that might be helpful for student leaders (e.g., how to evaluate campus mental health awareness campaigns).
- Identify and share best and promising student-led campus mental health initiatives and resources via CICMH's website and community of practice (online platform and face-to-face events).
- Provide webinars and other professional development opportunities that are relevant for student leaders.

**Next Steps:** Sean Madden (OUSA) and Matt Caron (CSA) will provide CICMH's Executive Committee with a quick update on the Student Leader Engagement Day at the September 16<sup>th</sup> meeting. Alicia and Jenn will create a master list of those who attended the student leader engagement day and circulate it to participants, as per their request. CICMH will continue to engage student leaders' via the community of practice (online platform/site and November event) to continue collaborative discussions around priority areas in student mental health. Student leaders can join the online community of practice at, <http://connects.campusmentalhealth.ca/>

## What are Student Leaders' Priority Areas in Campus and Student Mental Health?

Student leaders identified the following priority areas/issues. Are these listed in terms of their relative priority?)

1. Treatment and Service Delivery
  - Access to services on campus (waitlists, difficulty navigating services, services not in one central location, etc.)
  - Access to services off campus (how to find out about off campus mental health and addictions services and resources, how to compile a list of these services for each institution's catchment area, how to access these services, issue of fees/services are too expensive, health plans not covering fees or only a small portion of fees, international students don't have coverage, etc.)
  - Student and Client engagement and voice in improving services (student friendly services, services that truly meet the needs of students, opportunity to provide feedback to help improve services and service delivery).
2. Accommodations: The need for faculty to provide appropriate accommodations for students with mental health concerns
3. The need to better understand what student-led mental health initiatives are actually working. What are best and promising programs and practices? Are there findings to support programs' effectiveness? Findings/stats can be used to help students lobby for funds to implement these programs on campus. How to successfully plan and evaluate a program or campaign?
4. The need for a mandatory credit course in mental health and wellness that includes a component on skill building/coping skills, resilience, etc.
5. The need for mental health prevention and promotion in residence. Are there any promising programs and practices?
6. The need for MHFA and/or safeTALK for all student leaders. Student leaders are first responders but don't have the funds to take these courses. How to fund this? Bursaries? Train the trainer as a sustainable solution.
7. Post-secondary institutions and campus leaders to create environments and conditions that support student mental health and wellness (e.g., exam schedules, learning environments, etc.)
8. Ensuring that students' voices and perspectives are represented in institutional structure, planning, policy, and practices related to student mental health. What resources are dedicated to ensure that the voices of students are represented, including those with lived experience of mental health concerns?

**Next steps:** Student leaders to join the online community of practice and start collaborative discussions, problem-solving, and sharing of best and promising programs, practices and resources in the priority areas noted above. Pratishtha Kohli, volunteered to start discussions around supporting international students mental health and wellness. Elizabeth White, volunteered to start campus mental health discussions that are relevant to residence life and residence dons.

### Ideas for November 6&7<sup>th</sup> Event

Student leaders would like a networking opportunity – perhaps a reception (after the event) or time allocated during Day 1 or Day 2. Suggested format is 'speed dating' to allow student leaders to learn

about other student-led campus mental health initiatives. Student leaders to bring business cards and/or create cue cards at event to share contact info with others for follow-up discussions.

### ***Day 1: Professional Development Day Ideas***

- MHFA, safeTALK or similar training: could provide part of a session, train the trainer model so student leaders can then train others on campus
- How to be a peer navigator -- How to point students in the right direction to access appropriate resources
  - o How to refer and work with off campus mental health organizations and resources – e.g., for residence dons.
- How to successfully present student-led project ideas to senior administrators. How to successfully pitch an idea (e.g., back it with findings/stats, etc.). How to approach and work with senior administrators. How to navigate the system and the red tape. How to be professional .
- Cultural competency training
- Professional to discuss best and promising student-led campus mental health initiatives. What programs have been shown to work already? What are the findings/stats? What are key components and outcomes? How to plan and evaluate a program? Student leaders need to present stats/findings to lobby for funds to implement the program on campus. How can we leverage best/promising programs to other campuses?

### ***Day 2: Workshops***

- Presentation or workshop that highlights promising post-secondary courses and resources for students that focus on resiliency, skill building, etc.
- Presentation or workshop that will highlight promising mental health promotion programs and practices that are being implemented in campus residences.
- How to succeed as a student leader (comm. skills, etc.)
- Panel to highlight different promising peer support/mentoring on campus with Q&A and discussion.

**Next Steps:** Ideas for the November Event will be presented to CICMH's director and staff. Ideas that are feasible (based on time, space and resources) will be circulated back to student leaders via an online poll where they can indicate their preferences. The highest ranked sessions will be chosen for the November event. A formal invite to the November event will be circulated shortly. Student leaders wishing to help out with the planning and delivery of the event can contact, Jennifer McPhee at [jmcphee@campusmentalhealth.ca](mailto:jmcphee@campusmentalhealth.ca) for more information.

**Thanks again for participating in CICMH's Student Leader Engagement Day!!**