



CENTRE FOR INNOVATION IN  
Campus Mental Health

## ASK THE EXPERTS

### Shared Priorities in Engaging Students in Campus Mental Health Support & Awareness

*January 27, 2016 2:00 – 3:00 pm EST*

The webinar will begin shortly.

*Audio: Audio for this event will be through the computer speakers. Use of external computer speakers or headphones are recommended for optimal sound quality.*

*Please note this presentation will be **recorded**.*

*This webinar is in collaboration with:*



Canadian Mental  
Health Association  
Ontario  
Mental health for all

Association canadienne  
pour la santé mentale  
Ontario  
La santé mentale pour tous

**OUSA & MENTAL HEALTH**  
*Policies &  
Recommendations in Brief*

# OUR *members*



*140,000 students*

*7 member  
associations*

# **WE ARE STUDENT-DRIVEN**

- Students set our research priorities*
- Students decide our policy priorities*
- Students set our advocacy priorities*

# **WE CREATE RESEARCH DRIVEN POLICY**

- Research as our foundation*
- Primary research prioritized*

- **GOVERNMENT FACING: WE PRIMARILY ADVOCATE TO THE PROVINCE**
- **HOWEVER, WE DO SHARE “BEST PRACTICES” AMONG MEMBER INSTITUTIONS, INCLUDING SERVICES & STUDENT SUCCESS**

## Student Health and Wellness Policy Paper:

- *Most recent version published in 2014*
- *73 pages in total; 11 pages dedicated exclusively to mental health*
- *Authored, debated, and approved by students; student send delegates to a General Assembly to pass the papers.*
- *Contains principles, concerns, and corresponding recommendations.*

# RESOLUTIONS FROM PAPER

BIFRT when governments and institutions are considering allocating investments in campus health they should prioritize frontline mental health supports at post-secondary institutions;

BIFRT the government should dedicate funding for system-wide initiatives aimed at improving the mental health of all post-secondary students;

BIFRT all campus wellness centres should have a minimum ratio of counsellors to students to ensure adequate service provision;

BIFRT an extension in OHIP needs to occur for youth from 18 to 25 to ensure that they can be covered and receive appropriate mental health services;

BIFRT campus wellness centres should engage in mental health awareness initiatives to encourage students to seek out assistance. These approaches should include development of students' self-management and coping skills so that they are able to be resilient when experiencing mental health issues or coping with mental illness;



Some dominant themes include disparity in service “supply and demand” (including wait times), integration of mental health into holistic health treatment centers, empowering peer support forums, and having designated provincial funds for mental health in PSE specifically.

*“In 2013, only 1 in 5 Canadian students who reported feeling severely depressed in the last year had received any treatment.”*

*“When governments and institutions are considering allocating investments in campus health, they should prioritize frontline mental health supports at post secondary institutions.*

*How do we support peer support programs and innovation in mental health initiatives without devaluing or overlooking the crucial importance of funding traditional front line mental health services?*

## Students With Disabilities Paper:

- Currently being updated, set to be authored and approved for March 2016
- Addresses structural support and legislation for students who have mental health disabilities, often chronic in nature
- Plans to address recent Human Rights Tribunal ruling on disclosure & academic accommodation

# WE WANT TO COLLABORATE!



- Mental Health is one of the areas in post-secondary education where partnership/stakeholder co-operation can be the most effective and galvanizing
- OUSA always excited to work with partners on mental health!

# OUTSIDE OF POLICY...

- OUSA sits on Mental Health in Ontario Post-Secondary Working Group along with CSA
- Group made up primarily of practitioners, gets in touch with front-line workers: enhances understanding of what is happening “on the ground” to inform our ability to responsibly advocate
- Interested in getting the province to develop a
- Also involved with CICMH (surprise!), OUSA sits on the executive board and the advisory council.

