



Memorandum

Deputy Provost (Student Life and Learning)
James Administration Building, Room 621
845 Sherbrooke St. West
Tel: 514-398-3109

TO: Senate
FROM: Professor Ollivier Dyens, Deputy Provost (Student Life and Learning)
Ms. Martine Gauthier, Senior Director, Student Services
SUBJECT: Progress Report on the McGill Health and Wellness Strategy
DATE: May 15, 2017
DOCUMENT #: D16-68
ACTION REQUIRED: INFORMATION APPROVAL/DECISION

ISSUE A progress report on the McGill Health and Wellness Strategy is being presented to Senate for information.

BACKGROUND & RATIONALE The McGill Health and Wellness Strategy is an innovative approach as it includes students, faculty and staff in one strategy. Research, best practices and consultation have demonstrated that a health and wellness strategy needs to encompass all communities on campus. The goal is to have interconnected resources in place that will support both the body and mind, and be accessible when the need arises. As part of the development of McGill’s strategy, we have consulted with different McGill community members. We want to hear the unique and diverse voices at McGill and learn more about our community members’ lived experiences with wellness and health. This feedback has been incorporated in the development of our strategy.

PRIOR CONSULTATION Senior Administration, ESAAC, SSMU, PGSS, Dean’s group, HR, Wellness Advisory Group, various student groups. We have also invited members of our community (staff, faculty, students, alumni, parents/families of students, retirees) to provide input and feedback via an anonymous online consultation form. We have also consulted with experts at national and international institutions that focus on providing mental health and other health and wellness services to colleges and universities or to youth in general.

SUSTAINABILITY CONSIDERATIONS The very development and implementation of a campus-wide, high-profile health and wellness strategy is an exercise in social sustainability. This initiative is meant to prioritize and institutionalize making McGill a healthier environment, which is needed in order to sustain and develop a community’s potential and growth. The strategy will also look to expand and strengthen our services through sustainable practices, so that our community members’ current – and emerging – needs can be continually met. Because of the strategy’s holistic approach to health and wellness, its development and implementation

will also positively impact elements of social sustainability such as equity, quality of life, diversity, and social cohesion.

**IMPACT OF
DECISION AND
NEXT STEPS**

- June 30th 2017 Draft Strategy to Rossy Family Foundation
- September 2017 Draft Strategy to Senate
- January 2018 Implementation of Strategy

**MOTION OR
RESOLUTION
FOR APPROVAL**

This item is presented for information.

APPENDICES

Appendix A: Progress Report on the McGill Health and Wellness Strategy (PowerPoint Presentation)

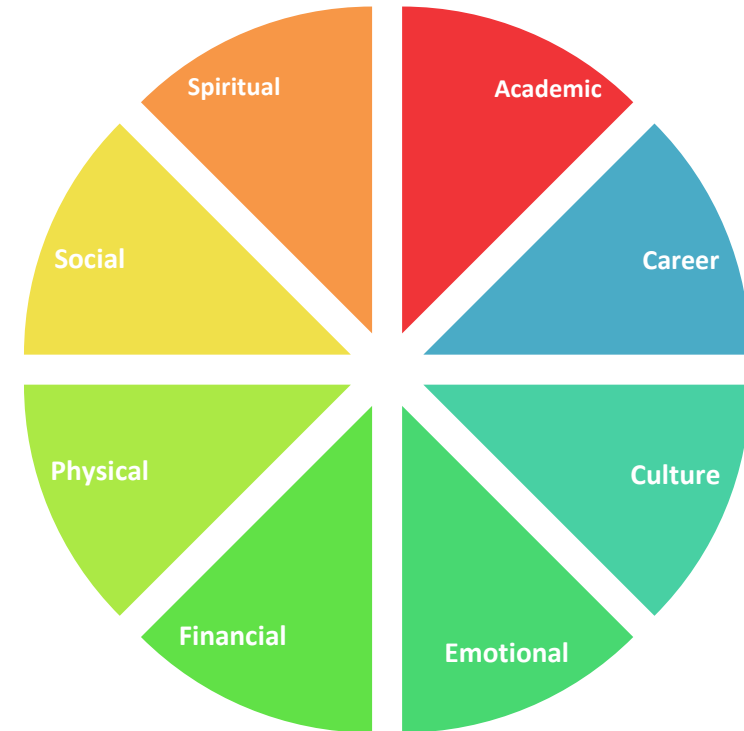
The McGill Health and Wellness Strategy

Senate Update

May 15, 2017

McGill Student Services

- Campus Life and Engagement
- Career Planning Service
- Counselling and Mental Health Services
- First Peoples House
- Health Services
- International Student Services
- Office of Religious and Spiritual Life
- Office for Students with Disabilities
- Scholarships and Student Aid Office
- Tutorial Service

