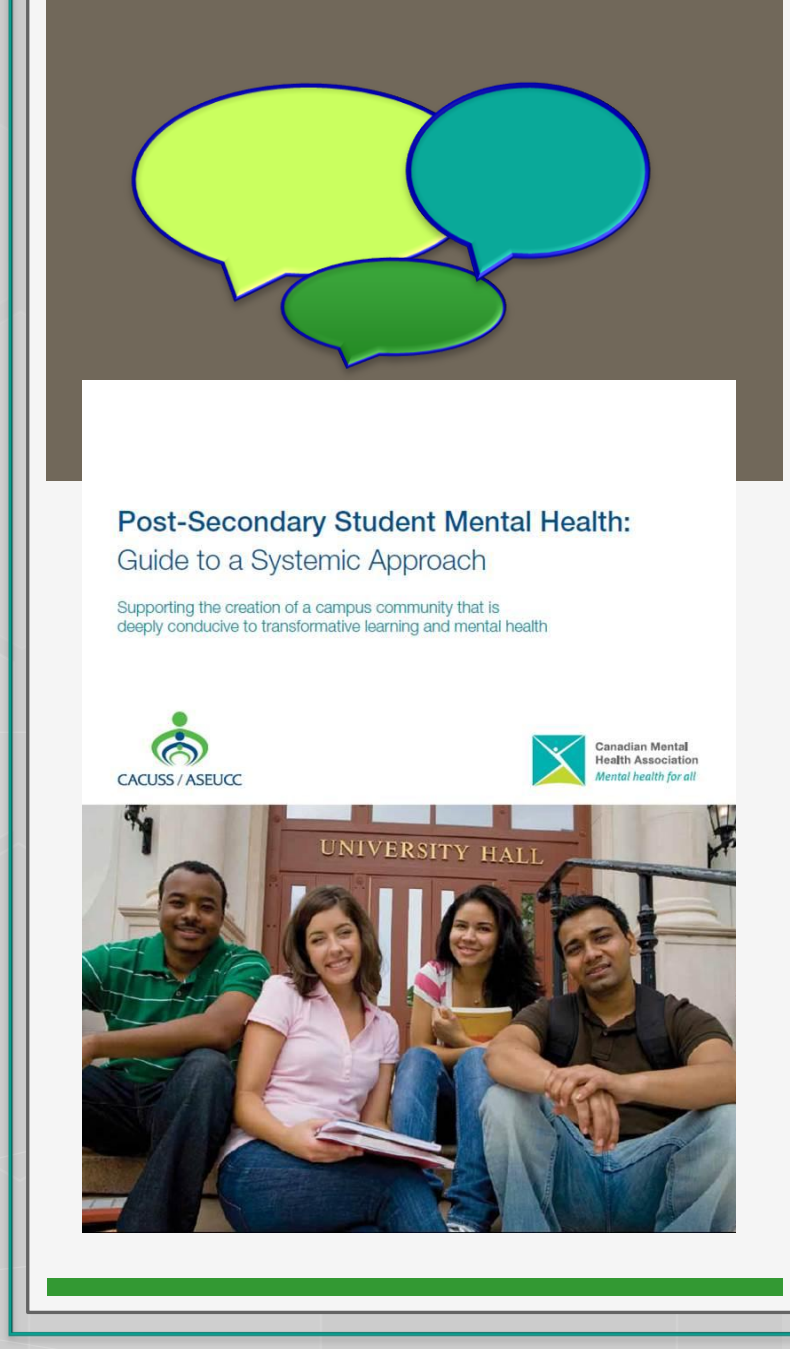
What's the Buzz?

National Webinar

March 20, 2014



FLOURISH

To grow intellectually, socially, and emotionally and to translate this growth into action, habit and purpose.

Academic & Career Advising Centre
DIVISION OF STUDENT AFFAIRS

Access*Ability* Services
DIVISION OF STUDENT AFFAIRS

HEALTH & WELLNESS
DIVISION OF STUDENT AFFAIRS

OFFICE OF THE DEAN AND VICE PRINCIPAL (ACADEMIC)

Gratitude

Flourish Core Team: Rick Halpern, Curtis Cole, Ruth Louden, Tina Doyle, Mariam Aslam, Fahim Kazemi

Also Thanks to my students

Basma Chamas, Shaharyar Raza & Colin Bested

Why Flourish?

- Predictors of Success/Adjustment in Life
  - Role of IQ/High School Ave/CGPA
    20%-22%

(Zwick & Schlemer, 2004)

- Based on cognitive ability alone, number of students likely to succeed….? (Berkner, He, & Citaldi, 2002)

- Most stressful post-secondary year….?

