

**Provost's Advisory Committee  
on Mental Health**

**ANNUAL REPORT**

**2016-2017**

## Introduction

The Provost's Advisory Committee on Mental Health (PACMH) was established in June 2013 to build upon the recommendations of the 2012 [final report](#) of the Principal's Commission on Mental Health. PACMH is responsible for "...coordinating, reviewing, and reporting on the progress of, mental health initiatives across the university."

The PACMH met three times over the 2016-2017 academic year.

2016-17 membership:

Anastasiya Boika	SGPS Representative
Jennifer Dods	Executive Director, Student Wellness Services
Sydney Downey	Manager, Return To Work and Accommodation Services, Human Resources
Roumen Milev	Head, Department of Psychiatry
Kim Murphy	Director, Office of the V-P (Finance & Administration)
Ellie Sadinsky	Executive Director, Office of the Vice-Provost and Dean of Student Affairs
Carolyn Thompson	AMS Representative
Ann Tierney	Vice-Provost and Dean of Student Affairs - Chair
Cameron Yung	Rector

Implementation of the recommendations of the 2012 report of the Principal's Commission on Mental Health has, for the most part, been completed. This annual report of the PACMH summarizes progress on the 16 priority initiatives/recommendations identified in PACMH's first annual report (June 2014) for consideration and action for 2014-16. Some of these projects will be completed by 2018-19 --for example, the scheduled Fall 2018 opening of the new Innovation and Wellness Centre that will house the new Examination Centre, and new facilities for Student Wellness Services. In addition, the university, the AMS and

the SGPS, continue to implement a broad range of activities, programs and services that align with the commission's four-level pyramidal structure:

- **Promoting a Healthy Community**
- **Transitions and Resilience**
- **Encouraging Help-Seeking and Helping Behaviour**
- **Providing Effective Response, Service and Care**

In 2017-18, the PACMH will discuss next steps in the university's strategic approach to student mental health, in the context of the university's commitment to campus health and wellness, more broadly, for students, faculty and staff.

## Progress on PACMH-identified Priorities

The following 16 commission recommendations were identified by the PACMH in June 2014 as priorities for further assessment and action over 2014-2016.

Recommendation		Champion	Status/Target Date for Implementation	Comments
1	Establish an Exam Centre	Student Affairs	Fall 2018	The centre will open in the new Innovation and Wellness Centre in 2018.
2	Look at options for students who have had a false academic start, e.g. dropping a mark	Provost's Office	Complete	There is a common 'drop date' deadline of week eight in each of the fall and winter academic terms.  Courses dropped between week one and eight will not appear on a student's transcript, and there is no academic penalty.

Recommendation		Champion	Status/Target Date for Implementation	Comments
				After week eight, there are appeal processes in each Faculty/School, through which students can seek to drop a course. Students can also appeal to the University Registrar for a tuition refund for dropped courses at any time.
3	Consider day-to-day academic scheduling (class and exam) to respond to compressed and close-to-conflicting exam schedules	Provost's Office	Complete  Summer 2018	<p>The scheduling of Sunday exams starting in December 2015 helped decompress the exam schedule.</p> <p>The establishment of a two-day Fall Break in the seventh week of the term starting in Fall 2018 will help alleviate the stress students often experience during this point in the semester.</p> <p>A significant upgrade to the timetabling system, that includes comprehensive software for the scheduling of courses, exams, events and meetings, and improved timetabling processes, will help reduce class conflicts, and decompress day-to-day academic scheduling and exam schedules. The new data-collection tool is scheduled to be operational for February 2018 and the remainder is expected to be completed by the summer of 2018.</p>
4	Review the planning and delivery of dual degree programs	Provost's Office	Complete	
5	Increase the promotion and benefit of academic advising	Student Affairs	Complete/ongoing	The Major Maps, the annual Majors Night, the introduction of academic advising to incoming Arts and Science students at Summer Orientation to Academics and Resources, and in summer webinars, build on the academic and career advising available to all students on an ongoing basis.

