

Mental Health and Well-being at VCC



VCC acknowledges that we teach and learn on the traditional unceded territories of the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətaʔɫ (Tsleil-Waututh) peoples who have been stewards of this land from time immemorial

'Our Journey'
Healthy Minds, Healthy Campuses
March 1st, 2023

Clayton Munro & Elaine Pedersen
Co-Chairs, Mental Health & Well-being Steering Committee

Mental Health & Well-being

TAKING A SYSTEMIC APPROACH

VCC DAY 2020

Jonny Morris

*Healthy Minds |
Healthy
Campuses –
A Systemic
Approach for
Mental Wellness*




WWW.VCC.CA

PARTNERSHIP

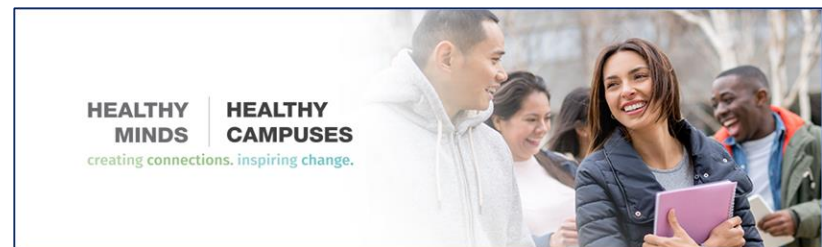


**Canadian Mental
Health Association**
British Columbia
Mental health for all



**University
of Victoria**

Canadian Institute for
Substance Use Research



Mental Health & Well-being

Getting Started

BC Government 'Campus Suicide Prevention Grant'



Project Goals

- Create a Mental Health & Well-being Steering Committee
- Engage students and employees to develop a 5-year framework
- Increase knowledge, awareness and competencies in mental health, wellness, and suicide prevention.

Establish a Formal Project Team / Structure

- Steering Committee
Elder in Residence, Student & Employee Indigenous Representation, EDI Leadership, Student/Support Staff/Faculty Unions, OH&S
- Project Coordinator
- Project Sponsors
- HMHC Project Team

Mental Health & Well-being FRAMEWORK TIMELINE



Mental Health & Well-being

FRAMEWORK ORIENTATION

Health

- Holistic, inclusive well-being; more than the absence of illness/injury
- Applies to individuals and to communities they comprise

Mental Health

- Thriving not just surviving; flourishing instead of languishing
- Ability to exercise capacity, deal with challenges, contribute collaboratively

Mental Health Promotion

- Helping each other to better manage mental health and factors that influence it
- Fostering resilience and shaping a favorable environment
- Upholding personal agency and social responsibility

Mental Health & Well-being

OUR INTENT & MISSION

Intent

To identify what a mentally healthy campus community looks like for VCC and to inspire us in collective pursuit of this vision.

- Understanding, kindness, and compassion
- Strong connectedness and mutual support
- Regard for personal agency, diversity, social justice

Mission

To help our learning community think, speak and act in appropriate and constructive ways regarding mental health.

- Building our capacity and enhancing mental health literacy
- Engaging in routine dialogue to foster empathy and normalize discourse
- Collaborating, respecting difference, and working towards consensus

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OUR COMMITMENTS

Our vision of VCC as a mentally healthy community leads us to make specific commitments in several interrelated aspects of our life and work.

Overall Approach

Promote mental health in a holistic, integrated, proactive, culturally attentive manner

Organizational Systems

Have well-being considerations shape our institutional structures and operational practices

Work & Learning Environment

Have well-being concerns influence our decisions on physical space and use of time

Community Connectedness

Strengthen relational connections to cultivate a culture of belonging and mutual support

Educational Endeavour

Equip our personnel (as integral to VCC's educational mandate) to contribute to community health

Support Services

Provide our members access to culturally responsive and safe care resources and services

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IMPLEMENTATION

While this is a shared responsibility, our Mental Health and Well-being Steering Committee took a principal role in driving and supporting efforts by

- working collaboratively with departments and existing committees throughout the college.
- activating working groups that set specific objectives to ensure progress.
- strengthening communication and integration with other key college-wide planning initiatives (e.g., Indigenization, EDI, Campus Plan).



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EVALUATION

To evaluate our implementation efforts and their impact in ways that are appropriate for a mental health promotion endeavour.

- Attending to indicators at both an individual and collective level
- Tracking relevant markers of reach and effects (e.g. outputs in #s of events held, participants involved, policies affected, resources developed, services accessed)
- Employing descriptive inquiry to capture impact in terms of participants' actual experience, expression of meaning and value in their involvement
- Engaging in dialogue around questions that emerge from the collected material as to how well the initiative is serving the diverse needs of the community



Mental Health & Well-being

Progress Since Launch

- Created 'Well-being at VCC' icon to promote all our well-being activities and resources for students and employees
- 'Not Myself Today' employee workplace mental health program fully underway
- 'Togetherall' platform access for students
- New Employee Training – Skillfully Responding to Distress, Psychological Safety
- New Student Training – 'Starting Conversations about Mental Health & Suicide'
- Suicide prevention videos created in collaborate 11 partner PSIs in BC
- Increase tech for students specific for well-being (laptops & Wellness iPads)
- Established an assessment / evaluation working group with leads from Indigenization, EDI, Environmental Sustainability and Institutional Research
- Created and released a student and employee well-being survey
- Informed Campus Plan new building design – dedicated 'Wellness / EDI Space'



Mental Health & Well-being

More Information



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Mental Health and Well-being Framework

In 2021, HM|HC's Support Team assisted Vancouver Community College in the process of formulating VCC's first Mental Health & Well-being Framework. The process and result reflected VCC's attraction to a systemic approach for addressing mental health in its own institutional context and a strong engagement of its campus community in describing the desired environment and commitments needed to achieve it. It also reflected HM|HC's conviction around a robust health promotion perspective as the appropriate conceptual outlook and practical orientation within which to situate such a strategic endeavor.

