



Mental Health & Well-being Strategy

2017-2020

Strategic Goals

- 1) Policies, Procedures, and Practice
- 2) Supportive Campus Environment and Student Connections
- 3) Mental Health Literacy, Engagement and Support
- 4) Campus Mental Health Services
- 5) Supporting Students at Risk and Responding to Crises

1. Policies, Procedures, and Practice

- ▶ *Apply a “mental health lens” in the creation of new, and the review and revision of existing, College policies, practices and procedures to ensure the development and maintenance of optimal student mental well-being at Lambton College*



Key Objectives

- ▶ College communication and information
- ▶ Policy review and development
- ▶ Curriculum, instruction and evaluation
- ▶ Program entry, exit and re-entry

Supporting Initiatives

- ▶ High Risk Intervention Team
- ▶ Registration process to identify students with diverse needs
- ▶ Universal design used in the planning of spaces and services
- ▶ Student handbook
- ▶ Counselling and Accessibility Centre provide consultation, education, and problems solving
- ▶ Supportive response for a death of a student
- ▶ Intake procedures which review readiness of students to enter and progress successfully in an academic program

2. Supportive Campus Environment and Student Connections

- ▶ *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*



Key Objectives

- ▶ Space design and a climate of well-being
- ▶ Student connections and engagement
- ▶ Peer support
- ▶ Access to learning and community activities

Supporting Initiatives

- ▶ Greenhouse invites student participation and connection
- ▶ Invitation and involvement of students in the mental health and well-being strategy
- ▶ Mental health hub where the college community can access mental health resources and assistance
- ▶ Lambton PEERS, Student-facilitated activities, clubs and groups
- ▶ Mental Health promotion and activities facilitated by students
- ▶ Aboriginal Centre for Indigenous education
- ▶ Multi-purpose gathering areas

3. Mental Health Literacy, Engagement and Support

- ▶ *Engage the Lambton community in a process of valuing and initiating the recommended actions that promote student mental health and well-being, support students who are experience psychological distress, and connect them to campus services*



Key Objectives

- ▶ Mental health literacy and a culture of compassion
- ▶ Learning and well-being
- ▶ Community supports for distressed students
- ▶ Collaboration with employee-designated/targeted mental health initiatives

Supporting Initiatives

- ▶ College provides comprehensive training to employees and students
- ▶ Well-Being in the Learning Environment, explores ways that faculty can embed activities in their curriculum
- ▶ Planned mental health promotion and events
- ▶ Facilitation of community engagement forums
- ▶ Education sessions for employees
- ▶ Direction and support provided by the MHAB
- ▶ Liaison with other Colleges in the development of mental health literacy

4. Campus Mental Health Services

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



Key Objectives

- ▶ Service information and promotion
- ▶ Capacity, effectiveness and responsiveness of services
- ▶ Consultation with employees
- ▶ Connections with professional, provincial and community resources

Supporting Initiatives

- ▶ Workshop offerings and resources posted on mylambton, distributed in information bulletins and featured on computer monitors on campus
- ▶ Professional development offerings
- ▶ Counsellors and Accessibility Centre provide consultation, referral and problem-solving advice to employees
- ▶ The Wellness Centre provides information, guidance and support
- ▶ The Aboriginal Centre involves community elders and engages in culturally sensitive activities
- ▶ Student counselling appointments

5. Supporting Students at Risk and Responding to Crises

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



Key Objectives

- ▶ High risk student intervention and supports for “students-at-risk”
- ▶ Communication and roles within the college community
- ▶ Responding to campus based crises and critical incidents
- ▶ Responding to threats of a broader, more complex nature

Supporting Initiatives

- ▶ Cross functional representation on HRIT and TAT
- ▶ HRIT and TAT have created procedures related to critical incident response
- ▶ Emergency Management and Business Continuity Plan developed for crisis
- ▶ Violence threat risk assessment training provided to TAT members
- ▶ Counsellors / Safety & Security provide presentations and training with department groups to discuss ways of supporting “at-risk” students

Future Focus

- ▶ Develop a gap analysis of recommended actions
- ▶ Identify specific goals and focus
- ▶ Regularly review *Mental Health Strategy*
- ▶ Senior management support
- ▶ Employee and student support