



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH
2018 Conference

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

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 the knowledge and skills of front-line 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 in the post-secondary system to address the mental health needs of students.
3. Develop strategic partnerships to leverage external knowledge, resources and relationships that address the needs the mental health needs of students.

Who We Serve

CICMH's stakeholders include Ontario's post-secondary mental health service providers and partners, specifically, student services, counselling, accessibility, health, faculty, administration, student leaders and community partners.

Websites

www.campusmentalhealth.ca

www.morefeetontheground.ca

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 | Registration and Continental Breakfast | |
| 9:00am – 9:30am | Opening Ceremonies | Ballroom |
| 9:30am – 10:00am | Keynote Panel: Crisis on Campus Youth Advocates Filling Institutional Gaps <i>Ben Sabic, Christopher Buddle, Megan Van Massenhoven, Julia Caddy & Matthew McLaughlin</i> | Ballroom |
| 10:00am – 10:30am | Keynote: Growing Institutional Capacity to Safeguard Student Mental Health <i>Ed Mantler (Vice President, Programs and Priorities, Mental Health Commission of Canada)</i> | Ballroom |
| 10:30am – 11:00am | HEALTH BREAK REFRESHMENTS Posters/Apps Session & Exhibitors | Poster Hall |
| 11:00am – 12:15pm | A1-A4 Concurrent Sessions | |
| 12:15pm – 1:15pm | BUFFET LUNCH Posters/Apps Session & Exhibitors | Ballroom Foyer |
| 1:15pm – 2:30pm | B1-B4 Concurrent Sessions | |
| 2:30pm – 3:00pm | HEALTH BREAK REFRESHMENTS | Poster Hall |
| 3:00pm – 4:00pm | C1-C4 Concurrent Sessions | |
| 4:00pm – 5:00pm | D1-D4 Concurrent Sessions | |

KEYNOTE PANEL

Wednesday, November 21st, 2018

9:30am – 10:00am
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 Sabic

Ben Sabic 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 for an audience of over 16,000 students and educators, and he has spoken at educational institutions throughout Manitoba.

PANELISTS

Christopher Buddle

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.

KEYNOTE PANEL

Wednesday, November 21st, 2018

9:30am – 10:00am
Ballroom

PANELISTS cont'd

Megan Van Massenhoven

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

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

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
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, but 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 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 Sessions

11:00am - 12:15pm

A1 Cannabis Use Guidelines and Recommendations for Ontario's Campuses

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. 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. 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**

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**

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, Erin Bradford, Manjot Bining, Ruxandra Pop, Julia Prato | 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.

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.

A4 Concurrent Sessions

11:00am - 12:15pm

Erin Bradford is a Personal Counsellor and Team Leader for Counselling Services at the UTSC Health & Wellness Centre, where she has worked since 2008. During her career, she has had the opportunity to work in the areas of youth justice, outdoor therapeutic programming, children’s mental health, community healthcare and counselling in post-secondary educational settings.

Manjot Bining works the University of Toronto Scarborough (UTSC) Department of Student Life as Leadership Programs and Co-Curricular Records Coordinator. An alumni of UTSC, Manjot has previously worked in community engagement across the GTA including work with the Council of Agencies Serving South Asians and Engineers Without Borders. Ruxandra 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.

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.

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 me in my last year of school.

A4 Rethinking Resilience: Systematic Review of Ontario University Mental Health Strategies

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 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

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 | Kings University College

Joe Henry | Fanshawe College,

Representative | Western University Students' Council (TBD)

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. Joe Henry, currently Dean of Students at King's University College at Western. Prior to his role at King's, he was Associate Dean of Student Success at Sheridan College.

Joe Henry, currently Dean of Students at King's University College at Western. Prior to his role at King's, he was Associate Dean of Student Success at Sheridan College. **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.

B1 Concurrent Sessions

1:15pm - 2:30pm

B1 Collaboration and Building Capacity in the Community and on Campus cont'd

B1-2: BUILDING CAPACITY THROUGH PARTNERSHIPS

In this presentation we will look at the various programs that have resulted from collaborating with campus partners, other local post-secondary institutions, and community partners. On campus we will focus on our partnership with the student government to offer a peer support program, a multi department program called prescription exercise, co-led programs with the chaplain, and learning strategies, 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 community partners (CMHA) run programs on campus, working closely with community crisis services, and a city wide mental health initiative to support youth aged 16-24. Our burgeoning partnership with other local post secondary institutions will also be discussed.

