

Post-Secondary Standard Resource

Introduction

The National Standard of Canada for Mental Health and Well-being for Post-Secondary Students was released in October 2020 by the Mental Health Commission of Canada with the Canadian Standard Association Group. The Standard supports Canadian post-secondary institutions in promoting the mental health and well-being of their students by offering a set of voluntary, flexible guidelines.

This infosheet was a collaboration between the Centre for Innovation in Campus Mental Health and Healthy Campus Alberta. The purpose of this infosheet is to provide nationally available resources that can support the implementation of the Standard on Canadian post-secondary campuses. The resources are organized according to the mental health and well-being framework available in the Standard.

Getting Started

This section contains resources and information on getting started with the National Standard of Canada for Mental Health and Well-being for Post-Secondary Students.

➤ **The National Standard of Canada for Mental Health of Well-Being for Post-Secondary Students**

Your copy of the Standard can be accessed for free on the CSA Group website (account creation required). If you download the document, please note that internet access and the Adobe Acrobat application is required to open it.

➤ **Starter Kit: For the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students**

The Mental Health Commission of Canada (MHCC), in collaboration with CSA Group, has championed the development of the National Standard of Canada for Post-Secondary Mental Health and Well-Being. In addition, MHCC has invested in a Starter Kit to support institutions to align their efforts with the Standard. Of particular relevance is the Audit Tool (pp. 37-53), which is a practical tool for assessing alignment with the Standard or conducting a needs assessment.

➤ **Getting Started with the Standard within the COVID-19 Context and Beyond Webinar**

CICMH webinar discussing the MHCC's Starter Kit to support institutions to align their efforts with the Standard. This session will be useful to those who are considering working with this voluntary standard, with a special focus on the impacts the global pandemic has had on post-secondary institutions.

➤ **An Introduction to the National Standard Webinar**

HCA webinar introducing the Standard, featuring Alberta student and faculty panelists and representatives from MHCC. It reviews available tools and resources to support campuses' alignment with the Standard.

➤ **Follow-Up Workshop: Getting Started with the National Standard**

Webinar facilitated by the HCA team providing an overview of the Audit Tool within the context of assessing alignment with the Standard. Includes some practical ideas for working with the Audit Tool.

➤ **Keeping Student Mental Health at the Heart of Post-Secondary Education**

In addition to an overview of the Standard, this short video by the MHCC highlights its relevance in supporting mental health in post-secondary education and outlines three key resources/actions to get started.

➤ **Promoting and Strengthening Post-Secondary Student Mental Health**

Another short video by the MHCC about the importance of mental health promotion on post-secondary campuses. Can be helpful for making the case for implementing the Standard.

➤ **Psychological Health and Safety Standard for Post-Secondary Students - 2020 Launch**

Another short video by the MHCC making the case for implementing the Standard.

➤ **National Standard for Psychological Health and Safety of Post-Secondary Students Scoping Review**

This report investigated themes common to the discussion around post-secondary student mental health, both nationally, and internationally. A detailed, scoping review of the literature was undertaken, exploring both peer-reviewed, academic sources, and grey literature. The main themes of interest to this report were selected in collaboration with the Executive Advisory Committee (EAC), the Mental Health Commission of Canada, and Bell Canada.

➤ **A Standard for Post-Secondary Mental Health – One Year Later**

This report celebrates the successes of campuses across Canada working with the Standard one year since the release of the Standard in October 2020.

Dimension 1: Institutional Factors

This section contains resources on the following Standard clauses: leadership, commitment, policy and practices, stakeholder engagement.

➤ Okanagan Charter: An international charter for health promoting universities & colleges

A new international charter, an outcome of the 2015 International Conference on Health Promoting Universities and Colleges / VII International Congress, signals a challenge to universities and colleges to create healthier campuses and healthier communities. People from 45 countries drafted the Charter, an indication of a global desire to confront increasingly complex issues related to the health, well-being and sustainability of people and the planet.

➤ First Nations Mental Wellness Continuum Framework

Summary report created by Health Canada and Assembly of First Nations. Mental wellness is supported by culture, language, Elders, families, and creation, and is necessary for healthy individual, community and family life. First Nations embrace the achievement of whole health — physical, mental, emotional, spiritual, social, and economic well-being — through a coordinated, comprehensive approach that respects, values, and utilizes First Nations cultural knowledge, approaches, languages, and ways of knowing.

Leadership

➤ A Health Promoting Campus: What is your role? Webinar

This CICMH webinar will help leaders and administrators understand what it means to become a health promoting campus and how understanding the Okanagan Charter is an important step to creating a campus plan for wellbeing. An information sheet on this topic can be found [here](#).