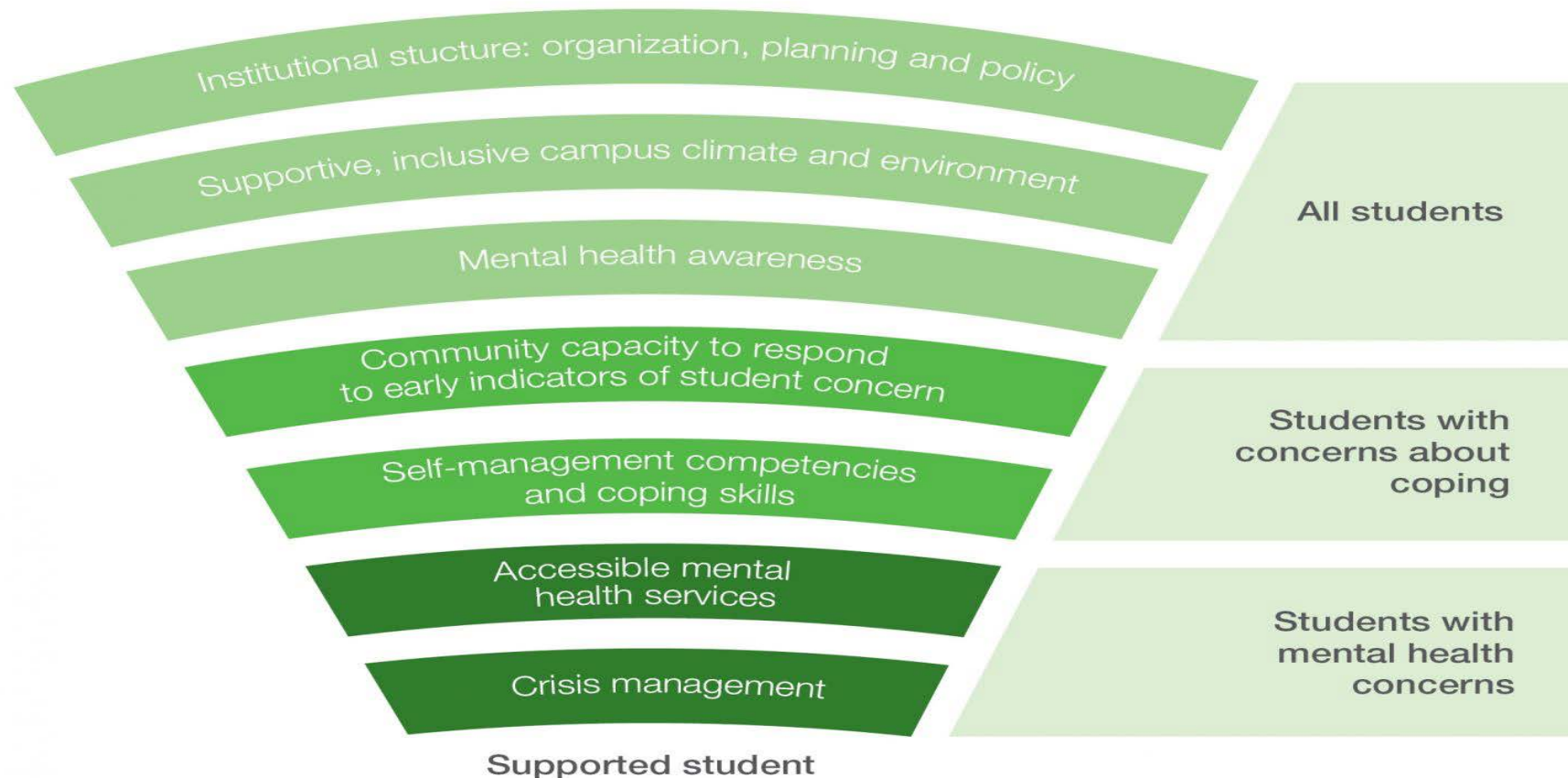


Student Mental Health Context at McGill

- **A higher proportion of McGill students experience depression and academic distress** in comparison to the AAU group and the US national averages.
- Approximately 15% of the McGill student body accessed Counselling and Mental Health Services during the 2014-2015 academic year (~5,800 students).
- Students accessing Counselling and Mental Health services **increased by 57% in three years.**

Current Distribution of Resources to Address Student Mental Health

Figure 2: Framework for Post-Secondary Student Mental Health



Moving Beyond Student Mental Health to Campus Health and Wellness...

Institutions enhance their success when they infuse health into everyday operations with the goal of creating campus cultures of compassion, well-being, equity, and social justice. In the case of universities, campuses become kinder and more productive, inspiring places.

The McGill Health and Wellness Strategy

- Background/Rossy Family Foundation
- Advisory Committee Composition
- Health and Wellness Terms of Reference

Mental Health

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community.