Presenters: Jennifer Dods, Dr. Rina Gupta, Tess Grant & Beth Blackett | Queen's University

Jennifer Dods is the Executive Director of Student Wellness Services.

Dr. Rina Gupta is the Director of Counselling.

Tess Grant is our Occupational Therapist.

Beth Blackett is our Health Promotion and Education Co-ordinator. All have been involved in the initiatives that we will discuss.

B2-B3 Concurrent Sessions

1:15pm - 2:30pm

B2 Harm Reduction Strategies in a College Residence

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 AC Umbrella Project from day one. Working 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 our 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

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 including presenters Fiqir Worku and Victoria Rodney 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 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 Sessions

1:15pm - 2:30pm

B4 Bold Steps – involving instructors: Teaching Practices and Student Wellbeing

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 & Minnie Teng | University of British Columbia

Michael Lee is a Senior Instructor with 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.

Minnie Teng is a second-year student in the Master of Occupational Therapy program at the University of British Columbia. She is actively involved in the Teaching and Wellbeing project as Knowledge Translation Coordinator at UBC. She can be contacted via email at minnie.teng@alumni.ubc.ca

C1 Concurrent Sessions

3:00pm - 4:00pm

C1 Student Wellness and Resiliency

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 one's 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

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” (p. 25). 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, PhD | 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

The Mental Health Commission of Canada is developing a National Standard for Psychological Health and Safety of Post-Secondary Students. The 4 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 & Susan Jakobson | 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 have a mental illness and are currently not in the workforce.

Susan Jakobson is the Program Consultant at the Mental Health Commission of Canada. As an integral member of the Project Team, she provides leadership and expertise for the development and launch of the National Standard for Psychological Health and Safety of Post-Secondary Students Standard.

C4 Concurrent Sessions

3:00pm - 4:00pm

C4 **Nouvel outil (d'enquête) pour l'évaluation de la santé mentale et des comportements à risque des étudiants**

Cette présentation décrit un nouvel outil conçu pour l'évaluation du bien-être des étudiants de niveau postsecondaire. 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.

Presenters: Danielle de Moissac | Université de Saint-Boniface

Danielle de Moissac is professor in the Department of sciences at the Université de Saint-Boniface in Manitoba. Her research focuses on health and access to healthcare for linguistic minority populations, in particular youth and the elderly.

D1 Concurrent Sessions

4:00pm - 5:00pm

D1 Empirically Supported Group-Based Programming in a University Setting

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 specializes in service delivery, program development, and program evaluation in post-secondary student mental health. She holds a clinical-administrative role within an academic and healthcare environment, bridging institutional goals, policy, operations, and direct service delivery. She contributed to a proposal resulting in a 1M donation to enhance post-secondary mental health programming, including the co-creation of a consortium on best practices in post-secondary mental health.

D2 Concurrent Sessions

4:00pm - 5:00pm

D2 Mental Health Promotion and Student Perspectives

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 & Allie Meyers

Canadian Mental Health Association - 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 3 amazing kids.

Allie Myers is a Mental Health Promotion and Resilience Facilitator with the Canadian Mental Health Association, Hamilton. Allie is a certified safeTALK instructor, ASIST instructor and assists in conducting the TAMI (Talk About Mental Illness) program. Allie has also taken Mental Health First Aid and attends Suicide Prevention Committee meetings across LHIN 4, including Hamilton, Niagara, Haldimand-Norfolk and Brant. Allie is a graduate of McMaster University, Mohawk College and Humber College.

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: Colin Aitchison | Ontario Undergraduate Student Alliance

Colin Aitchison is a Research & Policy Analyst with the Ontario Undergraduate Student Alliance. His research with OUSA includes work on student health and wellness, tuition and ancillary fees, and postsecondary accountability. Prior to joining OUSA, he served two terms on the executive of the Wilfrid Laurier University Students' Union.

D3 Concurrent Sessions

4:00pm - 5:00pm

D3 Searching for Hope from Minds Steeped in Hopelessness: What Predicts, Prevents and Heals Suicidal Minds

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 Toronto Scarborough
Danielle Uy | Ryerson University,
Dr. Mark Sinyor | Sunnybrook Hospital

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.

