

2016 2020



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Acknowledgment

T Caro u ꞑ Su M a H a a W - Sa o u
o a o o u o m a o u a m
o Caro u H a M ꞑ u , u o o m S o L a
ꞑ u , E u a o L a Tam, o j a o C
Bam a o u u o u o o u a m o
o u o u o u a m u o m m u . lam a u o o u m a o .
ꞑ u a a a m o a o o o j !

No ꞑ o , M.A.

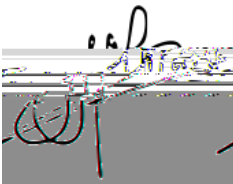


D o o Su S a R a,
Caro u ꞑ
Ma , 2015

Endorsement

I ꞑ o Caro u ꞑ ' Su M a H a a W - Sa o a a a m o a o u m . Caro u ' a a o
o m a o a u a m a o a o o - o a m a a a o m m u m a u o o a o o o
u o a a . ꞑ a u a o o Caro u ꞑ o a a o a o m a a m a a - o m o !

ꞑ M , MA



S o D o ,
Pu B , R a , a Pa
Ca a a M a H a A o a o , BCD o
Ju 10, 2015

Executive Summary

Canada's Secondary Mental Health and Wellness Strategy is a national, multi-sectoral, and multi-level approach to addressing the mental health and wellness needs of young people in Canada. It is a key component of the national mental health and wellness strategy, and is designed to be implemented in partnership with provinces, territories, and the private sector. The strategy is a key component of the national mental health and wellness strategy, and is designed to be implemented in partnership with provinces, territories, and the private sector.

The strategy is a key component of the national mental health and wellness strategy, and is designed to be implemented in partnership with provinces, territories, and the private sector.

- **Post-secondary Student Mental Health: Guide to a Systemic Approach**

Canadian Association of University Students (CAUS) and the Canadian Mental Health Association (CMHA) (BC)

- **Campus Mental Health Vision and Framework** (University of Victoria)

- **Student Mental Health Strategy 2014 – 2017** (University of Victoria)

- **Student Mental Health and Wellness: Framework and Recommendations for a Comprehensive Strategy** (University of Victoria)

- **Mental Health and Well-Being in Postsecondary Education Settings: Literature and Environmental Scan to Support Planning and Action in Canada.** (Mackay, G.)

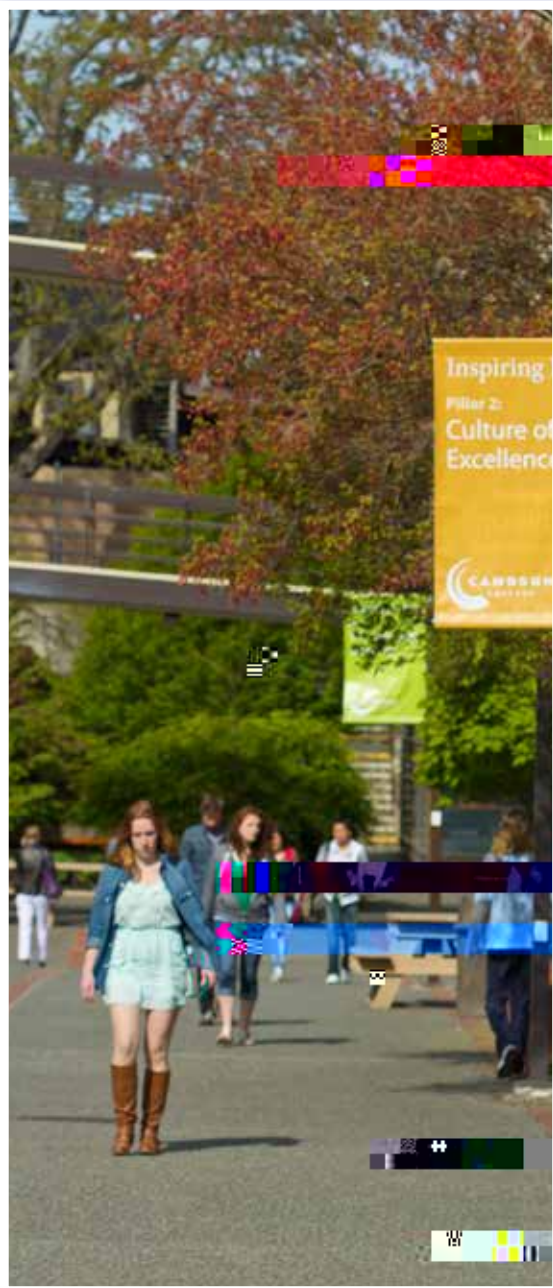
- **Mental Health Strategy** (Simon Fraser University)

