

The Campus Mental Health Action Tracker



Mental Health
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Inquire
Inspire
Improve

Introductions



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Today's Webinar

1. National Standard for Mental Health and Well-Being for Post Secondary Students
2. Campus Mental Health Action Tracker
3. Perspectives: Implementation of the Standard and on the journey to using the Tracker
4. Q&A



Supporting Standard Development

Project Leads



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Funding Partners



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What is the Standard?

An instrument to **ignite further action**, providing **guidance** with an emphasis on **continuous improvement** to address the factors relevant to mental health and well-being of post-secondary students.



The major dimensions of the Standard

- Institutional factors (such as leadership, policies)
- Planning (need for data gathering, an action plan)
- Socio-ecological framework components (e.g. crisis management)
- Evaluation and reporting
- Continuous improvement (reviews, strategies)



The Standard supports the following **key outcomes**:

1. Raise awareness about mental health and decrease mental illness stigma
2. Provide healthier and safer institutional environments
3. Improve opportunities for student success and flourishing
4. Promote life and resiliency skills that students can use at school, at work, and in daily life

The Standard was developed with these **guiding principles**:

- Student-centred
- Equity, diversity and inclusion
- Knowledge-informed
- Health promotion and reducing harm
- Thriving community and culture of well-being
- Continuous improvement



The Standard is **aspirational**
and meant to be understood
as a **journey** of
shared responsibility



Standard Starter Kit

Quick-reference Summary

National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students

A concise overview of the Standard, why it's important and what's in it.

The *National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students* is the world's first standard to help post-secondary institutions support positive mental health and well-being for students. Its voluntary guidelines were developed by an expert technical committee and informed by dialogue with students, administrators, service providers, health agencies, governments, and individuals with lived and living experience of mental illness from across the country.

Why this Standard

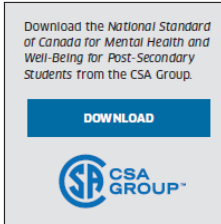
Three out of every four mental health problems have been first diagnosed between the ages of 16 and 24, when many are in or just out of post-secondary education. More than half of all students surveyed in the 2019 National College Health Assessment said they had experienced feeling depressed to the point of finding it hard to function. Nearly 70% had felt overwhelmed by anxiety – and almost 90% said they had felt overwhelmed by everything they were expected to do.

Post-secondary institutions in Canada have done a lot of work to implement student mental health strategies and initiatives; now with a voluntary systematic pan-Canadian framework for sharing knowledge-based best practices, there's a chance to work toward even more positive outcomes for more people.

Benefits of Implementing the Standard

The Standard is expected to help institutions:

- Raise awareness and reduce stigma around mental illness
- Improve connection and belonging within their learning communities
- Increase on- and off-campus access to student supports
- Promote life and resilience skills for school, work and daily life
- Provide healthier and safer learning environments
- Improve opportunities for student success



What's in the Standard?

The Standard is adaptable for any post-secondary institution: each can decide what is achievable given its specific situation, resources and local or community context, and each can set its own priorities. Using a knowledge-informed framework, the Standard creates a platform for key messages while helping an institution focus its energy and resources on assessing capacity and priorities. Here's a quick overview of the actionable areas:

FIRST

Leadership

Recommended actions:

- Demonstrate ongoing and visible commitment to the Standard
- Dedicate resources to implementation
- Oversee and promote implementation
- Set measurable objectives and evaluate progress against them

Policy and Practice

Recommended actions:

- Review existing policies with a mental health and well-being lens
- Make it a requirement to consider mental health in all future policies and decisions
- Include student mental health in strategic goals, planning, resource allocation decisions and community relationships

NEXT

Stakeholder Engagement

Recommended actions:

- Keep in contact with all stakeholders, including students
- Work with student unions, associations and groups (including equity-seeking groups)
- Involve students in all evaluation processes
- Share results with students
- Get meaningful input from diverse groups of students

Planning

Recommended actions:

- Gather data on psychosocial, institutional and other factors; student needs; and the current state of policies, services, resources, programs and student outcomes
- Identify strengths, weaknesses, opportunities and threats
- Set priorities, goals, objectives and targets, as well as applicable actions
- Report on progress

Strategy Development

Recommended actions:

- Create a supportive, safe and inclusive environment
- Increase literacy and reduce stigma through training, campaigns and culturally inclusive mental health awareness activities
- Set clear and consistent policies to ensure accessibility and accommodations
- Promote early recognition of distress and intervention
- Offer a range of mental health supports
- Coordinate services across all service areas

ONGOING

Privacy and Confidentiality

Recommended actions:

- Ensure all interactions with students respect privacy and confidentiality principles and laws
- Share no private and personal health information without informed consent, except as required by law

Tracking your Progress

Recommended actions:

- Create an evaluation plan with clear structure, process and outcome indicators
- Ensure the plan includes a process for reporting and sharing the results

Improvement

Recommended actions:

- Evaluate continuously
- Review results and make improvements
- Share contextualized results and knowledge with your internal community.
- Share knowledge and best practices to support the continuous improvement of the broader post-secondary community

For the full details, download the *National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students*.

[DOWNLOAD](#)



Audit Tool



CSA Z2003:20
National Standard of Canada



EXCERPT - Annex A (informative)
Sample internal audit tool

Mental health and well-being for post-secondary students

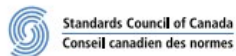
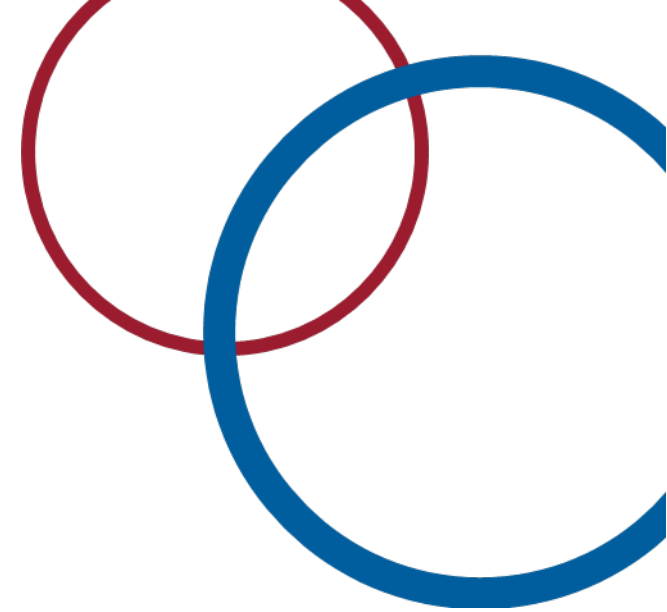


Table A.1 (Continued)

Item	Level	Yes	No	Findings	Comments
Clause 5.2.4 – Confidentiality					
5.2.4.1 Principles and intended outcomes Interactions with students shall be undertaken with a clear appreciation of the principles of privacy and confidentiality which apply to the entire post-secondary community and community partners, including but not limited to, administrators, faculty, staff, Elders, and substance use and addiction counsellors. All interactions with students should adhere to the specific provincial, territorial and federal legal privacy requirements. [See full clause for details.]	a	<input type="checkbox"/>	<input type="checkbox"/>		
5.2.4.2 Informed consent The institution and those representing the institution shall respect students' rights to confidentiality and ensure informed consent before sharing private and personal health information, with the exception of what is required by applicable law.	a	<input type="checkbox"/>	<input type="checkbox"/>		
Clause 5.2.5 – Stakeholder participation and engagement					
5.2.5 Stakeholder participation and engagement To ensure such participation, the post-secondary institution should	b				
a) engage stakeholders, including any community supports and providers, in active regular dialogue that facilitates understanding of stakeholders' needs, goals, and limitations;		<input type="checkbox"/>	<input type="checkbox"/>		
b) collaborate with student associations, student unions and student groups (including equity seeking groups such as but not limited to: racialized students and 2SLGBTQ+ students) to increase student participation in the development of the institution's framework and its review;		<input type="checkbox"/>	<input type="checkbox"/>		
c) promote inclusion of students involved in multiple aspects of student life;		<input type="checkbox"/>	<input type="checkbox"/>		
d) actively involve students in the evaluation process through the use of recognized methods and instruments such as focus groups, surveys, validated measurement tools, and audits;		<input type="checkbox"/>	<input type="checkbox"/>		
e) ensure that the results generated by the evaluation process and the resulting action plans are effectively communicated within the institution's post-secondary community (where applicable); and		<input type="checkbox"/>	<input type="checkbox"/>		