➤ Post-Secondary Student Mental Health: Guide to a Systemic Approach

This guide, created by CACUSS and CMHA, illustrates a framework for addressing student mental health in post-secondary institutions. The purpose of the guide is to be used as a tool to support the creation of campus communities that are deeply conducive to transformative learning and mental well-being through a systemic approach to student mental health in colleges and universities in Canada.

➤ Student Mental Health Framework 2.0: Building a Thriving Community

The Student Mental Health Framework 2.0 emerged from the need to continue the conversation of well-being and mental health on the Carleton University campus that started with the first Student Mental Health Framework in 2009. The scope has since expanded to include proactive and preventative strategies in building a holistic, campus-wide approach to mental health and well-being.

➤ **Psychologically Safe Leader Assessment**

The National Standard of Canada for Psychological Health and Safety in the Workplace requires leaders to be competent to manage employees (in the case of institutions, faculty and staff) in a way that is psychologically safe. This assessment will help leaders to identify and strengthen competence in this area.

➤ **Developing Leadership & Governance for Healthy Universities**

This UK-based project aims to strengthen the English National Healthy Universities Network, generate and disseminate web-based guidance tools and case studies and support further national developments.

Commitment, Policy and Practices

➤ **An Environmental Scan of Canadian Campus Mental Health Strategies**

The Best Practices Network reviewed Canadian campus mental health strategies existing from 2009-2019 to support post-secondary institutions in their institutional mental health and wellness strategy development. This environmental scan can be helpful to explore other campuses' approaches to student mental health policies and practices.

➤ **Well-Being Through SFU Policies & Procedures: A Guide for Action**

This document provides a framework to intentionally consider how policies and procedures impact the physical, social and mental well-being of students, to be used when reviewing and creating new policies and procedures. A worksheet is also available [here](#).

➤ **Policy Approaches to Post-Secondary Student Mental Health: A Scan of Current Practice**

OCAD University and Ryerson University have committed to working together in collaboration around the strategic development of campus wide mental health initiatives. The project has a special focus on postsecondary mental health policy development, service and system design approaches to student-centered care, and the application of design and visual thinking to campus mental health.

➤ **Health and Wellbeing Checklist for University Decision Making**

This checklist encompasses an evidence-informed reflective process that will assist decision-making groups in the University of Sydney to consider the impact on health and wellbeing of any decisions they are considering.

➤ **Reducing Cannabis Harms: A Guide for Ontario Campuses**

This CICMH toolkit explores issues related to cannabis use and provides readers with an overview of health approaches that can reduce the harms and risks associated with it. Any campus professional — whether faculty, academic advisor, counsellor, or student services professional — working with students who use cannabis will be able to refer to the guide for information. A webinar is also available [here](#).

➤ **Equity, Diversity and Inclusion Toolkit**

Guide to supporting students prepared by the CICMH and the Canadian Mental Health Association, Ontario Division.

➤ **Equity on Campus: Creating Policies and Practices to Support Mental Health Webinar**

This CICMH webinar will present on the relationship between equity and mental health, highlighting the social determinants of health that most impact mental health.

➤ **Supporting Mental Health and Wellbeing Among Students in Higher Education**

The North American Observatory on Health Systems and Policies conducted a scoping review of academic and grey literature to understand (1) how post-secondary institutions support mental health among students, and (2) how governments are working to improve mental health and wellbeing in post-secondary education settings.

➤ **Environmental Scan of Promising Practices and Indicators Relevant to Campus Mental Health**

This scan, conducted in the year 2015, was commissioned by CICMH. The purpose of the scan was to identify provincial, national and international promising practices and indicators that would be useful for publicly assisted colleges and universities to facilitate the development and evaluation of campus-based mental health programs and services. Key informant interviews were conducted with experts within and outside the post-secondary sector. The final component of the project was to propose a framework for post-secondary institutions to gather and compile data on student mental health services.

➤ **Tools for Success: Models for Exemplary Student Mental Health Initiatives at Alberta Post-secondary Institutions**

This toolkit presents case study examples of promising practices from 11 Alberta institutions related to themes of overall institution structure, policies, processes, programming, outreach, direct care for students, and crisis management. The case studies are a resource for a variety of audiences within a post-secondary environment in the planning and implementation of effective initiatives.

➤ **Anti-Oppressive Practice Toolkit**

This first part of the Anti-Oppressive Practice toolkit, prepared by CICMH, aims to help those who support students on campus better understand what anti-oppressive practice is, how it intersects with mental health, and why it is important to embed anti-oppressive practices into our work on campus.

