

# Specific timelines and accountability for 2018-2019 Action Plan:

## LEADERSHIP

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Action Items
<p>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</p>	<p>Arising out of the Wellness@Work initiative, a U of G Wellness Committee is being developed that will incorporate wellness activities for faculty, staff and students.</p> <p>Fall 2018, create a model that works under this umbrella committee. Determine how the other subcommittees (mental health, alcohol and other substances, sexual violence) fit.</p>	<p>Associate Vice-President of Student Affairs (AVPSA)</p>	
<p>Oversee the establishment of action groups as necessary to help move forward on action items</p>	<p>ongoing</p>	<p>Mental Health Advisory Committee and AVPSA</p>	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Action Items
Prepare an annual Action Plan each year and report annually on outcomes.	Progress Report - May 2019 Prepare Action Plan- September 2018	AVPSA and Mental Health Advisory Committee	
Determine ways to engage students in the planning and delivery of programs and services.  Establish a Wellness Innovation fund	Ongoing NCHA survey to be distributed in winter 2019. Ask some Guelph specific questions. Create a working group to consider needs of international students  Discuss with the Compulsory Fees Committee the possibility of creating a wellness fund – fall 2018 Offer first round winter 2019	AVPSA and Mental Health Advisory Committee    AVPSA	

SUPPORTIVE CAMPUS ENVIRONMENT

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Using the Wellness in Engineering initiative, extend by developing an embedded wellness model for other schools/faculties.	Fall 2018 and ongoing New for fall 2018 is B. Com and Integrated Biology	Director Student Wellness Services	
Develop resources for faculty to help promote resiliency in the classroom	Finish development spring 2018 Implement Fall 2018	Director Student Wellness Services	Mental Wellbeing Facilitator is developing course materials to implement at the start of class, again at 6 weeks and again at 12 weeks. Currently onboarding professors. Will include an evaluation of impact/effectiveness
Expand student space including outdoor space	On-going	AVPSA, Vice President Finance and Administration	
Identify a process for students to advocate for student space, especially during construction when space is restricted	Fall 2018	AVPSA, Vice President Finance and Administration	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Review and enhance early warning programs	On-going	Associate Vice President Academic (AVPA), AVPSA	
Update crisis folder for faculty, all teaching and instructional staff and teaching assistants to provide additional information and reflect the integration of Student Wellness Services. Distribute the folder and ensure available online	<ul style="list-style-type: none"> <li>• Spring/Summer 2018 – review folders. Ensure includes information on sexual violence</li> <li>• Online resource will be updated for fall 2018, new print version once moves to Powell complete</li> <li>• New folders will be distributed in fall 2018/winter 2019 when all services have moved to Powell.</li> <li>• Folder will be available on-line</li> </ul>	Director Student Wellness  Director Sexual Violence Support Centre	
Review ways to support students with substance issues including those living in residence	Planning fall/winter	Director SWS  Director Student Housing Services	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Develop a cultural competency strategy for health promotion and student wellness	Strike working group fall 2018 Develop strategy winter 2019	Manager Office of Intercultural Affairs  Manager Health Promotion	
Introduce the Enhanced Assess, Acknowledge, Act Sexual Assault Resistance Education Program (EAAA)	Train facilitators spring and fall 2018 Offer first session winter 2019	Sexual Violence Director	
Identify strategies for marketing and promoting career development and workplace readiness initiatives	Develop strategy fall 2018 Implement winter 2019	Director, Student Experience Department	
Develop additional bystander resources for students including ways to initiate conversations with friends	Develop strategy fall 2018 Implement winter 2019	Manager Health Promotion	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Enhance support for international students	Hire additional counsellor with skills to support immigration questions and concerns	Manager, Office of Intercultural Affairs	

PERSONAL WELLBEING

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Refine resilience curriculum in residence	Revisions spring 2018 Offer fall/winter 2018/19 in all residences	Director Student Housing Services	
Offer credit course on wellness	Complete curriculum spring 2018 Frist offering fall 2018 Second offering winter 2019	AVPA	
Pilot a satellite program of the Student Support Network and wellness programming in Library	Fall 2018	Manager Wellness Education and Promotion	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Explore opportunities for students to learn and practice stress reduction practices (mediation/mindfulness)	Fall/winter	Manager Wellness Education and Promotion  Manager Counselling Services	
Identify and implement programming that normalize set-backs	Review options and develop strategy, fall 2018  Implement winter 2019	Manager, Student Transition Office	
Encourage graduate programs to address the challenges with isolation unique to graduate students	Planning fall 2018  Preliminary Programing winter 2019	AVPSA  Dean Graduate Studies  GSA	
Develop programs to address the unique needs of international students	Develop strategy Fall 2018  Commence Implementation Winter 2019	Manager, Office of Intercultural Affairs	
Review and refine the mental wellbeing website and assess its effectiveness	Spring 2018 and ongoing	Student Wellness Communications Coordinator	Will be incorporated into student wellness website

