



CENTRE FOR INNOVATION IN  
**CAMPUS MENTAL HEALTH**  
*2018 Conference*

> **BOLD** <  
**IDEAS**

November 21st & 22nd, 2018  
Hyatt Regency Toronto, 370 King St W, Toronto

The Centre for Innovation in Campus Mental Health is funded by the Ontario Government





CENTRE FOR INNOVATION IN  
**CAMPUS MENTAL HEALTH**  
*2018 Conference*

## Welcome to Bold Ideas in Campus Mental Health



The Centre for Innovation in Campus Mental Health (CICMH) team is very pleased to welcome you to our annual conference! The next two days promise to be an exciting opportunity to hear about the Bold Ideas that are making an impact on campuses in Ontario and beyond, to exchange knowledge and to make new connections with others in the field.

To ensure that all aspects of campus mental health and well-being are covered, the conference has been organized around five key streams:

- Substance Use and Addictions
- Mental Health Strategy
- Mental Health Programs
- Equity
- Evidence Based Interventions

In reflecting on the diversity and depth of this year's presenters, we are very pleased with the thought, time and effort that has gone into this year's sessions. We thank them in advance for their openness and willingness to share their knowledge. Our hope is you will leave inspired, refreshed and connected to your fellow attendees.

As always, we want to hear from you, please take a moment to come and say hello to the team and fill out the evaluation form. We are here to listen.

Thank you for spending your time with us!

*Marija, Pearlyn, Pauline and Mahreen*  
Centre for Innovation in Campus Mental Health

# OPENING CEREMONIES



## Hon. Merrilee Fullerton

Kanata-Carleton

*Minister of Training, Colleges and Universities*

**Dr. Merrilee Fullerton** is a family physician and conscientious health advocate, who has spent her career speaking out and helping people. She is a wife and mother, raising her three children in a busy Kanata household, as she had been raised. Merrilee has spent her life balancing herself between being Dr. Fullerton/family physician, and hockey/soccer mom and neighbourhood block parent.

Having graduated from University of Ottawa Medical School, she practiced locally, first serving out of the Carleton Place Hospital and then as a family physician at Med-Team Clinic in Kanata. Dr. Fullerton has been very active in professional medical associations and local health care organizations, including advisory roles with both the Ontario Medical Association and Canadian Medical Association, and membership in the City of Ottawa Board of Health and the local LHIN serving Ottawa and area.

As she has been for the past decade, Merrilee continues to commentate and advocate in media and public forums for better health services. She has a keen interest in improving the delivery of Ontario's health care, particularly long-term care services.

# MASTERS of CEREMONIES



## Michelle Delrish

Centennial College  
*Manager, Student  
Experience and Ethics*

**Michelle Delrish** is the Manager, Student Experience & Ethics at Centennial College and Development Lead for the Canadian Association of College and University Student Services (CACUSS) Student Case Managers Community of Practice.



## Shireen Salti

Council of Ontario Universities  
(COU)  
*Policy Analyst*

**Shireen Salti** is a policy analyst at the Council of Ontario Universities (COU) working on a number of policy files including aboriginal, cannabis, mental health, and accessibility on campuses. Prior to COU, she graduated from the Ontario Legislature Internship Programme where she worked with Members of Provincial Parliament. Shireen attended York University in Toronto where she received a Master of Public Policy, Administration and Law degree and an undergraduate degree in Business & Society.

# ABOUT CICMH

## Who We Are

The Centre for Innovation in Campus Mental Health (CICMH) is a partnership project involving Colleges Ontario, the Council of Ontario Universities, the Ontario Undergraduate Student Alliance, the College Student Alliance and the Canadian Mental Health Association-Ontario Division.

## Our Mission

To help Ontario's colleges and universities enhance their capacity to support student mental health and well-being.

## Our Vision

To optimize mental health and well-being for Ontario's post-secondary students.

## What We Do

CICMH is working with its partners and stakeholders to:

1. **Build** knowledge and skills of frontline staff and student leaders in post-secondary institutions to increase their capacity to address the mental health needs of students
2. **Foster** innovation in collaboration that promotes systemic responses to address the mental health needs of students
3. **Develop** strategic partnerships to leverage knowledge resources and relationships that address the mental health needs of students

## Our Websites

The Centre is always working to provide campuses and community organizations with resources, toolkits, informational videos and more. Be sure to check out our two websites that will provide you with the tools you need to enhance your capacity to help and serve students on campuses!

The screenshot shows the homepage of the Centre for Innovation in Campus Mental Health website. The header features the organization's name and a navigation bar with links for NEWSLETTER SIGN UP, Contact, About, and FR. Below the header is a large image of a classical building with columns. At the bottom of the page is a dark banner with the website URL [www.campusmentalhealth.ca](http://www.campusmentalhealth.ca).

See page 16 for more details.

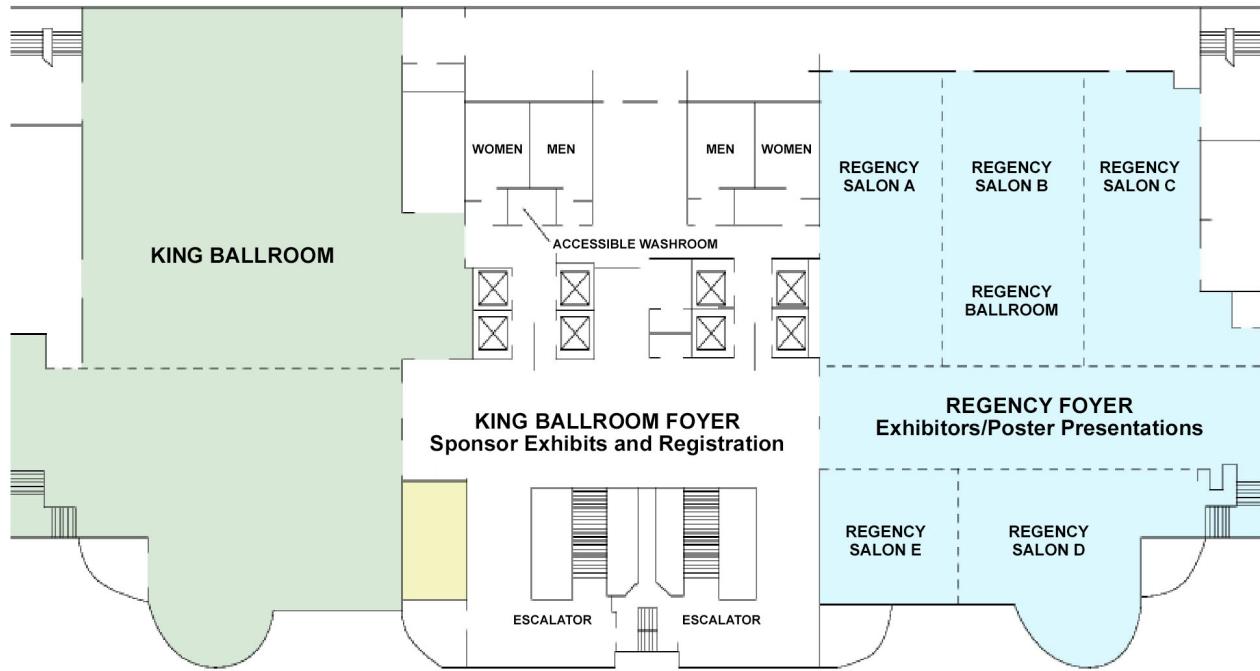
The screenshot shows the homepage of the More Feet on the Ground website. The header features the title "MORE FEET ON THE GROUND" and a navigation bar with links for Contact, FR, Profile, Log out, and a search icon. Below the header is a photograph of many people's feet walking. A sub-header reads "Learn how to recognize, respond and refer students experiencing mental health issues on campus." At the bottom of the page is a dark banner with the website URL [www.morefeetontheground.ca](http://www.morefeetontheground.ca).

See page 25 for more details.

# VENUE MAP

## Hyatt Regency Toronto

Convention Level



# CICMH COMMITTEE MEMBERS

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<b>Emmaline Scharbach</b>	College Student Alliance
<b>Jarek Baginski</b>	University of Ontario Institute of Technology
<b>Mahreen Dasoo</b>	Centre for Innovation in Campus Mental Health
<b>Marija Padjen</b>	Centre for Innovation in Campus Mental Health
<b>Michelle Baulch</b>	Carleton University
<b>Michelle Delrish</b>	Centennial College
<b>Nichole Roy</b>	Northern College
<b>Pauline Spiess</b>	Centre for Innovation in Campus Mental Health
<b>Pearlyn Ng</b>	Centre for Innovation in Campus Mental Health
<b>Shireen Salti</b>	Council of Ontario Universities
<b>Sophie Helpard</b>	Ontario Undergraduate Student Alliance

## EXECUTIVE COMMITTEE

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<b>Abdullah Mushtaq</b>	College Student Alliance, Director of Advocacy
<b>Camille Quenneville</b>	CMHA Ontario Division, CEO
<b>Craig Stephenson</b>	Centennial College, Vice-President Student and Community Engagement
<b>David Fulford</b>	Colleges Ontario, Vice President Research and Policy
<b>Dominika Flood</b>	Council of Ontario Universities, Director, Strategic Initiatives and Partnerships
<b>Kathryn Sullivan</b>	Colleges Ontario, Senior Research and Policy Advisor
<b>Nona Robinson</b>	Trent University, Associate Vice President Students
<b>Sandy Welsh</b>	University of Toronto, Vice Provost of Students
<b>Shireen Salti</b>	Council of Ontario Universities, Policy Analyst
<b>Sophie Helpard</b>	Ontario Undergraduate Student Alliance, Executive Director
<b>Wayne Poirier</b>	Mohawk College, Vice-President of Student Services (Executive Committee Chair)

The Centre for Innovation in Campus Mental Health is funded by the Ontario Government



