**Advancing a Mentally Healthy Campus**

**Annual Report**

**2014 – 2015**

**Submitted by Mental Health Steering Co-Chairs: Lesley Beagrie; Leah State; Suzanne Killick**

**Submitted to Executive Sponsors, Janet Morrison, Vice-Provost Students and Gary Brewer, VP Finance and Administration**

York University’s Mental Health and Wellness strategy aims to promote a healthy, inclusive and supportive environment that fosters mental health and wellbeing among members of the York community. The initiative was developed on the premise that wellness is a necessary pre-condition to learning and working, and that physical, emotional, intellectual, social, spiritual, mental, cultural and environmental health and learning are interdependent. Through a variety of education, training and support programs, York University’s Mental Health and Wellness strategy strives to promote a more holistic, and integrated approach to campus health that supports academic excellence, employee satisfaction and productivity, as well as the overall success of all York community members.

The strategy was endorsed by the President in March 2013 and the following report summarizes the activities undertaken in the second year of the strategy that demonstrate the progress made towards Advancing a Mentally Healthy Campus.

While this document will outline a number of accompishments within the five strategic priorities through 2014-15, it is worth noting that significant effort was devoted to the development of a Mental Health Framework for York University. This Framework document builds on the preliminary work of a working group who gathered information on current policies and procedures at York that impact the vision of Advancing a Mentally Healthy Campus. After consultation with the Counsel’s office and review of the CACUSS model it was agreed to transition the original document of the working group to the Framework based on the CACUSS model. All members of the Steering Group were engaged in the development of the Framework. The Framework is now in the hands of an editor to provide a consistent flow and tone to the document and will be ready for the consultation process in the Fall 2015.

The Accomplishments and recommended actions for 2015/16 were generated at the year-end Steering Committee retreat. The Steering Committee also spent time reviewing the governance model and developed some recommendations for the upcoming year.

Governance Recommendations

* **Purpose** of Steering Committee is to provide oversight of the strategy; set priorities; take and make decisions; be the institutional memory for mental health initiatives; continuously improve; seek direction and support from Executive Sponsors as required.
* **Members** of Steering should have broad knowledge of the York community (faculty, students, staff); awareness of special interest groups on campus; appreciate the culture and infrastructure of the campus; support a coalition building approach/community development; be visionary; politically savvy; possess strategic planning skills; have subject matter expertise in the area of mental health.
* **Structural** recommendations include: establishing a MH Advisory; facilitate open forums 2/3 times a year; subject matter sub-committees that may represent certain constituent groups; leverage existing groups on campus to contribute and disseminate.

**2014-15 Accomplishments and Plans for 2015-16**

**Strategic Priority 1: *Ensure leaders demonstrate institutional commitment through raising awareness and promoting a mentally healthy campus***

**2014 – 15 Accomplishments**

* Made presentations to Deans, Board of Governors. The Safety Council, Union Executives, JOHSC, Strategic Communication Council and SAGE
* Student representative round table
* Colleges – Masters and Student Council
* YODA commitment to Mental Health 101 training for all orientation week leaders (approximately 1000 student leaders) 50% Deans follow through with contact person verbal commitment - to include on IRP

**Strategic Priority 1: Plans for 2015-16**

* Continue to focus on academic, non-academic and union leaders to be champions in promoting the strategy
* Create and host symposium for leaders to build awareness, access resources and assist in identifying needs and gaps
* Use the Framework document as the basis for leadership consultation; input on addressing gaps and areas for priority
* Identify faculty members who have Mental Health expertise to provide guidance and support

**Strategic Priority 2: *Support and continually assess our systems to ensure they foster academic success and better workplace within a diversified community***

**2014 – 15 Accomplishments**

* Working group prepared 1st draft documents of existing services and gaps which morphed into a framework document
* Held Initial discussions with Sheppell/FGI feasibility to discuss “app” development
* Revised website to create greater access to resources – on/off campus
* YU Start integration - now there is a week devoted to Mental Health
* We now have good analytics to track visitors to Mental Health website

**Strategic Priority 2: Plans for 2015-16**

* Explore ways to support faculty members in managing Mental Health in the classroom
* In partnership with Creating Better Workplace Advisory and Employee Wellbeing Office, HR, establish a working group on Wellness for faculty members and staff

**Strategic Priority 3: *Establish institutional policies and procedures that respond to existing and emerging community needs***

**2014- 15 Accomplishments**

* Adoption of CACUSS model as a basis for the Framework document
* Full steering committee engagement and other stakeholders in the development of the document
* Year-end draft document ready for editing; in its current state it provides clearer picture of gaps and areas for priority

**Strategic Priority 3: Plans for 2015-16**

* Position framework as a discussion paper and conduct focus groups to solicit feedback and gap identification
* Seek advice from Counsel Office on the framework

**Strategic Priority 4: *Communicate and enhance institutional capacity to support mentally healthy campus***

**2014 -15 Accomplishments**

* Held a month long event to extend focus on mental health awareness beyond the York U Let’s Talk Day event. Continued to deliver SAFE Talk (Faculty, Staff, Students) and ASSIST training (Faculty, staff)
* Supported Active Minds Symposium with funding and communication
* “Positivity pass it” campaign during M.H Awareness Month
* Mental Health profiled on LCD’s during Mental Health month and exam time
* Hosted a 5 ways to well-being contest
* Mental Health Resource Fair in Vari Hall
* Psychology clinic – fund raising campaign for clients in need – donation $6000
* Connected Mental Health to AODA compliance
* M.H included in Safety Brochure – Faculty, Staff, Students

**Strategic Priority 4: Plans for 2015 -16**

* Sub-group will continue to work closely with those organizing events and activities to ensure supportive communication plans are in place
* Continue to enhance capacity of York community to address issues relating to mental health through continued on-going training in programs listed above

**Strategic Priority 5: *Reinforce existing and develop new strategic partnerships to collaborate a coordinated response to a mentally healthy campus***

**2014-15 Accomplishments**

* Consultations with Humber River Regional Hospital on protocols for transitioning of students into care
* Presentations at SWAAC and CAUBO to engage other Universities and Colleges in sharing best practices and ideas
* Continued relationship with the Mental Health Collaborative in York Region
* Nurse NAVigaTe project in collaboration with Ryerson and the University of Toronto. http://campusmentalhealth.ca/project/navigate-nurse-assisted-transition-university-virtual-ward/
* Strengthened the relationship with Employee Wellbeing Office
* Connection with Centre for Excellence in Campus Mental health – presentations and community of practice
* Connections with CAMH and Active Minds

**Strategic Priority 5: Plans for 2014 – 15**

* Continued relationship with the Mental Health Collaborative in York Region
* Development of a Certificate in Mental Health Leadership
* Explore how to link Mental Health to the broader social context and to issues of equity
* Ensure a calendar of events is created for all mental health activities across the year