- **Mental Health and Well-Being Strategy** (University of British Columbia)

- **Student Mental Health at the University of Alberta: Final report** (University of Alberta)

- **0.45 0Td003Tj0v1 d003Tj0v1 d00i2s773prta**

-



Б у о о S a , a i o o i a a o , o u o
 a a o n u m a a a f - o a m u : B , o u a a ;
 S u o a m u o m a u o o ; M a a a , a m a u o ;
 C a m u m a a ; a S u o u - a - a o o .

Б а а о , о о о а а а :

1.

Goal: A a m a a a o o , a a o o , G
 o , a a o u o u o m a m a o o m a u m a
 - a C a o u G .

2.

Goal: C a a u a m u o m o u o u a m a o o
 a m u o m m u a o u u m a a a - .

3.

Goal: E a C a o u o m m u a o o a u a a o m m a o
 a o n u m a a a - , u o u o a o o a
 , a o m o a m u .

4.

Goal: E u o o o a u a , a , a o a m u m a a
 , m o a o a a u o o u o a
 o o a .

5.

Goal: D o a m a a a o o a a o - a u o o u a
 o u - a - a o o a m u - a a , a a ,
 m a a a o a m u o m m u .

Guiding Principles

1. O ma m a a a ma a o - a o o u u a m m a o a u o m o o - o a u .Caro u o ao a o mm o o a o ma m i .
2. Su m a a a - u ma o o - u u a ao @ a o m a o mmu .T ma a o o ma - u o o u o a a ,o mm m a a o u u o o u o a o a i .
3. Ao m ,o a - -o a o a o u m a a a - u o mm m a m a @ o mmu m m . E o a ao o a .T o o o o a a a u o ,o m a o a o ao u a o mo a m a o .
4. @ ,a u a o ,a Caro u u o u a o o u o a a a o , a u a o a o a a a a o a o m a o u m m o Caro u o mmu .

Goals Key Objectives

1. Policies, Procedures and Practice

A a m a a ao o ,a a o o o ,@ o , a a o u ,o u o m o a ma a o o ma u m a - a Caro u @ .



- **College communication and information**
E u a a o a m a o a u o u m a - @ o mmu ao a o m a o o o o u u , m o a u .
- **Policy review and development**
. R a u a u o a o : u m a a ; a a a u o ; u o u ; o u a a a a a a a o , o o u u , u o a o m a u - .
. D m a o o a a o u m a a , u a u , o a a .Po o o m a a a .
- **Curriculum, instruction and evaluation**
. E o m a o m a u a a m a m o a o u m a - , a o u a o a u u m .
. R a a m a - a a u a o o u o u a o o u m a a a , a a o u o a a o m r o a o .
- **Program entry, exit and re-entry**
R o a m , a - a o u o a o a u o o a o a a o m r o a o o u m a a a a a .

Goals

Key Objectives

2. Supportive Campus Environment and Student Connections

Caau am u
om ou
ou ama
o o am u
ommu , a o
u u ma a
a - .

- **Space design and a climate of well-being**

E u a a o a o o a o o a u a a u ,
a - a a a o u o o u u a a o ma u - .

- **Student connections and engagement**

. E o u a o m a a o m a u o o o u u , o u a o o a .
. l a o m o u u mu o o a , o am, u u u m a
a o , o u a a o a o u o m .

- **Peer support**

E o u a o m o u a a a u o o am a o m a a
a a , a u - .

- **Access to learning and community activities**

E u u a o a a a o m m u a o u m a a a a
a .

3. Mental Health Literacy, Engagement and Support

E a Cam u o m m u
a o o a u a
a o m m
a o a o m u
m a a a - ,
u o u o a
a o o a
, a o m o
am u .

- **Mental health literacy and a culture of compassion**

P o o u o m o a u o a u o m a a a o m a a
a - , a o u a u , a o a m a a o m o a a o
u - a a u u o o m a o o am u .

- **Learning and well-being**

E a o o u o u o a a o m a a a , o
a o u a o m , a o u o u Cam u o .