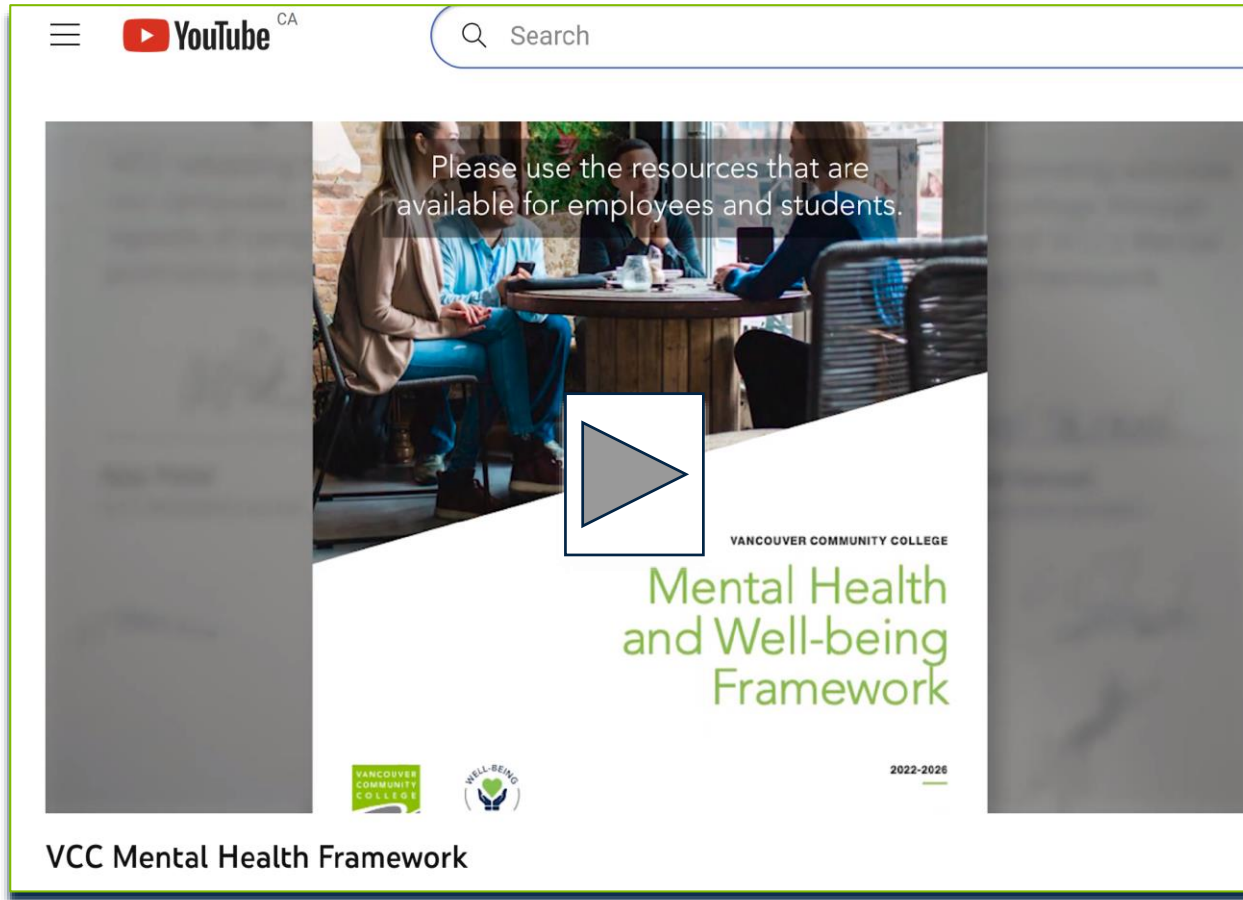
For more on this collaborative initiative, see:

- [VCC's Mental Health & Well-being Framework](#)
- [A summary account of the partnership and activities undertaken](#)
- [Reflections on and key takeaways from the effort from a VCC vantage point](#)
- [A review of the experience from the standpoint of HM|HC's Support Team](#)

<https://healthycampuses.ca/mental-health-and-well-being-framework/>

Mental Health & Well-being

Check out our Framework Launch Video



The logo for Vancouver Community College features a green rectangular background. The text "VANCOUVER COMMUNITY COLLEGE" is written in white, uppercase, sans-serif font, centered within the green area. Below the green area is a stylized white wave graphic that curves upwards from the left and then downwards to the right. The bottom portion of the wave is filled with a dark grey color. A solid dark grey horizontal bar spans the entire width of the image at the bottom.

VANCOUVER
COMMUNITY
COLLEGE