Danielle Uy is currently doctoral candidate in Clinical psychology at Ryerson University. Danielle completed her undergraduate degree at University of Toronto Scarborough (UTSC) with a specialist in Mental Health Studies. For her Honours thesis, Danielle studied suicidal ideation in students presenting to university mental health services. She has worked with Dr. Rashid as a research assistant on Flourish and Strengths-based Resilience projects, both aiming to improve student well-being through the identification and development of character strengths. Danielle has also assisted with schizophrenia research at the Centre for Addiction and Mental Health. Danielle has published on a peer-reviewed journal, a book chapter, and has contributed to multiple presentations.

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.

D4 Concurrent Sessions

4:00pm - 5:00pm

D4 Examining Stigma, Perceived Need, and Mental Health Illiteracy as Barriers to Help-seeking in Young Adults

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.

DAY 2

Thursday, November 22, 2018

AGENDA DAY 2

Thursday, November 22, 2018

| TIME | ACTIVITY | LOCATION |
|-------------------|--|----------------|
| 8:00am – 9:00am | Registration and Continental Breakfast | |
| 8:15am – 8:45am | BP1-BP3 Breakfast Sessions | |
| 9:00am – 9:15am | Opening Remarks | Ballroom |
| 9:15am – 10:45am | Keynote Panel: Stepped Care in Ontario <i>Dr. Peter Cornish (Memorial University), Gregory Taylor (Georgian College), Mohsan Beg (U of Windsor), Ben Bridgestock (Algonquin College)</i> | Ballroom |
| 10:45am – 11:15am | HEALTH BREAK REFRESHMENTS | Ballroom Foyer |
| 11:15am – 12:15pm | E1-E4 Concurrent Sessions | |
| 12:15pm – 1:15pm | BUFFET LUNCH | Ballroom Foyer |
| 1:15pm – 2:15pm | F1-F4 Concurrent Sessions | |
| 2:15pm – 2:30pm | TRAVEL TIME TO SESSIONS | Ballroom |
| 2:30pm – 3:45pm | G1-G4 Concurrent Sessions | |
| 3:45pm – 4:15pm | Closing Remarks | 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

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.

BP3 Breakfast Sessions

8:15am - 8:45am

BP3 **Big White Wall and BounceBack: Two Free Mental Health Services for People in Ontario Experiencing Depression and Anxiety**

Hear from the Canadian Mental Health Association (CMHA) Ontario and the Ontario Telemedicine Network (OTN) about two new innovative self-help psychotherapy services that are being funded by the Ontario Government. Both services are available now and are free for adults and youth with mild to moderate depression and anxiety. The services are:

- Big White Wall, an online peer support and self-management tool for adults and youth 16+, coordinated by the Ontario Telemedicine Network
- BounceBack, a one-on-one telephone coaching program for adults and youth 15+, managed by CMHA Ontario and CMHA York and South Simcoe

Learn about the services, how they can benefit students and staff, and how to easily integrate these services across campuses.

Presenter: **Anna Piszczkiewicz** | Canadian Mental Health Association, Ontario Division

Anna Piszczkiewicz

KEYNOTE PANEL

Thursday, November 22nd, 2018

9:15am – 10:45am
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
Ballroom

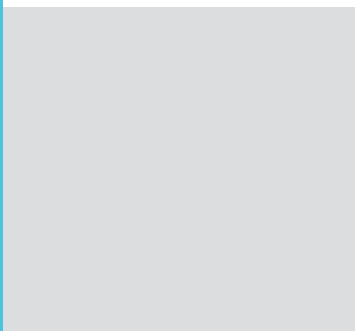
STUDENT PANELISTS



Gregory Taylor | Georgian College

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. For instance, he has co-facilitated the 20-week Skills for Safer Living Suicide Prevention Program with CMHA Crisis, as well as sitting on several committees related to addiction, suicide, ethics and mental health, and transitional age youth systems and community partnerships.

Mohsan Beg | University of Windsor



Ben Bridgstock | Algonquin College

Ben Bridgstock is the manager of Counselling 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.



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

E1 Responding to Opioid Emergencies: 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

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 Sessions

11:15am - 12:15pm

E3 No More Silos: Doing Integrative, Holistic Well-Being Work with Faculty

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 our 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 our experiences collaborating with teaching faculty in our 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, Kate Klein & 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.

