

**ADVISORY COMMITTEE ON STUDENT
MENTAL HEALTH AND WELLNESS**

**ANNUAL REPORT
May 2018**

Submitted by Brenda Whiteside, Chair

The logo of the University of Guelph, featuring the text "UNIVERSITY of GUELPH" in a serif font, with "UNIVERSITY" and "GUELPH" in all caps and "of" in lowercase script. The text is white and set against a black square background.

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of GUELPH**

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Introduction

As part of the strategy to address increasing mental health challenges on campus, a Mental Health Advisory Committee was created in 2014 by the Associate Vice-President Student Affairs and the Associate Vice-President Academic to review mental health services, assess student mental health needs and programs and identify gaps. The overarching goal was to create a strategic Student Mental Health Framework that would guide mental health policies, practices, and procedures on campus. The resultant [Mental Health Strategy](#), approved in the winter of 2016, has provided a framework for the University since that time.

One of the recommendations in the document was the creation of a standing Advisory Committee on Student Mental Health and Wellness (Committee). This Committee, advisory to the Associate Vice-President Student Affairs, plays an oversight role in evaluating and supporting the progress on the Mental Health Strategy and determining opportunities for collaboration within and outside of the university.

After an extensive consultation process in the winter and spring of 2017, and in response to the calls for more transparency, the Committee presented a [progress report](#) on the Mental Health Strategy. The progress report identified priorities for 2017-2019.

This Annual Plan provides an update on the progress to date on the 2017-19 action plan.

Membership 2017-18

The Committee was comprised of individuals across campus and in the city who have a mandate to support the wellbeing of the student body.

Brenda Whiteside	Associate Vice-President (Student Affairs) <i>Committee Chair</i>
Kara McFarlane (interim)	EA to the Associate Vice-President (Student Affairs) <i>Committee Secretary</i>
Cate Dewey	Associate Vice-President (Academic)
Peter Conlon	Dean or Associate Dean
Alison Burnett	Director, Student Wellness Services
Margaret Lumley	Faculty member at large
Matthew Edwards	Program Counsellor
Irene Thompson	Student Housing Services
Kathryn Hofer/Nancy Hood	Student Life
Jessica Westlake (interim)	Student Affairs Case Director
Trish Schmidt	Student Counselling Services
Keith Hamilton/ Dave Trudelle	Athletics
David Lee	Campus Community Police
Meredith Gardiner	CMHA Waterloo-Wellington

Emily Vance	Central Student Association (student)
Lindsay Plater	Graduate Students' Association (student)
Derek Tai	Interhall Council (student)
Fiona Moloney	Peer Helper Program (student)
Farhana Adata	Wellness Education Centre (student)
Julia Bryson	Jack.org (Student)
Rachel Schenk Martin	GRCGED (student)
Breanna Piccolotto	Student
Victoria McNaughton	Student
Shaelyn Duquetter	Student
Kiri Simpson	Student Support Network (student)
Mark Bosco	Student

The Committee met eight times over the 2017-2018 academic year. In addition, working groups were formed and met to discuss specific items that were identified as priorities for this year.

The 2017-19 Action plan contained 38 action items, aligning with the healthy campus framework. Note, this report is not a comprehensive document that outlines all the programs and services available on campus; rather, it identifies those areas there were identified as gaps or areas needing improvement.



Next Steps

The Committee at its last meeting in April identified those areas where action items were not completed, or areas that need further attention. A new priorities document for 2018-19 is being drafted and will be approved at the first meeting of the Committee in the fall. The following spring an Annual Report will be prepared showing progress on priorities. This transparent and iterative process is intended to ensure that the University is engaged in an ongoing review and improvement process.

I would like to thank personally all the members of the Committee for their time, passion and talents as we work collectively on this portfolio. I would also like to thank the faculty and staff for their commitment to supporting students in their academic and personal journey.

