



CACUSS 2017

**Student Oriented Mental Health Literacy at Queen's
University**

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About Queen's



- Residential campus in downtown Kingston
- 18,000 undergrads and 4000 graduate students
- 6000 faculty and staff + 2500 student staff

“knowledge and beliefs about *mental disorders* which aid their recognition, management or prevention”,

Jorm 1997

“The awareness and abilities / skills that enable people to understand, apply, and access information for mental health”.

Canadian Alliance on Mental Illness and Mental Health
(2008)

- Queen's Strategic Framework
 - Student Learning Environment: Student Engagement
- Academic Plan
 - Health, Wellness and Community
- Principles Commission on Mental Health
 - Student Mental Health and Wellness Framework (2012)
 - Promote a healthy community
 - Transitions and resilience

- Promote a healthy community
 - Awareness and understanding of mental health and mental illness
 - Supportive campus and community
 - Knowing how to respond to signs of distress
 - Destigmatizing help-seeking
- Transition and resilience
 - Supportive initiatives and skill building related to adjustment, transitions, and human development

- Key role of students and peer-based programming
 - Peer Support Center
 - Graduate Student Advisors
 - Peer Mentoring
 - Residence Dons
 - Peer Learning Assistants
 - Peer Health Educators
 - Student organizations, clubs, societies and initiatives related to mental health and well-being

Peer Led

- Speaker series (lived experience)
- Helping a friend with.... series
- Creating Perspectives
- Keep Calm and Self Care On
- Residence yoga
- Colour me Stressless
- Bell Let's Talk Chalk
- Knit Happens
- Community Talks



Creating Perspectives (Peer Led)



- Joint initiative between Peer Health Educators (PHE), Mental Health Awareness Committee (MHAC), and Peer Support Center (PSC).
- Interactive and activity based
- 3 parts
 - Information about mental health and mental illness and recognizing signs of distress
 - Student with lived experience shares story
 - Help seeking (destigmatize and identify resources on campus)

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Staff Led

- Identification and Response to Students in Distress (1 hour)
- Awareness, Anti-Stigma and Response (3 hour)
- Mental Health First Aid
- SafeTalk
- Self-care
- Mindfulness

- Introduction to Mental Health / Mental Illness
- Mental health continuum
 - Recognizing signs and flags
 - What you can do at each level
- Stigma and lived experience
- What to say / not say
- Resources and supports on campus

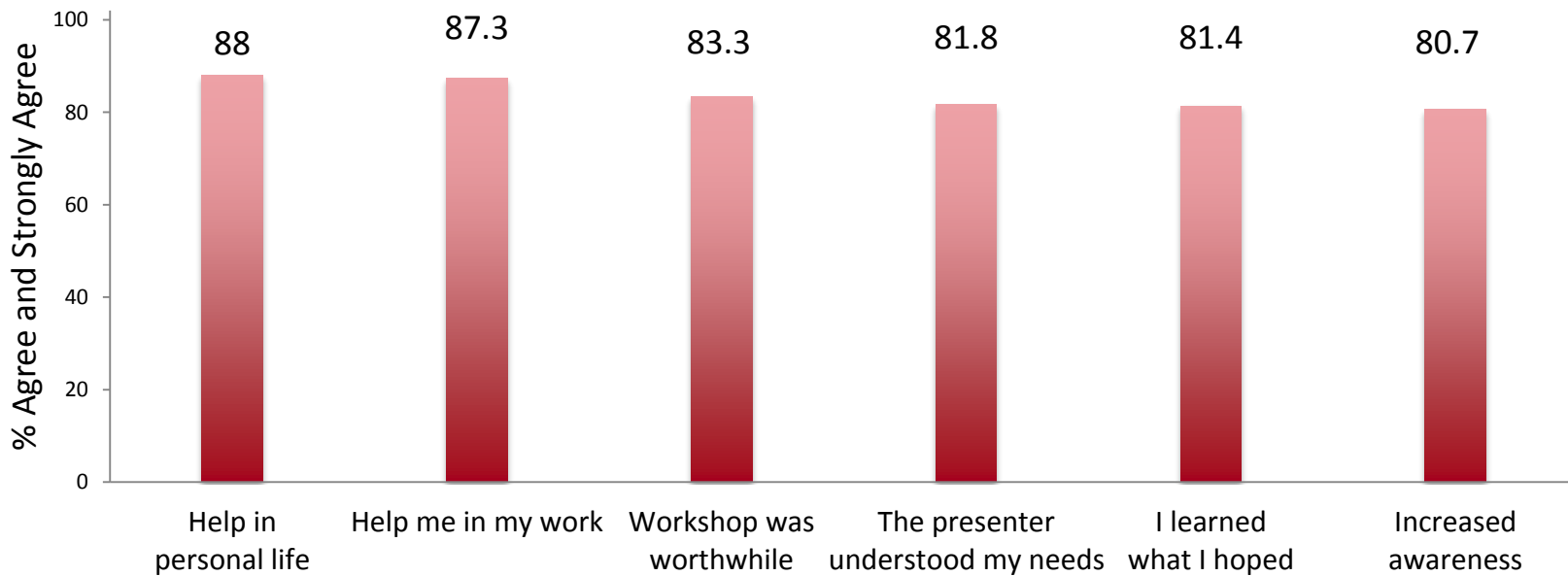
Collaborations



- Thrive Week
- Mental Health Working Group
- Mental Health Presenter's Group (staff led)
- Clinical Psychology Graduate Students
 - “Got your back”
- Counsellors
- Residence team
- Athletics and Recreation
- Practicum students (nursing)
- Student Academic Success Services
- Human Resources
- Student Wellness Service

- Post surveys
- Satisfaction surveys
- Mental Health Presenter's Group
 - Feedback and revisions
 - Consistency
- Peer Health Educators
 - Mental health team
 - Social media team
- NCHA

Staff Led Workshops - Evaluations



Staff Led Workshops - Evaluations



“I enjoyed how everything was related to our mental health as future teachers. This made it extremely relevant and increased my interest.”

“Add more of the personal stories, videos and anecdotes. It put a real person in my mind.”

“ I thought this workshop was going to be about people with severe mental health issues so I really enjoyed learning about the different stages of mental health and the importance of taking care of your mental health.”

“ This was pretty much the same as the workshop we had in high school.”

NCHA Data – Topics for more information



Undergraduate

1. Sleep Difficulties
2. Grief and Loss
3. Relationship Difficulties
4. Violence Prevention
5. How to Help Others in Distress

Graduate

1. Stress Reduction
2. How to Help Others in Distress
3. Depression and Anxiety
4. Nutrition
5. Physical Activity
5. Sleep Difficulties

Thank You