"Building a Healthier McGill": Embedding Resilience within the University to Support Student Mental Health and Well-being

Vera Romano

Director, Student Wellness Hub

Samantha Goldberg

Wellness Manager, Student Wellness Hub

Psegga Jones

Peer Support Manager Student Wellness Hub

Lumine Egan

Hub Peer Supporter, Student Wellness Hub

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Territory Acknowledgement

McGill University is located on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. McGill honours, recognizes, and respects these nations as the traditional stewards of the lands and waters on which we meet today.

Today's plan

Explore the creation and implementation of our whole-campus approach to embedding resilience within the university

- Develop an understanding of the BEAR framework for Building, Enhancing and Achieving Resilience
- Discover strategies for the Hub Peer Supporters critical role in ongoing co-design
- Review collaborations in implementing the resilience model

Student Wellness Hub

The Hub provides McGill students access to health and wellness services and programming through a central location.

- Build your wellness community
- Access clinicians
- Learn a new skill
- Relax in student-centered spaces

Local Wellness Advisors

Local Wellness Advisors (LWAs) are mental health clinicians embedded within faculties and services who work with students and staff on mental health <u>awareness</u>, <u>prevention</u> and <u>early intervention</u>.

Awareness, Prevention, Early Intervention

Integrated, holistic, student-centered models of care

Collaborative Care

Collaborative Care

A community-based approach, pulling on resources across McGill, throughout Montreal, and online.
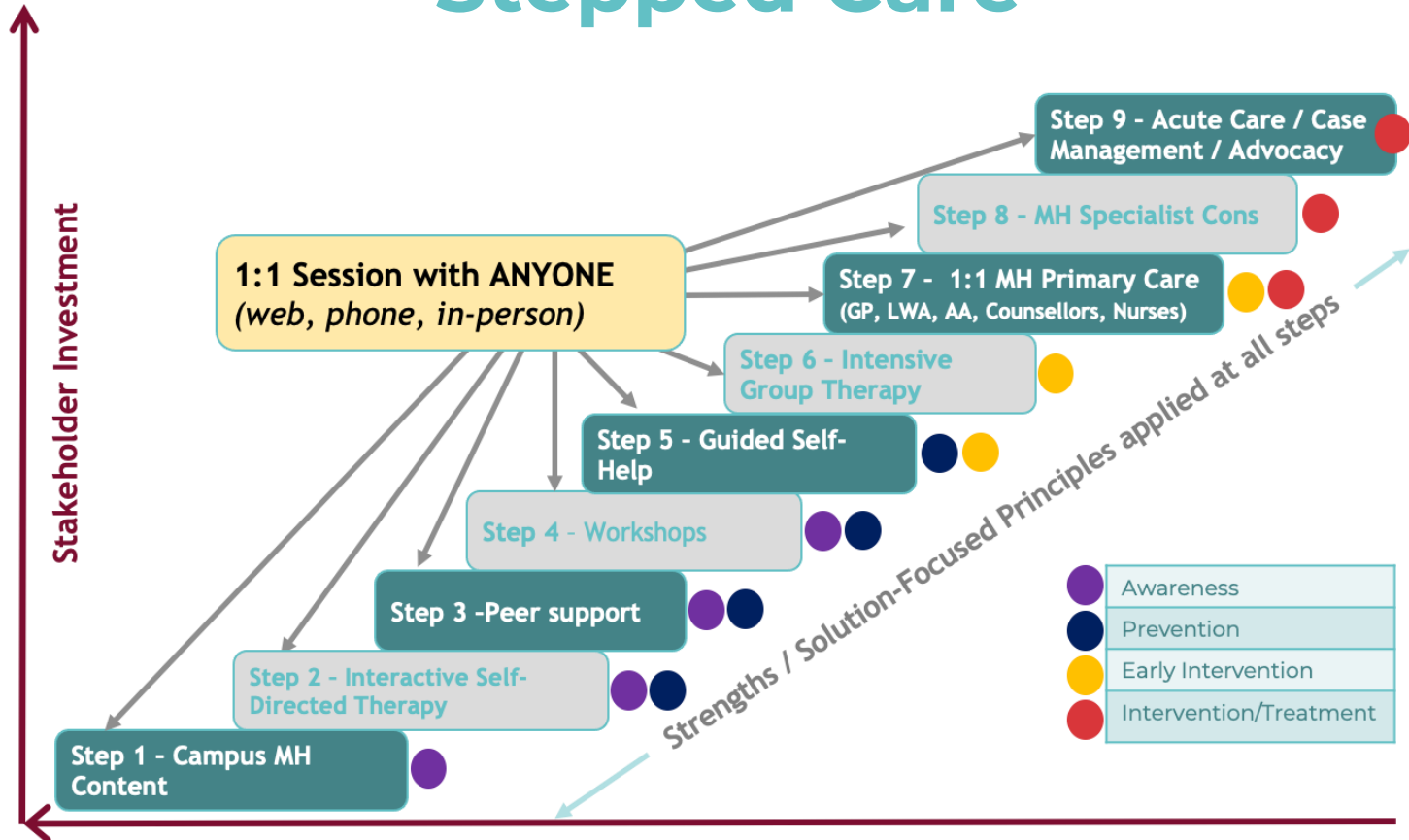
A holistic wellness model, incorporating integrated and multi-dimensional resources for all components of a person's well-being

