

BRIDGING
the DISTANCE



Cambrian, Canadore, Confederation, Northern

... promoting mental health and well being

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The Four Pillars

Student

Peers

Staff

Distance
Counselling/
Advising

www.bridgingthedistance.com

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**WE'RE IN THIS TOGETHER.
YOUR COLLEGE CARES.**

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We Care.
**You are
not alone.**



1 in 3 people will experience a mental health problem sometime in their life. We can help



Web Portal- *Cambrian College*

- Students – info on mental illness, where to get help, self-help sites & information
- Faculty/Staff - video training, info on mental illness and mental health, destigmatization education, curriculum material on MH
- Peer Supporters – info on mental illness, how to assist friends, Peer program by CMHA



Web Portal- *Focus*

- First on students in distress. Direct information for help at campus, in the community, on-line. Self help info on maintaining good mental health.
- One-stop for information that staff require. Depository of info, research, articles, just in time training, procedures, curriculum supports.
- All students are possible peer supporters. Info they need to assist their classmates and friends.

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Staff Training Portal- Canadore

**Your
College
Cares.
We're here to help!**





Training – *Canadore College*

- Creation of high quality on-line training modules for staff and faculty including a collection of relevant information, videos, testimonials and other resources surrounding mental health awareness and mental wellness on campus.
- Creation of a mechanism for identifying and prioritizing each college's mental health concerns
- Encourage student dialogue with staff -
 “start the conversation”



Training – *Canadore College*

- Additional creative elements designed to support and promote further understanding and awareness of staff & faculty including web-based learning modules, and classroom early detection scenarios for identifying students at risk.
- Integrate health and well being into northern colleges' policies and procedures

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**Peer
support.**
**You play a role
in prevention &
peer assistance.**



Peer Support – *Northern College*

Create program where students can effectively, relevantly and proactively support each other.

- Student Focused: Student Council and other groups/students working to prevent and support.
- Using health/mental health determinates and integrating a holistic approach to fight stigma and educate about matters of mental health
- Working closely with CMHA, build peer support programs “pan-northern”



Peer Support – *Northern College*

- Canadian Mental Health Association currently establishing a newly developed “Peer Support” training module for post-secondary students
- Creating capacity to qualify students to deliver peer support concurrently providing access for those affected by mental health issues to evidence based interventions
- Intervention is most effective in early stages of illness = college population
- Those receiving support and training will strengthen capacity to advance resilience and recovery = educational success

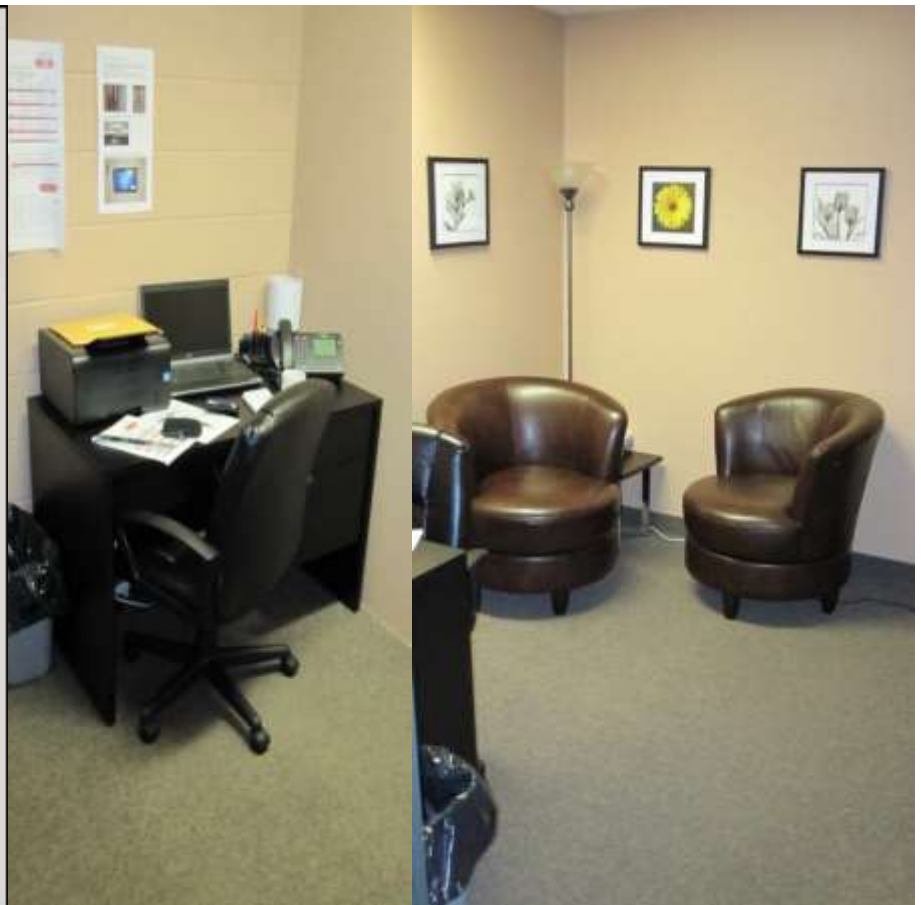
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Peer Support – *Northern College*

- Creating supportive attitudes beneficial as students assume life-long roles in community
- Hold student conferences to share best practices
- Connecting Student Associations (what works/what doesn't)
- Share innovative ways to reach students through activity/events/promotion
- Collaborate and support each other as Peer Supporters

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Distance Counselling/Advising— *Confederation College*

- Facilitate better access to counselling/advising for regional students and those studying “at a distance”
- More broadly to facilitate virtual access to student services
- Research component by the Northern Ontario Assessment & Resource Centre (NOARC/CERNO)



Distance Counselling/Advising— *Confederation College*

- Specific supports were developed at outlying campus locations to ensure that conversations were conducted in a timely, confidential and professional manner.
- College staff utilized the process for a variety of student activities in addition to student counselling/advising and academic services.
- Best practices in methodology and equipment have been suggested as well as training

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The Goal of this Project

- Analyze obstacles; service provider and student
- Research best practices
- Elaborate skill set required
- Field test/research/measure client satisfaction, efficacy
- Create tool kit/training modules for pan Northern application



Outcomes to Share

- Toolkit for Setting up Distance Counselling /Advising
- Peer Mentor Manual
- Draft Approach to Creating Policy Regarding Mental Health
- Website relevant to all postsecondary students, faculty and staff
- *All available for use at: www.bridgingthedistance.com*



Recommendations...

1. *Community Agencies providing a presence for information and counselling support to individuals should have a more definite presence on our campuses either through on-site regular clinics and/or through distance video conference.*
2. *Postsecondary institutions should ensure that there are key staff persons who are responsible for the promotion and development of activities related to positive mental health for the campus community within their job descriptions.*

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Engaging students and our entire community in creating and maintaining a healthy environment while supporting those with mental health concerns

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Thank you