# DAY 1

Wednesday, November 21, 2018

# AGENDA DAY 1

## Wednesday, November 21, 2018

TIME	ACTIVITY	LOCATION
8:00am – 9:00am	<b>Registration and Continental Breakfast</b>	
9:00am – 9:30am	<b>Opening Ceremonies</b>	King Ballroom
9:30am –10:00am	<b>Keynote Panel: Crisis on Campus</b> <b>Youth Advocates Filling Institutional Gaps</b> <i>Ben Sabic, Christopher Buddle, Megan Van Massenhoven, Julia Caddy &amp; Matthew McLaughlin</i>	King Ballroom
10:00am –10:30am	<b>Keynote: Growing Institutional Capacity to Safeguard Student Mental Health</b> <i>Ed Mantler (Vice President, Programs and Priorities, Mental Health Commission of Canada)</i>	King Ballroom
10:30am –11:00am	HEALTH BREAK   REFRESHMENTS Posters/Apps Session & Exhibitors	Poster Hall
11:00am –12:15pm	<b>A1-A4 Concurrent Sessions</b> <b>A1: Reducing Cannabis Harms: A Guide for Ontario Campuses</b> <b>A2: An Easy Pill to Swallow: Prescription Exercise at Queen's University</b> <b>A3: Establishment of 3 Levels of Peer Support Programs: A Campus Collaboration with a Community Partner</b> <b>A4: Rethinking Resilience: Systematic Review of Ontario University Mental Health Strategies</b>	Regency Salon A Regency Salon E Regency Salon C Regency Salon B
12:15pm – 1:15pm	BUFFET LUNCH   Posters/Apps Session & Exhibitors	Ballroom Foyer
1:15pm–2:30pm	<b>B1-B4 Concurrent Sessions</b> <b>B1: Collaboration and Building Capacity in the Community and on Campus</b> <b>B2: Harm Reduction Strategies in a College Residence</b> <b>B3: The Forgotten Link Between Race and Mental Health</b> <b>B4: Bold Steps – Involving instructors: Teaching Practices and Student Wellbeing</b>	Regency Salon B Regency Salon C Regency Salon A Regency Salon E

# AGENDA DAY 1

## Wednesday, November 21, 2018

TIME	ACTIVITY	LOCATION
2:30pm – 3:00pm	HEALTH BREAK   REFRESHMENTS	Poster Hall
3:00pm – 4:00pm	<b>C1-C4 Concurrent Sessions</b> <b>C1: Student Wellness and Resiliency</b> <b>C2: Recovery-Oriented Strategies: Putting Theory into Practice</b> <b>C3: Creating a Standard to Promote and Protect Mental Health of Post-Secondary Students</b> <b>C4: Nouvel outil (d'enquête) pour l'évaluation de la santé mentale et des comportements à risque des étudiants-es</b>	King Ballroom Regency Salon C Regency Salon B Regency Salon E
4:00pm – 5:00pm	<b>D1-D4 Concurrent Sessions</b> <b>D1: Empirically Supported Group-Based Programming in a University Setting</b> <b>D2: Mental Health Promotion and Student Perspectives</b> <b>D3: Searching for Hope from Minds Steeped in Hopelessness: What Predicts, Prevents and Heals Suicidal Minds</b> <b>D4: Examining Stigma, Perceived Need, and Mental Health Illiteracy as Barriers to Help-seeking in Young Adults</b>	Regency Salon C Regency Salon A Regency Salon B Regency Salon E

# SPONSORS

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Visit our sponsors located in the Ballroom Foyer.

Take a moment to meet our sponsors and learn about their various programs and campaigns. They will be available each morning during breakfast/registration, health breaks and lunch.

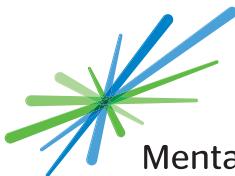
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## BREAKFAST SPONSOR



# KEYNOTE PANEL

Wednesday, November 21st, 2018

9:30am – 10:00am  
King Ballroom

## Crisis on Campus – Youth Advocates Filling Institutional Gaps

Canadian media outlets continue to report the same findings on student wellness: There is a mental health crisis on campuses; 919 students reportedly attempt suicide each year. Post-secondary institutions are beginning to hear the needs of their students, but these students' needs cannot simply be 'put on hold' while red tape is navigated in the pursuit of institutional-level change. This panel, spearheaded by post-secondary students themselves, will explore the actions that students and staff can pursue in order to take the current situation into their own hands while services and systems are being established. Student leaders are eager to make change a reality, so we'll discuss the ways students can start-and continue-fostering communities of mental health literacy, wellness promotion, resiliency, and peer-to-peer support. Aided by the perspective of external stakeholders, we'll explore ways in which educators, administrators, and organizations can provide support to students pursuing tangible change.

### Moderator: Ben Sobic

**Ben Sobic** is a student, motivational speaker, and mental health advocate. He's the Chair of Kids Help Phone's National Youth Council and an active supporter of other local and national non-profit organizations. Previously, Ben has spoken at WE Day to an audience of over 16,000 students and educators, and he has spoken at educational institutions throughout Manitoba.

### Panelists: Christopher Buddle, Megan Van Massenhoven, Julia Caddy & Matthew McLaughlin

**Professor Christopher Buddle** is an award-winning teacher and the Dean of Students at McGill University. Professor Buddle embodies a passion for championing student rights and responsibilities, academic integrity, and promoting wellness for the entire McGill community. His academic research program is focused on the biodiversity and community ecology of insects and spiders, with an emphasis on Arctic systems.

**Megan Van Massenhoven** is the Outreach Manager for Good2Talk, Ontario's post-secondary student helpline. She has been visiting post-secondary institutions in Ontario since 2014 to raise awareness of the service as a mental health resource and oversees the helpline's partnerships with campus staff, students, and volunteers.

**Julia Caddy** is a student mental health advocate and certified speaker with Jack.org. As someone with lived experience with mental illness, she is passionate about eradicating stigma and is a champion for those facing mental illness-as is shown through her work with Jack.org, Kids Help Phone's National Youth Council, Students in Mind, and the Alberta Children's Hospital Foundation.

**Matthew McLaughlin** is a B.Comm candidate at McGill University and the VP Internal-elect of the Students' Society of McGill University. He is also the Co-Chair of Kids Help Phone's National Youth Council and a recipient of the Governor General's Academic Medal. His passions include public policy, sustainability, international development, and youth engagement.

# KEYNOTE

Wednesday, November 21st, 2018

10:00am – 10:30am

King Ballroom

**Ed Mantler** | Mental Health Commission of Canada

Vice President, Programs and Priorities

## Growing Institutional Capacity to Safeguard Student Mental Health

It is known that 75% of first mental illness diagnoses occur between the ages of 16 and 24 – the ages that many students are attending post-secondary school and making important life decisions. There are increasing demands and pressures for post secondary institutions to support mental health and wellbeing of their students.

The Mental Health Commission of Canada have been catalysts for programs such as Opening Minds, Mental Health First Aid and the Aspiring Workforce – all intended to support mental health of Canadians and importantly, the mental health of post secondary students.

Although campus mental health strategies and programs for student mental health exist, there is no national, evidence-informed, systematic approach. The Mental Health Commission of Canada is leading the development of a new, voluntary Standard for Psychological Health and Safety for Post-Secondary Students. The goal is to provide a Standard that is relevant, evidence-informed and practical for post-secondary institutions across Canada to effectively protect and promote mental health of students with the end goal to promote student success. The Standard will provide a consistent framework and outline a quality improvement process that can be applied throughout all post-secondary institutions within Canada. Project objectives, outcomes and impacts will be discussed as well as how post-secondary stakeholders are being engaged and participating in the development of the Standard. Hear how you can become an early adopter of the National Standard for Psychological Health and Safety of Post-Secondary Students.



**Ed Mantler** is the Vice President of Programs and Priorities at the Mental Health Commission of Canada, dedicated to promoting mental health in Canada and changing the attitudes of Canadians toward mental health problems and illnesses. Ed pays particular attention to reducing stigmas and increasing mental resiliency through innovative measures like Mental Health First Aid, the *National Standard for Psychological Health and Safety* in the Workplace, Suicide Prevention, and the *Mental Health Strategy for Canada*.

# A1 Concurrent Session

11:00am - 12:15pm

A1

## Reducing Cannabis Harms: A Guide for Ontario Campuses

Regency Salon A

With the approaching legalization and regulation of non-medical cannabis, Ontario colleges and universities are in need of relevant information related to cannabis legalization and regulation, mental health, harm reduction, and best-practices in engaging with students regarding substance use. The Centre for Addiction and Mental Health, Centre for Innovation in Campus Mental Health, Canadian Mental Health Association and the Ministry of Advanced Education and Skills Development have partnered to develop a tool-kit for campus professionals to support the implementation of health-based interventions which aim to reduce risks and harms associated with cannabis use. This presentation will provide participants with an overview of the tool-kit, information related to cannabis use, developing and implementing campus cannabis use frameworks, and best-practices in promoting Canada's Lower Risk Cannabis Use Guidelines among students.

**Presenters:** **Pearlyn Ng** | CICMH

**Jean Hopkins** | CMHA Ontario

**Tamar Meyer** | CAMH

**Pearlyn Ng** is the Research and Knowledge Exchange Coordinator at the Centre for Innovation in Campus Mental Health (CICMH) based at the Canadian Mental Health Association, Ontario Division. Pearlyn runs all the knowledge sharing activities at CICMH – such as hosting webinars and writing toolkits – to help Ontario's colleges and universities enhance their capacity to support student mental health and well-being.

**Jean Hopkins**, MSW, MSc is a Policy Analyst for the Canadian Mental Health Association, Ontario Division. She leads the addictions and complex care portfolio where she focuses on drug policy and substance use treatment as it relates to community mental health and addictions in Ontario. Jean has previously worked as a clinical social worker in the addictions and mental health sector, and has an MSc from McMaster University's Global Health program.

**Tamar Meyer** is a Supervisor in the Provincial System Support Program's (PSSP) Knowledge Exchange team based at the Centre for Addiction and Mental Health. She has extensive background in health promotion, public health and integrated knowledge translation with a specific focus on mental health promotion and substance use prevention. She has a commitment to building strong and meaningful partnerships and collaborating with internal and external stakeholders. Tamar holds a Master of Arts in Sociology from York University.

## A2-A3 Concurrent Sessions

11:00am - 12:15pm

### A2 An Easy Pill to Swallow: Prescription Exercise at Queen's University

Regency Salon E

We know students with mental health concerns benefit from regular physical activity. But can we get them to actually work out? Building on SFU's fantastic 'Active Health' program, Queen's University has seen great success (ex., 100% retention rate) from a new program connecting students experiencing anxiety and/or depression to opportunities for physical activity. However, the pathway has not been entirely smooth... In this session, full of concrete lessons learned and strategies developed, we will discuss programming that connects physical activity with mental health. There will be opportunities to share and connect with others to address specific challenges along the way.

**Presenters:** Freeman Woolnough | Queen's University

**Freeman Woolnough** is a personal development professional seeking to enrich, enhance, and brighten post-secondary students' paths, through the use of individualized counselling methods and innovative programming. A mental health counsellor by trade, Freeman also teaches an introductory health course to undergraduate students, and is actively involved in the development of several unique programs relating to identity and mental health.