Progress on 2017-2019 Action Plan

Leadership

Action items	Timeline	Accountable	Actions in progress or completed
The Standing Committee on Mental Wellness will review its mandate with the goal of moving to a Healthy Campus Committee. This may result in moving committees such as the Alcohol and Drugs Committee and the Sexual Violence Committee under this umbrella committee. The goal is to better coordinate the various committees focused on wellbeing under one umbrella	Winter 2018	Associate Vice-President of Student Affairs (AVPSA)	As part of the wellness@work initiative a proposal is going forward to create a U of G Wellness Committee. This committee, in line with recommendations in the Okanagan Charter will provide oversight for the University's healthy campus initiative. If approved, the Student Mental Wellness Committee will become a Student Wellness Committee under that broader umbrella with standing subcommittee. There is a commitment to reviewing all terms and conditions of committees with the goal to ensure working collaboratively.
Oversee the establishment of action groups as necessary to help move forward on action items	Fall 2017	Mental Health and Wellness Advisory Committee and AVPSA	A Student Success Committee created with a priority on examining early warning systems. An Academic Policy Subcommittee met with a focus on fall reading week and the scheduling of exams. A Communications Committee was struck to

Action items	Timeline	Accountable	Actions in progress or completed
			<p>look to better communication of services.</p> <p>A Wellness by Design Committee was established to review mental health care service delivery, planning for integration</p>
Prepare an annual Action Plan each year and report annually on outcomes.	Prepare Action Plan - Fall 2017 Progress Report - May 2018	AVPSA and Mental Health and Wellness Advisory Committee	<p>Priorities document created and approved</p> <p>Progress reports occurring</p> <p>Ongoing annual cycle in place</p>
Determine ways to engage students in the planning and delivery of programs and services.	Ongoing Create a mechanism for engaging student leaders in the consultation process	AVPSA and Mental Health Advisory Committee	<p>Students involved in 3rd party facilitated discussions regarding operation once in Powell</p> <p>Townhall survey & numerous meetings regarding Fall Reading Week</p> <p>Students sit on the following committees:</p> <ul style="list-style-type: none"> • Wellness • Alcohol & Substance Advisory • Sexual Violence Advisory • Academic Policies • Residence Student Mental Health Awareness Committee • Bell Let's Talk Committee • Wellness by Design: reviewing mental health care service delivery, planning for integration • Communications Committee (Worked on video and now moving to working on the SWS website). <p>In addition, student paraprofessionals engaged in all programming initiatives and Items were brought regularly to Student Leaders Meeting (SLAM) for discussion.</p>

Supportive Campus Environment

Action items	Timeline	Accountable	Actions in progress or completed
<p>Continue to refine the Wellness in Engineering pilot and extend the initiative by developing an embedded wellness model for other schools/faculties.</p>	<p>Fall 2017 and ongoing</p>	<p>Director Student Wellness Services</p>	<p>Engineering created a student chill lounge and has ongoing programming and health and wellbeing events</p> <p>Wellness Education and Promotion provided some additional programming in Commerce this past winter:</p> <ul style="list-style-type: none"> • Bell Let's Talk Day Jan 31st - Bell Let's Talk Bubbles were given to faculty to put-up with their own anti-stigma messages and words of support; pins and stickers were distributed to students as part of a nationwide anti-stigma campaign. • CBE Resource Fair - Peer Helpers provided resources on Students Wellness Services to CBE students. • Peer Helpers have been hired for the fall to better be able to provide direct outreach to Commerce. • Working with CBE to include wellness curriculum in MGMT 1100 which will include workshops on the 7 dimensions of wellness • The embedded counsellor is working with instructor for MGMT 1000 to include wellness strategies in the course.