Other relevant resources mentioned earlier in the document:

- **Post-Secondary Student Mental Health: Guide to a Systemic Approach**
- **First Nations Mental Wellness Continuum Framework**

Confidentiality

➤ **Health Privacy Issues on Campus Webinar**

Clinical and non-clinical staff on campuses across Ontario support students while navigating and respecting their privacy on a daily basis. At times this can lead to questions and confusion. This CICMH webinar will provide them with information on how the Personal Health Information Protection Act, 2004 (PHIPA) and the Health Care Consent Act, 1996 (HCCA) apply to campuses; how common campus scenarios play out under Ontario's privacy and consent legislation.

Provincial Laws that set rules for the collection, use and disclosure of personal health information:

- Newfoundland - **Personal Health Information Act, 2011**
- Prince Edward Island - **Health Information Act, 2021**
- Nova Scotia - **Personal Health Information Act, 2013**
- New Brunswick - **Personal Health Information Privacy and Access Act, 2009**
- Quebec - **Act Respecting the Sharing of Certain Health Information, 2021**
- Ontario - **Personal Health Information Protection Act, 2004**
- Manitoba - **The Personal Health Information Act, 2022**
- Saskatchewan - **Health Information Protection Act, 2003**
- Alberta - **Health Information Act, 2001**
- British Columbia - **Personal Health Information Access and Protection of Privacy Act, 2008**

Stakeholder Engagement

➤ **Truth and Reconciliation Commission of Canada: Calls to Action**

In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission makes 94 calls to action in various areas, including education, language and culture, and health.

➤ **Post-Secondary Experience of Indigenous Students Following the Truth and Reconciliation Commission - Summary of Survey Findings**

In July and August of 2018, Indspire sent a survey to 2000 First Nation, Inuit and Métis students enrolled in post-secondary programs across Canada. The aim was to gain insight and perspective on how the Calls to Action released by the Truth and Reconciliation Commission (TRC) in 2015 had affected their educational experience.

➤ **Two-Eyed Seeing: Supporting Indigenous Students Mental Health Webinar**

Indigenous post-secondary students face multiple systemic barriers as they work towards their educational goals, including racism, intergenerational trauma, mental health issues, cultural shock and isolation, and colonial violence. Despite these barriers, they continue to demonstrate resiliency, success, and personal growth if they are supported in spaces that honour their identity as Indigenous peoples. Counsellors have an ethical obligation and are mandated by the Truth and Reconciliation Commission's 94 Calls to Actions to ensure that they are providing culturally safe spaces for Indigenous students. This CICMH webinar will focus on perspectives of holistic wellness infused with Indigenous knowledge to support Indigenous student mental health. An information sheet on this topic can be found [here](#).

➤ **Voices of Value: LGBTQ+ Cultural Competency Toolkit**

This competency toolkit has been developed by HIV/AIDS Resources and Community Health (ARCH) to strengthen capacity in our communities to support LGBTQ+ people and people living with HIV/AIDS. Organizations and individual service providers can use this tool to assess the strengths they have and where they can grow to better meet the needs of LGBTQ+ people and people living with HIV/AIDS.

➤ **Landscape of Accessibility and Accommodation in Post-Secondary Education for Students with Disabilities**

This report by the National Educational Association of Disabled Students (NEADS) represents a thorough examination of the current landscape of accessibility, services, accommodations, technical equipment and supports for students with disabilities at publicly-funded post-secondary institutions across Canada.

➤ Supporting International Students CICMH webinar

Many international students do not readily seek mental health supports, despite facing multiple challenges in their transition to a new country and educational system. This CICMH webinar will look at some of the barriers to access, including stigma of mental health issues, differing cultural perceptions of the definitions, causes, and handling of mental health, and a lack of awareness of supports offered on and off campus. We will discuss ways to overcome these barriers while taking into account the cross-campus collaborations needed to enhance support for international students.

➤ Supporting International Students HCA webinar part 1 & 2

While positive student experience continues to be a top priority for Canadian universities, international students have unique needs and face many challenges as they adjust to living and learning in Canada. As such, it is vital for institutions to ensure there are meaningful, appropriate, and culturally-responsive supports in place to better provide for the holistic well-being of their international student population. This webinar focuses on some of the unique challenges international students may face while living and learning in Canada, the impact COVID-19 has had on international education and the international student experience, as well as recommendations for building more holistic, culturally-responsive approaches to supporting international students.

➤ Complex Collaboration Toolkit

This HCA toolkit describes a framework for establishing and maintaining cross-campus or multi-institutional collaborations. The Complex Collaboration Model shows the typical stages of a collaboration and how to navigate those stages.

➤ Student Led Initiatives Toolkit

This HCA toolkit provides strategies for engaging with students and empowering student-led mental health initiatives. The Student Leader Guide is designed to assist student government leaders with implementing initiatives to support student mental health. The Student Journey Map can help understand when and how to engage with student stakeholders.

