

# RETURN TO CAMPUS RESOURCE LIST

Prepared by the Centre for Innovation in Campus Mental Health

*Updated August 2021*



CENTRE FOR INNOVATION IN  
**CAMPUS MENTAL HEALTH**

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To learn more about Ontario's stages of reopening:

[COVID-19 Public Health Measures and Advice \(Government of Ontario\)](#)

Find out about the latest public health measures, advice and restrictions in Step 3 of the *Roadmap to Reopen*. Ontario moved into Step 3 on July 16, 2021 at 12:01 am. More about the *Roadmap to Reopen* [here](#).

## General Information on the Return to the Workplace

*This section contains resources on the return to the physical workplace in Ontario, Canada. These resources are not campus-specific, but may be helpful for preventing the spread of COVID-19 on campus and keeping both staff and students safe.*

[Reducing COVID-19 Risk in Community Settings: A Tool for Operators \(Government of Canada\)](#)

This tool will assist non-health care community settings in considering risks to employees and clients during the coronavirus disease (COVID-19) pandemic, and provide examples of measures that may be implemented at the workplace/business to mitigate potential risks.

[Resources to Prevent COVID-19 in the Workplace \(Government of Ontario\)](#)

This webpage provides information to help develop a plan to protect workers and the public from COVID-19. Find posters, tools and guidance for Ontario workplaces.

[Working from Home: A Guide to Keeping Workers Healthy and Safe \(WorkSafeBC\)](#)

This guide discusses a health and safety policy for working from home and outlines some useful tips and resources to help ensure the health and safety of your workers. This information may be helpful for campus staff continuing to work remotely during the 2021/2022 academic year.

[Guidance for Employers Managing Workers with Symptoms within 48 Hours of COVID-19 Immunization \(Ontario Ministry of Health\)](#)

This document provides recommendations for employers on supporting staff who have recently received their COVID-19 vaccine. This document was released on May 18, 2021. Check [this webpage](#) for updated versions of this document.

## Counselling Services

[COVID-19 Guidance: Mental Health and Addictions Service Providers in Community Settings \(Ontario Ministry of Health\)](#)

This document provides recommendations for mental health and addictions care in a community setting, which may be helpful for campuses when considering in-person service delivery. This document was released on September 24, 2020. Check [this webpage](#) for updated versions of this document.

### [In-Person Counselling: COVID-19 Industry-Specific Information \(WorkSafeBC\)](#)

These protocols are for those providing in-person counselling services, including psychiatrists, psychologists, social workers, and counsellors in British Columbia. The information provided may be helpful for in-person counselling on Ontario campuses.

## **Athletics and Sport**

### [Return to Sport \(Athletics Ontario\)](#)

This webpage contains information on the return to play, sport, and training. Athletics Ontario has been working with the Back on Track national task force to develop return to sport guidelines. This information may be helpful for campus athletics departments.

### [COVID-19 Return to High Performance Sport Framework](#)

The National Framework is a tool which consists of a minimum baseline of standards from current evidence, and guidelines from the provincial, territorial, and federal health authorities extrapolated into the sporting context by medical experts in infectious diseases and public health. The National Framework focuses on 'how' the reintroduction of sport activity will occur in a cautious and methodical manner from an athlete, coach, and practitioner perspective. This information may be helpful for campus athletics departments.

## **Health Care Services**

### [COVID-19 Guidance: Primary Care Providers in a Community Setting \(Ontario Ministry of Health\)](#)

This document provides recommendations for primary care in a community setting, which may be helpful for campuses with health centres. This document was released on July 28, 2021. Check [this webpage](#) for updated versions of this document.

### [Infection Prevention and Control for COVID-19: Interim Guidance for Acute Healthcare Settings \(Government of Canada\)](#)

This webpage provides recommendations for acute health care settings, which may be helpful for campuses with health centres and in-person services.