Guided by resiliency-building principles, focusing on what makes a person well rather than just what makes them ill.

Empowering students to be part of their own recovery by building on their strengths and capacity for autonomy

Allowing flexibility in care, matching students with resources to speed up their recovery and be most effective to them

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Stepped Care

The Student Wellness Hub

Everyone has a role to play in student mental health!

Nurses	Counsellors	Dietitians	GPs	Health Promotion
Pychiatrists	Hub Peer Supporters	Case Managers	Access Advisors	Local Wellness Advisors

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What does resilience mean to you?

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress"
(APA, 2020)

"...depends on having sufficient inner and external resources to cope with whatever life throws at us...depends on learning effective coping strategies and skills to manage different kinds of troubles and threats" (Wong, 2011)

B Building

E Enhancing

A Achieving

R Resilience

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How do we build resilience?

Progress on the incorporation of universal wellness and resilience-building programing on a larger scale has been slow (CMHA, 2013)

There is an increasing need for universal preventions programs aimed at enhancing university students' mental health resilience (CMHA, 2013; Okanagan Charter, 2015; Rashid & Louden, 2018)

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Building
Enhancing
Achieving
Resilience

Check out the monthly wellness themes
supporting students throughout the year

August 29 - Sep 30
Hub Awareness

October 3 - October 31
Gratitude

November 1 - November 21
Time Management

November 22 - December 22
Stress Management

January 9 - February 3
Mindfulness

February 6 - March 10
Effective Communication

March 13 - March 31
Building a Healthier Lifestyle
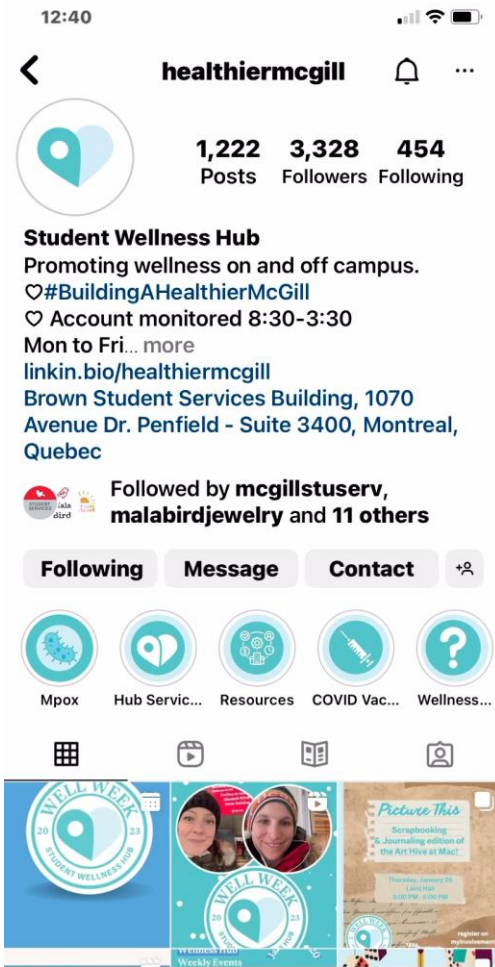
April 3 - April 28
Wellness Rewind