World Health Organization, 2001

Health and Wellness

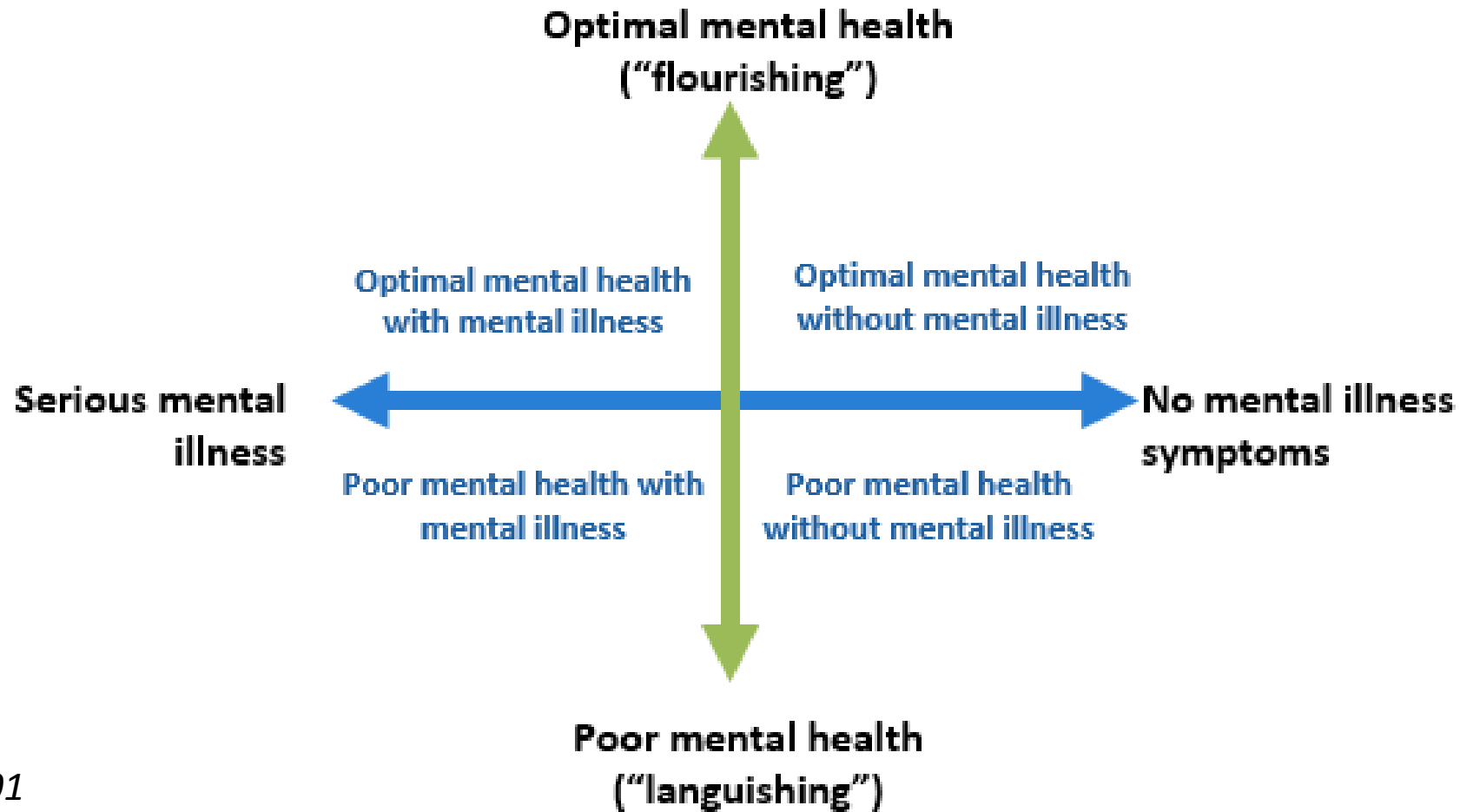
Health is – “... a state of complete physical mental, and social well-being and not merely the absence of disease or infirmity.”

World Health Organization, 1946

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

World Health Organization, 2017

Reframing the Mental Health Crisis: Dual Continuum Model of Mental Health and Mental Illness



The Emerging Framework...

Let's not talk about the mental health crisis anymore. We need to flip the discussion and talk about creating a (healthy) learning environment.

H&W Meeting #2

- Systemic, positive, proactive approach
- Awareness, education and prevention
- Cultural and policy shift to support health and wellness
- Applied research, assessment and evaluation, best practices
- Physical environment
- Partnerships and collaborations
- Enable/facilitate health and wellness
- Sustainability

Next Steps:

- Framework / priority areas
- Guidelines for funding

Timeline:

- June 30th Draft Strategy to Rossy Family Foundation
- September Draft Strategy to Senate
- Jan. 2018 Implementation of Strategy

Thank you so much!