➤ Jack.org Youth Voice Report 2020

Every year, Jack.org releases the Youth Voice Report. The Youth Voice Report 2020 reflects the voices of 1,107 young people from every Canadian province and territory, sharing their experiences and perspectives on what causes mental health struggle in their communities and what prevents young people from accessing the help they need. The goal of this report is to help ensure youth experiences and thoughts are considered and included in any solutions built to address youth mental health. CICMH also has a webinar with Jack.org that discusses the 2019 Youth Voice Report, which can be viewed [here](#).

➤ **Striking a Balance: Tips and Tricks for Effective Youth Engagement Webinar**

Many campuses have innovative mental health services and programs in place for their students, but sometimes struggle with student engagement. Some challenges involve building awareness of these services and ensuring that they meet evolving student needs. This CICMH webinar will talk about engaging students in promotion, design, and delivery. We will be discussing some best practices in outreach and engagement, including lessons learned from our national youth capacity building programs. Finally, we'll share ideas about student co-creation of these programs and necessary steps for sustained engagement.

➤ **Graduate Student Mental Health Toolkit**

A CICMH guide focused on improving graduate student mental health, with recommendations for policy and program considerations. A webinar on putting the toolkit into practice can also be viewed [here](#).

Other relevant resources mentioned earlier in the document:

- **[Student Mental Health Framework 2.0: Building a Thriving Community](#)**
- **[Equity, Diversity and Inclusion Toolkit](#)**
- **[Equity on Campus: Creating Policies and Practices to Support Mental Health Webinar](#)**
- **[Anti-Oppressive Practice Toolkit](#)**

Dimension 2: Planning

This section contains resources on the following Standard clauses: psychosocial factors, gathering data, objectives and targets, action plan, supportive/safe/inclusive environment, education and stigma reduction, accessibility.

➤ An Environmental Scan of Canadian Campus Mental Health Strategies

Developed by the Best Practices Network, the purpose of this scan is to support post-secondary institutions in their institutional mental health and wellness strategy development, by reporting on a review of Canadian campus mental health strategies. The Best Practices Network conducted an environmental scan of existing post-secondary mental health strategies across Canada from 2009 to 2019, and identified common and differing themes with respect to their development process, organizational structure, strategy components, key recommendations, and evaluation.

➤ Creating the Roadmap to a Campus Mental Health Strategy

In this webinar jointly hosted by CICMH and HCA, participants learn about practical principles that can be applied to diverse campus environments when developing a mental health strategy, and hear from two experienced campus community members as they highlight key learnings from their own campus journeys through facilitated (virtual) breakout rooms.

➤ In It Together: Taking Action on Student Mental Health

Recognizing that Ontario must be proactive in addressing current challenges and responding to future challenges, the College Student Alliance, the Ontario Undergraduate Student Alliance, Colleges Ontario and the Council of Ontario Universities have come together to develop an action plan on post-secondary student mental health.

➤ University of Victoria Student Mental Health Strategy

Framework to provide direction for the Division of Student Affairs and the broader UVic university community to comprehensively and proactively review resources and opportunities for mental health promotion, planning, and responsiveness in support of our student community. It is intended as a framework for the development and implementation of action plans to support positive student mental health and well-being in order to enhance all students' potential for success.

Psychosocial Factors

➤ Factors that can Affect Mental Health (morefeetontheground.ca)

Along with the social determinants of health, other factors may increase our stress level and negatively impact our sense of well-being. This does not necessarily mean, however, that these factors will bring about a mental health condition. This webpage is here to help you keep in mind how our mental health can sometimes be impacted when we go through these common life experiences.

➤ **Individual, Interpersonal, and Institutional Level Factors Associated With the Mental Health of College Students**

This U.S.A.-based study investigates the individual, interpersonal, and institutional level factors that are associated with overall mental health among college students. Data are from an online cross-sectional survey of 2,203 students currently enrolled at a large public university in the U.S.A. Results: The combined effects of both individual and institutional level measures were associated with student mental health. In particular, limited coping abilities and a perceived racially tense campus climate contributed to the psychological distress of college students. Conclusions: Simultaneously addressing the individual and institutional level influences on mental health offers the most promising help for students.

Gathering Data, Objectives and Targets

➤ **Canadian Campus Wellbeing Survey Webinar**

Healthy Minds | Healthy Campuses co-hosted a CICMH webinar on the Canadian Campus Wellbeing Survey (CCWS). The CCWS will help post-secondary institutions better assess student health and wellbeing on campuses, identify priorities for intervention, and increase capacity to link research with policy and practice.

➤ **Developing a coordinated Canadian postsecondary surveillance system: a Delphi survey to identify measurement priorities for the Canadian Campus Wellbeing Survey (CCWS)**

Interventions that promote health and wellbeing among young adults are needed. Such interventions, however, require measurement tools that support intervention planning, monitoring and evaluation. The primary purpose of this study is to describe the process in developing a framework for a Canadian post-secondary health surveillance tool known as the Canadian Campus Wellbeing Survey (CCWS).