# College Student Alliance

Student Priorities, Recommendations  
and Successes in Campus Mental  
Health

# College Student Alliance

## We are:

- Non-profit, non-partisan organization
- We work collaboratively with PSE stakeholders and government
- On behalf of Ontario college students

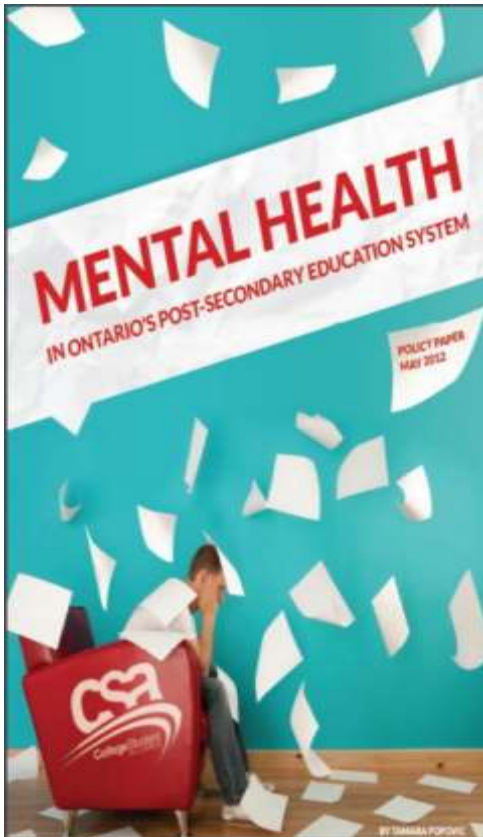
## CSA Advocacy Pillars

Affordability  
Accessibility  
Accountability  
Transferability  
Quality

The logo for the College Student Alliance (CSA) is located in the bottom right corner. It features a large, stylized, light blue 'CSA' monogram. Below the monogram is a blue swoosh that curves upwards and to the right. Underneath the swoosh, the words 'CollegeStudent' are written in a grey sans-serif font, with 'ALLIANCE' in a smaller, all-caps grey sans-serif font below it.

CollegeStudent  
ALLIANCE

# Mental Health in **Ontario's PSE** **System**



- Released in 2012
- 13 recommendations for government, institutions and stakeholders
- Focuses on mental health awareness and service priorities needed to support students



# Some **Numbers**

18% of 18-24 year olds

12% of 25-44 year olds

show symptoms of mental health and addiction  
issues



## Recommendation 2

“Institutions, government and stakeholders should work in collaboration to improve communications and knowledge exchange of mental health promotion across the province.”



# Centre for Innovation in Campus Mental Health

- A partnership project with Colleges Ontario, Council of Ontario Universities, OUSA and CSA
- Funded by the Mental health Innovation Fund
- Community of practice facilities
  - Knowledge sharing
  - Resource exchanges
  - Collaboration between students, institutions and communities
- CICMH Network allows for better communication of initiatives, awareness and information



## Recommendation 3

“Increase levels of funding for institutions or create incentive for institutions so they can develop and maintain support services for mental health and problematic substance use on campuses.”

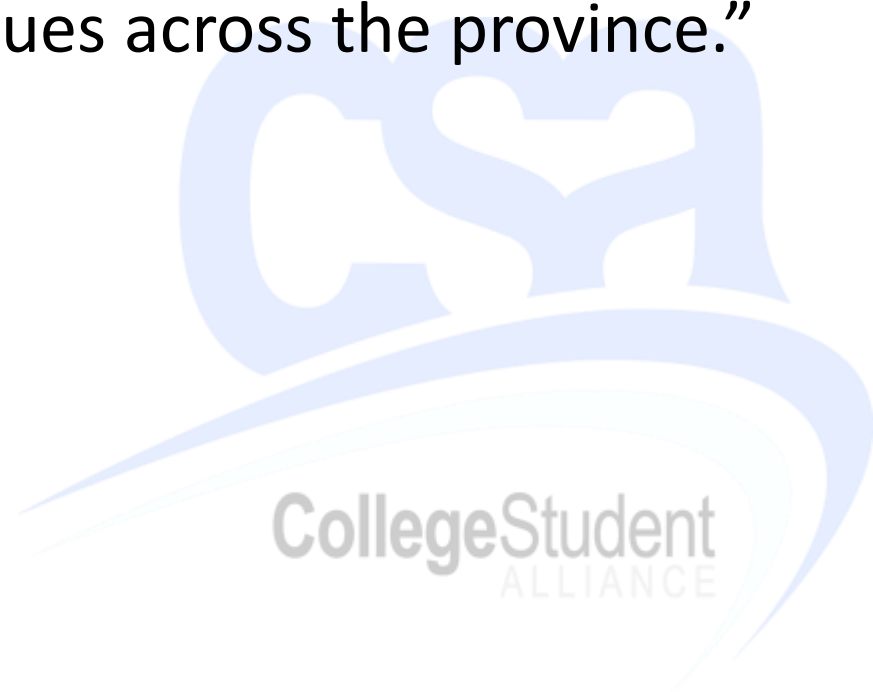
# Mental Health Innovation Fund

- In 2013 the Government of Ontario invested \$27m over three years to:
  - Provide services and supports to PSE students
  - 32 projects have been funded
- Government reinvested \$12m for another 2 years



## Recommendation **10**

“ Stakeholders must work together in a collaborative effort to raise awareness and de-stigmatize mental health and problematic substance use issues across the province.”