(Lee et al., 2009)

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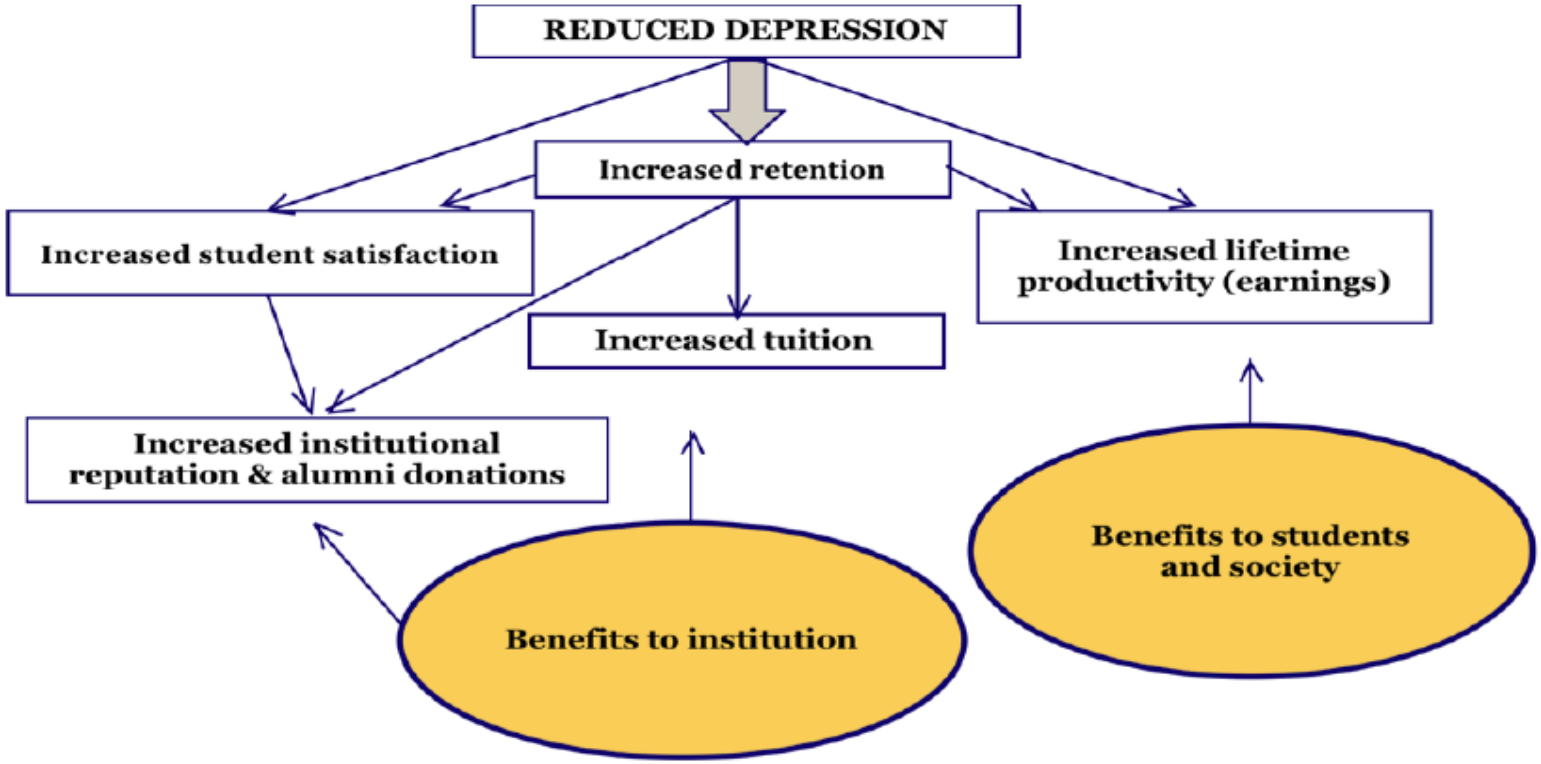
Healthy Mind Study (2013)