➤ **National College Health Assessment Executive Summary 2019**

The National College Health Assessment is a national research survey developed by the American College Health Association, to collect data about student's behaviours and perceptions on various health topics. This executive summary highlights the results of that survey.

➤ **National College Health Assessment Information Webinar**

This webinar hosted by HCA was an informative session on preparing and implementing the 2019 National College Health Assessment (NCHA) on campus.

➤ **NCHA Post-Data Collection: Analysis, Dissemination and Mobilization Webinar**

In 2019 the NCHA proved to be an indispensable resource for many institutions in informing programming and engaging stakeholders around wellness. In this interactive webinar by HCA, the guests explore ways to use the NCHA results.

➤ **Alberta Post-Secondary Mental Health and Addiction Framework**

Outlines key concepts, considerations and action strategies for addressing student mental health and addiction problems in post-secondary institutions. It is a collaborative document representing the perspectives of many stakeholders across the province. The goal of the framework is to provide comprehensive, systemic and Alberta-specific ideas for the creation of healthy, inclusive and resilient campus communities.

Other relevant resources mentioned earlier in the document:

- **Post-Secondary Student Mental Health: Guide to a Systemic Approach**

Action Plans

➤ **Inventory for Campus Mental Health**

This inventory is supplementary to the Post-Secondary Student Mental Health: Guide to a Systemic Approach (under Dimension 1: Leadership). It expands Appendix C of the Guide into a process that is aimed to help you to assess strengths, areas of growth and identify potential campus-specific outcomes regarding student mental health.

➤ **A Guide to Campus Mental Health Action Planning**

Accompanies a series of four Campus Mental Health Action Planning (CampusMHAP) webinars produced by The Jed Foundation and EDC, Inc. and archived on The Jed Foundation's website. This icon appears throughout the Guide, directing readers to audio of campus leaders talking about how they have applied the principles and methods described in this Guide.

➤ **FITA Manual: Translating Institutional Mental Health Intention into Program Action**

This manual offers a clear model of student service that can be employed in starting up similar programs in other colleges, universities, and high schools. Our research indicates that the FITA (From Intention to Action) program can make significant changes in the lives of students and the educational institutions that are central in building human capital. This program adds to the capacity to support highly vulnerable students and to improve mental health, achievement and over time, retention.

Other relevant resources mentioned earlier in the document:

- **Alberta Post-Secondary Mental Health and Addiction Framework**

Supportive, Safe and Inclusive Post-Secondary Environment

➤ **Creating Well-Being Through Physical Spaces at SFU**

Learn how to enhance well-being through the design of new or existing physical spaces. Principles can be viewed [here](#), and an infographic can be viewed [here](#).

➤ **Mental Health and the Learning Environment Toolkit**

This CICMH toolkit will help faculty and teaching staff take steps within the classroom in a collective effort to support student mental health. Webinars on this topic can also be viewed [here](#) and [here](#).

➤ **Embedding Conditions for Well-Being in Academic Settings**

This casebook highlights how conditions for well-being can be embedded within academic units. Conditions for well-being are defined, along with opportunities for action and examples from SFU Faculties and Departments. The examples included are not a comprehensive list but are intended to celebrate successes and inspire further action.

➤ **Graduate Students Mental Health and Wellbeing: A Toolkit**

The National Graduate Caucus (NGC) of the Canadian Federation of Students engaged in a one-year research project to develop a graduate student mental health toolkit. This toolkit aims to equip graduate students' communities to evaluate and improve the state of graduate students' mental health and wellbeing at post-secondary institutions in Canada.

➤ **Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities**

This report presents synthesized perspectives on crisis management, how to respond to most vulnerable students, ensuring accessibility, inclusion and ethos of social justice from multiple perspectives. These include voices of a nationally representative sample of mental health professionals and insights from emerging research findings. Towards the end of this report, there are pragmatic ideas, suggestions and recommendations to leave readers with ideas for actions to shape their campus based mental health services according to the evolving circumstances of COVID-19 pandemic.

➤ **Creating an Online Community**

Learning online can be an adjustment for some students. The following tips for building an online community in your class can not only help students overcome feelings of isolation – the community can also enhance the learning experience for everyone in the class. By engaging learners as part of the group, learning can become not only an active process, but an interactive process, helping you and your students reach and achieve higher-order learning outcomes.