Action items	Timeline	Accountable	Actions in progress or completed
Focusing on the transition challenges of entering students review and update Start Online with a wellness lens	Spring 2017	Director Student Life	Significant changes made, ongoing review
Highlight support resources on courselink	Fall 2017 and ongoing	Director Student Wellness Services	Support Resources now on the courselink site. The material continues to evolve.
Develop resources for faculty to highlight at the start of classes	Winter 2018 and ongoing	Director Student Wellness Services	Did not meet deadline. Actively in development, to be rolled out fall 2018
Expand student space including outdoor space	On-going	AVPSA, Vice President Finance and Administration	UC space complete Library space complete Student space now part of all building projects Outdoor benches added OVC learning commons renovation, students had input into the project Student Space Initiative renovated CJ Munford Centre and is now turning unused locker bays into a student lounge in MacKinnon.
Review and enhance early warning programs	On-going	Associate Vice President Academic (AVPA), AVPSA	Student Success Committee struck, early warning is a top priority. Investigating outcome of Hackathon Winter 2018 that addressed early warning. Reviewed Vocantas, a technology system that connects student to resources in first year. The outcomes did not show this program to be an effective. New options are being reviewed.

Action items	Timeline	Accountable	Actions in progress or completed
			Beginning to compile data on retention rates of transfer students and international students to determine if specific early warning programs are needed for this cohort.
Identify need for specific training to support graduating students	Review winter 2018 New programs fall 2018	Director Co-op and Career in consultation with Student Wellness	<p>Partnered with Student Life to deliver a "Life After Grad" workshop for the new Gryph to Grad program.</p> <p>4th year Engineering design classes - held employer panels and resume writing workshops for all students (the resume became a graded component of the course)</p> <p>A 4th year Animal Science workshop on preparing for graduation with their resume etc.</p> <p>Careers in Banking and the Financial Services event (set up like a job fair)</p> <p>Opportunities for Rotational Leadership Development event (management trainee programs/leadership programs)</p>
Update crisis folder for faculty, teaching assistants, sessionals and staff to provide additional information and reflect the integration of Student Wellness Services. Distribute the folder and ensure available online.	Spring 2017	Student Affairs Case Director	<p>Ongoing. New folders will be distributed in fall 2018 when all services have moved to Powell. A review of the information is underway to include specific information about sexual violence and how to address challenges in the classroom.</p> <p>At the request of the Committee, care will be taken to ensure teaching assistants and sessional instructors will receive the folders and training communication.</p>

Personal Wellbeing

Action items	Timeline	Accountable	Actions in progress or completed
Introduce a pilot resilience curriculum in residence	Fall 2017	Director Student Housing Services	<p>A course was developed by the Transition Office and Residence Life for students moving from campus to community focusing specifically on students identified as at risk.</p> <p>Residence introduced a pilot resilience curriculum in a number of residences. Preliminary assessment indicates well received. Responding to the assessment it will be revised and re-offered this fall to the full community.</p>
Pilot and assess a happiness/gratitude IT application in residence	Fall 2017 with assessment Spring 2018	Director Student Housing Services	Pilot completed. Uptake was very low. Need to review to determine if changes would make a difference.
Develop a credit course on wellness	Full offering fall 2018 and winter 2019	AVPA	In development. First offering scheduled for fall 2018 for undergraduate credit. Will offer again in the winter semester to capture all program electives.
Pilot a satellite program of the Student Support Network and wellness programming in Athletics	Fall 2017	Manager Wellness Education and Promotion and Director Athletics	<p>Athletics embedding mental health supports for athletes and dedicated a staff member to mentor athletes. The individual also acted as a point person for coaches. Very well received and utilized. Some refinements in terms of location and volunteer support for next year.</p> <p>Varsity Athletes promoted Bell Let's Talk, touques were provided for incoming athletes, held a varsity game with Bell Let's Talk branding.</p>

Action items	Timeline	Accountable	Actions in progress or completed
Hire an additional Health Educator to focus on mental wellbeing	Winter 2018	Director Student Wellness Services	Job created and filled by end of winter 2018. Will be working with the Wellness Education Centre to create new programming for the fall.
Review and refine the mental wellbeing website and assess its effectiveness	Winter 2018 and ongoing	Student Wellness Communications Coordinator	Feedback provided in November 2017 by Advisory Committee to SWS Communications Coordinator. Anticipated launch September 2018