(Continued)



Campus Mental Health Action Tracker

Outil de suivi du campus
en matière de **santé mentale**



Campus **Mental Health**
Action Tracker

Reference Group Contributions

In addition to research and promising practice, the Tracker's development was shaped by a Reference Group composed of highly engaged and supportive PSIs

Reference Group PSIs were diverse in type and size as well as:

- Regionally
- Linguistically
- Experience in student mental health initiatives

Development: Guiding Principles



Confidential and
secure



User-friendly



Collaborative



Action-oriented



Aligned with the
Standard



Promote reflection
& learning

A Journey



NOT YET

Your institution's leadership has shown some intention toward the development of a student mental health framework but has yet to complete engagement or planning in a concrete manner.

Next Step: START!

A Journey



TAKING STEPS

Your institution recognizes its role and responsibility in supporting student mental health and well-being and is taking some good steps toward a framework of policies, processes, systems, and supports to facilitate this.

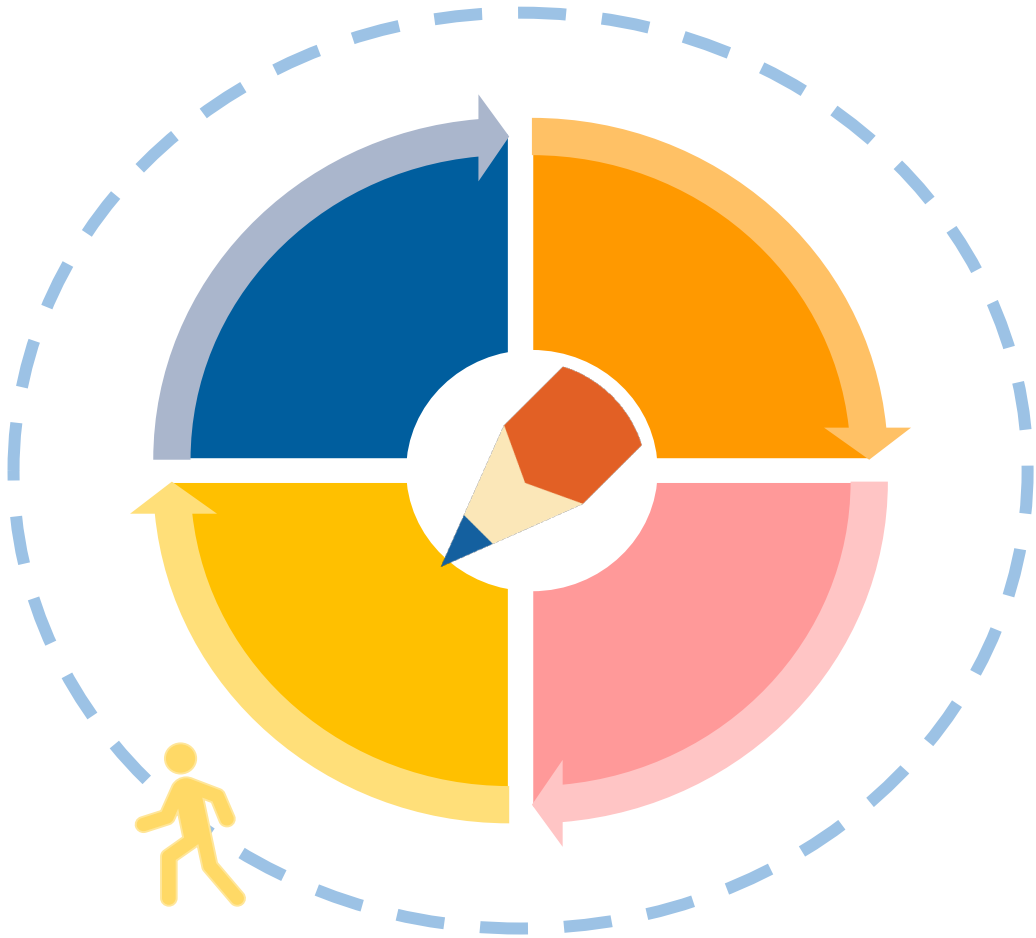
Next Step: KEEP GOING!