Other relevant resources mentioned earlier in the document:

- [Equity, Diversity and Inclusion Toolkit](#)
- [Equity on Campus: Creating Policies and Practices to Support Mental Health Webinar](#)
- [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#)
- [Two-Eyed Seeing: Supporting Indigenous Students Mental Health Webinar](#)
- [Voices of Value: LGBTQ+ Cultural Competency Toolkit](#)
- [Landscape of Accessibility and Accommodation in Post-Secondary Education for Students with Disabilities](#)
- [Supporting International Students](#)
- [Graduate Student Mental Health Toolkit](#)
- [Anti-Oppressive Practice Toolkit](#)

Literacy, Education, and Stigma Reduction

➤ [Embedding Wellness in Post-secondary Learning and Experience: For-credit Wellness Courses Webinar](#)

For-credit wellness courses accompany and help accelerate a paradigm shift in higher education institutions' priorities, services, and curricula. Embedding topics of mental health, wellbeing, and identity into the core curricula of post-secondary institutions helps generate a campus-wide culture of wellbeing, and sets students up proactively for success. An information sheet on this topic can also be found [here](#).

➤ [Knock-out Stigma: 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 CICMH webinar 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.

➤ [The Inquiring Mind Post-Secondary](#)

Developed by MHCC, the Inquiring Mind is a program designed to promote mental health and reduce the stigma of mental illness in post-secondary settings.

Other relevant resources mentioned earlier in the document:

- [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#)
- [Student Mental Health Framework 2.0: Building a Thriving Community](#)
- [Reducing Cannabis Harms: A Guide for Ontario Campuses](#)
- [Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities](#)

Accessibility

➤ [Recommendations for Documentation Standards and Guidelines for Academic Accommodations for Post-Secondary Students in Ontario with Mental Health Disabilities](#)

This report outlines a series of recommendations for the post-secondary sector arising from a research study carried out by researchers from Queen’s University and St. Lawrence College. Funding for this 30-month project, which began in January 2013, was provided by the Ontario Ministry of Training, Colleges and Universities under the Mental Health Innovation Fund.

➤ [Supporting Students with Autism Spectrum Disorder Webinar](#)

Many adults with autism struggle with the organizational and planning skills that fall under the umbrella of ‘executive function.’ These struggles become more problematic when young adults begin living apart from their parents, and need to adapt to classes with less structure than in high school. An understanding of the needs of students with autism, along with support for their difficulties, can go a long way toward helping them succeed in institutions of higher education. This CICMH webinar will look at programming catered to students with Autism Spectrum Disorder (ASD) at the post-secondary level.

➤ [Post-Secondary Students with Mental Health Disabilities: A Guide to Academic Accommodations and Managing your Mental Health while on Campus](#)

This Guide is the product of a research study, undertaken jointly by Queen’s University and St. Lawrence College, and funded by the Ministry of Training Colleges and Universities through the Mental Health Innovation Fund. The document has been reviewed by students with mental health disabilities, whose careful comments helped to shape the final version. While not legal advice, the legal section of the Guide was reviewed by the law firm Hicks Morley.

Other relevant resources mentioned earlier in the document:

- [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#)
- [Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities](#)
- [Creating Well-Being Through Physical Spaces at SFU](#)
- [Well-Being Through SFU Policies & Procedures: A Guide for Action](#)
- [Health and Wellbeing Checklist for University Decision Making](#)
- [FITA Manual: Translating Institutional Mental Health Intention into Program Action](#)

Dimension 3: Components of a Socio-ecological Framework

This section contains resources on the following Standard clauses: early intervention, mental health supports, crisis management, and postvention.

Early Intervention

➤ [More Feet on the Ground](#)

This website by CICMH offers training for non-clinical staff on how to recognize, respond, and refer students to services, as well as reflect on their interactions with students. You can watch a train-the-trainer workshop webinar [here](#).

➤ [Connected Educators Webinar-The 3 R's: How to Recognize, Respond and Refer Students Experiencing Mental Health Issues on Campus Webinar](#)

Join CICMH as we navigate this tool and explore the 3 R's:

1. **Recognize** indicators of mental health challenges
2. **Respond** in a way that is appropriate to the indicators that are present and the relationship you have with the student
3. **Refer** to the appropriate resources if needed, so that student can access the services available to them

➤ [Early Alert System in Post-secondary Campuses Information Sheet](#)

Research indicates that high attrition rates are mainly caused by stress, burnout, and mental health issues. It is especially prominent amongst first-year students and international students in their transition period into post-secondary life who have not developed a sense of belonging and do not feel connected yet to campus life.

➤ [Mental Health Crisis Response on Campus Toolkit](#)

This toolkit, designed by CICMH, is designed to support faculty, staff, and administrations on campus in moving from a siloed-departmental approach to mental health crisis response, to a whole-campus approach where everyone plays a part.