Kate Klein works at George Brown College as the Research & Education Coordinator for the Healthy Campus Initiative, where her focus is teaching staff about mental health, emotional literacy, and support skills in a higher education context. She also teaches in the Transitions to Post-Secondary Education program at GBC.

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 Sessions

11:15am - 12:15pm

E4 Walk With Us: Fostering Safe Spaces to Facilitate Challenging Conversations

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, RSW Counsellor, 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, CCC Indigenous Student Counsellor, Niagara College. Jamie 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 Board of Directors.

F1-F2 Concurrent Sessions 1:15pm - 2:15pm

F1 Collegiate Recovery Communities: A Groundbreaking Solution for Students with Addictions

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 Recover

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

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

F3-F4 Concurrent Sessions 1:15pm - 2:15pm

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.

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 Psychosis Toolkit for Campus Staff – Early Identification, Screening and Intervention

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

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 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 Project Lead, Campus Mental Health Partnerships at Centennial College and Development Lead for the Canadian Association of College and University Student Services (CACUSS) Student Case Managers Community of Practice.

Alice Hslung is the Coordinator for Career Services at Centennial College and Chair-Elect of the Ontario College Career Educators (OCCE) Networking Group.

G1-G2 Concurrent Sessions 2:30pm - 3:45pm

G1 Mental Health Programming on Small Campuses

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 Bedggood | King's University College at Western University

Doreen Vautour is the 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 Bedggood 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

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 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)
TBD | St. Joseph's Healthcare Hamilton

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.

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.

G3-G4 Concurrent Sessions

2:30pm - 3:45pm

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

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 Training Clinicians to Work in Integrated Care Models in College Health

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 practice 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

- 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** **Wellness Advising Model: Implementing Same-Day Access to Mental Health Support on Campus**
Bryanne Bird *University of British Columbia*
- PP5** **Professor Hippo-on-Campus: Student Mental Health Training for Faculty**
Catharine Munn *McMaster University*
- PP6** **Thought Spot: Co-creating mhealth applications with post-secondary students to support their mental health**
Dr. David Wiljer, Andrew Johnson, Alexxa Abi-Jaoude & Elisa Hollenberg *CAMH*
- PP7** **The Mental Health Network: Building Community Capacity**
Elizabeth (Elsa) Kiosses
Health & Wellness Centre - University of Toronto Scarborough
- PP8** **Mindfulness Virtual Community for Student Mental Health**
Farah Ahmad, Christo El Morr & Paul Ritvo *York University*

POSTER/APP PRESENTATIONS

- PP9** **A Multilevel Approach to Enhancing The Mental Health of Young South Asian Women**
Dr. Gursharan Virdee *Centre for Addiction and Mental Health*
- PP10** **Fentanyl Analogues: Potency Predictions**
Injeong Yang *University of Waterloo School of Pharmacy*
- PP11** **“Study Buddies” or Self-Medication: Narratives of Prescription Stimulant Misuse**
Dr. Ken Kirkwood *Western University*
- PP12** **Focus on Youth Psychosis Prevention: A Mental Illness Prevention Model**
Margaret Maheandiran *Centre for Addiction and Mental Health*
- PP13** **Campus Mental Health Discourse on Reddit: Student Perceptions and Attitudes**
Dr. Maureen Drysdale & Margaret McBeath
St. Jerome’s University, University of Waterloo
- PP14** **Building Academic Tenacity to Improve Student Wellbeing, Learning and Success**
Michael Lee, Patty Hambler, Diana Jung, Karen Smith, Steven Barnes, Judy Chan, Gulnur Birol & Natasha Moore *University of British Columbia*
- PP15** **Conversational Artificial Intelligence for Student Mental Health**
Oscar Lo *Serena AI*
- PP16** **Implementing a Single Session Wellness Consultation Service for Graduate Students**
Sarah Irwin-Gardner *York University*
- PP17** **Fostering Inclusion and Environments of Support for Students with Episodic Disabilities**
Wendy Porch *Realize*



CENTRE FOR INNOVATION IN
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Centre for Innovation in Campus Mental Health (CICMH)
Canadian Mental Health Association, Ontario
180 Dundas St. West, Suite 2301 Toronto, ON M5G 1Z8