



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH

Centre for Innovation in Campus Mental Health

Strategic Plan 2020 - 2023



Vision

Mental health and well-being across Ontario's post-secondary campuses.



Mission

To engage and support Ontario colleges and universities in their commitment to student mental health and well-being.



Strategic directions

This plan sets out three overall strategic directions for CICMH in the next three years. Together, these three themes will guide and inform all that CICMH does, alongside our partners, as we work together to implement this plan and achieve our mission.

Enhance long-term sustainability and capacity

With the significant need on campuses for student mental health supports, in addition to limited resources, we heard from across the consultations that long-term sustainability – of mental health services on campus, the people who deliver them, and the system itself – is as important as building immediate capacity to meet current demands. Also noted was the importance of ensuring long-term sustainability of CICMH as an essential provider of knowledge, front-line resources and support for on-campus and campus-community partnerships.



Over the next three years, CICMH will use our expertise in knowledge management, collaboration and partnership to help build, with our partners, more sustainable programs and capacity for student mental health and well-being on post-secondary campuses. The CICMH partners will continue to work together to strengthen the partnership and the long-term sustainability of CICMH and its work.

Advance equity, diversity and inclusion in mental health supports on campus

The increasing diversity of Ontario’s population is reflected among the student population on post-secondary campuses. On-campus diversity is further enhanced by the many students attracted to Ontario’s post-secondary institutions from diverse countries, cultures and religions. Feeling safe, socially included and being able to access economic resources can impact a student’s mental health as can experiences of oppression, marginalization and stigma. Indigenous students face additional barriers due to the lasting effects of colonization. All of these factors are important to consider in planning mental health supports on campus. We heard from stakeholders, including front-line mental health counsellors, that more can be done to meet the mental health needs of diverse students, especially Indigenous and international students. We also heard that CICMH can play a key role in supporting campuses to address this challenge.



Over the next three years, CICMH will have a clear focus throughout our work on advancing equity, diversity and inclusion in mental health supports on campus. This will include contributing to reconciliation with Indigenous peoples through initiatives targeted to improving on-campus mental health support for Indigenous students.

Demonstrate impact through quality improvement and evaluation

Another strong message that came through in our consultations with campuses and other partners was the need to better understand what is working in mental health support on campuses, where the remaining gaps are and what is needed to address them. Campuses want better tools and skills to evaluate and measure the effectiveness of programs and understand the impact on student outcomes and CICMH wants to be better able to demonstrate the impact of our work.



Over the next three years, CICMH will build continuous needs assessment, quality improvement and evaluation into our work to help build both on-campus capacity and our own ability to evaluate and demonstrate the impact of CICMH’s work.

STRATEGIC PRIORITIES

Knowledge management

Engagement and collaboration

Advancing the system of support for post-secondary student mental health and mental well-being

Organizational capacity