### A3 Establishment of 3 Levels of Peer Support Programs: A Campus Collaboration with a Community Partner

Regency Salon C

This panel discussion will explore peer support programming established at the University of Toronto Scarborough in collaboration with Mood Disorder Association of Ontario (MDAO). Three levels of programming will be discussed using a primary (prevention), secondary (therapeutic) and tertiary (recovery) approach. Panelists consisting of multidisciplinary staff and students from both organizations will provide an overview on how this partnership formed and establishment of each program, which include Peer Support Mentorship Certification, Peer Support Counselling and Wellness Recovery Action Plan Group. Steps on the development of each program and strategies for sustainability will be discussed.

**Presenters:** Elizabeth (Elsa) Kiosses, Allison Dunning, Ruxandra Pop, Julia Prato & Tracey Beech-Gauthier | Health & Wellness Centre - University of Toronto Scarborough

**Elizabeth (Elsa) Kiosses** is the Health Promotion Nurse at the Health & Wellness Centre at the University of Toronto Scarborough. She works on health and wellness initiatives promoting a healthy campus through partnership and collaborations with students, staff and faculty. In addition, she provides students with direct nursing care in a clinical setting at the Health & Wellness Centre.

**Allison Dunning** works as the Toronto and Provincial Peer Support Coordinator for the Mood Disorders Association of Ontario. Within this role, Allison trains staff and volunteers, implements and supervises peer support programming in partner community organizations, in clinical inpatient settings, clinical outpatient settings, and educational facilities such as University of Toronto Scarborough.

**Ruxandra Pop** works for the Department of Student Life at the University of Toronto Scarborough. In her role, as the Student Life Officer she works with student clubs on campus, focusing on event planning processes and effective leadership and conflict resolution strategies. In her spare time, Ruxandra enjoys writing fiction prose.

## A4 Concurrent Session

11:00am - 12:15pm

**Julia Prato** is a University of Toronto Scarborough student who will be speaking on her experience at her years of utilizing on campus services and her experience as a participant in the WRAP program and how this program has benefited her in her last year of school.

**Tracey Beech-Gauthier** is the Manager in the Health & Wellness Centre at the University of Toronto Scarborough. Tracey acknowledges the importance of providing multiple options for mental health supports on campus and appreciates collaboration with community partners in making peer support available to students on campus.

A4

### Rethinking Resilience: Systematic Review of Ontario University Mental Health Strategies

Regency Salon B

In recent years, mental health services available on Ontario campuses have been unable to meet the needs of the increasing number of students with mental health concerns. As a result, many universities have taken steps to implementing different strategies to try to address a larger issue of mental health on campus. Balfour and Wilson conducted a systematic review of Ontario university mental health strategies. In analyzing similarities between these strategies, they better highlight what our current perception of ideal mental health at university looks like. Where relevant, the presenters look to McMaster University and the University of Toronto as examples of how successes can be better actualized and pitfalls can be avoided. All of this is done through a lens of student engagement that attempts to re-position the students as key stakeholders and decision-makers in the development, implementation, and review of these policies - a perspective found to be absent in most current strategies.

**Presenters:** Alex Wilson & Shannon Balfour | Maccess

**Alex Wilson** is a McMaster alumnus who studied Integrated Science during their undergraduate career. They self-identify as a mad/crazy and they are actively involved in disability and madness-related organizing and community-building in the Hamilton area. From student organizing, to consultation, to policy Alex has been actively engaged in the implementation in McMaster's Mental Health Strategy.

**Shannon Balfour** is a McMaster alumnus who studied English, Cultural Studies and Critical Theory, and Women's Studies during their undergraduate career. They self-identify as a mad/crazy artist and they are actively involved in disability and madness-related organizing and community-building in the Hamilton area.

# B1 Concurrent Sessions

1:15pm - 2:30pm

B1

## Collaboration and Building Capacity in the Community and on Campus

Regency Salon B

### B1-1: CAMPUS AND COMMUNITY COLLABORATION TO SUPPORT STUDENTS IN CRISIS

Increasing volumes of post-secondary students in distress require creative solutions. This interactive session will share an innovative model developed in London Ontario, which includes a partnership between Western University Students' Council, Western Society of Graduate Students, Western Student Health, Kings University College, Fanshawe College Student Union, Fanshawe Counselling and Accessibility Services and CMHA Middlesex. The presentation will include the development and launch of evening crisis satellites on campus in addition to mental health literacy initiatives. Key elements of success including the communication plan, peer support component, funding sources and student engagement will be shared, in addition to lessons learned and initial evaluation results.

**Presenters:** Lori Hassall | CMHA Middlesex

Cynthia Gibney | Western, University Students' Council,

Suzanne Book | Fanshawe College

Andreea Bejan | Western University Students' Council

**Lori Hassall**, BA, MSW is the Director of Crisis at CMHA Middlesex and a part-time Professor at the School of Social Work, King's University College. With 20 years clinical and leadership experience in hospital and community mental health, Lori is passionate about destigmatizing mental illness and working collaboratively to develop innovative mental health services, including London's 24/7 Walk-In Crisis Centre.

**Cynthia Gibney**, RN, MScN, is the Director of Western University Health Services and has worked for Western since 2004. Cynthia's passion for student health has inspired her to grow Health Services and its team, assist in the creation of a Wellness Education Centre, and be involved with several committee's and teams on campus that support student, staff and faculty wellness.

**Suzanne Book**, MSW, RSW, is currently Senior Manager of Counselling and Accessibility Services with Fanshawe College, and a social worker who has been involved with child, youth and adult mental health services in elementary, secondary and post-secondary settings. In addition to direct service, program development and supervisory roles, Suzanne has been involved in developing community partnerships to improve collaborative service delivery.

**Andreea Bejan** is the Secretary Treasurer for the University Students' Council (USC) at Western University. She is a current student at Western, working towards an Honours Specialization in Political Science. In her capacity as Secretary Treasurer at USC, Andreea oversees the governance and finance of the organization. As a student representative of the USC, Andreea believes that we must continue to prioritize the wellbeing of students.

Wednesday, November 21st, 2018

# B1 Concurrent Sessions

1:15pm - 2:30pm

**B1**

## Collaboration and Building Capacity in the Community and on Campus cont'd

**Regency Salon B**

### B1-2: BUILDING CAPACITY THROUGH PARTNERSHIPS

In this presentation we will look at the various programs that have resulted from collaborating with campus and community partners in the Kingston area. Opportunities and limitations related to being a small city will be explored. Our on- campus initiatives include a campus wide approach to supporting students with extenuating circumstances, a partnership with the student government to offer a peer support program, a multi departmental approach to prescription exercise, co-led programs with the chaplain and learning strategists, and a mental health working group that brings together key campus stakeholders. We will speak to some of the limitations with what campus can offer and the drive for increased collaboration with community partners. This includes having partnering with the hospital and local agencies, working closely with community crisis services, and a city wide mental health initiative to support youth aged 16-24.

**Presenters:** Jennifer Dods & Tess Grant | Queen's University

**Jennifer Dods** is the Executive Director of Student Wellness Services at Queen's University and oversees the integrated Health and Wellness Services on campus. Past experience as a mental health nurse and teaching mental health nursing at Queen's has led to a strong belief in the value of interprofessional and collaborative approaches to mental health support.

**Tess Grant** is an Occupational Therapist at Queen's and is highly involved in a number of on campus collaborations to support student well-being. Tess is a primary resource for students with extenuating circumstances and academic engagement for those with injuries, illnesses, and disabilities requiring additional support. Tess previously worked as an Accessibility Advisor at Queen's.



Campusmentalhealth.ca is the Centre's main website and provides an increasing number of resources, monthly webinars, spotlight interviews with organizations of interest, toolkits, monthly newsletters and info sheets. You can bookmark this site as your One-Stop-Shop for everything CICMH, including information on upcoming events and forums being held in your area.

# B2-B3 Concurrent Sessions

1:15pm - 2:30pm

## B2 Harm Reduction Strategies in a College Residence

Regency Salon C

Algonquin College Residence shares their experience implementing a Harm Reduction strategy into a College Residence. Explore how Algonquin has transformed their approach to meet students where they are at and work toward a community where 'safer' consumption of alcohol and other drugs is present.

**Presenters:** Brandon Jodoin, Brittanie Walker-Reid & Jennifer Phillips | Algonquin College Residence - Campus Living Centres

**Brandon Jodoin**, a placement student turned graduate and Residence Life Coordinator has been involved with the Algonquin College Umbrella Project from day one. He works to implement harm reduction programming in a College Residence.

**Brittanie Walker-Reid**, Residence Life Manager with a social work background has worked closely with the Umbrella Project management team to ensure policies were in place that were preventative to alcohol and substance use concerns. Brittanie is often supporting the most complex concerns of mental health and substance use disorders within the student population through collaboration with managers of health services and counselling services.

**Jennifer Phillips**, a former resident advisor turned Community Advisor has cemented her role as the head programmer for a building of 1000+ students and works toward implementing harm reduction and mental health programming to educate students on the preventative work and the role harm reduction can play in reducing the risks associated with alcohol and other substance use.

## B3 The Forgotten Link Between Race and Mental Health

Regency Salon A

Both inside and out of the classroom, the mental health of racialized students can decline from indicators such as stress and low sense of belonging. Furthermore, physiological responses to race-related stressors have been associated with heightened cortisol levels and a blunted stress response pattern.

Students cannot thrive in an environment where their needs are not considered; therefore, students from the University of Waterloo have developed a service dedicated to addressing racism and xenophobia on campus. This presentation will be informed by a review of the literature, students' experiences, and the e(RACE)r summit report.

**Presenters:** Fiqir Worku & Victoria Rodney | University of Waterloo

**Fiqir Worku** is a student at the University of Waterloo pursuing the field of Health Studies. Fiqir has been involved in many leadership positions including her position as Vice-President of the University of Waterloo's Black Association for Student Expression (UWBASE). Since then, Fiqir has been actively involved in developing a service on campus to support racial minorities. With experience in both race and mental health, Fiqir is in the unique position to highlight where the two intersect.

**Victoria Rodney** is a second year student at the University of Waterloo also in the field of Health Studies. Victoria, while dealing with racism on campus as the current president for UWBASE and co founder of the campus' new service.

## B4 Concurrent Session

1:15pm - 2:30pm

B4

### Bold Steps - Involving instructors: Teaching Practices and Student Wellbeing

Regency Salon E

Student wellbeing is often deemed a responsibility of student services professionals. However, evidence suggest that subtle shifts within higher education classroom contexts can create a profound impact on student wellbeing. In particular, emerging research indicates that instructors have important roles to play in fostering student wellbeing through their teaching. Such findings echo with educational theories and the call-to-action identified in The Okanagan Charter (2015). This interactive workshop will share research and innovative projects that creatively engage instructors in enhancing student wellbeing from a large Canadian university. Tools and teaching practices that support student wellbeing will be shared. Adopting a strengths-based approach, participants will generate ideas on how to apply these practices to their campus context and brainstorm strategies that promote collaborations between instructors and staff in promoting student wellbeing. Ideas generated maybe incorporated into future publications to further advance staff-instructors collaborations in enhancing student wellbeing.