- **Community Supports for distressed students**

P o m a a a o m a o , u o a o a a a o u a
o o u o m o a u o o o m m m a u o
u a o m o .

- **Collaboration with employee-designated/targeted mental health initiatives**

o u o o a o a , o - a a a o m a o o o o , a a a
a o o m m o m a a a - Cam u o m m u .

Goals

Key Objectives

4. Campus Mental Health Services

Eu o o o
a ua ,a ,
a o am u
m a a - a ,
mo a
o a a
u o o u o
a o o a

- **Service information and promotion**

E a u o a o o o m a o o u a G m a a - a

- **Capacity, effectiveness and responsiveness of services**

. P b a u a a a a m a a - a a o o u o m o o
u a G u a D a R o u , o a u u o o , a
a
. P b a a o m a o u o a m a a o u o m a
o

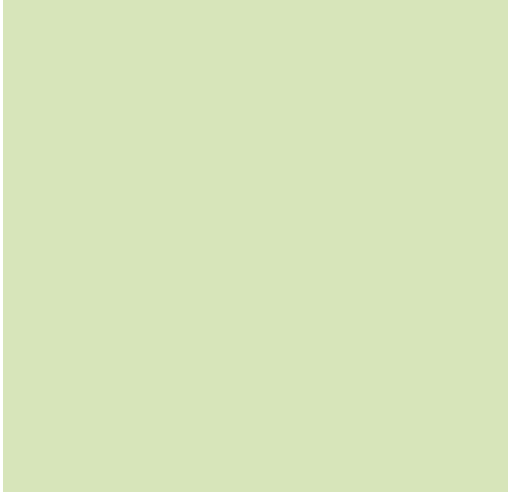
- **Consultation with employees**

M a a o m m u a o m a a u G . P b m a o
o u a o a u o G m a a - a o G m o o o u
u o o a

- **Connections with professional, Provincial and community resources**

E u m a a o o u o o G m a a - a a
o o a a o a o , P b a o u o a a o a a o o a o m m u m a
a o u





STUDENT MENTAL HEALTH AND WELL-BEING STRATEGY

Preface

Գրքի ներածությունը համապատասխանում է Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից 2015 թվականի մայիսի 25-ին ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:

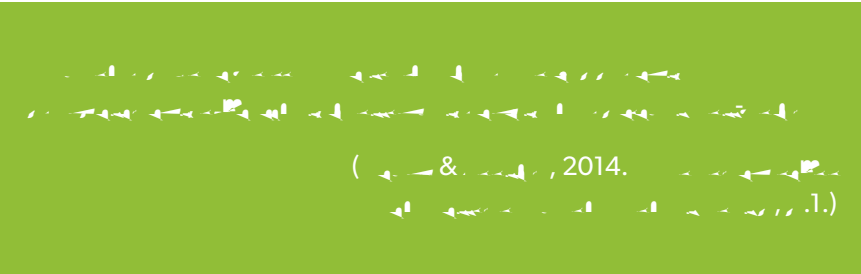
Ընդունված է համապատասխանում է Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից 2015 թվականի մայիսի 25-ին ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:

Բնագրի ներածությունը, որն օգտագործվում է համապատասխանում է Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից 2015 թվականի մայիսի 25-ին ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:

Ի 2005, Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:

Այս փաստաթուղթը Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից ընդունված է համապատասխանում է Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից 2015 թվականի մայիսի 25-ին ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:

Ի 2009, Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից ընդունված է համապատասխանում է Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից 2015 թվականի մայիսի 25-ին ընդունված «Հայաստանի Հանրապետության կրթության և գիտության նախարարության կողմից կրթության ոլորտում մտային առողջապահության և բարեկեցության բարելավման մասին» հրահանգի 1.1 կետին:



Current National Trends

U.S. national trends in child abuse and neglect are characterized by a decline in the overall rate of child abuse and neglect from 2004 to 2005. This decline is primarily due to a decrease in the rate of physical abuse and neglect. [Child Welfare Information Gateway, Child Abuse and Neglect Statistics, 2004-2005].