A Journey

GOOD PROGRESS

Your institution has taken effective action to develop our policies, processes, systems, and supports for student mental health and well-being. You are making great progress toward meeting all requirements of the Standard!

Next Step: EXCEL!



A Journey

WE'RE CLOSE

Your institution's policies, processes, systems and supports for student mental health and well-being are thoroughly developed, integrated, and embedded across your institution. Your institution meets all required and recommended elements of the Standard and you can focus on monitoring and continuous improvement until your next assessment!

Next Step: SUSTAIN, ADAPT & CONTINUE TO IMPROVE!



Core Functions & Features

- Identify priority areas for individual users and institutions
- Document rationale and sources used for informing stage of implementation decisions
- Track, assess, and visualize progress over time
- Facilitate collaboration with institutional stakeholders
- Support identification of strengths and gaps in policy/program/practice

Structure: Aligned with the Standard

Dimension 1: Institutional Factors

- Leadership
- Commitment, Policy & Practice
- Confidentiality
- Recommended

Dimension 2: Planning

- Psychological Factors
- Gathering Data
- Objectives & Targets
- Action Plans
- Recommended



Structure: Aligned with the Standard

Dimension 3: Socio-ecological Framework

- Supportive, Safe & Inclusive Environment
- Education & Stigma Reduction
- Accessibility
- Early Intervention
- Mental Health Supports
- Crisis Management & Postvention
- Recommended

Dimension 4: Evaluation & Reporting

- General
- Consideration
- Record Retention
- Recommended

Dimension 5: Continuous Improvement

- Reviews
- Recommended



Assessment: Stages of Implementation

NOT YET

Your institution may have 1 or 2 REQUIRED items in place, but has not taken any action steps yet related to the majority of requirements of the Standard

TAKING STEPS

Your institution may meet, or be close to meeting, several REQUIRED items - but is overall still making early progress on many of the Standard requirements

GOOD PROGRESS

Your institution may meet some or many REQUIRED items, but is not quite able to say “yes, we have fully implemented this” for all dimensions of the Standard.

WE'RE CLOSE

Your institution has met all REQUIRED items of the Standard and may be taking steps on one or more RECOMMENDED items.



WELCOME TO THE Campus Mental Health Action Tracker

Track your journey towards improved student mental health and alignment with CSA Z2003:20 National Standard of Canada for Mental-Health and Well-Being for Post-Secondary Students.

[Get Started](#)

Tips for Success with the Tracker



- Break it down into smaller steps
- Look for champions within your institution
- Include student voices as much as possible
- Know when to stop collecting data and start taking action!

How Institutions are Using the Tracker

- Gathering baseline data to identify gaps and set priorities
- Tracking outcomes of community consultations with staff, faculty, students, HR, etc.
- Support with ongoing assessment, evaluation and reporting



Getting Started

For interested institutions...

Contact SRDC

- Send an email to info@mentalhealthtracker.ca

Sign a data sharing agreement

- Before institutions can use the Tracker, they must select an organizational representative to review and sign a DSA

Log-In!

- Once a signed DSA has been submitted, an account will be created and you can start your institutional journey to student mental health and well-being!

Thank you!

Any questions?

StudentStandard@MentalHealthCommission.ca



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