Arriat et al., 2013; Bradley & Green, 2013; Eisenberg, Golberstein & Hunt, 2009

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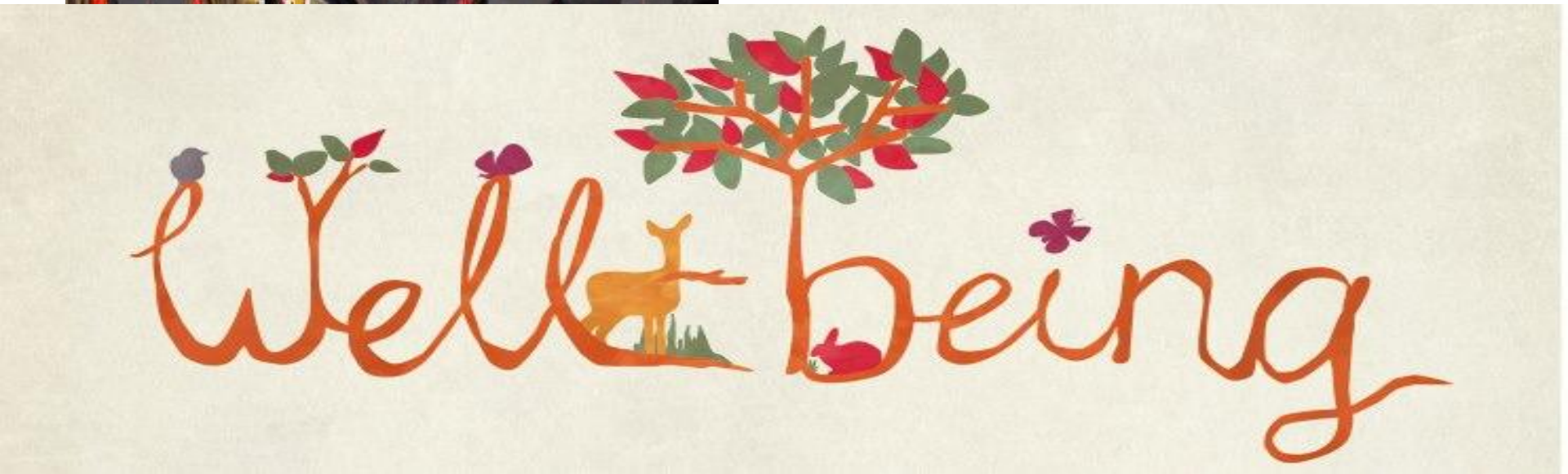
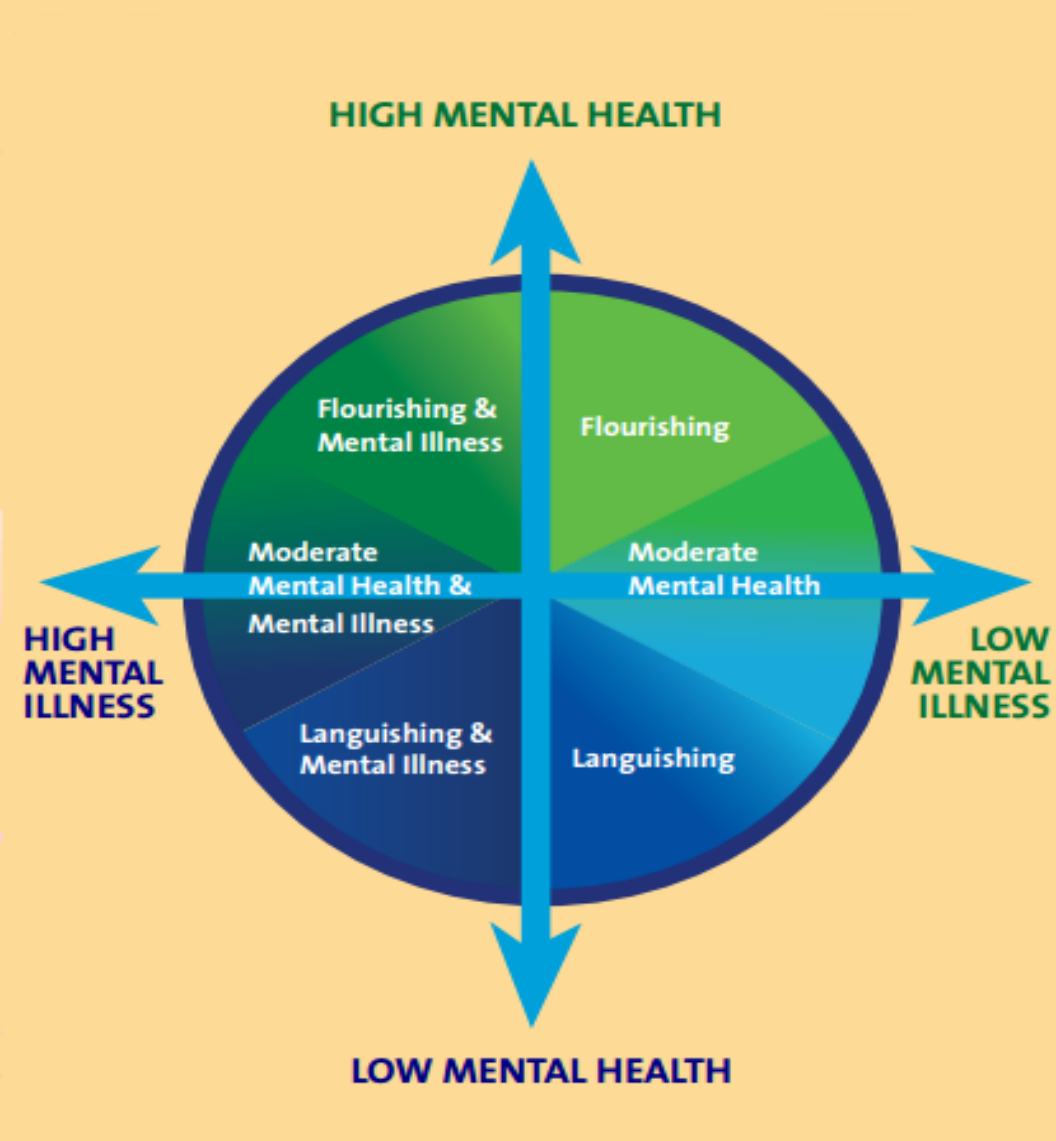
Three Goals