Guiding Principles

T o o a a o a u , a a o m m a o *Post-Secondary Student Mental Health: Guide to a Systemic Approach* (2013). T o n o u o m m m , a o a a o a n o a o a o j a o m m a o o S u M a H a a W -B S a :

1. O m a m a a a m a a o o a - a o o u u a m m a o a u o m o o - o a u . C a n o u o a o a o m m o o a o a o u .
2. S u m a a a - u m a o o - u u a a o a o m a o m m u . T m a a o o m a - u o o u o a a , o m m m , a a u u o o u o a o a i .
3. A o a - o , o m a o a o u m a a a - u o m m m a m a a o m m u m m . E o a a o o a . A u j o o o a a a o m a o a , u o o a o u a o m u a m a o .
4. o , a u , a o , a C a n o u u o u a o o u o a , a o , a a u a o a a o a a o a o m a o u m m o o u o m m u .

Strategy Development Process

I J a u a 2015, S u S D a m a C B a m ,

CATEGORIES, GOALS, SUPPORTING INITIATIVES, KEY OBJECTIVES AND RECOMMENDED ACTIONS

Board of Trustees, Office of the President, and the Office of the Vice President for Academic Affairs at Camosun College.

1. Policies, Procedures and Practices

Goal: Apply a “mental health lens” in the creation of new, and the review of existing, Colleges policies, practices and procedures to ensure the development and maintenance of optimal student mental well-being at Camosun College.

Examples of Current Supporting Initiatives

- ✓ Domestic Violence Waiver. (Camosun Health Services 2013).
- ✓ The Student Union's role in providing a safe and secure environment for all students.
- ✓ Campus-wide awareness campaigns for mental health.
- ✓ The Student Support Centre's role in providing academic and personal support.
- ✓ The Student Support Centre's role in providing a safe and secure environment for all students.
- ✓ The Student Support Centre's role in providing a safe and secure environment for all students.
- ✓ The Student Support Centre's role in providing a safe and secure environment for all students.
- ✓ The Student Support Centre's role in providing a safe and secure environment for all students.

Key Objectives and Recommended Actions:

1. College communication and information

1.1 College communication and information

1.1.1. College communication and information

Recommended Actions:

- X. 1.1.1.1. College communication and information
- X. 1.1.1.2. College communication and information
- X. 1.1.1.3. College communication and information

1.2 Policy review and development

- 1.2.1. Policy review and development
- 1.2.2. Policy review and development

1.3 Curriculum, instruction and evaluation

- Engage students in a variety of activities that promote learning and development, and assess their progress.
- Review and evaluate the effectiveness of the curriculum, instruction, and evaluation processes.

Recommended Actions:

- X Provide a variety of learning activities that promote student engagement and learning.
- X Review and evaluate the effectiveness of the curriculum, instruction, and evaluation processes.
- X Assess student learning and development, and provide feedback to support their progress.

1.4 Program readiness, entry, exit and re-entry practices

- Review and evaluate the effectiveness of the program readiness, entry, exit, and re-entry practices.

Recommended Actions:

- X Develop and implement program readiness, entry, exit, and re-entry practices that support student success.
- X Assess student readiness, entry, exit, and re-entry practices, and provide feedback to support their progress.