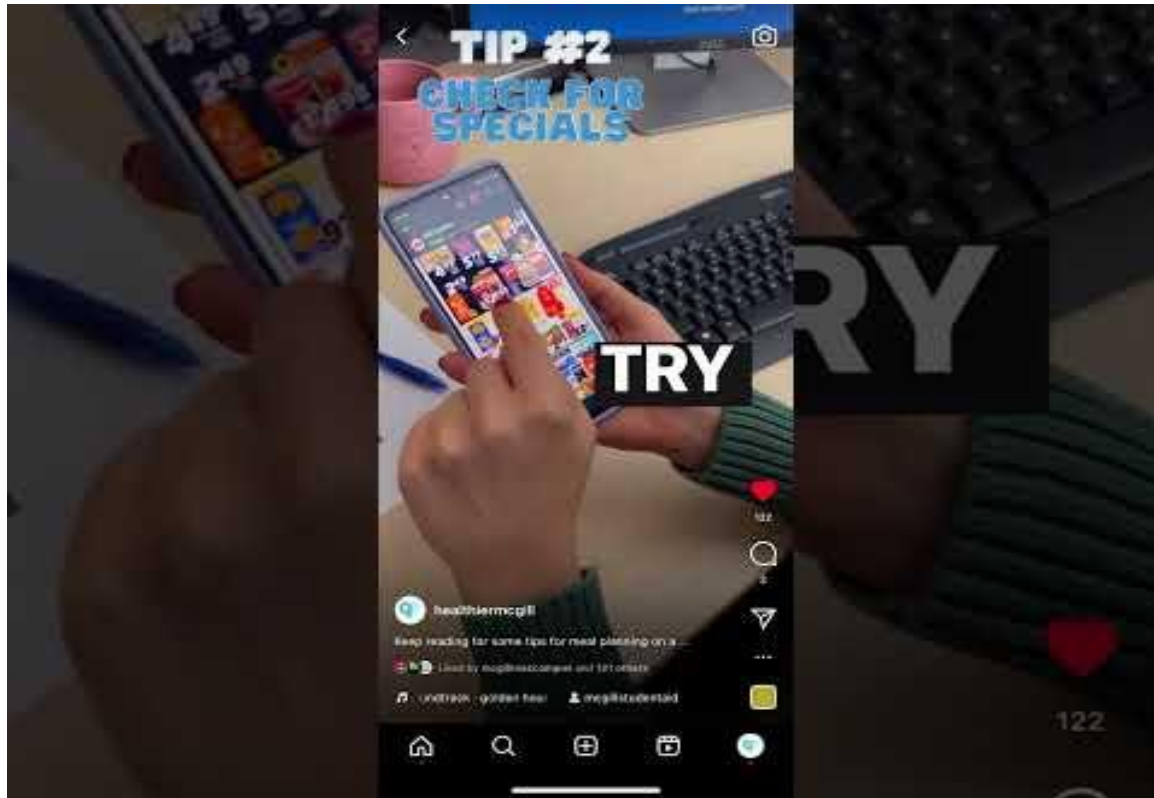McGill | Student Services · Services aux étudiants

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@healthiermcgill

- 3,479+ followers
- Psycho-educational content, just for fun and Hub info.
- Highest engagement through **reels** (12K +)

Nutrition Bytes Series

- 1:30 sec videos
- Most engaging content (12k + views)
- Trauma-informed bite-sized tips for students to build skills and knowledge around nutrition, body, and food.