Training

Action items	Timeline	Accountable	Actions in progress or completed
Develop training opportunities for students both to understand mental health challenges as well as how to intervene and refer. A strong focus on bystander training.	Fall 2017 and ongoing	AVPSA	Ongoing Will begin to include TA's in the rollout of More Feet on the Ground online training. Offered SafeTalk to students – very well received. Review training for students in the fall. Continue to review training offered to students. There have been requests for Mental Health First Aid.
Make present training more public and accessible	Ongoing	Student Affairs Case Director	Student training modules on website Staff training on Human Resource website Faculty, staff, students sent email with links to training and offering to do customized training upon request

<p>Working with the CICMH develop an enhanced online training module with implementation for September 2017. The module will reflect the unique mental health challenges of specific marginalized groups.</p>	<p>Winter 2018</p>	<p>AVPSA</p>	<p>More Feet on the Ground has been revised and launched March 2018. Will roll out in the fall.</p>
<p>Develop a major incident debrief protocol</p>	<p>Winter 2018</p>	<p>Student Affairs Case Director</p>	<p>Ongoing, as of 2.2.18 two major incidents were debriefed</p>
<p>Continue to refine training for faculty staff and students and incorporate into the mental wellbeing website</p>	<p>Ongoing</p>	<p>Student Affairs Case Director</p>	<p>Tailored scenarios in Beyond the Books training to be reflective of real situations the audience may encounter by fall 2018.</p> <p>Campus units have started requesting individual training sessions.</p> <p>More Feet on The Ground 3rd party training will start to track number of people who completed the training by Fall 2018. Currently this feature isn't available</p>

Mental Health Services

Action items	Timeline	Accountable	Actions in progress or completed
Review and revise the delivery of mental health care on campus, that responds to student need and demand and includes an ongoing feedback process	Planning - 2017-2018 Implementation - Fall 2019 (in new building)	Student Wellness Services	Ongoing. Moving into operational phase of Overlap recommendations
Hire a research assistant to review how technology may be used in the provision of mental health services on campus and include options in delivery system as noted above	Spring 2017 Report - Fall 2017	Student Wellness Services	Coordinating with online wellness course development. Report complete- determining next steps CMHA is launching two online services that will be free of charge. Determine if the resources can be offered as a compliment to on campus services.
Staff: review staffing needs and use additional funds to support needs.	Fall 2017-ongoing	Director Student Wellness Services	Counsellors moved from seasonal to regular full-time- reduced wait time and increased student engagement. Providing enhanced training and support for campus physicians to aid in dealing with challenging mental health cases Wait times reduced drastically, with normal intake times no more than 2 weeks and drop-in programs ensuring daily response.
Explore additional embedded opportunities across campus	Fall 2017-ongoing	Director Student Wellness Services	Embedded counsellors in Science, CBE, Residence and OVC. B.A. and Engineering programs are investigating offering one too. Discussions to create a satellite Student Support Network location in the Library. Pilot to be introduced in the

Action items	Timeline	Accountable	Actions in progress or completed																		
			Student Health Plan was revised to provide more resources for mental health																		
Add additional mental health groups	Fall 2017	Director Student Wellness Services	<p>Complete. Counselling Groups: added more 4 more Regulating Emotions groups which brought us up from 33 groups last year and the addition of 2 men's groups.</p> <p>Counselling Groups</p> <table border="1"> <tr><td>Anxiety</td></tr> <tr><td>Depression</td></tr> <tr><td>Building Social Confidence</td></tr> <tr><td>Building Social Confidence</td></tr> <tr><td>Building healthy relationships</td></tr> <tr><td>Disordered Eating</td></tr> <tr><td>Meal Support</td></tr> <tr><td>Mindfulness</td></tr> <tr><td>DBT</td></tr> <tr><td>Stress Management</td></tr> <tr><td>Regulating Emotions</td></tr> <tr><td>Men's Group</td></tr> </table> <p>Student Accessibility Services Groups</p> <table border="1"> <tr><td>ADHD Support Group</td></tr> <tr><td>Bipolar Support Group</td></tr> <tr><td>Building Social Confidence</td></tr> <tr><td>ASD Support Group</td></tr> <tr><td>Mental Health Support Group</td></tr> <tr><td>Chronic Medical Conditions Support</td></tr> </table>	Anxiety	Depression	Building Social Confidence	Building Social Confidence	Building healthy relationships	Disordered Eating	Meal Support	Mindfulness	DBT	Stress Management	Regulating Emotions	Men's Group	ADHD Support Group	Bipolar Support Group	Building Social Confidence	ASD Support Group	Mental Health Support Group	Chronic Medical Conditions Support
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Collaborate with CMHA in provision of evening and weekend support for students in crisis	Fall 2017	Director Student Wellness Services	<p>Here 24/7 available to campus police and residence life staff</p> <p>Provide telephone and/or in person assessment and support of individuals in crisis</p>																		

