



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH

Centre for Innovation in Campus Mental Health

Progress Report Summary

April 1, 2019 - March 31, 2020

[LAND ACKNOWLEDGEMENT]

We recognize that our work, and the work of our campuses, takes place on traditional Indigenous territories across Ontario. We also wish to acknowledge that the Centre's office is located on the traditional Indigenous territory of the Huron-Wendat, Haudenosaunee, and most recently, the territory of the Mississaugas of the New Credit.

This territory is part of the Dish with One Spoon Treaty, an agreement between the Anishinaabeg, Haudenosaunee and allied nations to peaceably share and care for the resources around the Great Lakes. This territory is also covered by the Upper Canada Treaties.

Today, Toronto is still home to Indigenous people and we are grateful to have the opportunity to meet and work on this territory.

We wish to express gratitude to Mother Earth and for the resources we are using, and honour all the First Nation, Métis and Inuit people who have been living on the land since time immemorial.

Finally, we acknowledge the Ministry of Colleges and Universities for their ongoing funding and support of this vital initiative.

[EXECUTIVE SUMMARY]

The Centre for Innovation in Campus Mental Health (the Centre) is a unique partnership between the Canadian Mental Health Association (CMHA) Ontario Division, Colleges Ontario, the Council of Ontario Universities, the Ontario Undergraduate Student Alliance and the College Student Alliance. The Centre is funded by the Ministry of Colleges and Universities and is housed at CMHA Ontario. It is with great pleasure that we share our 2019/2020 year end report. This year, the Centre can proudly say it is connected with all of the university and college campuses in Ontario and well over 100 community mental health partners!

The Centre is committed to:



Identifying and promoting a shared understanding of best practices to enhance mental wellness on campus



Creating solutions and developing common resources to fill in gaps and avoid duplication of resources



Connecting diverse campus and community organizations to optimize resources and strengthen mental wellness supports in local communities



Promoting a whole campus approach to care that is flexible, adaptive and responsive to student needs

As we compile this report, we must address the rapidity with which our lives changed in mid-March. While we had completed the vast majority of our deliverables, the COVID-19 pandemic did mean the cancellation and postponement of a number of planned activities. Despite these cancellations, this year has been one of tremendous growth for the Centre including the:

Launch of a **new strategic plan** to lead us into the new decade.

Increased **one-on-one consultations** with campuses on issues related to campus mental health.

Major revision of our online training course to help staff, faculty and student leaders better understand how they can recognise, respond and refer students to mental health services. Over 2,600 individuals completed the course this fiscal.



The launch of **four new toolkits** to provide comprehensive guidance to leaders looking to implement these models. These toolkits have had over 1,700 unique views this year!



The facilitation of 12 new webinars viewed by over 1500 individuals. 75 per cent of webinar viewers stated that as a result of webinars they had an increase in confidence and **88 per cent had a better understanding** of how to support student mental health.

The certification of our staff in Mental Health Works programming, thus enabling us to provide training on Vicarious Trauma and Compassion Fatigue to our stakeholders. This is a key issue campuses are struggling with, as identified by our regional forums.



The facilitation of seven regional forums since April 2019 which have seen a total of 189 participants from 33 campuses and 40 community agencies. **Over 92 per cent of respondents** stated that they would make positive changes in their work as a result of attending a regional forum.



A **30 per cent increase** in registrations for our conference, resulting in increased education and networking opportunities for our stakeholders.



Continued revisions and additions to the resources on the campusmentalhealth.ca website, resulting in **an increase of 40 per cent** in usership.



Creation/expansion of 42 partnerships on 34 university/college campuses with community mental health partners. **77 per cent of the public post-secondary institutions** in the province are engaged in partnerships facilitated by the centre. **96 per cent of project participants agreed** that their organization's capacity to support and serve the mental health needs of their students was increased.

[ACKNOWLEDGEMENT]

As the Centre reflects on all of its accomplishments and learnings, the team is very grateful for the support, direction and efforts of our executive committee, who continue to provide great support, advice and input into our work.

Current the Centre Executive Committee members:



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| <ul style="list-style-type: none"> • Nona Robinson
Trent University / Associate Vice-President Students
<i>(Executive Committee chair)</i> • Camille Quenneville
CMHA Ontario Division / CEO • Champagne Thomson
College Student Alliance /
<i>Director of Advocacy & Member Engagement</i> • Chris McGrath
George Brown College /
<i>Vice-President, Student Success</i> • Dominika Flood
Council of Ontario Universities /
<i>Director, Government and Stakeholder Relations</i> | <ul style="list-style-type: none"> • Eddy Avila
Ontario Undergraduate Student Alliance /
<i>Executive Director</i> • Éilis Karry
Council of Ontario Universities / <i>Policy Analyst</i> • Kathryn Sullivan
Colleges Ontario /
<i>Senior Research and Policy Advisor</i> • Sandy Welsh
University of Toronto / <i>Vice Provost of Students</i> • Seija Korpela
Cambrian College / <i>Director of the
Glenn Crombie Centre</i> |
|--|---|

We must also acknowledge:

- **Craig Stephenson** / Centennial College
President (Executive Committee Chair, April-August 2019)
- **Abdullah Mushtaq** / College Student Alliance
Director of Advocacy (April-November 2019)

We appreciate the dedication and support of Camille Quenneville at CMHA-Ontario Division for her day to day guidance of our team. As the Director, I am eternally thankful to my team members Pearlyn Ng, Pauline Spiess, Mahreen Dasoo, Cecilia Amoakohene and Alannah Vila for their hard work and dedication.