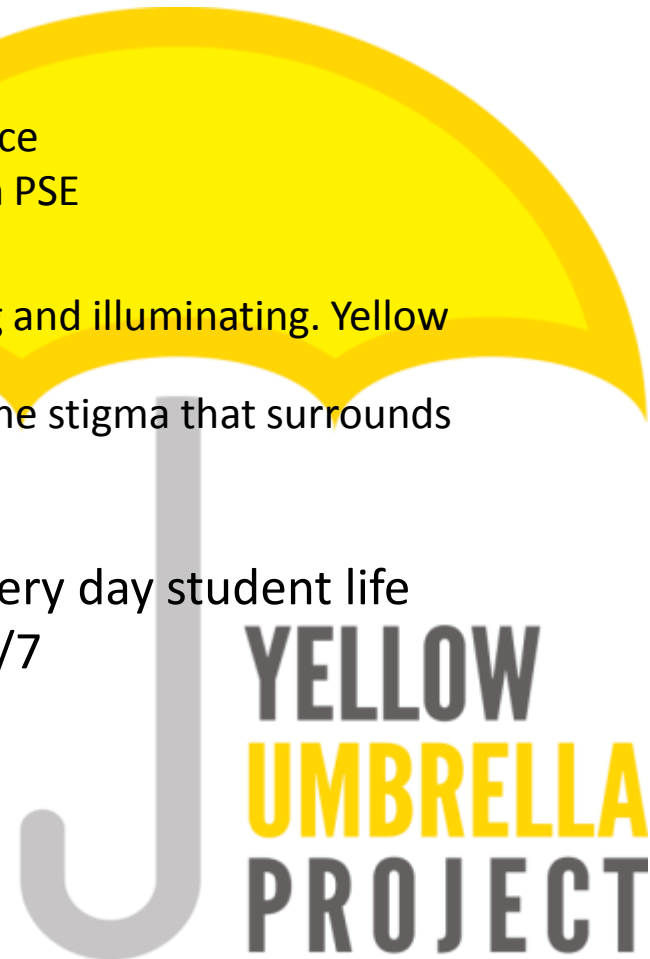


# Provincial Awareness

- Introduced in 2013 as “Blue2013”
  - Goals:
    - Raise awareness about student mental health and mental illness
    - Share students stories
    - Foster an environment of acceptance, safety and comfort in colleges across the province
    - Connect students across the province
- CSA members want more than a one day campaign
- Believe this must be a year round initiative
- Yellow Umbrella Project (YUP) launched in September 2014
- YUP is now part of an ongoing commitment to mental health on campus

# Yellow Umbrella Project

- A mental health resource site and awareness campaign for Ontario college campuses
  - Goals:
    - Stop the stigma surrounding mental health
    - Provide resources to students across the province
    - Raise awareness for mental health issues within PSE
- Why the “Yellow Umbrella Project”?
  - As one of the lightest colours, yellow is uplifting and illuminating. Yellow offers hope, happiness, cheerfulness and fun
  - The umbrella symbolizes shelter; shelter from the stigma that surrounds mental health
- More than a campaign
  - Our members have made it apart of their every day student life
  - The web resource allows students access 24/7





## Recommendation **13**

“Students must engage in developing and providing input into mental health initiatives and services in their institution”



# Provincial and Local **Student Representation**

- CSA has a student voice on
  - CICMH Executive Committee
  - Innovation Fund Proposal Reviews
- Student Associations have partnered with institutions
  - They sit on wellness committees
  - Partner in wellness weeks
  - Sit on student services boards



Stop and Talk  
Stop and Listen  
Stop the Stigma



# Student Leader Panel Discussion





CENTRE FOR INNOVATION IN  
Campus Mental Health

## ASK THE EXPERTS

Let's continue today's discussion online about campus strategies to effectively engage students in mental health support & awareness:

<http://connects.campusmentalhealth.ca/community/groups/peer-support-mentoring-programs/forum/topic/campus-strategies-to-effectively-engage-students-in-mental-health-support-awareness/>