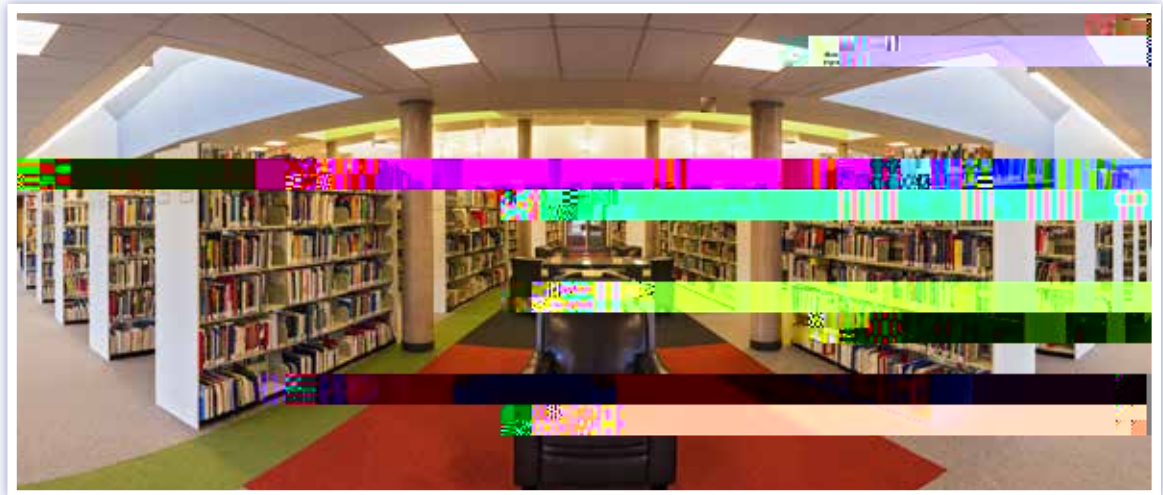


2. Supportive Campus Environment and Student Connections

Goal: Create an inclusive campus environment which is conducive to student engagement and connections within the campus community that will positively influence student mental health and well-being.

Examples of Current Supporting Initiatives

- ✓ T a a - a o u o o
La o Cam u L a a L a
G mm u a ao
a o o a o ma a o m
a n .
- ✓ T ao o a o m o u
o m o Cam u u
m a a a .
- ✓ T ao a o m o o a a a
o u m a a u o o a m a
(H a M Am a ao ,2015)
- ✓ T Cam u l ao a P G o
Pb am, a a o o , u o
a a o a a j u m o ao a
u .
- ✓ Su -a a a , u a ou a o u a o o a u o u , u u o ao . E .CCSS
o u :P ;Su ()A ;a F Nao .Ao :Cam u 4 a Ju Cu .
- ✓ P o- u ao a ou a o o a a G u S a o u o m o : . .R ao ;B u Ba Y a;
Su E am W ;a L W .
- ✓ T ao a u o Na' a' ma Ga Pa E S ' C o l o u E u ao & G mmu G o .
- ✓ T o o o ao o l u a Cam u C Su S a ao a a a a u o o u .
- ✓ T o j u ao o Cam u l ao a' la o Cam u mu u o a a a o m a o a u o o .
- ✓ T E S ' o a la o am u o ao mmu a a o l o u u o a .



Key Objectives and Recommended Actions:

2.1 Space design and a climate of well-being

2.1 Space design and a climate of well-being

Eu a a o a o o a o o a u a a u , a - a a a o u o o u u a a o m a u - .

Recommended Actions:

- X A a m a a a u a o a a o u a a u m a m u m a o u a a o u a a a m , o u o a a o , o , a o a o o o u .
- X P o , m u u a o o m a a o o a o a o u o . H a a , a a a a o G u a D R C o u o j a . E o o o u o o a o a .
- X H a a o a o m o a u o u a , o a / m a o , a a - u a a o o m o a o m m o a a u o u o o u a - .
- X E o - o a o o u S u S m a a o o o a o m u o a u o a L a G m m o j u a o .

2.2 Student connections and engagement

. E o u a o m a a o m a u o o o u u , o u a o o a .
 . I a o m o u u m u o o a , u u u m , o a m , a o m o o u a a o a o u o m .

Recommended Actions:

- X C a o , o m a u o o u o , o m a o . P o m o - a a u o a a u o a a a a G a o D a o u o a a u a a o m m u a u .
- X H a a u o m a o u / a o a a o a m a .
- X H a u o a u a a o m a o a o o a u o a m o a u o u .



2.3 Peer supports

E o u a o m o u a a - a u o o a m a o r o m a a a a a a u - .

Recommended Actions:

X W o S u o a - a u u o o u (. o o), o o / u o G u S . E o u a ,
o o a o r o u m a a a o u a u a / o a m u .

2.4 Access to learning and community activities

E u u a o a a a o m m u a o u m a a a a a .

Recommended Actions:

X H a a a / a o a a a a a o o m o u o m a a a a , a a o m a a o a o o m .
X R u a o a / o m u a o a u a o o a m u o I u a C a m u .



3. Mental Health Literacy, Engagement and Support

Goal: Engage the Camosun community in a process of valuing and initiating the recommended actions that promote student mental health and well-being, support students who are experiencing psychological distress, and connect them to campus services.