### [Catching Blind Spots in COVID-19 Health-Care Planning \(Mental Health Commission of Canada\)](#)

While the COVID-19 crisis is unquestionably bringing out some of the best of health care provision, such a crisis also exposes the weak spots in our health care systems. One example is the often "hidden in plain sight" aspects of mental illness-related structural stigma, which can create blind spots in decision making. This document discusses some of these blind spots.

## PSE-Specific Information on the Return to Campus

*This section contains resources specific to the return to the post-secondary campus environment in Ontario and beyond. These resources may be helpful for preventing the spread of COVID-19 on campus and keeping staff and students safe.*

### [The Impact of COVID-19 on Post-Secondary Education \(Centre for Innovation in Campus Mental Health\)](#)

This information sheet highlights the impact of COVID-19 on post-secondary institutions in Ontario. It provides information and statistics on the impacts of the pandemic on student mental health, finances and the learning environment.

### [Planning for the 2021-2022 School Year in the Context of COVID-19 Vaccination \(Government of Canada\)](#)

This interim guidance provides schools with advice for planning and operating during the 2021-2022 school year, including how they can adjust public health measures in the context of COVID-19 vaccination in Canada. It combines the archived versions of guidance for [Schools Kindergarten to Grade 12](#) (published in August 2020) and [Post-Secondary Institutions](#) (published in July 2020).

### [Return to Campus Podcast Episode \(Centre for Innovation in Campus Mental Health \(CICMH\)\)](#)

In this episode of the Mental Health on Campus Podcast, CICMH Director Marija Padjen and Canadian Mental Health Association, Ontario Division's Director of People and Wellness Kirstin Grant will share tips and resources for both staff and students returning to in-person campus life. They will also highlight a resource created by CMHA Ontario on returning to the physical workplace.

### [Health and Safety Guidance During COVID-19 for Colleges \(Employer\) \(Public Services Health & Safety Association\)](#)

This document provides a set of resources, tips and best practices to help post-secondary employers and employees prevent the spread of COVID-19 and work together to reopen the province.

### [Guidelines for Re-opening Canada's Universities and Colleges \(Canadian Association of University Teachers\)](#)

This article discusses the Canadian Association of University Teachers guidelines for member associations. Guidelines include involving joint health and safety committees and academic staff associations in decision-making, reducing risk, providing reasonable accommodation for staff to remain off-campus, ensuring academic freedom in the remote learning environment, compensating academic staff for additional preparation/instructional time, and considering equity implications.

### [COVID-19 Guidance for Post-Secondary Institutions \(Toronto Public Health\)](#)

This document contains recommended guidelines, with examples, for post-secondary institutions to reduce the spread of COVID-19. You can also find Toronto Public Health's COVID-19 resource list for post-secondary institutions [here](#).

### [Hindsight is 2020: A Year in Review \(Centre for Innovation in Campus Mental Health\)](#)

This webinar welcomes two senior administrators in the post-secondary system to reflect on how this past year has been a time of stress, a time of reflection and a time of adaptation. More specifically, it has been a year that has helped them realize “what really matters” when it comes to creating a healthy campus environment.

### [COVID-19: A Guide for International Students in Canada Arriving from Abroad \(Government of Canada\)](#)

This webpage attempts to put in place a consolidated set of guidelines to support the return of international students and outline the roles and responsibilities of Designated Learning Institutions, Provinces and Territories, and the Government of Canada.

### [“Working Without a Blueprint” – Supporting International Students & International Student Advisors \(Centre for Innovation in Campus Mental Health\)](#)

This webinar aims to explore the unique mental health challenges faced by international students and international student advisors amid the uncertainty of the pandemic and returning to campus.

### [COVID-19 and Ontario's Human Rights Code: Questions and Answers \(Ontario Human Rights Commission\)](#)

The OHRC has developed a series of questions and answers for understanding your human rights and obligations during the COVID-19 pandemic. These questions and answers cover the rights and responsibilities of employers and employees, tenants and landlords, as well as residential institutions.