ACADEMIC SUCCESS



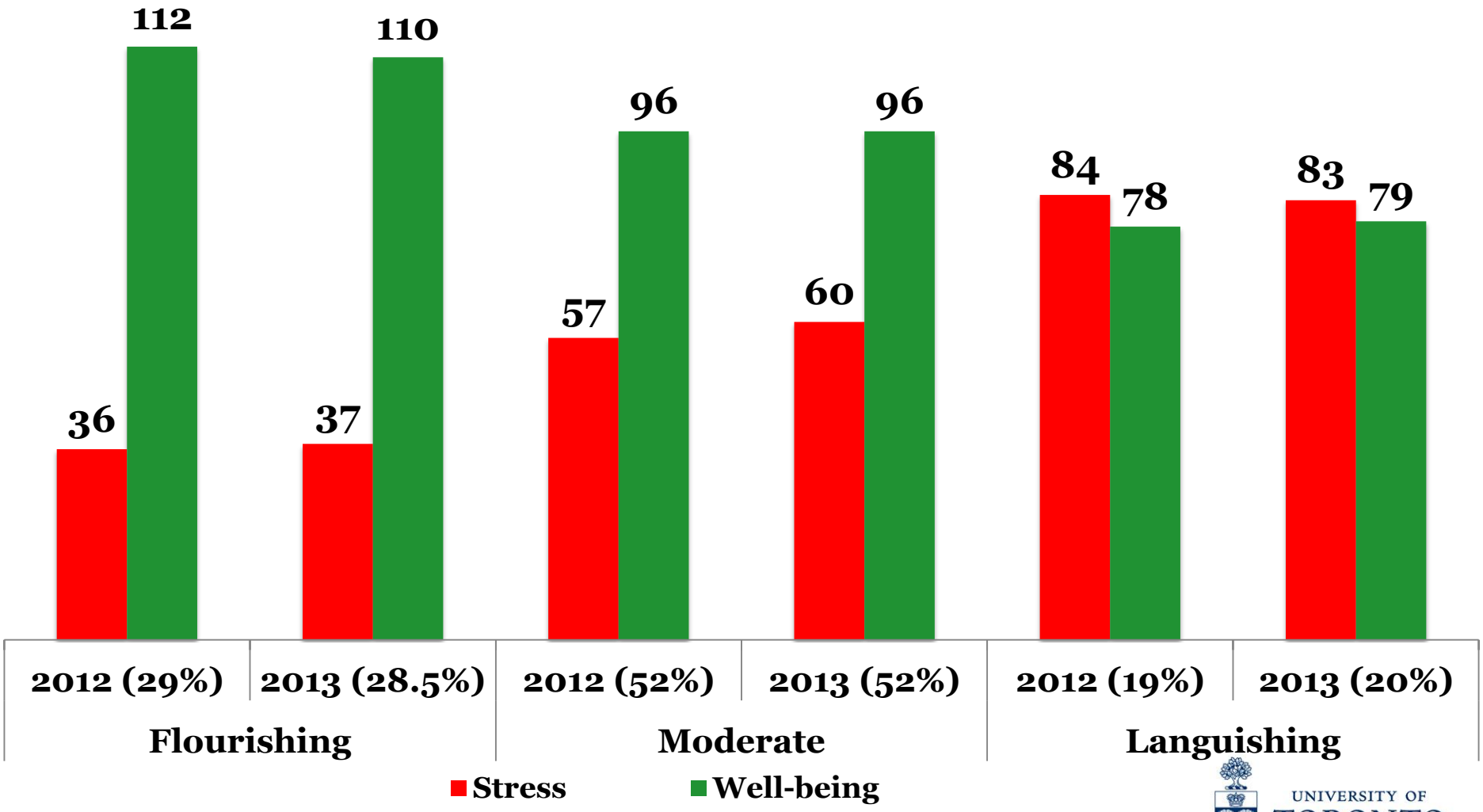
The Model (Corey Keyes)



Assessment: Four Parts

- Well-being (25 items)
- Character strengths (72 items)
- Stress (45 questions)
- Student engagement (24/34 questions)