**Presenters:** Michael Lee & Diana Jung | University of British Columbia

**Michael Lee** is a Senior Instructor with the Faculty of Medicine, University of British Columbia. Being a strong advocate for student wellbeing, he has been supporting student initiatives in bringing mental health awareness to campus. He uses participatory-action-research method to give voice to students in identifying campus mental health needs. One of his research interest is teaching practice and student wellbeing.

**Diana Jung** is a Health Promotion Specialist with the Health Promotion & Education unit at UBC. Diana supports the development of Faculty-level wellbeing initiatives and engages with staff and faculty members as key partners to create and facilitate opportunities for students to be part of a healthy university community, to learn health-based skills, and to develop their leadership for a healthier campus. Diana has a M.A. in Community Psychology and a M.A. in Counselling Psychology and has contributed her skills and passion to student mental health and wellbeing at UBC since 2012.

# C1 Concurrent Sessions

3:00pm - 4:00pm

C1

## Student Wellness and Resiliency

King Ballroom

### C1-1: CAMPUS CONNECTED – WE CARE IT TAKES A VILLAGE TO RAISE A HEALTHY STUDENT

Lack of social connection is a common theme that contributes to challenges experienced by university students. Students in need of connection feel profound loneliness, isolation, shame and fear of being judged negatively. Similarly, lack of connection also contributes to staff and faculty's compromised well-being. Supporting others benefits the helper. Voluntarily giving help to others protects our overall physiological health and emotional well-being.

Campus Connected is a movement that aims to connect students, faculty and staff to co-create a more caring and kind campus community that better supports every ones mental health. Joining the movement simply requires participating in a 2 hour interactive workshop that provides participants with skills to be able to listen to each other with greater empathy, understanding and without judgement. They also receive a Campus Connected sticker for their laptop/door and button to identify them as someone who will care, listen and help. The symbol is promoted across campus so that the community knows they can reach out to those who display it. More than 800 UOIT students and 150 faculty-staff have joined the movement since it began in 2016. This presentation will engage participants in portions of the actual Campus Connected workshop.

**Presenters:** Jeremy Greenberg | UOIT

**Jeremy Greenberg** is a Mental Health Counsellor at UOIT. He holds a Masters of Counselling Psychology and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. He also holds an M.A. in Leadership and Training. Jeremy has been facilitating workshops and delivering presentations in post-secondary settings for over a decade.

### C1-2: CULTIVATING HAPPINESS AND RESILIENCY: LEARNING TO FLOURISH

Mental toughness keeps you acting when you most want to quit. It is the unlock key for success in long-term, massively-challenging endeavors. Until recently, people thought you either had it or you didn't. But a growing body of breaking research reveals that mental toughness or "resilience" is not only a mindset that separates those who succeed from those who plateau, it is a teachable and buildable skill. This workshop will show the participants how Cambrian College uses resiliency and positive psychology to help cultivate our eight pillars of wellness for our staff and students.

**Presenters:** Catherine Poulton | Cambrian College

**Catherine Poulton** M.Ed., Certification of Applied Positive Psychology, Resilience Trainer (Flourishing Center, NY). Wellness Coordinator at Cambrian College.

# C2-C3 Concurrent Sessions

3:00pm - 4:00pm

## C2 Recovery-Oriented Strategies: Putting Theory into Practice

Regency Salon C

Piat and Sabetti (2012) describe recovery-oriented strategies as ones that “privilege the needs and aspirations of people with mental illness over other population groups” and “acknowledge the expertise of individual lived experience”. While this sounds admirable in theory, what would really happen if the main hub for wellness education at a large Canadian university were to use this as a foundational principle? This session allows you to envision a new, equitable approach to mental health programming: Discover promising practices emerging from the Wellness Education Centre (WEC), where students with mental illness are sought out to take leadership roles in every aspect of WEC. Here, peer educators connect fellow students with mental health resources and evidence-based strategies to help struggling peers take charge of their school success. University faculty and staff also seek out WEC to learn how to support and engage students with mental illness using a strength-based perspective.

**Presenters:** Dr. Melanie-Anne Atkins | Western University

**Dr. Melanie-Anne Atkins** is the Wellness Coordinator at Western University. She was hired in 2016 to develop and coordinate the Wellness Education Centre (WEC). In this role, she writes and delivers mental health literacy curriculum, is a key contact for university community members seeking strategies to promote mentally healthy learning environments, and supervises the student educators who run the WEC.

## C3 Creating a Standard to Promote and Protect Mental Health of Post-Secondary Students Regency Salon B

The Mental Health Commission of Canada is developing a National Standard for Psychological Health and Safety of Post-Secondary Students. The four key phases of the project will be discussed, which includes an environmental scan, national consultations across Canada to identify key issues and best practice, the work of the Technical Committee who are charged with writing the Standard and finally, supporting actual uptake/implementation of the Standard. This session describes how stakeholders are being engaged and participating in the development process as well as discussing early findings. The model of Inform, Consult, Collaborate and Empower is being adopted to provide a consistent method to communicate the progress of the Standard.

During the session participants will explore key areas of concern and possible solutions to provide immediate feedback to the Mental Health Commission of Canada to inform the development of the National Standard.

**Presenters:** Nitika Rewari & Polly Leonard | Mental Health Commission of Canada

**Nitika Rewari** is a Manager at the Mental Health Commission of Canada. Her role allows her to oversee programs and initiatives related to advancing evidence-based approaches to protect and promote mental health of workers and students, as well as eliminating employment barriers for individuals who are facing mental health challenges and are currently not in the workforce.

**Polly Leonard**, MSW, RSW is the Program Manager at the Mental Health Commission of Canada, she provides expertise in managing dialogues and stakeholder engagements and relationships. Polly also has experience working in the Post-Secondary field and brings knowledge from her time at Algonquin College.

## C4 Concurrent Session

3:00pm - 4:00pm

C4

### Nouvel outil (d'enquête) pour l'évaluation de la santé mentale et des comportements à risque des étudiants-es

Regency Salon E

Cette présentation décrit un nouvel outil (d'enquête) pour l'évaluation de la santé mentale et des comportements à risque des étudiants-es. Cette enquête de 50 questions porte sur le statut démographique et socioéconomique, la santé mentale, les comportements à risque et l'identité linguistique et culturelle collective. Ces facteurs sont étroitement liés et peuvent avoir un impact direct sur le bien-être général des étudiants et leur réussite scolaire. Les questions relatives aux comportements à risque comprennent la consommation de substances (alcool, drogues et tabac), la sécurité routière et les comportements sexuels. Des éléments bien connus et validés sont utilisés pour la santé mentale (MHSF Mental Health Continuum) et l'identité culturelle (Keyes). Ce sondage a récemment été administré à des étudiants de quatre universités de petite taille au Manitoba et au Québec, permettant une comparaison entre provinces et les groupes de langue officielle minoritaires et majoritaires. Les résultats préliminaires sont présentés en prenant en compte les sondages en ligne et sur papier, le taux de réponse ainsi que la santé mentale et les comportements à risque actuels des étudiants.

**Présentateur : Danielle de Moissac |** Université de Saint-Boniface

**Danielle de Moissac** est professeure au Département des sciences de l'Université de Saint-Boniface au Manitoba. Ses recherches portent sur la santé et l'accès aux soins de santé chez les populations linguistiques minoritaires, en particulier les jeunes et les personnes âgées. Depuis 2005, ses recherches sur la santé mentale et les comportements à risque chez les étudiants-es au postsecondaire ont éclairé et soutenu l'élaboration d'une stratégie et d'un plan d'action pour le bien-être des étudiants-es dans son établissement postsecondaire.



The advertisement features a woman with curly hair looking down at her smartphone. To her left is a graphic of a yellow star with a smiling face inside it, next to the word "beacon". Below the star is a quote in white text: "It makes an individual feel like they're in good hands." To the right of the woman, there is text in black and green: "World on your shoulders? Feeling down? You can do something today to start feeling better." Below this, in smaller text, is "Digital therapy with a real therapist. Anytime, anywhere. At your own pace." At the bottom right, there is more text: "Explore BEACON: [www.mindbeacon.com](http://www.mindbeacon.com)". Further down, it says "Partnership inquiries: [info@mindbeacon.com](mailto:info@mindbeacon.com) 416.479.0801 | 1.833.623.2266 (MBEACON)".

# D1 Concurrent Session

4:00pm - 5:00pm

D1

## Empirically Supported Group-Based Programming in a University Setting

Regency Salon C

Institutions across Canada deliver a range of group-based programming to promote student mental health. University students have specific needs, access can be limited, and traditional evidence-based protocols are not always easily applied. As well, comprehensive program evaluation can often be difficult to implement in busy centres. This session will discuss our two-tiered approach to group programming within a university mental healthcare centre, including the development of a psychoeducational workshop series and the adaptation of three group treatment protocols (MBCT, DBT, CBT). This session will review group recruitment and administrative processes used to improve group outcomes. We will also review our program evaluation methodology and outcomes, including both quantitative and qualitative measures.

**Presenters:** Dr. Kate Witheridge, Dr. Megan Davidson & Dr. Sandra Yuen | University of Toronto

**Dr. Kate Witheridge** is a psychologist at the University of Toronto Health and Wellness clinic. Dr. Witheridge has received extensive training in the treatment of anxiety and depression, and has provided treatment to students in a variety of settings. She provides individual and group treatment for students and developed the Coping Skills workshop series at the University of Toronto.

**Dr. Megan Davidson** has extensive training in the treatment of anxiety and mood disorders. She obtained her Ph.D. in Clinical Psychology from Queen's University and has worked as a staff psychologist at the University of Toronto for the past five years, where she has been involved in the development, implementation, and evaluation of group-based programming for mood and anxiety disorders.

**Dr. Sandra Yuen** has 18 years experience in post-secondary student mental health as an administrator, manager, program evaluator, and clinical psychologist. She oversees a team of psychologists, social workers and psychotherapists, who are part of a larger interdisciplinary team consisting of primary care and mental health professionals. Dr. Yuen is actively involved in program development of clinical services, including a mental health stepped care health model, group therapy and workshop services, embedded counselling services, and psychotherapy training. Dr. Yuen oversees program evaluation of mental health, primary care, and health promotion. More recently, she has partnered with McGill University and Queen's University to develop an online consortium focused on best practices in student mental health services and programs. Dr. Yuen's clinical interests are in the provision of Cognitive-Behavioural Therapy for depression and anxiety disorders. She is particularly interested in interpersonal process, attachment, and metacognitive aspects of cognitive therapy. She has a private practice and enjoys teaching and supervising clinical psychology and psychiatry residents.