Examples of Current Supporting Initiatives

- ✓ The annual, one-day, free Human Resources and Student Affairs Community Mental Health Fair, co-located with the Homecoming event, provides an opportunity for students, staff, and faculty to learn about campus mental health resources and services.
- ✓ The Camosun Community Outreach Program (COP) provides a free, confidential, and confidential mental health assessment and support service for students.
- ✓ Peer educators, such as the Homecoming Peer Educators, provide information and support to students during Homecoming events.
- ✓ The annual community mental health fair, held in the Student Union, provides an opportunity for students, staff, and faculty to learn about campus mental health resources and services.
- ✓ Peer educators, such as the Peer Educators, provide information and support to students during Homecoming events.
- ✓ The annual community mental health fair, held in the Student Union, provides an opportunity for students, staff, and faculty to learn about campus mental health resources and services.
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Key Objectives and Recommended Actions:

☞ : 6 u o ' o a m o m m a o a [a]

3.1 Mental health literacy and a culture of compassion

☞ o o u o m o a u o a u o m a o a a a o m a a a - , a o u a u a o a m a a o m o a a o u - a a u u o o m a o o a m u .

Recommended Actions:

X Ha u a a a a m a a a a o m o u - , a u a u , a a m u u o .

X Ha m a a m u - m a o a o u S a D a R o u C , a o o m a o a o a .

X u a o o u Ha M A m a a o a o a m o m a a - a a , o a o m o a u o a a a a a , u - o a o .

3.2 Learning and well-being

E a o o u o u o a a o m a a a , a o u a o m , u C a m u u a o a .

Recommended Actions:

X ☞ a o o u a a u u , m a - a a o a a m u . ☞ a / a o o a u a o m u - a m a a . I a m a a a a a u o a o a o o m a .

X I u m a a - a o m a o a u o u o a m o a o .



3.3 Community supports for distressed students

Provide a safe space, support, and resources for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.

Recommended Actions:

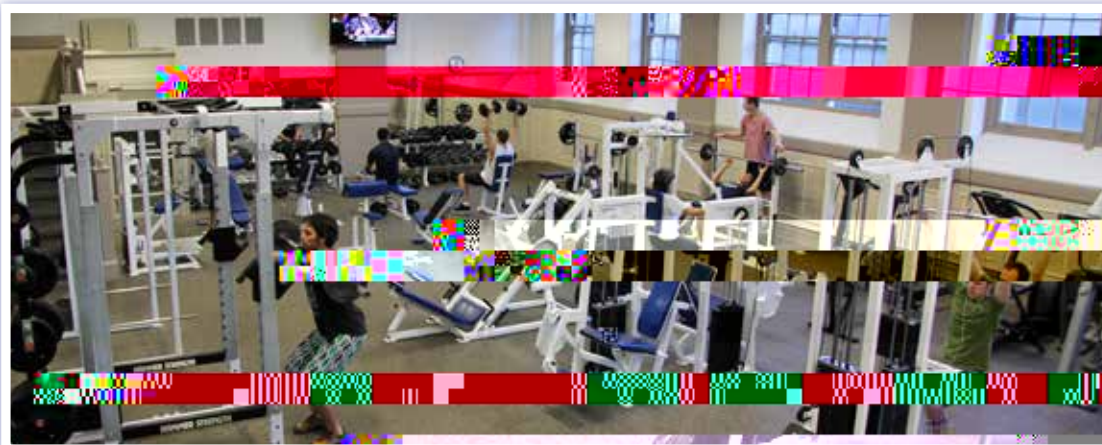
- X Provide a safe space for students to express their feelings and concerns. Offer a safe space for students to express their feelings and concerns.
- X Develop a support system for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.
- X Develop a support system for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.

3.4 Collaboration with employee-designated/targeted mental health initiatives

Collaborate with employee-designated/targeted mental health initiatives to provide support and resources for students who are experiencing distress.

Recommended Actions:

- X Implement a support system for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.
- X Establish a support system for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.
- X Implement a support system for students who are experiencing distress. Offer a safe space for students to express their feelings and concerns.



4. Campus Mental Health Services

Goal: Ensure the provision of accessible, effective, interconnected campus mental health services, which employ “best practice” knowledge and strategies in the support of students who are experiencing psychological distress.

Examples of Current Supporting Initiatives

- ✓ **Gu** o - uao a o u a o o o a o
o **Gu** S , u o mao u ,a
a u o o m u m o o am u ; D a R o u C
a o o a o u o m o .
- ✓ T D a R o u C a ,a o u a o mao
o o , a,a u o a a a o
u .
- ✓ **Gu** S a D a R o u C ,u a ,
a m o o u o a m u ,u u
o mao , o u ,a o - a .
- ✓ Fa u **Gu** S a D a R o u C a

Key objectives and Recommended Actions:

№ : 6 u o ' o a m o m m a o a [a]

4.1 Service information and promotion

Е a o , u o , a o o o m a o o u o 6 m a a - a .