Flourishing & Languishing: 2012-2013



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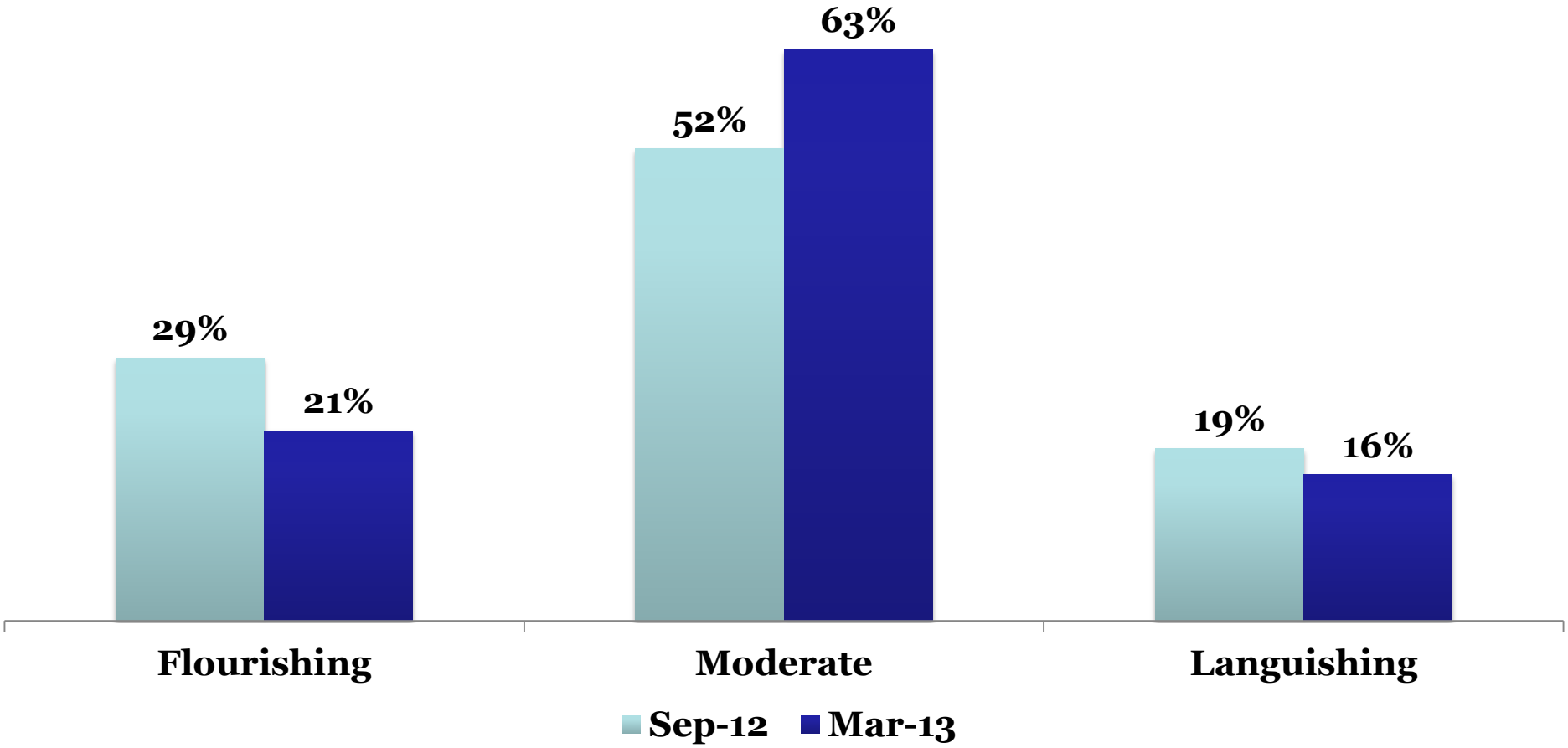
First Follow-up (%), March 2013



Predictors of Well-being

2013

- Zest
- **Love**
- Hope & optimism
- **Spirituality**
- **Low Stress**
- **Leadership**
- Classroom behaviour
  Kindness & generosity
  Perseverance
- **Humour & playfulness**

2012

- **Low Stress**
- **Love**
- **Leadership**
- Academic Self-efficacy
- **Spirituality**
- Teamwork & citizenship
- Love of learning
- **Humour & playfulness**
  Authenticity
- Social Comfort
- Education Commitment
  Forgiveness & mercy

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Predictors of Stress

2013

Generally a lack of

- **Resilience**
- **Well-Being**
- Motivation
- **Zest**

- *But also high scores on:*
- ***Exam Presentation***
- ***Leadership***
- ***Spirituality***
- ***Bravery & valour***
- ***Assignments***

2012

Generally a lack of

- **Resilience**
- **Well-Being**
- Educational Commitment
- Social Comfort
- Academic Engagement
- **Zest**

But also high scores on:

- ***Spirituality***
- ***Leadership***
- ***Perspective***

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Feedback (n= 183)

	Items	% Responded Strongly Agree & Agree	
		International (n = 101)	Canadian (n =82)
1	Profile: Accurate Reflection	78%	83%
2	Information useful	90%	83%
3	Would like to learn more about how I can use my strengths	97%	84%