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Elevating the Student Voice
Reflection

What does it mean to elevate the student voice?

What is the student voice saying to you about what you are doing in your context?

Instructions on how to participate:
Step 1: Go to www.menti.com
Step 2: Enter Code: 1641 9143
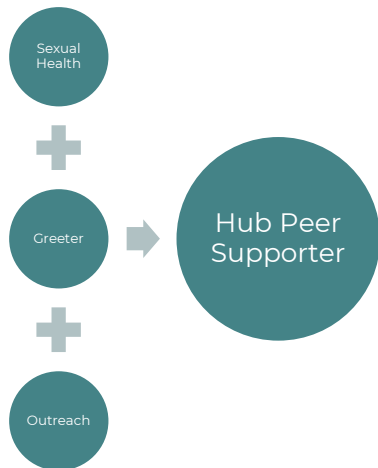Step 3: Answer the question(s)

McGill's Hub Peer Supporters

Role and Functions:

- *Providing* a physical and virtual space free of judgement where students can share their thoughts
- *Building* a physical and virtual community among students
- *Connecting* students to on and off-campus resources when needed
- *Creating* opportunity to explore topics including but not limited to, harm reduction, sexual health, mental health, nutrition, body positivity, healthy sleeping habits, etc.

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Operations- HPS Sub-Teams

Greeter · Sexual Health · Outreach · Peer Support Training · Peer Health Navigating · Social Media · Mac Campus

Sexual Health + Greeter + Outreach → Hub Peer Supporter

The Sub-Teams do not work in silos, but rather, collaborate in all roles within the resources we offer.

Programming

Student Wellness Hub Animal Therapy (SWHAT)

Art Hive

The VR Experience

Workshops and more...

The Student Voice

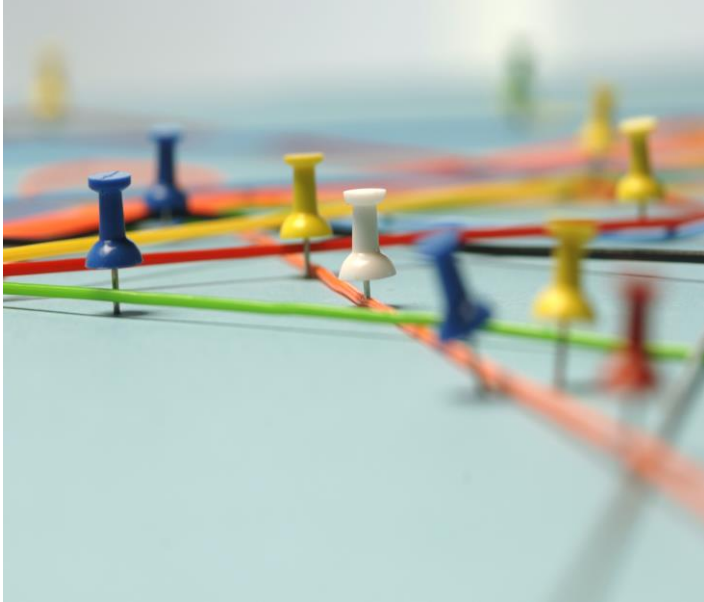*"Peer support can be invaluable to good mental health."*
- Anonymous

Co-Design

What is *Co-Design* ?