### [Coronavirus Disease \(COVID-19\): Awareness Resources \(Government of Canada\)](#)

This webpage contains a list of resources for raising awareness of COVID-19 testing, travelling, vaccination, vulnerable populations, hand washing, physical distancing, personal protective equipment, and other promotional messages.

## **Out-of-Province Resources**

### [COVID-19 Return-to-Campus Guidelines \(B.C. Post-Secondary Institutions with support of the Ministry of Advanced Education and Skills Training\)](#)

These guidelines follow B.C.'s original [COVID-19 Return-to-Campus Primer](#). The guidelines provide updated public health guidance to support the full return to in-person education, research and on-campus services for B.C.'s post-secondary institutions. In addition to general logistics, these guidelines contain information on student mental health and accommodations.

### [COVID-19 Go-Forward Guidelines for B.C.'s Post-Secondary Sector, June 2021 Edition](#)

These protocols provide guidance to British Columbia post-secondary institutions for education, research and on-campus services. The goal of these protocols is to support the gradual increase of in-person teaching, learning, research, administrative and support services at post-secondary institutions while reducing the risk of COVID-19 transmission. Mental health concerns are also highlighted in these protocols.

### [Return to Classes Plan for the Fall 2021 Term in Higher Education \(Government of Québec\)](#)

This webpage contains information on the return to campus in the province of Québec, including general guidelines and information on course attendance and student residences. The Province of Québec has also created specific guidelines for institutions with greater epidemiological risk (i.e. insufficient vaccine coverage, surges in cases).

## **International Resources**

### [Considerations for Institutions of Higher Education \(U.S.A. Centers for Disease Control and Prevention\)](#)

This guidance is intended for any U.S.A. institution of higher education (IHE) that offers education or instruction beyond the high school level, such as colleges and universities, including community and technical colleges.

### [COVID-19 Pandemic Resources \(American Association of University Professors\)](#)

This webpage contains COVID-19 resources relevant to the U.S.A. post-secondary context.

### [Colleges & Universities: Plan, Prepare, and Respond \(Centers for Disease Control and Prevention\)](#)

This webpage provides U.S.A.-based information and resources for post-secondary administrators, faculty and staff.



## Mental Health and the Return to the Workplace

*This section contains resources about the mental health impacts of the return to the physical workplace. These resources are not campus-specific, but may be helpful for ensuring a psychologically safe and healthy return to the workplace/campus.*

### Guides and Toolkits

#### [Return to the Workplace: A Psychological Toolkit for Heading Back to Work \(Canadian Mental Health Association, Ontario Division\)](#)

This guide is meant to support the mental health of individuals as they plan safe transitions back into their workplaces and to help employers as they develop policies and procedures for supporting staff returning to the workplace.

#### [Navigating the New Normal: A COVID-19 Supplement to CAMH's Mental Health Playbook for Business Leaders \(Centre for Addiction and Mental Health\)](#)

This document provides tips and strategies for workplace mental health during and after the COVID-19 pandemic. This document is designed to work hand-in-hand with [CAMH's Mental Health Playbook for Business Leaders](#).

#### [Managing Through COVID-19: How to Support Your Employees' Mental Health: An Employer's Guide \(Ottawa Public Health\)](#)

This guide provides recommendations on protecting the mental health and safety of all workplaces, essential workers, those working from home and those in workplaces that are required to close. Ottawa Public Health also offers more mental health resources [here](#).

### Infographics and Tip Sheets

#### [Burnout Recovery: A Quick Guide to Help on Your Journey \(Centre for Innovation in Campus Mental Health\)](#)

This information sheet is a complement to the Campus Mental Health Works Workshop on the same topic. The info sheet highlights the 3-step process shared in the workshop to aid us in our process of recovering from burnout. These strategies are also helpful as we look to prevent the experience of burnout in the future.

