

Mental Health and Wellness Operational Plan 2016-2019 Students

A. LEADERSHIP

Initiative	Action	Year
A1. Secure the financial commitment required to support a healthy campus mandate.	A1.1 Develop and seek approval for 2 year pilot budget.	One
	A1.2 Assess budget after two year pilot and submit rolling 3 year budget to sustain healthy campus efforts	Two
A2. Collaborate with leaders to ensure the implementation of the mental health strategy in the University's Academic Plan and Integrated Resource Plan.	A2.1 Continue ongoing work in reaching out to key influencers and committees to share data on student mental health and progress on the MH strategy.	One
A3. Champion the development and review of academic and non-academic policies to ensure they support the advancement of a mentally healthy campus.	A3.1 Begin developing a policy framework using a mental health lens to ensure academic and non-academic policies are congruent with the university's commitment to making students mental health an institutional priority.	One

B. PLANNING & PROMOTION

Initiative	Action	Year
B1. Collaborate with key stakeholders to ensure mental health is considered within the built environment.	B1.1 Advocate for well-being to be considered in the refurbishment and re-imagination of existing and development of new interior and exterior campus services.	One
B2. Attend to mental health as an equity issue, recognizing the intersection of mental health with forms of oppression and marginalization.	B2.1 Collaborate with campus and community stakeholders to develop anti-oppression training, policies and communications that articulate how oppression functions as both a cause and outcome of negative mental health status.	One
B3. Enhance coordination of communication strategies promoting mental health services, awareness and well-being.	B3.1 Develop a communications strategy with associated collateral (print and digital) to highlight relevant mental health services, events, screening tools, information, crisis support, etc.	One
B4. Develop new and enhance existing opportunities to deliver mental health competencies to community members.	B4.1a Develop adaptable mental health training with a focus on mental health awareness, stigma, response and referral for various university audiences (academic advisors, petitions committees, faculty, peer leaders, security, etc.)	One
	B4.1b Develop a training strategy to ensure the delivery of pan university wide training on mental health is made available to all faculty, staff and students.	Two
	B4.2 Partner with relevant units/faculties/academic programs (nursing, psychology, social work, etc.) to support the delivery of safeTALK to students.	One
B5. Promote existing and develop new programs to support holistic mental-being	B5.1 Increase promotion of non-clinical wellbeing services and supports for students (i.e. Elder Program @ CAS, Multi Faith services, nap rooms, therapy dog programs etc.)	Two

B5.2 Work with faculties on developing pan university exam prep day for first year students in conjunction with student services (i.e. learning skills, health promotion, YU Start etc.)	Two
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C. CAMPUS ENGAGEMENT

Initiative	Action	Year
C1. Ensure the campus community's voice is central to the development of a mentally healthy campus	C1. Form a Student Representative Roundtable Subcommittee on Mental Health	One
C2. Promote opportunities for social connectivity.	C2.1 Continue to promote programs and services out of the Student Success Centre (LeaderShape, YU Connect, club councils, YODA, etc.)	One
C3. Advocate for mental health and wellness as preconditions for work and learning	C3. 1 Collaborate with the Teaching Commons to develop and adapt existing tools that support universal design and foster well-being in the classroom.	Two
	C3. 2 Establish and embed language highlighting the importance of well-being to student success into syllabi templates used by faculties.	Two
C4. Recognize students, faculty and staff contributions to the advancement of a mentally healthy campus.	C4.1 Develop Champion Recognition Program highlighting students, faculty and staff who contribute to a mentally healthy campus community	Three
C5. Create a collaborative platform for mental health research and knowledge mobilization.	C5.1 Contribute to York University research hub by participating in the National College Health Assessment Survey	One
	C5.2 Participate, when requested, on university/provincial student mental health related research projects	One
	C5.2 Develop presentation and disseminate research results widely (presentations/Yfile/social media etc.)	Two
C6. Create opportunities for local delivery of mental health awareness initiatives	C6.1 Develop a mental health awareness opportunity grant open to students.	Two

D. SERVICE DELIVERY

Initiative	Action	Year
D1. Implement best practices in the provision of peer and collegial support	D1.1. Work with Peer Leader Community of Practice to develop and support peer initiatives that foster connection, support and well-being	Two
	D1.2 Collaborate with CDS, Sport York , Health Promotion and Faculty of Health to launch a Wellness Coaching Program for students	Three
D2. Develop, implement and promote an early alert system to better allow community members the opportunity to centrally report early indicators of concern.	D2.1. Collaborate with campus units currently engaged in early academic and non- academic alert system development to pilot an early alert system that is also responsive to community members with concerns regarding student well-being.	Two

D4. Ensure accessibility of on campus mental health services	D4.1 Engage Personal Counselling Services, faculties and targeted units (i.e. Sport, Residence Life, York International etc.) to explore opportunities to deliver mental health services locally via an embedded counsellor model	Three
	D4.2 Establish partnership between Personal Counselling and relevant academic programs including nursing, psychology, social work, health and society etc. to develop a peer counselling program via academic practicums to support PCS clients	Two
	D4.3 Collaborate with YUPC to promote services available to students with access to private insurance	Two
	D4.4 Offer online mental health screening and support tools to students concerned about their personal mental health and wellbeing.	Two
D5. Develop relationships with on and off campus partners to better support mental health and wellbeing services and referrals.	D5.1 Establish MOUs with Appletree Medical, Humber River, Sunnybrook, and Women's College Hospital to better support the seamless delivery of student mental health services (with appropriate consent protocols)	One
	D5.1 Rebrand Disability Services with a focus on accessibility and co-locate with all branches of disability services	Three
	D5.2 Re-establish working group with faculties and departments that engage in students placements to review best practices when accommodating practicum students in the workplace	Two
D7. Ensure processes for accommodations are consistently aligned with relevant legislation and University policies.	D7.1 Review existing organizational structure of disability services and draft recommendations to enhance collaboration across disability service units.	One
D8. Establish and maintain a multidisciplinary crisis response team	D8.1 Maintain Student of Concern Committee.	One
	D8.2 Maintain protocols relating to crisis management (including debriefing)	One