"The approach of actively involving stakeholders in the design process..."

http://www.goodthingsfoundation.org

Characteristics of Co-Design...
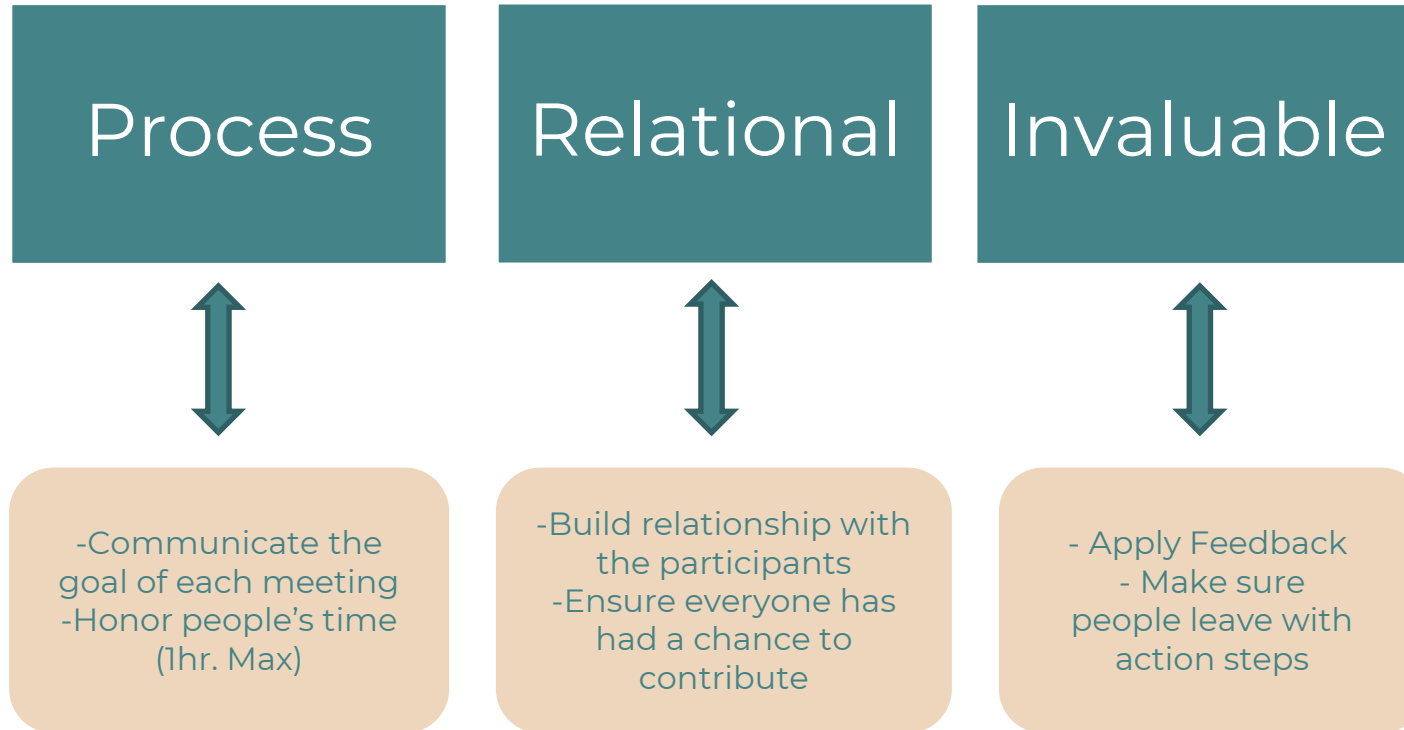

Process

Relational

Invaluable

Ongoing or Situational

What it is and What it is not...

Conversation vs. Consultation

Group Analysis vs. Critique

Co-Design Meetings

Process	Relational	Invaluable
-Communicate the goal of each meeting -Honor people's time (1hr. Max)	-Build relationship with the participants -Ensure everyone has had a chance to contribute	- Apply Feedback - Make sure people leave with action steps

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Resilience and Wellness (RAW) Communities of Practice

Local Wellness Advisors

Students

Faculty

Staff Members

Recommendations

Implement co-design

Establish relationships with key allies

Replace add-on" with "embed"

Thank You