## D2 Concurrent Sessions

4:00pm - 5:00pm

### D2 Mental Health Promotion and Student Perspectives

Regency Salon A

#### D2-1: MENTAL HEALTH PROMOTION & BUILDING RESILIENCY: TALKING ABOUT MENTAL ILLNESS (TAMI) PROGRAM

The TAMI (Talking About Mental Illness) program first began in 1998 as a partnership with the Centre for Addiction and Mental Health (CAMH), Canadian Mental Health Association (CMHA) and the Mood Disorders Association of Ontario. The program was designed to reduce the stigma that surrounds mental illness particularly with youth over the age of 15. The program is delivered in secondary education settings as well as post-secondary settings. The program features individuals with lived experience that share their personal story along with a program facilitator who provides an overview of mental health, mental illness, the concept of stigma and the importance of talking about mental health. The TAMI program has had tremendous success in the Hamilton area. It has been approved to be in both the HWDSB and HWDCSB for both students and staff from grades 7-12. As well, it is used within both McMaster University and Mohawk College. The presentation will focus on the history, development, and success of TAMI as well as provide a brief sample of the facilitator and lived experience aspect of the presentation.

**Presenters:** Jill Dennison | CMHA - Hamilton Branch

Jill Dennison is the Mental Health Promotion and Resilience Facilitator with the Canadian Mental Health Association, Hamilton. Jill's portfolio includes Mental Health First Aid, of which she is a certified instructor as well as coordinator of the TAMI (Talking About Mental Illness) program, which is a stigma reduction program based in secondary and post-secondary schools. Jill is also trained in safeTALK and is a certified ASIST instructor. She is a graduate of Wilfrid Laurier University and is the mother of three amazing kids.

#### D2-2: STUDENT PERSPECTIVES ON CAMPUS MENTAL HEALTH: RESULTS OF THE ONTARIO POST-SECONDARY STUDENT SURVEY

Biennially, OUSA administers the Ontario Postsecondary Student Survey (OPSSS) to its membership. This presentation will explore the results collected during the 2017 iteration of the survey, highlighting student perceptions on campus mental health. Using the data that OUSA has collected, the presentation will explore both the concerns and successes regarding mental health that students have identified in their responses. The presentation will also highlight some key recommendations that students from OUSA institutions have developed as potential solutions to improving the state of mental health on our postsecondary campuses.

**Presenters:** Eddy Avila | Ontario Undergraduate Student Alliance

Eddy Avila is a Research & Policy Analyst with the Ontario Undergraduate Student Alliance. His research with OUSA includes work on student health and wellness, student financial aid, and post-secondary accessibility. Prior to joining OUSA, he worked for the former Minister of Community and Social Services and served on the executive of the University Students' Council at Western University.

# D3 Concurrent Session

4:00pm - 5:00pm

**D3**

## Searching for Hope from Minds Steeped in Hopelessness: What Predicts, What Prevents and What Heals a Suicidal Mind Regency Salon B

Suicide is the second leading cause of death in young adults in Canada, yet there are numerous gaps in our understanding of how the complex interplay of demographics, academic, culture, and clinical factors, contribute to suicidal behaviour. We present data from 2,755 young adults who sought psychotherapy and counselling services at a university-based, urban, and culturally diverse campus (2012-17). We found that endorsing specific concerns such as depressive symptoms, emotional dysregulation and lack of hope predicted suicidal behaviour significantly. We also explain specific clinical characteristics associated with improvement or deterioration in suicidal behavior and policy implications for post-secondary institutes.

**Presenters:** Dr. Tayyab Rashid | University of Toronto Scarborough

Dr. Mark Sinyor | Sunnybrook Health Sciences Centre

Dr. Amanda Uliaszek | University of Toronto Scarborough

**Dr. Tayyab Rashid**, a licensed clinical psychologist and an associate faculty at the University of Toronto Scarborough has expertise in positive psychology interventions, resilience, and mental health of young adults. Dr. Rashid has worked for more than 15 years with young adults experiencing complex mental health issues including psychosis, complex trauma, grief, borderline personality disorder and severe depression. Rashid's work has been published in academic journals and has been included in text books of psychiatry and psychotherapy. Dr. Rashid is current co-chair of Canada's National Campus Mental Health Community of Practice and President of the Clinical Division of International Positive Psychology Association (IPPA). Dr. Rashid, won IPPA's Outstanding Practitioner Award in 2017 and Chancellor Award for Emerging Leader, 2018, University of Toronto.

**Dr. Mark Sinyor** is an Assistant Professor of Psychiatry at the University of Toronto. He is a psychiatrist at Sunnybrook Health Sciences Centre and an Associate Scientist at the Sunnybrook Research Institute. His clinical focus is on treatment of mood and anxiety disorders and is the founder of PROGRESS (the Program of Research and Education to Stop Suicide) at Sunnybrook. His main research focus is on suicide prevention and mental health literacy. He has numerous peer-reviewed publications in high impact factor journals including the British Medical Journal, American Journal of Psychiatry, World Psychiatry and the Canadian Medical Association Journal. He has written editorials in major scientific journals and his writing for lay audiences has appeared in the National Post, Toronto Star and the Huffington Post. His research has been featured in the Los Angeles Times, BusinessWeek, the CBC, CTV and Global News. He has been a scientific advisor to Toronto Public Health and the TTC on suicide prevention. He has won numerous research and teaching awards including the 2017 Canadian Psychiatric Association Early Career Achievement in Psychiatry Award.

**Dr. Amanda Uliaszek** is a clinical psychologist with a research program exploring transdiagnostic factors related to borderline personality disorder (BPD). This includes exploration of the latent trait structure of BPD and related disorders, as well as common etiological factors. A primary aim of recent research is applying this framework to treatment efficacy in dialectical behavior therapy (DBT), with a specific focus on DBT skills. Dr. Uliaszek's research is focused on applying sophisticated clinical methodology combined with basic affective science to explore questions related to the understanding and treatment of severe psychopathology symptoms associated with BPD.

# D4 Concurrent Session

4:00pm - 5:00pm

D4

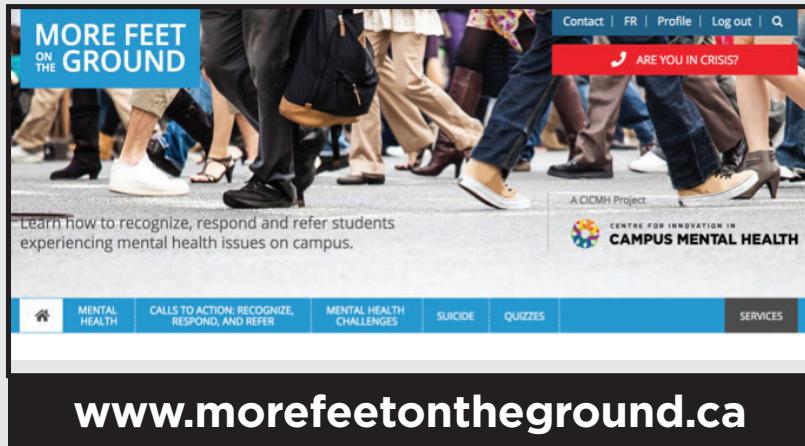
## Examining Stigma, Perceived Need, and Mental Health Illiteracy as Barriers to Help-seeking in Young Adults

Regency Salon E

Despite the large number of young people facing mental health challenges, many choose not to seek professional help. The purpose of this study was to assess the effectiveness of a mental health literacy intervention to increase help-seeking via knowledge and awareness of symptoms and to compare this intervention to a stigma reduction condition. Results indicate that the mental health literacy, but not a stigma reduction intervention increased positive attitudes toward seeking mental health services. In addition, support was found for explanatory model where the combination of increased mental health literacy and an affirmative mental health self-assessment predicted problem identification, which in turn, was positively associated with greater help-seeking attitudes and intentions.

**Presenters:** Dr. Elizabeth Cawley | Association of Atlantic Universities

**Dr. Elizabeth Cawley** is currently the Medavie Healthy Campuses Coordinator for the Association of Atlantic Universities (AAU). Dr. Cawley received her PhD in Psychiatry from McGill University. Her research focuses on help-seeking behaviour in post-secondary students and developing online strategies to increase early help-seeking via mental health literacy and self-assessment.



[Morefeetontheground.ca](http://Morefeetontheground.ca) is a fantastic resource for those looking to learn more about mental health and being able to recognize, respond, and refer students to the help they need. With its in-depth modules on mental health, helpful quizzes, and easy-to-use database of services available to students by campus, this site is a valuable resource for campus counsellors, students, and anyone else interacting with students.

# DAY 2

Thursday, November 22, 2018

# AGENDA DAY 2

## Thursday, November 22, 2018

TIME	ACTIVITY	LOCATION
8:15am – 8:45am	<b>BP1-BP4 Breakfast Sessions</b>  <b>BP1: Transformative Power of Creative Arts: Self-authorship in Mental Health Programming</b>  <b>BP2: Student Life Survey: Assessment of Atlantic Canadian Students</b>  <b>BP3: Big White Wall et Retrouver son entrain : services gratuits en santé mentale pour aider les adultes et les jeunes à surmonter la dépression et l'anxiété</b>  <b>BP4: Lessons Learned from Students</b>	Regency Salon B  Regency Salon C  Regency Salon A  Regency Salon E
9:00am – 9:15am	<b>Opening Remarks</b>	King Ballroom
9:15am – 10:45am	<b>Keynote Panel: Stepped Care in Ontario</b>  <i>Dr. Peter Cornish (Memorial University), Gregory Taylor (Georgian College), Mohsan Beg (U of Windsor), Ben Bridgestock (Algonquin College)</i>	King Ballroom
10:45am – 11:15am	<b>HEALTH BREAK   REFRESHMENTS</b>	Ballroom Foyer
11:15am – 12:15pm	<b>E1-E4 Concurrent Sessions</b>  <b>E1: Responding to Opioid Related Emergencies: CMHA Ontario's Naloxone Policy and Procedure Toolkit</b>  <b>E2: Centering Interdependence: A Discussion about Mad Student Created and Led Communities of Care</b>  <b>E3: No More Silos: Doing Integrative, Holistic Well-Being Work with Faculty</b>  <b>E4: Walk With Us: Fostering Safe Spaces to Facilitate Challenging Conversations</b>	Regency Salon C  Regency Salon E  Regency Salon B  Regency Salon A
12:15pm – 1:15pm	<b>BUFFET LUNCH</b>	Ballroom Foyer