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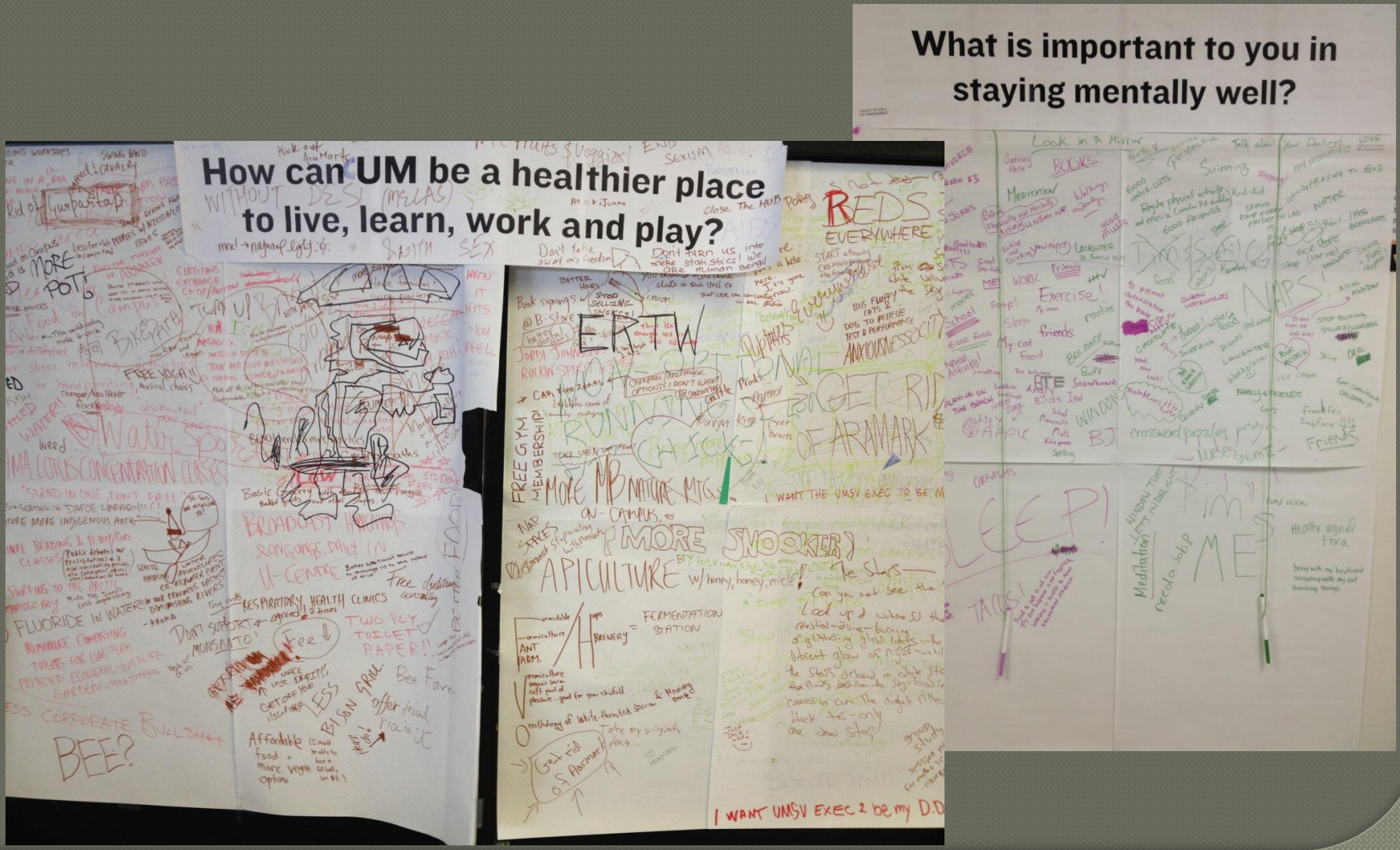
Developing a Campus Mental Health Strategy for the University of Manitoba

Stephanie Loewen, MA
Don Stewart, PhD

Situational Assessment

- Formed a small working group (February 2013)
- Consultation plan:
  - Scrawl on the Wall
  - Presentations/Group Discussions
  - Student Focus Groups
  - Faculty & Staff Online Survey
  - Website with Anonymous Comment Section
  - Mental Health Week and Related Events
  - Student, Staff & Faculty Interviews
  - External Partner Interviews
  - Validation Sessions
  - NCHA Results

Scrawl on the Wall



Literature Review

- Research about PSE mental health and workplace
- Best-practices in and outside of PSE and workplace settings
- Scan of other PSIs' mental health strategies, frameworks, or plans
- Promising practices

Analyzing the Data

- Used *Post-Secondary Student Mental Health: Guide to a Systemic Approach* to categorize
- Used suicide prevention framework
- Linked issues and gaps with best-practice interventions (where possible)
- Compiled a report of recommendations and submitted to the UM Mental Health Strategy Advisory Committee

Advisory Committee

- Reviewed and refined recommendations through a series of drafts over a four-month period
- Broadly constituted to represent all facets of the institution:
  - Administration (Vice-provosts; Ancillary Services; Human Resources; Associate Deans; Indigenous Achievement; Risk Management)
  - Faculty and Employees (Faculty members; Union representatives)
  - Students (undergraduate and graduate student associations)
  - Resources (Student Counselling; Human Rights; Alumni Relations; Student Support)

Final Draft

- Strategy was finalized in January, 2014
- Presented to President's Executive Team in February and immediately approved
- Permission granted to begin planning a launch
- Initial meetings and consultations with partners and Marketing Communications Office regarding the launch

Launch Plan

- Launch in May 2014 to coincide with Mental Health Awareness Week and Not Myself Today campaign
- Announce Campus Mental Health Facilitator position
- President's statement, social media, campus media, events
- Second-wave launch in October 2014 when students are back and settled

Goals of Implementation

- Raise awareness and educate the campus
  - Increase mental health literacy
  - Reduce stigma
  - Promote resources
- Enhance current services
  - Increase accessibility to staff and student resources
  - Create more integrated service delivery system
- Develop new resources
  - •Health and Wellness Peers
  - •Self-help and online resources
  - •Community partnerships
- Collect data and monitor outcomes
  - •Evidence-based practices
  - •Program evaluation
  - •Research collaborations

Implementation

Options for implementation structure:

1. Community-based committees for six key areas
2. Population-based committees for staff and students
3. Cross-cutting committees based on functions
4. Single oversight committee based on distributed leadership model
   - Leaner version of the advisory committee comprised of leaders in key stakeholder areas
   - Staff work within their existing job descriptions to carry out elements of the strategy on a priority basis
   - Campus Mental Health Facilitator works to integrate, systematize, and coordinate work plans among stakeholders

heretohelp
Mental health and substance use information you can trust

Canadian Mental Health Association
British Columbia
Mental health for all

University of Victoria | Centre for Addictions Research of BC

bc healthy minds/healthy campuses

a community of practice to promote campus mental health

Reflections on Applying the National Guide

Shaylyn Streatch, MPH
Coordinator, Healthy Minds/Healthy Campuses
Canadian Mental Health Association BC Division

Background

Healthy Minds/Healthy Campuses (HM/HC)

- Province-wide community of practice (CoP)
    - student service professionals
    - students
    - faculty and staff
    - administrators
    - community organizations
    - government partners
- CoP members share the common goal of promoting campus mental health and healthier relationships with substances at colleges, universities and institutes

Background

Core Funder

BC Mental Health and Substance Use Services

BC Partners for Mental Health and Addictions Information

Lead Partners
(Community Stewards)

CMHA BC*

CARBC

HM/HC Community of Practice

HM/HC has also received funding from

BC Ministry of Health, Health Canada and Vancouver Foundation

* HM/HC Initiative is managed and coordinated on behalf of BC Partners by CMHA BC

Background

What We Do

- Facilitate dialogue, learning, knowledge exchange and access to evidence-informed approaches
    - activities include: annual summit, webinars, online learning community, campus consultations, health promotion strategy development, capacity building, and ongoing network development
- Aim to enhance understanding, capacity and collaborative action towards comprehensive mental health promotion
- Apply a socio-ecological approach rooted in the Ottawa Charter for Health Promotion

Background

Summit 2011 Graphic Recording
by Leah Howard

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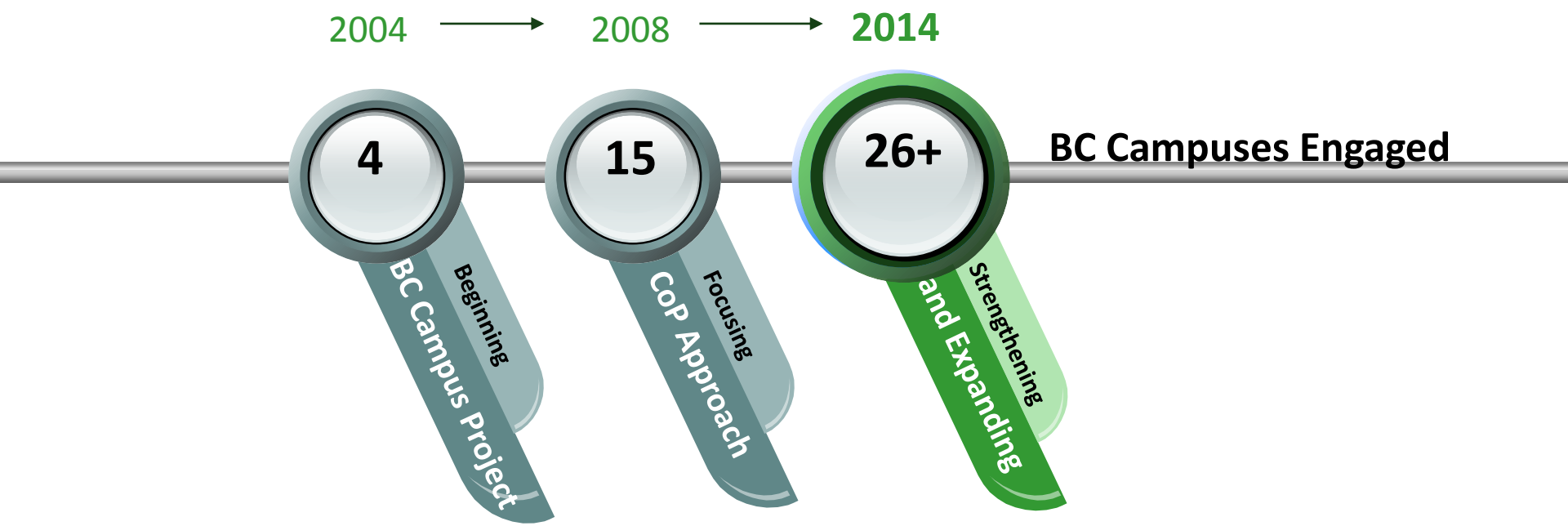
Background

HM/HC Initiative 2004 to Today



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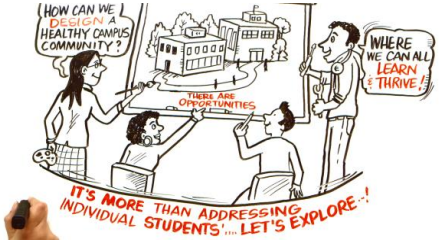
Making the Pitch

"It's more than addressing individual students… There are opportunities to be innovative and strategic in designing healthy campus communities where all students can learn and thrive! "