#### [How to Manage Return Anxiety as the Lockdown Lifts \(Mental Health Commission of Canada\)](#)

As the COVID-19 curve flattens and the country begins to re-open, many people are facing a new set of concerns, sometimes called return or re-entry anxiety. The sources for this anxiety include worry about a heightened risk of infection, new social expectations, and the adjustment of routines to new work realities. This two-pager contains some practical advice for people who may be experiencing stress or anxiety as they prepare to enter the post-lockdown world.

### [How Can I Help my Team? \(Mental Health Commission of Canada\)](#)

This infographic provides information on how to help members on your team who may be struggling with their mental health. It includes acknowledging and listening, informing and reminding, and responding and following up.

### [Loss and Grief During the COVID-19 Pandemic: A Resource for Post-Secondary Institutions \(Centre for Innovation in Campus Mental Health\)](#)

The Centre for Innovation in Campus Mental Health (CICMH) has put together some information that may be helpful during the COVID-19 pandemic around the topic of grief and loss.

### [Mental Health Tips for Working from Home \(Treasury Board of Canada Secretariat\)](#)

This tip sheet provides information on maintaining positive mental health while working from home during the COVID-19 pandemic. Tips include setting a schedule, staying connected and making time for self-care.

### [Managing Workplace Mental Health Through a Pandemic \(Mental Health Commission of Canada\)](#)

This infographic contains key tips for employers returning to operations in the new “normal.” The four stages of emergency management (prevention/mitigation, preparedness, response and continuity, and business recovery to normal operations) are discussed.

## **Webinars and Videos**

### [Building Mental Health into Emergency Management and Business Continuity Programs: Pandemic Response \(Mental Health Commission of Canada\)](#)

This webinar discusses the impact of emergencies and disasters (including the COVID-19 pandemic), worker mental health needs when dealing with these emergencies and disasters, and how to use the National Standard of Canada for Psychological Health and Safety in the Workplace to build mental health into your organization’s emergency management plan.

### [Psychological PPE: Exploring Compassion Fatigue & Learning How to Keep Ourselves Psychologically Well \(University of Toronto Faculty of Medicine & TEND Academy\)](#)

This presentation discusses understanding the “COVID-fog” and the impact of the pandemic on our energy and concentration, what is in our control and what isn’t, the COVID-19 risk and resiliency factors: personal factors, compassion fatigue & burnout, the importance of social support and how to strengthen our Psychological PPE. The focus of the presentation is on health care workers, but strategies are applicable to all campus staff and students.

### [Mental Health and COVID-19 Video Series \(Conference Board of Canada\)](#)

This video series by Dr. Bill Howatt, Chief of Research, Workplace Productivity, covers topics such as building trust, sleep disturbances, inclusion and diversity, the “new normal,” worry management, reducing mental fatigue, grief, and mentally preparing for the return to the workplace.

### [Social Stigma and COVID-19: Protecting Your Workers \(Mental Health Commission of Canada\)](#)

This 38 minute long interview with Dr. Keith Dobson discusses the social stigma and harassment that can affect people as they strive to cope with this new reality.

### [A Discussion on Compassionate Leadership in the Re-Opening of the Workplace \(TEND Academy\)](#)

Join Françoise Mathieu, Cambria Walsh, and Tamsyn Brennan as they discuss the toll of the pandemic on our workforce, share stories of success, and consider compassionate leadership strategies for the re-opening workplace.

## Other

### [Mental Health and Psychosocial Considerations during the COVID-19 Outbreak \(World Health Organization\)](#)

The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

### [COVID-19 Considerations for a Trauma Informed Response for Work Settings \(Trauma Informed Oregon, Portland State University, Oregon Health Authority\)](#)

This document provides trauma informed considerations for work settings as we all navigate the uncharted territory and response to novel Coronavirus (COVID-19). We will refer to organizations in this document, but this includes schools, clinics, and other places where services are provided.