Other relevant resources mentioned earlier in the document:

- [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#)
- [Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities](#)

Mental Health Supports

Programming

➤ [Campus Peer Support Toolkit](#)

This CICMH toolkit provides a guide to implement and operate peer support programs on campus. A webinar on getting started with peer support can be viewed [here](#).

➤ [Stepped Care for Post-Secondary Campuses Toolkit](#)

This CICMH toolkit provides guidance on:

- An overview of mental health service delivery on campus and how Stepped Care can help with increasing demands for support.
- The various steps for implementation of Stepped Care 2.0 – an updated, more client-centric version of the original Stepped Care Model – in three Ontario post-secondary institutions.
- A review of challenges that stakeholders may experience during the implementation of Stepped Care 2.0 and tips for a smoother transition.

➤ [Meeting the Demand for Post-Secondary Student Concerns in Health and Mental Health Centers: Thinking through a Clinical Triage Model](#)

This CICMH webinar will help leaders and administrators understand what it means to become a health promoting campus and how understanding the Okanagan Charter is an important step to creating a campus plan for wellbeing.

➤ [Walk-in Counseling on Campus Webinar](#)

This CICMH webinar will look at the walk-in model at York University, and how the model was adapted to meet the needs of the institution and its students. The webinar will provide a brief outline on the structure of walk-in therapy, and what staff and students can expect at a session.

➤ [Supporting Students in Distress Programs and Resources](#)

The Bp-Net.ca Team is curating programs and resources on how to assist students in distress. This webpage provides links to resources at post-secondary institutions around Canada.

➤ **Thriving in Action, From There to Here to Next: The Story of a Ryerson Resilience Intervention Webinar**

This CICMH webinar participants can expect to learn about our compelling pre- and post-research findings exploring the impacts of Thriving in Action upon students' agency, our Thriving in Action Training Institutes and growing community, the arts-based mentorship and peer support TiA initiatives, and the Thriving in Action Online project, soon to be launched and shared.

Other relevant resources mentioned earlier in the document:

- Post-Secondary Student Mental Health: Guide to a Systemic Approach
- Student Mental Health Framework 2.0: Building a Thriving Community

COVID-19

➤ **Campus Mental Health Across Canada: The Ongoing Impact of COVID-19**

MHCC report describing findings of a survey of 69 Canadian post-secondary institutions, conducted by the Campus Mental Health Community of Practice from the Canadian Association of College and University Student Services (CACUSS). The report explores COVID-19 experiences in the 2020-21 academic year and in the planning period for the 2022 fall semester, and data on the utilization of the Standard.

➤ **Delivering Virtual Counselling and Care to Post-Secondary Students Webinar**

The emergence of COVID-19 has had a significant impact on the delivery of in-person mental health service delivery across campuses in Canada. In order to continue to meet the needs of students, many counseling departments are rapidly moving to deliver care through e-mental health technologies. This three-hour CICMH webinar will provide an opportunity to discuss system and practice level changes that can support the transition to virtual care and provide much needed supports to students.

➤ **Tips on talking to someone in crisis during COVID-19**

The current COVID-19 pandemic is a source of anxiety for people across the country and your colleagues, friends or family may reach out to you for support. How should you respond? Use our active listening tips to navigate these sensitive conversations with more confidence. Also available in French [here](#).

➤ **Coping with Stress, Anxiety, and Substance Use During COVID-19 (Infographic)**

Overview of facts, tips and resources to help Canadians cope with stress, anxiety and substance use during COVID-19. Topics covered include the signs and symptoms of anxiety or stress, and coping mechanisms like square breathing. Also includes advice on monitoring substance use in times of stress and reducing harms.

➤ **Being in an Abusive Home During COVID-19: Tips and Resources**

Public health measures to fight COVID-19 have forced most of us to isolate indoors. But for persons living in an abusive home, confinement can have serious consequences. If you're isolated with an abuser, use these tips and resources to protect your physical and psychological well-being.

➤ **Mental Health First Aid COVID-19: Self-Care & Resilience Guide**

Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

➤ **Taking Charge of What You Can: A COVID-19 Toolkit**

We all need to find a sense of control right now. This toolkit is designed to help you focus on the parts of your life that you can take charge of and stop spending energy on the things you cannot control.

➤ **COVID-19 Impact on College Student Mental Health**

Active Minds surveyed 2,086 U.S.A. college students in April 2020 regarding the impact of COVID-19 on their mental health. This infographic illustrates the survey's findings.

Other relevant resources mentioned earlier in the document:

- **[Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities](#)**

Other

➤ **From Surviving to Thriving: Developing Personal and Academic Resilience**

This resource can help you move from merely surviving your postsecondary experience to actually thriving by helping you build resilience and plan for stressful situations. Developing a plan to get through potentially stressful situations can have a positive impact on both your personal and academic life.