Action items	Timeline	Accountable	Actions in progress or completed
<p>“Act as One Service” pilot project with the Guelph Family Health team and community partners that is aiming to provide a comprehensive team-based support in the primary care setting for individuals with mental health and/or addiction issues. The pilot will start prototyping and testing a new model of care for Guelph</p>	<p>Fall 2017: pilot one community psychiatrist at UofG 1 day a week</p>	<p>Director Student Wellness Services</p>	<p>Pilot project with Family Health Team- engaged with community partners about psychiatry. SHS part of a pilot, report being created, and recommendations will be made.</p> <p>Participating as part of a collective addressing systemic issues with mental health delivery in Guelph Wellington</p>
<p>“Pit Assessment” Pilot Project: Utilizing a model from University of Victoria, will pilot 30-minute session with student family physician and psychiatrist for a <u>very specific reason</u> that have been identified and reviewed by the team. Goal is to decrease wait times for those needing full psychiatric consultations.</p>	<p>Winter 2018</p>	<p>Director Student Wellness Services</p>	<p>Ongoing. Challenges with part time physician staffing.</p>

Academic Policies and Procedures

Action items	Timeline	Accountable	Actions in progress or completed
Review and make recommendations on a fall reading week	Report to Senate in the fall 2017. If approved, implementation fall 2018	AVPA	<p>The Committee submitted a memo to the Board of Undergraduate and Board of Graduate Studies not supporting a fall reading week, noting no evidence that impacts mental health, and can result in challenges for some. Rather, recommended an examination of assignments being required right after Thanksgiving weekend.</p> <p>Senate had two discussions on topic, receiving comments, survey results and submissions from community. The community was split on the desire for a fall break versus a longer exam period and longer break between semesters.</p> <p>Senate determined no change to present 4 day break.</p>
Review Registrarial procedures for deferred exams to move deferred exams away from the midterm time the subsequent semester	Review undertaken fall 2017 Implementation winter 2018	Registrar	Actively under review with the Registrar. The issue is complicated, on target to implement Fall 2018.
Review exam scheduling process with goal to minimize conflicts	Consultation fall 2017. Report winter 2018 with implementation fall 2018	Registrar	Actively under review with Registrar. Changes will be implemented for fall 2018
Initiate a training program for Academic Review Committees	Fall 2017	AVPSA and AVPA	2 sessions completed, more sessions planned

Develop modules and offer best practice for universal design and assessment	Winter 2018	Director Open Education (Open ED)	A pilot being launched for a few big courses in W18. Report to follow in Spring 2018. Significant resources provided on the OpenEd website
Review Medical Documentation requirements	Winter 2018	AVPSA, AVPA, Director Student Wellness Services	Medical documentation requirements currently under review. Proposal will be created over the summer 2018 for review in fall 2018.

Assessment and Evaluation

Action items	Timeline	Accountable	Actions in progress or completed
Continue to run the NCHA survey every 3 years and use it to refine programs	On-going	Director Student Wellness Services	Data presented on Flourishing/Languishing on 3.20.18 Graduate Students in the Masters of Public Health use data to examine detailed questions.
Identify a comprehensive assessment strategy for initiatives	Fall 2019	AVPSA	Rigorous assessment with IP&A around early warning Assessment on first year programming is ongoing