Recommended Actions:

X P b a a , o o m a o a o u o m a a , a a o o o , u a a o a o m , a o o m u o m a o o a o .

4.2 Capacity, effectiveness and responsiveness of services

. P b a u a a a a m a a - a a o o u o m o o u a 6 u a .
D a R o u , o a u u o o a .

. P b a a o m a o u o a m a a o u o m a o .

Recommended Actions:

X P b a u a u o u m a a a o j 6 u S a D a R o u C m a m a a u o f o o a a f u u a o - o a u u o .

X E u a m u m a a o m a a u o o , a a o u o - o o o a o m a - a o o u .

X E o a o a a o a m u .

X H a o o u o u a o a u m m o o a o u a o a o u o , u u o a o o o u o .

X E o o a j o a a a a u o 6 u S . H a 6 u S o o u o o u o u .

X E u o o o o u o u o a a u u o a o a u f m a a u a a j u m o m a o o a u a , u u a u o m .



4.3 Consultation with employees

Pō mō o u ao a u o ̄ m a a - a a ̄ m o o o u u .

Recommended Actions:

- X Ha o u o a o u a o ̄ o am, u ua o o o mao ,m a a o ao o a u ,a o ma a m / u ao o u m ,o a o o o m u .
- X E o i o m u o mao a a o ao ao o o Da Rou C a ̄ u S .

4.4 Connections with Provincial and community resources

E u o m o a ao ̄ m a a - a a Pō a o u o a ma a ao a a o o o o m m u m a a o u .

Recommended Actions:

- X E u m a a o ma a a a o m o o a a o ao ,Pō a o u ,o a u o - o a u o a o m m u o u a .



5. Supporting Students-at-risk and Responding to Crises

Goal: Develop and maintain effective and responsive processes and action-based supports for individual college “students-at-risk” and in response to campus-based critical incidents, crises and threats, maintaining the safety of the campus community.

Examples of Current Supporting Initiatives

- ✓ The Center for Student Support and Success, in partnership with the Office of Student Health and Wellness, provides a comprehensive network of support services for students at risk of academic or personal distress. This includes academic advising, tutoring, and mental health services.
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Key Objectives and Recommended Actions:

№ : 0 u o ' o a m o mm a o a [a]

5.1 College Safety Net and supports for “at-risk” students

. 0 u o o o 0 Sa N o u am u am o a o u u a a
o a o a a o u o a a o o o .

. E o a o a o m u m- u o a a m o u -a- .

Recommended Actions:

X 0 u o a o o u o u a o , o , a o -a m o u o u a m o , o a a o u u
m a o o a m a a m .

X E o a o a 0 a u - u o E a A P o a m o a o m u o o u o o a .

X P o a m a o a o a u a a o u o a a a o u a o a a a m o o m a u a m o o u
o a a o u .

5.2 Communication, training and roles within the college community

E a o m m u a o a o u o o 0 Sa N a u a m o a o a m a o , a o m o a
o m a a u a o u a m a a o a m u .

Recommended Actions:

X H a m o m a o a a o o o o a o a - u a o u a o o a a o u u o a
a o u a a o u a .

X D a 0 u S a C a m u S u , a a u o , a o , o u a o o a a o o o o
m o , a - u m a a u a a o u a a .

X P o a o m a o u o o u o a o u o 0 Sa N , a u a o u a o , o u m a o a a , a
o m o o u a o u a / o o a a - u o a m a u o .

X P o j o m o m a a u a o a o o u o o o o a o o o u o a
a o u .

5.3 Responding to campus-based crises and critical incidents

CONCLUSION

W BC o - o a o , Carø u G a a a a ma uao o oa a o o a a
o u o a m a a , aoua, a o aju m a .T a o u a a a u j o , a
o j ,a o omm ao o oa a o u a a o u - ouo ommu .Ma
o omm ao o u m a a a a a u a .T a ao a o j a oa -o ,om a oa o
u - a u omm m a a o a m m o Carø u ommu .A uu m , a ao o u
ao o u o o m o a .W a m uma o a a ma j a o o m .



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