Recommendation		Champion	Status/Target Date for Implementation	Comments
6	The Faculty of Health Sciences consider creating a Division of Student Mental Health & Addictions within the Department of Psychiatry	Department of Psychiatry, Faculty of Health Science	Complete	
7	Consider the utility of academic prep programs in ensuring incoming students are optimally prepared	Provost's Office/ Student Affairs	Ongoing	Research continues into models and target participant groups for summer residential university prep programs.
8	Survey past Bader International Study Centre students and new upper year students to ensure specific transition issues, including those pertaining to reverse culture shock and health and wellness, are addressed	Student Affairs (Student Experience Office and Undergraduate Admission and Recruitment)	Complete/Ongoing	Surveys complete. The BISC mentorship program (Student Affairs, the Faculty of Arts and Science and the AMS club Castle Connections), the NEWTS orientation program, and the integration of post-BISC summer orientation to the Kingston campus are ongoing initiatives.
9	Distribute "referral information" slides that could be shown before classes on a regular basis	Student Affairs (Student Wellness Services)	Complete/ongoing	Slides are updated and distributed annually.

Recommendation		Champion	Status/Target Date for Implementation	Comments
10	Review the information that may be received from other universities when students transfer to Queen's to ensure all files – including counselling files – are sent to the appropriate offices with confidentiality protected as required	Student Affairs (Student Wellness Services, with support from the OUR)	Complete	Instructions for incoming transfer students are posted to relevant university webpages (Undergraduate Admission, Student Affairs, Student Wellness Services etc.) advising new students how to ensure their health, counselling and/or academic accommodation files from their previous institutions are sent to Student Wellness Services to promote continuity of care.
11	Consider whether a compassionate waiver process for the academic appeal fee could be developed with strict and standardized criteria that would be applied consistently across the university	Provost's Office	Complete	Practices are in place in Faculties/Schools
12	Explore the creation of an enhanced insured student benefits package for services not currently covered by provincial health plans, and consult with other post-secondary institutions to maximize cost-effectiveness	AMS and SGPS with support from Student Affairs with and HR as needed.	Complete	<p>The AMS plan has increased coverage from 60% to 80% per visit, to a maximum of \$400 per policy year for psychological services, and expanded the eligibility of mental health practitioners to include a clinical counsellor or an individual with a Masters in Social Work.</p> <p>The SGPS has confirmed that psychological assessments qualify as an income tax exemption. The SGPS has also implemented enhancements to its health and dental plan. Specifically, annual paramedical coverage has been increased from \$500 to \$600, and separate coverage</p>

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				for mental health (psychologists/social workers) has been added at \$500 with no per-visit cap. Prior to this, mental health coverage had been combined with paramedical coverage for a total of \$500.
13	Consider imposing a mandatory meeting between a staff academic advisor and all students who fail a first term midterm	Provost's Office	Complete	The <i>Bounce Back</i> program was expanded to all faculties/schools and has implemented referral and outreach mechanisms starting early in the fall term to first-year students who show signs of academic difficulty. Program referrals are also now being made by faculty-based academic advisors and counsellors.
14	Increase FTE complement of psychiatrists to assist students with more serious mental illness	Department of Psychiatry	Complete	Student Wellness Services now has two Mental Health Psychiatry positions funded by SEAMO: 1.4 FTE of Psychiatry, and .6 FTE GP Psychotherapy.
15	Establish a process to design and find new facilities for the various functions within HCDS to address the deficiencies and limitations of the current physical space with a goal of establishing a student health and wellness centre	Student Affairs and Physical Plant Services	Fall 2018	Student Wellness Services and other student services and programs will be housed in the new Innovation and Wellness Centre.
16	Develop performance targets for Student Wellness Services with metrics and reporting mechanisms.	Student Affairs	In progress	<ul style="list-style-type: none"> <li>-# counselling app'ts: 8,415 (7.4% increase over 15-16)</li> <li>-# MD mental health app'ts: 5,895 (53% increase over 15-16)</li> <li>-QSAS mental health-related registrants: 39% (576)</li> <li>-Per-student expenditure on mental health (SWS including embedded counsellors) has increased as enrolment has increased (2013-2017).</li> </ul>