



MENTAL HEALTH STRATEGY

ADVANCING A MENTALLY HEALTHY CAMPUS

Mental Health @ YORK U

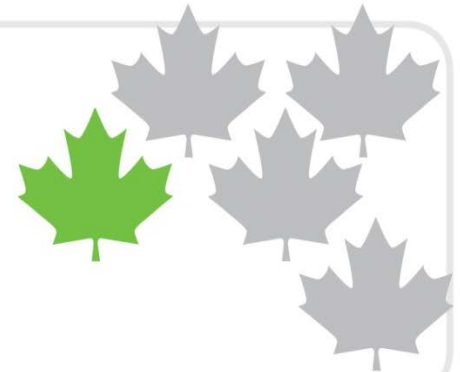
GLOBAL PERSPECTIVE

According to the World Health Organization (WHO) mental illness is **A LEADING CAUSE OF DISABILITY IN THE WORLD.**



CANADIAN PERSPECTIVE

20% OF CANADIANS will personally experience a mental illness in their lifetime.

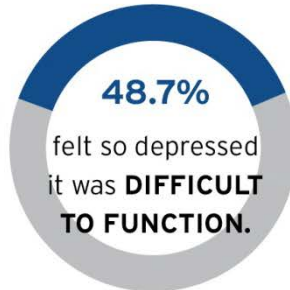
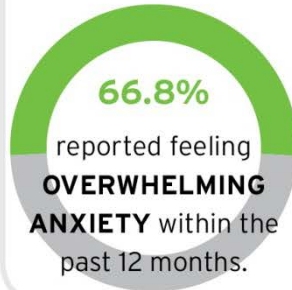


YORK STUDENTS

TOP 3 FACTORS

THAT NEGATIVELY IMPACT
students' academic performance

STRESS • SLEEP DIFFICULTIES • ANXIETY



YORK STAFF

STRESS
(workplace)

ANXIETY

2 OF THE TOP 3 COUNSELLING ISSUES for York University staff members

27%
2014 EAP data

of counselled York employees reported **moderate to severe level of depression.**



YORK FACULTY

In a recent survey of faculty members from more than 56 Canadian universities, **faculty reported high levels of occupational distress.**

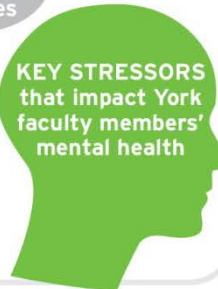
Lack of awareness of mental health services