# AGENDA DAY 2

## Thursday, November 22, 2018

TIME	ACTIVITY	LOCATION
1:15pm – 2:15pm	<b>F1-F4 Concurrent Sessions</b>  <b>F1: Collegiate Recovery Communities: A Groundbreaking Solution for Students with Addictions</b>  <b>F2: Thriving in Action: Braiding Positive Psychology, (W)holistic Learning Strategies, and Nature-Based Pedagogy to Bolster Academic Confidence and Build Community</b>  <b>F3: Psychosis Toolkit for Campus Staff: Early Identification, Screening and Intervention</b>  <b>F4: Career Wellness: A Strengths and Resilience-Based Approach</b>	Regency Salon E  Regency Salon A  Regency Salon B  Regency Salon C
2:15pm – 2:30pm	TRAVEL TIME TO SESSIONS	King Ballroom
2:30pm – 3:45pm	<b>G1-G4 Concurrent Sessions</b>  <b>G1: Mental Health Programming on Small Campuses</b>  <b>G2: Cannabis and the Shifting Landscape</b>  <b>G3: Promoting Athlete Mental Health on Campus</b>  <b>G4: Training Clinicians to Work in Integrated Care Models</b>	Regency Salon A  Regency Salon B  Regency Salon E  Regency Salon C
3:45pm – 4:15pm	<b>Closing Remarks</b>	King Ballroom

# BP1-BP2 Breakfast Sessions

8:15am - 8:45am

BP1

## Transformative Power of Creative Arts: Self-authorship in Mental Health Programming

In this session, you will learn about innovative mental health programming at Ryerson University. This workshop will cover the creation, implementation and impact of a full day creative arts workshop held for students who identified as having a disability. Using the empowering method of self-authorship, students were guided through various exercises using the creative arts: poetry/spoken word, sculpture, photography, visual art, theatre and comedy. The results were life changing and inspiring. The session is entertaining and inspirational, with photographs, video clips and feedback from the actual workshop. It also includes an interactive component for participants to brainstorm about their own work, and how to include the transformative model of self-narratives in their day to day.

**Presenter:** **Mariam Hashemi Wong** | Ryerson University

**Mariam Hashemi Wong**, a seasoned higher education professional, Mariam Hashemi Wong creates innovative and engaging programming. For example, she led the creation of a mentorship program, the blueprint of which was in demand from universities across Canada from PEI to BC. Mariam is also a consultant and certified professional facilitator.

BP2

## Student Life Survey: Assessment of Atlantic Canadian Students

Regency Salon C

The Association of Atlantic Universities developed a Student Life Survey to assess three areas that have been largely ignored on post-secondary campuses a) mental health as a complete state, including coping and resiliency skills, b) symptoms of mental illness, and c) the use of services and reasons for not seeking help, which will offer valuable insight into the help-seeking patterns of post-secondary students. This is a holistic assessment strategy not often employed and is a combination of a number of research questionnaires, surveys, and assessment tools with the goal of evaluating campus mental health in a more complete way. The proposed presentation will review the development of the tool, the survey itself, research plan, and preliminary results. It is anticipated that the results will be extremely informative, and the new survey tool could serve as an adjunct, or replacement, to other tools.

**Presenter:** **Elizabeth Cawley** | Association of Atlantic Universities

**Dr. Elizabeth Cawley** is currently the Medavie Healthy Campuses Coordinator for the Association of Atlantic Universities (AAU). Dr. Cawley received her PhD in Psychiatry from McGill University. Her research focuses on help-seeking behaviour in post-secondary students and developing online strategies to increase early help-seeking via mental health literacy and self-assessment.

Thursday, November 22nd, 2018

## BP3 Breakfast Session

8:15am - 8:45am

BP3

### **Big White Wall et Retrouver son entrain : services gratuits en santé mentale pour aider les adultes et les jeunes à surmonter la dépression et l'anxiété**

**Regency Salon A**

L'Association canadienne pour la santé mentale (ACSM), Ontario, et le Réseau de télémédecine de l'Ontario (RTO) sont heureux de lancer deux nouveaux services d'autoassistance en psychothérapie. Ces services sont gratuits pour tous les résidents de l'Ontario qui éprouvent des symptômes légers à modérés de dépression et de l'anxiété.

Les services sont :

- **Big White Wall**, un soutien communautaire et outil d'autogestion en ligne s'adressant aux adultes et aux jeunes de 16 ans et plus; ce service est coordonné par le Réseau de télémédecine de l'Ontario
- **Retrouver son entrain<sup>MD</sup>**, un programme d'accompagnement téléphonique individuel s'adressant aux adultes et aux jeunes de 15 ans et plus; ce programme est géré par l'ACSM Ontario et l'ACSM-York et South Simcoe

Ces services aideront vos étudiants à obtenir les services de soutien en santé mentale dont ils ont besoin, rapidement et facilement, depuis le confort de leur domicile. De plus, les étudiants peuvent accéder aux outils selon leur emploi du temps et effectuer le travail à leur propre rythme. Big White Wall offre un soutien communautaire 24 heures sur 24, 7 jours sur 7, 365 jours par an; alors que Retrouver son entrain offre un accompagnement téléphonique individuel à l'aide de cahiers de développement de compétences conçus pour renforcer la résilience et améliorer le bien-être en général. Retrouver son entrain est également offert en plusieurs langues.

Renseignez-vous au sujet de ces nouveaux services très intéressants qui sont offerts aux campus et dont le succès s'est avéré dans la réduction de la dépression et de l'anxiété. Vos étudiants peuvent en outre compléter vos programmes actuels de santé mentale.

**Presenter:** **Hannah Matthews**

l'Association canadienne pour la santé mental (ACSM), division de l'Ontario

**Hannah Matthews** est la coordinatrice d'engagement des parties prenantes pour le service Retrouver son entrain, coordonné par l'Association canadienne pour la santé mental (ACSM), division de l'Ontario et l'ACSM York et South Simcoe. Elle coordonne l'engagement de divers intervenants, y compris des RLISS, des organisations et des associations de la santé et des fournisseurs de soins primaires, afin de sensibiliser et d'éduquer sur le service à travers l'Ontario. Hannah a auparavant travaillé dans l'engagement communautaire avec des institutions publiques et organisations sans but lucratif en Amérique latine.

# BP4 Breakfast Session

8:15am - 8:45am

## BP4 Lessons Learned from Students

Regency Salon E

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 taking about lessons learned.

**Moderator:** Colin Andersen | EVP BEACON

**Panelists:** Sean Connors | Mohawk College  
Sophie Helpard | Ontario Undergraduate Student Alliance (OUSA)  
Pratik Nair | Jack.org

**Sean Connors** holds the position of Student Wellness Coordinator at Mohawk College where his primary role is to aid in the development, implementation and oversight of wellness initiatives on campus. This includes sexualized violence and consent messaging as well as helping to coordinate a number of student and staff lead health promotion teams, including a new mentorship program developed to support students facing mental health issues. Prior to his current position, Sean worked as a Residence Life Coordinator for five years, where he played a pivotal role in supporting student mental health and well-being at Seneca College, Georgian College, and most recently, Mohawk College. Sean has been working on completing his Master's degree through Memorial University for the last 3 years, and is currently in his final semester working on compiling research that addresses supporting students with mental health issues through mentorship programs.

**Sophie Helpard** is the Executive Director of the Ontario Undergraduate Student Alliance. Before OUSA, Sophie was living in Halifax, NS and worked as the ED at StudentsNS. She holds a BA in Political Science from Western University where she advocated for health and wellness causes on campus as the President of the University Students' Council.

As Evaluation and Knowledge Translation Lead at Jack.org, **Pratik Nair** conducts evaluations, analysis, and produces deliverables (reports, presentations) to inform their programs. In addition, Pratik shares learnings with the broader mental health space, and is consistently updating their evidence base with the latest research to keep abreast with science and best practice. His approach to this kind of work involves illuminating practice with theory, and reimagining theory in light of practice. Pratik holds a Master of Public Health degree from the University of Toronto and has conducted evaluations on programs and policy for children's television, health services in Ontario municipalities, and harm reduction services in South America. After initial experience founding and managing a mental health education campaign, Pratik found himself drawn to an uncharted field of health promotion, where much further work was to be done to educate, destigmatize, and advocate.

# KEYNOTE PANEL

Thursday, November 22nd, 2018

9:15am – 10:45am  
King Ballroom

## Stepped Care in Ontario Panel

In the past few years, a number of campuses across the Province have begun to introduce the Stepped Care model. This panel will discuss how it is evolving and changing to meet the needs of smaller and larger campuses in the Ontario campus environment.

### Moderator: Dr. Peter Cornish



**Dr. Peter Cornish** is an Associate Professor and Director of the Student Wellness and Counselling Centre (SWCC) at Memorial University of Newfoundland. The SWCC is an academic and service unit with a focus on interprofessional wellness programming, training and research. Programming includes primary medical care, psychiatric consultation, counselling and a wide range of other mental health supports and programs, healthy campus development activities, academic teaching and training in the faculties of Medicine and Science. Dr. Cornish is a strong advocate for interprofessional collaboration and encourages the development of partnerships with a broad range of disciplines within the university and within the public health sector. His clinical and research interests include online mental health, stepped care programming, mental health service innovations, change management, interprofessional team functioning, interpersonal and group dynamics, wellness community development and gender issues.

# KEYNOTE PANEL

Thursday, November 22nd, 2018

9:15am – 10:45am  
King Ballroom

## Stepped Care in Ontario Panel cont'd



**Panelists: Gregory Taylor, Dr. Mohsan Beg and Ben Bridgstock**

**Gregory Taylor** currently serves as the Counselling Coordinator and Mental Health Case Manager at Georgian and has worked at Georgian for over 22 years. Before becoming a counsellor at Georgian, he worked in youth employment, corrections, residence management, co-op education, and currently holds a part-time private practice as a therapist in Barrie. As a Mental Health Case Manager, Greg has embraced the Stepped Care Model and has developed a much stronger working relationship with agencies in the Simcoe Muskoka community.



**Dr. Mohsan Beg** is a licensed clinical psychologist and has been the Director of the Student Counselling Centre at the University of Windsor for the last 12 years. He obtained his undergraduate degree in Psychology at the University of Toronto. Upon graduating, Dr. Beg worked for two years as a member of a mobile crisis team providing front-line intervention for psychiatric emergencies in Toronto. He completed his Master's and Ph.D. in Clinical Psychology from the University of Windsor. Dr. Beg has worked in a wide variety of clinical settings including: a children's mental health facility; in the emergency room of Detroit Receiving Hospital providing trauma counselling; the forensics unit of the former Clarke Institute of Psychiatry; and interned at the University Of Indiana School Of Medicine.



**Ben Bridgstock** is the Director, Student Support Services, at Algonquin College, where he leads the Umbrella Project, a harm reduction based project. Ben has over 18 years experience in the substance use field, both in Canada and England, and has a MSc in Psychology and a BA in Counselling.