### [Leaders Are People Too: Staying Well During COVID-19 – An Interview with Dr. Patricia Fisher \(TEND Academy\)](#)

In this interview, Dr. Fisher shares best practice recommendations for leaders amidst the stress of the COVID-19 pandemic.

### [COVID-19's Impact on Mental Health and Returning to the Workplace \(Conference Board of Canada\)](#)

This commentary provides information on the mental health impact of the pandemic, as well as what organizations can do to prepare for the return to the workplace and support employee mental health.

### [Re-entry Anxiety: How to Adjust to a New, Uncertain Routine \(Carolyn Ali, Beyond University of British Columbia\)](#)

This article discusses the return to work and the classroom. It also offers some tips to help individuals cope with this re-entry anxiety.

## Links to Ontario Campus Return Information

*This section contains links to campus reopening information at public, Ontario-based colleges and universities. Please note that this list is not exhaustive, and information is subject to change (accurate as of August 2021).*

### Ontario Colleges

- [Algonquin College: Return to Campus - Students](#)
- [Cambrian College: Campus Updates](#)
- [Canadore College: COVID-19 Coronavirus Frequently Asked Questions](#)
- [Centennial College: Campus Re-Entry Guidelines and Protocols](#)
- [Collège Boréal: COVID-19 Reopening Guide](#)
- [Conestoga College: COVID-19 Academic Delivery Plan](#)
- [Confederation College: COVID-19 – Return to Campus Plan](#)
- [Durham College: Coronavirus \(COVID-19\) Information - Updates](#)
- [Fanshawe College: Information About Fall 2021 Semester](#)
- [Fleming College: Coronavirus \(COVID-19\)](#)
- [George Brown College: COVID-19 Updates](#)
- [Georgian College: Coronavirus \(COVID-19\) Information](#)
- [Humber College: Return to Campus Information](#)
- [La Cité Collégiale: Mises à jour - COVID-19 \(coronavirus\)](#)
- [Lambton College: Fall 2021 Update](#)
- [Loyalist College: COVID-19 Information Centre](#)
- [Mohawk College: COVID-19 \(Coronavirus\)](#)
- [Niagara College: Safe Return to Campus](#)
- [Northern College: COVID-19 Updates & FAQs](#)
- [St. Clair College: In-person Classes Return for Fall 2021](#)
- [St. Lawrence College: Coming to Campus](#)
- [Sault College: Latest Updates](#)
- [Seneca College: COVID-19 Updates](#)
- [Sheridan College: COVID-19 and Return to Campus Updates](#)

## Ontario Universities

- [Algoma University: COVID-19 Information & University Updates](#)
- [Brock University: Coronavirus \(COVID-19\) Updates](#)
- [Carleton University: Safe Return to Campus](#)
- [Lakehead University: Welcome Back to Our Campuses: Fall 2021](#)
- [Laurentian University: Return to Campus](#)
- [McMaster University: Back to Mac](#)
- [Nipissing University: Return to Campus Framework](#)
- [OCAD University: Return to Campus Plan](#)
- [Ontario Tech University: Planning Framework](#)
- [Queen's University: Our Safe Return to Campus](#)
- [Royal Military College: Update – RMC and COVID-19](#)
- [Ryerson University: Planning for a Gradual Return to Campus](#)
- [Trent University: Plans for Fall 2021](#)
- [Université de Hearst: Coronavirus \(COVID-19\) : ce qu'il faut savoir](#)
- [University of Guelph: Return to Campuses](#)
- [University of Ottawa: Coronavirus \(COVID-19\)](#)
- [University of Toronto: Your Guide to Fall 2021 at U of T](#)
- [University of Waterloo: Return to Campus](#)
- [University of Windsor: Return to Campus](#)
- [Western University: COVID-19 \(Coronavirus\)](#)
- [Wilfrid Laurier University: Coronavirus \(COVID-19\) Information](#)
- [York University: YU Better Together](#)