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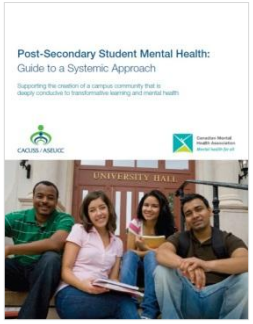
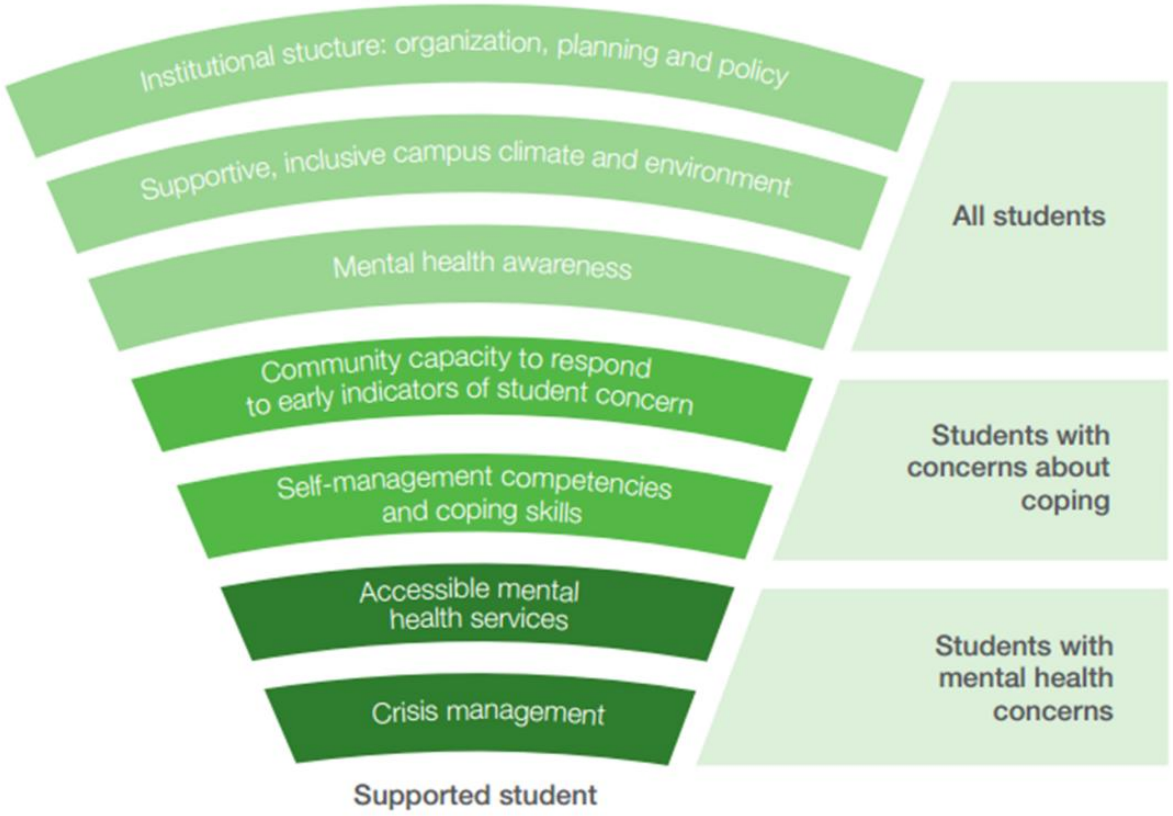
Guide to a Systemic Approach





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5th Annual Summit

5 Action Areas

- Campus Policies
- Learning Environments
- Community Connectedness, Belonging and Inclusion
- Services and Supports
- Situational Assessment, Engagement and Planning

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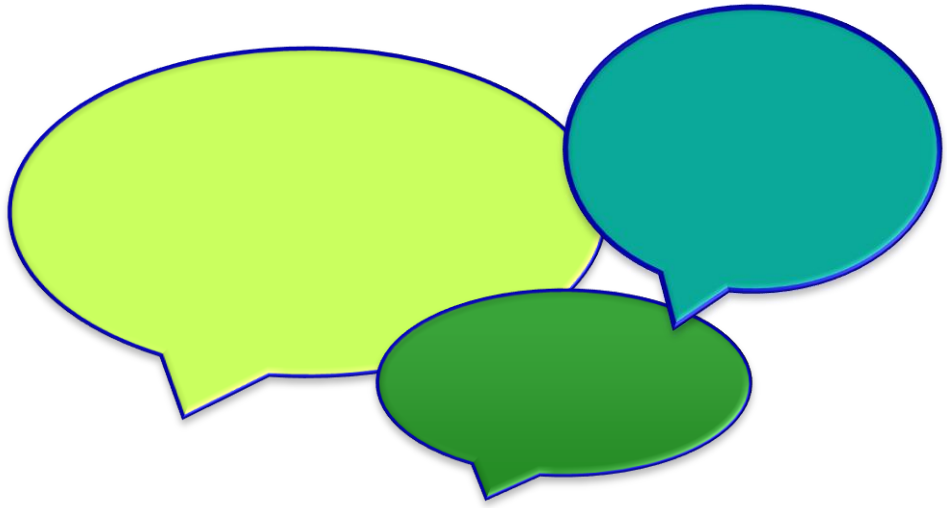
Discussion



Thank You