Thursday, November 22nd, 2018

## E1-E2 Concurrent Sessions 11:15am - 12:15pm

**E1**

### Responding to Opioid Related Emergencies: Regency Salon C CMHA Ontario's Naloxone Policy and Procedure Toolkit

The Canadian Mental Health Association, Ontario Division, has developed a comprehensive resource that provides information related to the current opioid crisis in Ontario. It highlights ways in which community organizations, including colleges and universities, can respond. This session aims to provide campus professionals with the information necessary to develop and implement opioid overdose policies and procedures, including the administration of naloxone. The presentation will also include a Peer Health Educator from Queen's University who will discuss how naloxone training, offered through campus partnerships with a local public health unit, supported her work as a Residence Don. In addition, this session will engage with campus professionals to support the implementation of an opioid response protocol, address organizational barriers to implementing a response, and provide both information and templates related to both policy and training.

**Presenters:** **Jean Hopkins & Vizareth Ali** | Canadian Mental Health Association, Ontario Division  
**Jenna D'Aurizio** | Student, Queen's University

**Jean Hopkins**, MSW, MSc, is a Policy Analyst for the Canadian Mental Health Association, Ontario Division and leads the addictions and complex care portfolio.

**Vizareth Ali** is a Communications Specialist for the Canadian Mental Health Association, Ontario Division. Vizareth has experience in change management, relationship management and fundraising.

**Jenna D'Aurizio** is an undergraduate student at Queen's University. On campus, she works as a Residence Don and volunteers as a Peer Health Educator.

**E2**

### Centering Interdependence: A Discussion about Mad Student Created and Led Communities of Care

**Regency Salon E**

Recently, campus based programming around mental health has focused on promoting self-care as a way of preventing and responding to distress. While the recognition of self-care as a legitimate practice for improving well-being has benefited many, the almost exclusive focus on this in the mainstream has left gaps in programming and service provision. The work of mad students and student led disability justice service groups have aimed to fill these gaps by building and promoting spaces of interdependence and collective care. The presenters on this panel, who are all mad-identified students and/or student staff, explore the following questions in conversation with each other and with the audience: Why is building communities or space of interdependence so important? What does access to mad created and run programming look like? What are the barriers to accessing mad student led programming? How do we hold multiple roles as program creators and users?

**Presenters:** **Arielle Sugarman, Nadia Kanani & Hilary Zorgdrager** | RyeACCESS

**Arielle Sugarman** is a Mad/Disabled student at Ryerson University. They are the coordinator for RyeACCESS, a student led space for Mad, Disabled, Neurodivergent, Deaf/deaf, and Blind students. They are a community and disability justice organizer.

**Nadia Kanani** is a disabled, racialized femme, and the Advocacy and Volunteer Coordinator at Students for Barrier-free Access (SBA). She is also a community organizer.

**Hilary Zorgdrager** is a McMaster student and coordinator of MSU Maccess for 2018/2019. They self identify as mad/crazy and disabled. Throughout their undergraduate in Political Science and Sociology, they have been involved in disability and madness organizing as well as community building in Hamilton.

## E3 Concurrent Session

11:15am - 12:15pm

E3

### No More Silos: Doing Integrative, Holistic Well-Being Work with Faculty

Regency Salon B

For a number of years, the work of George Brown College's Student Well-Being Team has focused on widening access, increasing inclusion, and promoting well-being at GBC by integrating and embedding the work directly into academic and other service areas. Part of this has involved building strong connections with faculty and linking mental health, equity, retention, accessibility, and student success in holistic ways. In this panel presentation, members of GBC's Student Well-Being Team representing a spectrum of roles will share the experiences collaborating with teaching faculty in the mental health and well-being work, including: working as an embedded counsellor in an academic program; co-coordinating a student success & well-being project for black students; creating an equity-based and trauma-informed college-wide protocol for responding to students in distress; partnering on a faculty-led research project on anti-oppressive peer work; and coordinating an online peer-to-peer skill-sharing hub for faculty on teaching practices that foster well-being.

**Presenters:** **Tenniel Rock & Tashka Muirhead** | George Brown College

**Tenniel Rock** is the Manager of Counselling and Student Well-Being at George Brown College, where she leads an interdisciplinary team of counsellors, student success specialists, a health promoter and peer coaches. For over 15 years, Tenniel Rock has been working collaboratively with diverse communities applying innovative and holistic tools to transform the impact of mental health and substance use concerns.

**Tashka Muirhead** currently works at George Brown College as a Student Mental Health Counsellor. She is a member of Ontario College of Social Workers and Social Service Workers and is a Registered Social Worker. Tashka has over 15 years of experience in counselling, community development, academic advising, system navigation and crisis management, specifically working with marginalized and oppressed groups.

## E4 Concurrent Session

11:15am - 12:15pm

E4

### Walk With Us: Fostering Safe Spaces to Facilitate Challenging Conversations

Regency Salon A

Identifying individual and systemic barriers is a key skill necessary to support marginalized students in their educational success. However, clinicians may not always feel comfortable or confident, let alone skilled, to facilitate these challenging conversations with their clients or co-workers. This workshop will focus on promoting culturally inclusive environments through fostering safe spaces to facilitate challenging conversations. The facilitators will be deriving from their lived experiences as Indigenous women and practitioners as well as from working with Indigenous students and communities.

**Presenters:** **Laraine Hale** | Fleming College  
**Jamie Warren** | Niagara College

**Laraine Hale**, (H)BSW, MSW, RSWCounsellor, Fleming College. Laraine is a woman of mixed ancestry (English, Irish, Cherokee and Haudensaunee) and an accomplished professional with more than twenty-five years of clinical experience. Her professional pursuits span the fields of Child Welfare, Mental Health, Community Development and Education through the roles of clinician, advocate, group facilitator, coordinator, supervisor, researcher, educator and consultant. The past 25 years have witnessed Laraine's investment in the lives of individuals, families, groups and communities. The past twenty years have witnessed her involvement with First Nation communities (as clinical service provider, consultant and educator) where she continues to listen, share and learn.

**Jamie Warren**, M.Ed., RP, CCCIndigenous Student Counsellor, Niagara CollegeJamie is a proud Mushkegowuk Cree and is a counsellor, psychotherapist, speaker, and Indigenous mental health advocate. As an active member within her profession, she serves on the Ontario College Counsellors Executive Committee and has recently been appointed to serve as the Indigenous Director on the Canadian Counselling and Psychotherapy Association's National of Board Directors.

# F1 Concurrent Session

1:15pm - 2:15pm

F1

## Collegiate Recovery Communities: A Groundbreaking Solution for Students with Addictions

Regency Salon E

With substance use disorders (SUDs) impacting 20% of students in post-secondary education settings, the number of students seeking treatment for SUDs increases every year. Campus-based mental health services provide referrals to external substance use treatment programs, but do not typically offer recovery-specific support for students post-treatment. Without ongoing support, students living in recovery are at high risk for depression, suicide, relapse and overdose. This presentation introduces an innovative, evidence-based approach to meet the needs of this hidden population by establishing campus-based collegiate recovery communities (CRCs). Heightened interest from policy makers and funders in the United States has resulted in the implementation of CRCs in over 100 universities nationwide. Discussion will include an overview of CRCs, evidence regarding their efficacy and cost-effectiveness, as well as strategies for incorporating CRCs in a Canadian context.

**Presenters:** **Sara Fudjack** | University of British Columbia  
**Annie McCullough** | Faces and Voices of Recovery Canada

**Sara Fudjack** is a licensed clinical social worker with over ten years experience working alongside those with concurrent disorders. She is a PhD student at UBC dedicated to enhancing post-secondary supports for students seeking recovery from SUDs. As a person living in recovery, she has battled addiction, and personifies the message that recovery is very real and very possible.

**Annie McCullough** is co-founder of Faces and Voices of Recovery Canada, and a member of the National Recovery Advisory Committee. She was instrumental in launching the recovery advocacy movement in Canada through initiatives like Recovery Day, and works tirelessly to empower the recovery community. As a person with lived experience, she embodies hope for those who struggle with addiction.

## F2 Concurrent Session

1:15pm - 2:15pm

F2

### Thriving in Action: Braiding Positive Psychology, (W)holistic Learning Strategies, and Nature-Based Pedagogy to Bolster Academic Confidence and Build Community

Regency Salon A

We wish to share the undergirding intentions, innovative curriculum, and the wins and learnings of the Ryerson Student Affairs Thriving in Action (TiA) transition program. A branch of the larger ThriveRU campus-wide resilience initiative, TiA has as its focus students in the messy middle--from second year of undergrad through doctorate--who self-identify as "not doing very well," including those on probation and on the Counselling Centre (CSDC) waitlist. TiA also has as a core aim reaching students who are often underserved and under-represented, including racialized, minoritized, and Indigenous students, as well as injured athletes, mature students, and students navigating disability(ies). In this presentation, we would offer an overview of the program and our progressive teaching content; we would also engage listeners in several TiA activities, from nature-reflection to writing prompts, guided visualization to mindful movement. Further, we would share our research to date--TiA has ethics approval from Ryerson's REB--as we are exploring thriving and self-efficacy/agency.

**Presenters:** Dr. Diana Brecher & Dr. Deena Kara Shaffer | Ryerson University

**Dr. Diana Brecher**, C. Psych. has worked at Ryerson University's Centre for Student Development and Counselling since 1991. As adjunct faculty in the Ryerson Psychology Department, she has taught several graduate level courses in CBT and clinical supervision to graduate students. Diana's long-standing interest and certification in Positive Psychology led to the development of the ThriveRU program. Her current role is to train students, faculty, and staff in her 5 Factor Model of Resilience and to facilitate a cultural change within the university [www.ryerson.ca/thriveru](http://www.ryerson.ca/thriveru).

**Dr. Deena Kara Shaffer**, Coordinator of Student Transitions and Retention in Ryerson University's Student Affairs, is a learning specialist and co-creator of the Thriving in Action program. She holds a doctorate in nature-based pedagogy. She is also a freelance education and wellness writer, and a published poet (*The Grey Tote*, Véhicule Press, 2013). To keep nourished and well, Deena gardens, cooks, and savours hikes with her husband and two daughters.

## F3-F4 Concurrent Sessions

1:15pm - 2:15pm

F3

### Psychosis Toolkit for Campus Staff: Early Identification, Screening and Intervention

Regency Salon B

Persons with a first episode of psychosis will experience disordered thoughts and may present with unusual behaviors in their interactions with friends, co-workers, teachers, and health services campus staff. In a time of limited community mental health resources, campus staff will inevitably find themselves in a front line role responding to the initial expression of psychosis. Although campus staff may be well equipped in a variety of counselling modalities, relying on cognitive based interventions when a person is actively experiencing psychosis may prove to be inadequate. Therefore, training in a brief intervention model and provision of a practical toolkit will be helpful especially in the campus environment. This workshop will introduce a "Psychosis Toolkit" to help campus staff to gain practical psycho-educational knowledge, screening and intervention skills through case studies and interactive discussion.