Stigma issues

Feelings of isolation

Workload issues

KEY STRESSORS that impact York faculty members' mental health

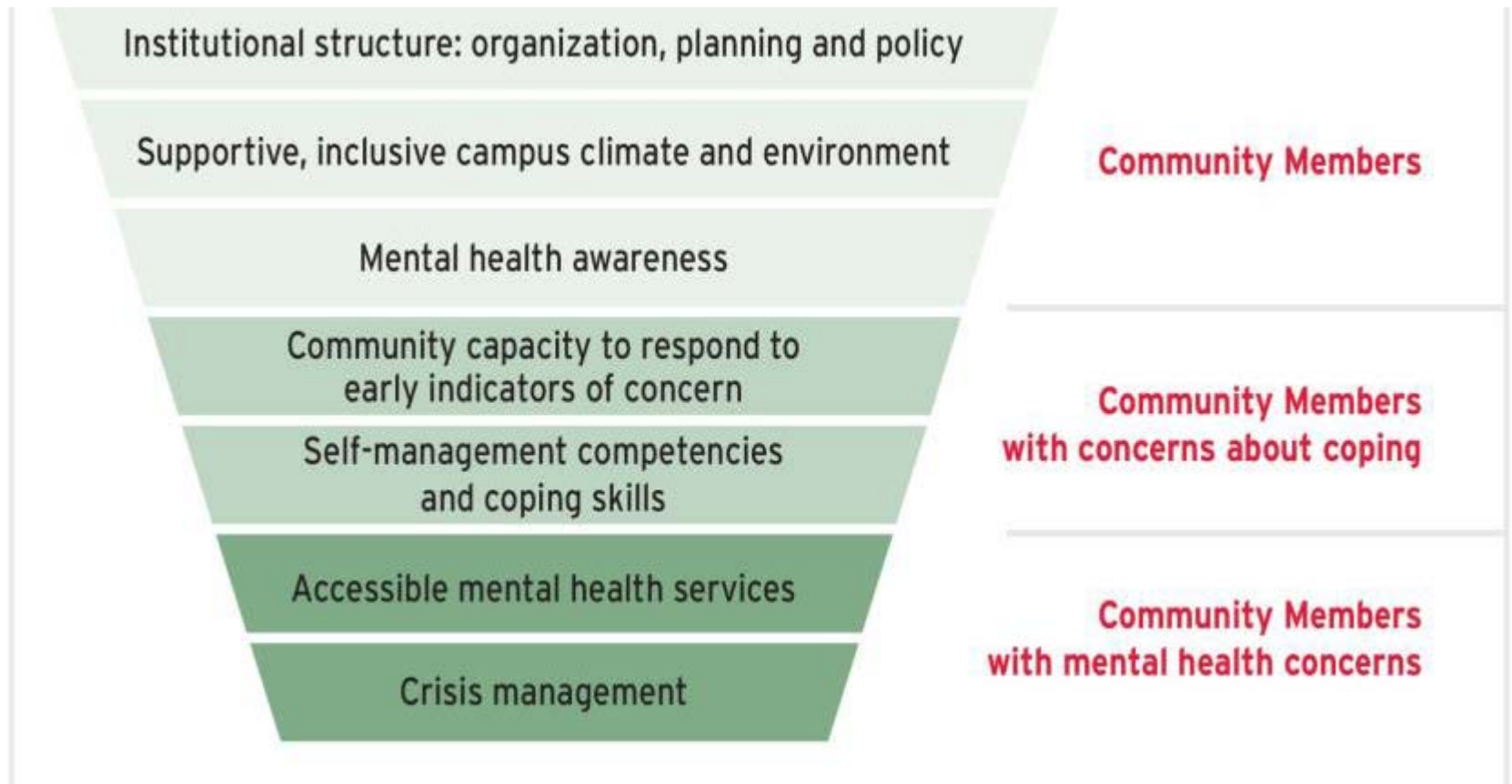


"York University is committed to promoting a mentally healthy campus for all students, faculty and staff, fostering student academic success and a better workplace."

Mamdouh Shoukri
President and Vice-Chancellor
York University



Framework



Adapted from: Canadian Association of College and University Student Services & The Canadian Mental Health Association, (2013). *Post-Secondary Student Mental Health Guide: Guide to a Systemic Approach*. Vancouver: BC

Strategic Priorities

LEADERSHIP:

Review of structure and policies to support a mentally healthy campus.

PLANNING & PROMOTION:

Programming and communication of resources.

CAMPUS ENGAGEMENT:

Involvement of all stakeholders in building mental health into work and learning.

SERVICE DELIVERY:

Re-imagine the delivery of mental health services.

Highlights: January- August

- ☑ Mental health is named as a university priority in UAP
- ☑ The imperative of a 'Healthy Campus' is articulated as a guiding principle as part of the IIRP working group on the Campus Experience
- ☑ Participated in NCHA 2016 –health assessment survey
- ☑ Increased interest in training for Faculty/Staff
- ☑ Workshops for new faculty and staff developed
- ☑ Mental health coordinator position for Faculty of Graduate Studies planned
- ☑ Forgiveness policy out of Registrar's office
- ☑ Student Mental Health research project: Virtual Support
- ☑ Online screening tools are being researched
- ☑ Mental Health Training for Orientation Leaders

Year 1 Priorities - Leadership

- ❑ Annual Operational Plans & two year budget approval
- ❑ Mental Health as priority in UAP and (I)IRP's
 - ❑ Work with key faculty and dept. influencers and committees
- ❑ Review of academic and non-academic policies
 - ❑ Develop a policy framework with a mental health lens to insure congruency
 - ❑ Implement Psychological Standard for OHS (faculty & staff)
 - ❑ Establish MHW Advisory committee – all groups represented
 - ❑ Establish Student, faculty and staff roundtables for ongoing input

Year 1 Priorities - Planning & Promotion

- Work with key stakeholders to consider MHW in built environment
 - Interior and external space review – Tranquility Garden
- Attend to mental health as equity issue
 - Work with key stakeholders re policies, training – CHR/Senate
- Enhance communication strategies to promote awareness
 - Communications strategy developed and implemented
 - Events publicized and visible
- Develop and enhance MH competencies for all community members
 - Membership with Excellence Canada
 - Training strategy developed and implemented
 - Petitions/accommodations/advising to be adapted and enhanced to decrease stigma and increase awareness
 - Work with relevant units to enhance training availability
- Promote programs that support resilience and wellness

Year 1 Priorities – Campus Engagement

- ❑ Promote opportunities for social connectivity
 - ❑ Review of meeting spaces/lounges
 - ❑ Promote programs for support of students –YU connect/YODA/colleges
- ❑ Advocate for MHW as preconditions for work and learning
 - ❑ Work with Teaching Commons and Health & Safety to support universal design and workplace wellness
 - ❑ Create collaborative platform for mental health research and KMb
 - ❑ Build Mental health Community of Practice
 - ❑ Work with NCHA survey data
 - ❑ Participate in mental health projects with partners (YU-MCEC)
- ❑ Create opportunities for local delivery of MH awareness and social connection

Year 1 Priorities - Service Delivery

- Develop relationships/partnerships with key on and off campus services
 - MOU's with Humber RR; Sunnybrook, WCH; CAMH
- Ensure accommodations are consistently aligned with relevant legislation
 - Review structure/policy with CDS and draft recommendations
- Establish multi disciplinary crisis response team
 - Explore agreements with community services
 - Support establishment of protocols to enhance crisis management
 - Maintain student of concern committee
- Ensure protocols for critical incident debriefing are implemented





MENTAL HEALTH STRATEGY

ADVANCING A MENTALLY HEALTHY CAMPUS