➤ **Campus-Community Partnerships Toolkit**

This CICMH toolkit provides campuses and community agencies with a step by step process for developing effective partnerships. A webinar on the topic can be viewed [here](#).

➤ **Increasing Capacity to Support Students with an Eating Disorder Webinar**

This CICMH webinar aims to increase the confidence of the many student services professionals — from residence and student life to campus mental health providers — who feel uncertain about how to best support these students. An information sheet on this topic can be found [here](#).

Crisis Management Postvention

➤ **Campus Suicide Prevention and Postvention Webinar**

Suicide is the second leading cause of death among Canadian youth, which is an issue that any university or college may confront on their campus. This CICMH webinar will highlight best practices in life promotion, prevention, risk management and postvention strategies that go into creating campus policies around student suicide.

➤ **Campus Suicide Prevention and Postvention, Part II Webinar**

This CICMH webinar will offer specific examples of policies from campuses that have established prevention and postvention strategies.

➤ **Creating a Campus Suicide Prevention Framework**

This HCA webinar reviews the process of developing and implementing a campus suicide prevention framework, getting buy-in from campus stakeholders, and integrating the framework into whole-campus strategies.

➤ **Suicide Prevention for International College Students**

The Ohio State University's brochure on suicide prevention for international college students has a list of resources.

Other relevant resources mentioned earlier in the document:

- **Post-Secondary Student Mental Health: Guide to a Systemic Approach**
- **Student Mental Health Framework 2.0: Building a Thriving Community**
- **Campus Mental Health In Times of COVID-19 Pandemic: Data-Informed Challenges & Opportunities**
- **Mental Health Crisis Response on Campus Toolkit**

Dimension 4: Evaluation and Reporting

➤ Evaluation Toolkit

CICMH is invested in growing the capacity of front-line staff at colleges and universities in Ontario to effectively evaluate the impacts of their mental health and addictions services and initiatives. This toolkit discusses what evaluation is, planning evaluations, conducting evaluations, sharing and learning.

➤ Evaluation 101: Learning How to Conduct Evaluation of Programs and Services Webinar

Ever wonder how to make sense of evaluation? Join CICMH for this exciting 1-hour webinar that will introduce you to evaluation as a powerful tool to tell the story of the difference you make through the services you provide on your campus! We will cover why evaluation matters, asking the right evaluation questions and developing meaningful evaluation plans that will help you understand and measure your success in the work you do! This webinar is for managers and front-line workers of counselling services, accessibility offices, student services, etc.

➤ Evaluation 3.0 Workshop Webinar

CICMH recently held the third installment in a series on developing and implementing program evaluation projects on campus. This series is a compliment to our Evaluation Champion program which partners a seasoned program evaluation professional with a campus partner to turn program evaluation projects into a reality. Debbie Chiodo, one of our dedicated Evaluation Champions, hosts this workshop series.

➤ Campus Mental Health Action Tracker Tool

The tracker tool offers an interactive dashboard for documenting and assessing implementation progress. It is currently in development and is expected to be available to all Canadian campuses in late 2022.

Other relevant resources mentioned earlier in the document:

- [Post-Secondary Student Mental Health: Guide to a Systemic Approach](#)
- [Student Mental Health Framework 2.0: Building a Thriving Community](#)
- [Canadian Campus Wellbeing Survey Webinar](#)
- [Developing a coordinated Canadian postsecondary surveillance system: a Delphi survey to identify measurement priorities for the Canadian Campus Wellbeing Survey \(CCWS\)](#)

Dimension 5: Continuous Improvement

This section contains resources on the following Standard clauses: reviews, strategies.

➤ **Quality Improvement in Student Services: How to Improve Mental Health Care for Post-secondary Students Webinar**

In this CICMH webinar, the “Excellence through Quality Improvement” (E-QIP) team will discuss the role of Quality Improvement (QI) methods and tools in mental health and addiction services and programs. Learn about the movement for QI in healthcare settings, the Model for Improvement and how applying QI tools have enhanced community-based mental health and addictions supports in Ontario such as reducing wait times and no-shows for counselling services. The webinar will conclude with reviewing some common quality issues impacting campus programs and participants will be encouraged to ask questions on how they may apply QI tools in their setting.

➤ **E-QIP IDEAS Training**

This program aims to provide participants with a foundational knowledge in quality improvement including common QI terminology, tools (e.g. Fishbone Diagram, Measurement Plan, PDSA worksheets) and methods to sustain and spread improvements. Participants will also be introduced to key concepts related to team composition, attributes of effective QI team members and understand their role in advancing quality improvement at their home agency.

➤ **SickKids Knowledge Translation Training and Resources**

SickKids offers training, certification, and resources about knowledge translation in multi-disciplinary and multi-sectoral fields.