**Presenters:** Guy Doucet | The Ottawa Hospital, On Track, First Episode Psychosis Program

Guy Doucet is a clinical social worker that has worked in the mental health field for over 25 years.

F4

### Career Wellness: A Strengths and Resilience-Based Approach

Regency Salon C

Centennial College has developed the Career Wellness project, a transition out initiative that takes a strengths-based, holistic approach to helping students explore five key qualities for career resilience: curiosity, optimism, risk-taking, persistence and flexibility. This session will provide an overview of the Career Wellness Toolkit and lead participants through one of the interactive workshops created to instill hope, help students realize their existing strengths, increase confidence, build self-efficacy, and view themselves as the expert in their career journey. Each participant will leave the workshop with the toolkit, and some ideas and resources for implementing a similar initiative at their institution or organization.

**Presenters:** Michelle Delrish & Alice Hsiung | Centennial College

Michelle Delrish is the Manager, Student Experience & Ethics at Centennial College and Development Lead for the Canadian Association of College and University Student Services (CACUSS) Student Case Managers Community of Practice.

Alice Hsiung, MEd (Couns. Psych.), is the Coordinator for Career Services at Centennial College and Chair-Elect of the Ontario College Career Educators (OCCE) Networking Group.

Thursday, November 22nd, 2018

# G1-G2 Concurrent Sessions

2:30pm - 3:45pm

G1

## Mental Health Programming on Small Campuses

Regency Salon A

The presenters will share some innovative wellness programming that has been offered on their small campus (3500 students) including Social Work in Residence building, mindfulness groups and collaborative projects with the library. The successes and challenges of developing programs on a small campus will be discussed. The presenters will also facilitate a discussion with the audience members about their own challenges and successes with delivering service on a small campus.

**Presenters:** Doreen Vautour & Joanna Bedgood | King's University College at Western University

**Doreen Vautour** is the Associate Dean of Students at King's University College where she oversees Residence and Campus Life program including; residence life, campus programming, orientation/transition and student leadership.

**Joanna Bedgood** is the Manager of Student Wellness at King's University College where she manages accessibility services, personal counselling, career development, learning skills and the peer academic mentorship program.

G2

## Cannabis and the Shifting Landscape

Regency Salon B

### G2-1: STIRRING THE POT - SUPPORTING STUDENTS WITH EARLY PSYCHOSIS AND THE IMPACTS OF CANNABIS USE AMONG YOUTH

Normally occurring for the first time in the teens and early 20s, psychosis can have an enormous impact on a young person's ability to successfully function in their school and personal lives. But these young people can and do recover! This discussion will help participants understand what psychosis is, how to access help and how to support students in being successful at school after experiencing psychosis. In addition, given the increased risk of developing psychosis for heavy cannabis users in youth, Early Psychosis Intervention programs are at the front line of a rapidly changing landscape for youth and cannabis. This talk will also aim to highlight the risks, myths and facts about cannabis use for youth, including the increased risk of developing psychosis, and lay out strategies and tools for educating youth about these risks and harm reduction.

**Presenters:** Brian Cooper | Early Psychosis Ontario Network (EPION)  
Sarah Bromley | CAMH

**Brian Cooper** is the program manager for the Cleghorn Early Intervention Clinic and SCIS Inpatient Rehab Team at St. Joseph's Healthcare Hamilton. Brian is the chair of EPION's PEAK working group. As an occupational therapist, Brian has worked in a number in mental health including inpatient care, assertive community treatment and early intervention in psychosis in both Ontario and Nova Scotia.

**Sarah Bromley** is the clinical manager of the Slaight Centre Early Intervention Outpatient Service (SCEIS) at the Centre for Addiction and Mental Health (CAMH). Sarah is the co-chair of the Early Psychosis Intervention Ontario Network (EPION). She has been involved in the development and implementation of the Integrated Care Pathway for Early Intervention within her clinic; fully incorporating standardized, evidence-based and measurement-based care. She is also a lead with the Beyond the Cuckoo's Nest public education program. She also holds a status lecturer position at the University of Toronto in the department of Occupational Science & Occupational Therapy.

## G2-G3 Concurrent Sessions

2:30pm - 3:45pm

### G2-2: FIVE MINUTES TO MIDNIGHT: LOOMING CANNABIS LEGALIZATION AND IMPLICATIONS FOR POST-SECONDARY INSTITUTIONS

The presentation will look at the looming changes in the field of cannabis legislation, with a specific focus on the impacts on post-secondary. The presentation will also review the most up to date data around harms associated with cannabis use and provide attendees with harm reduction based information about interventions, training, education and treatment for those students impacted by their cannabis use. In addition, the presentation will highlight a range of resources that post-secondary staff at every level can access and use to inform their institutions approach to this rapidly changing field.

**Presenters:** Ben Bridgstock | Algonquin College

**Ben Bridgstock** has been working in the mental health and substance use field for 18 years, both in the UK and in Canada. Ben has a MSc in Psychology and a BA in Counselling. Ben has managed mental health or counselling teams for many years, often being tasked with service re-design, updating and modernization.

### G3 Promoting Athlete Mental Health on Campus Regency Salon E

Post-secondary athletes often face significant stress, not only are they facing the pressures of excelling at their sport, but they're also doing so during a critical educational period in their life. From balancing their practice and class schedules to completing assignments and studying for exams, the mounting stress they experience can lead to anxiety and depression and impact their overall mental health and performance. This presentation aims to show how Talk Today, one of the most comprehensive mental health/sport-related programs in Canada, is breaking down the stigma of seeking help and promoting a safe environment for athletes to speak about their mental health challenges.

**Presenters:** Alex Salomie | Canadian Mental Health Association, Ontario

**Alex Salomie** is a communications officer with the Canadian Mental Health Association, Ontario Division. He is responsible for managing the day-to-day operations of CMHA Ontario's Talk Today program. His work focuses on supporting CMHA branches, partners and sports leagues in implementing the program across Canada.

# G4 Concurrent Session

2:30pm - 3:45pm

G4

## Training Clinicians to Work in Integrated Care Models in College Health

Regency Salon C

Evidence demonstrates that Integrated Care Models provide benefits for patients and practitioners in taking care of patients with mental health needs. However, many College Health Centres are not aware of the benefits or principles of improving integrated care in their settings. This presentation briefly reviews Integrated Care and how it has benefited our clinic. It then focuses on i) demonstrating how our clinic trains interdisciplinary learners to work in integrated college health care settings; ii) how these principles may be translated to training at other institutions, and iii) how it optimized our recruitment of mental health care providers. Following this session, participants will understand the definition and benefits of applying Integrated Care principles to their settings and will understand some strategies we used and that can be translated to other settings to assist in training psychiatrists specifically to function in an integrated care model of college health.

**Presenters:** Dr. Andrea Levinson | The University of Toronto

Dr. Natasha Snelgrove | McMaster University

**Dr. Andrea Levinson** is the Psychiatrist-in-Chief, Health & Wellness, at the University of Toronto. She is responsible for the provision and management of psychiatric services to U of T students, primarily from the St. George campus. She supervises all of the psychiatric activity at the Service, and acts as a resource for the university community on mental health issues across the campus.

**Dr. Natasha Snelgrove** is a psychiatrist who works exclusively in student health. She practices at University of Toronto and McMaster University in integrated care practice settings and has a passion for working collaboratively with other care providers to provide excellent mental health care to the students she treats. She also coordinates the integrated mental health care rotation at University of Toronto, which helps to train new practitioners in this field.

# POSTER/APP PRESENTATIONS

Regency Foyer

- PP1 Beyond 13 Reasons Why – Using Popular Shows to Encourage Discussion About Mental Health**

**Alison Macpherson & Jeremy Greenberg**

*University of Ontario Institute of Technology (UOIT)*

- PP2 Using LEAN Principles to Improve a College Counselling Service**

**Ben Bridgstock | Algonquin College**

- PP3 Establishing a Web-Based Peer Support Network for Youth Experiencing Mental Health Challenges**

**Brianna Jackson | Western University; London Health Sciences Centre; St. Joseph's Healthcare, London**

- PP4 Thought Spot: Co-creating mhealth Applications with Post-secondary Students to Support Their Mental Health**

**Jenny Shi | CAMH**

- PP5 The Mental Health Network: Building Community Capacity**

**Elizabeth (Elsa) Kiosses | Health & Wellness Centre - University of Toronto Scarborough**

- PP6 Mindfulness Virtual Community for Student Mental Health**

**Farah Ahmad | York University**

- PP7 A Multi-Level Approach to Enhancing The Mental Health of Young South Asian Women**

**Dr. Gursharan Virdee | Centre for Addiction and Mental Health**

**Bareera Sial | Wilfrid Laurier University**

- PP8 Fentanyl Analogues: Potency Predictions**

**Injeong Yang | University of Waterloo School of Pharmacy**

- PP9 "Study Buddies" or Self-Medication: Narratives of Prescription Stimulant Misuse**

**Dr. Ken Kirkwood | Western University**

# POSTER/APP PRESENTATIONS

Regency Foyer

PP10

## Focus on Youth Psychosis Prevention: A Mental Illness Prevention Model

Margaret Maheandiran | Centre for Addiction and Mental Health

PP11

## Campus Mental Health Discourse on Reddit: Student Perceptions and Attitudes

Dr. Maureen Drysdale & Margaret McBeath | St.Jerome's University, University of Waterloo

PP12

## Building Academic Tenacity to Improve Student Wellbeing, Learning and Success

Diana Jung | University of British Columbia

PP13

## Conversational Artificial Intelligence for Student Mental Health

Oscar Lo | Serena AI

PP14

## Implementing a Single Session Wellness Consultation Service for Graduate Students

Mira Dineen | York University

PP15

## Fostering Inclusion and Environments of Support for Students with Episodic Disabilities

Annette Wilkins | Realize

PP16

## Risk and Protective Factors for Stress Impacting Academic Performance in Post-secondary Students

Konrad Lisnyj | University of Guelph

# EXHIBITORS

## King Ballroom Foyer

Take a moment to meet our exhibitors and learn about their various programs and campaigns. They will be available each morning during breakfast/registration, health breaks and lunch.



Canadian Mental  
Health Association  
Ontario

Association canadienne  
pour la santé mentale  
Ontario

**camh**  
Centre for Addiction and Mental Health



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**CAMPUS MENTAL HEALTH**

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