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
<p>Hire a Commuter Student Program Coordinator + develop programs to address the unique needs of commuter students in their first year at the University of Guelph</p> <p>Develop programming specific for incoming transfer and commuter students</p> <p>Develop programming specific for LGBTQ+ students</p>	<p>Complete hiring process in advance of Fall 2018</p> <p>Develop and implement programming Fall 2018 / Winter 2019</p> <p>fall/winter</p> <p>Hire a Sexual and Gender Diversity Advisor prior to fall 2018</p> <p>Develop programming fall/winter</p>	<p>Manager, Off-Campus Living</p> <p>Manager, Student Transition Office</p> <p>Manager, Office of Intercultural Affairs</p>	

## TRAINING

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
<p>Develop training opportunities for students both to understand mental health challenges as well as how to</p>	<p>Review demand for SafeTalk and Mental Health First Aid and revise training model. Fall 2018</p>	<p>Director SWS</p>	

<p>intervene and refer. A strong focus on bystander training.</p>	<p>Refine level 2 training to include how to support someone who is actively in crisis. Fall 2018</p> <p>Send revised More Feet on the Ground to all faculty and staff: Fall 2018</p>		
<p>Develop training specifically for student athletes and coaches</p>	<p>All first year student-athletes to receive “Bystander Training”, including sexual violence and intervening during Orientation week</p> <p>Develop a one page resource for coaches and student-athletes re all available resources</p>	<p>Student Wellness Education and Athletics</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	<p>Planning - 2017-2018</p> <p>Implementation - winter 2019 (in new building)</p>	Student Wellness Services	
Explore additional embedded opportunities across campus	<p>Review options for B.A. and Engineering programs</p> <p>Introduce a satellite office for the Student Support Network in library: fall 2018</p> <p>Point person within counselling services for athletics and library to be available to debrief situations, be a resource and help build capacity in working with students with mental health concerns and those in distress.</p>	Director Student Wellness Services	
Collaborate with external partners in provision of online mental health services	Participate and assess usage for BounceBack (CMHA) and BigWhiteWall (OTN)	Director Student Wellness Services	

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
	Pilot a texting program (Kids Help line)		

**ACADEMIC POLICIES AND PROCEDURES**

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Review Registrarial procedures for deferred exams to move deferred exams away from the midterm time the subsequent semester	Review fall 2018 Implement summer 2019	Registrar	
Review exam scheduling process with goal to minimize conflicts	Ongoing review Implement summer 2019	Registrar	
Review Continuation of Study and F rule	2018/19	Registrar and AVPA	

Develop modules and offer best practice for universal design and assessment	Ongoing	Director Open Education (Open ED)	
Develop universal design strategy for examinations	Extend winter pilot to a larger pilot in fall 2018  Assess and develop a systemic plan for future activity	Manager Student Accessibility Services	
Review Medical Documentation requirements and the potential for an on-line system	Medical documentation requirements currently under review. Proposal will be ready for governance process spring 2019.	AVPSA, AVPA, Director Student Wellness Services	

#### ASSESSMENT AND EVALUATION

ACTION ITEMS	TIMELINE	ACCOUNTABLE	Actions in progress or completed
Run NCHA survey	Run winter 2019	Director Student Wellness Services AVP Institutional Analysis and Research	

		Public Health	
Develop a comprehensive assessment strategy for initiatives	Strike assessment committee Fall 2018	AVP Student Affairs	Still awaiting confirmation of funding
	Identify assessment strategy: winter 2019	AVP Institutional Analysis and Research	
Engage in a collaborative research project examining effectiveness of an e-problem solving technique for students with depressive symptoms	Research plan submitted spring 2018	Director, SWS	
	Research begins fall 2018 (subject to funding)		
Introduce a longitudinal study on students living in residence	First survey fall 2018	Director SWS, faculty, Institutional Analysis and Research	