Lessons Learned from Students
Panel: lessons learned from students

Campuses have tried out a variety of mental health initiatives. Some have been a success. Some haven't had the anticipated uptake. New alternatives are becoming available. Join a discussion of students and campus practitioners talking about lessons learned.

**Moderator: Colin Andersen, Executive Vice President BEACON**
Panelists

Sean Connors
Student Wellness Coordinator, Mohawk College

Sophie Helpard
Executive Director, Ontario Undergraduate Student Alliance

Shannon Kelly
Vice President of University Affairs, Wilfred Laurier University Students’ Union
Vice President of Finance Ontario Undergraduate Student Alliance

Pratik Nair
Evaluation and Knowledge Translation Lead, Jack.org
Describe a student mental health initiative that has worked well, and one that hasn’t.

Lessons learned?
Features of success at each stage

Outreach/Awareness
  • What has worked well to connect students to support?

Getting Started
  • What is important at this stage?

Support
  • What keeps student engaged once they have decided to seek support?
  • Are some types of support more effective than others?

Follow-up/maintenance
  • What works best to help maintain good mental health?

Other key elements:
  • Decision makers – who plays a role in deciding which supports are available?
  • Financial – how best to pay for mental health supports?
  • Confidentiality
  • Circle of care
Key takeaways to be applied back on campus
Lessons learned panel

Moderator:

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