

RETURN TO CAMPUS RESOURCE LIST

Prepared by the Centre for Innovation in Campus Mental Health



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH

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To learn more about Ontario's stages of reopening:

[COVID-19 Public Health Measures and Advice \(Government of Ontario\)](#)

Find out about the latest public health measures, advice and restrictions in Step 1 of the *Roadmap to Reopen*. Ontario moved into Step 1 on June 11, 2021 at 12:01 am. After 21 days in Step 1, Ontario can move to Step 2 if 70% of adults have received one dose of a vaccine and 20% are fully vaccinated. More about the *Roadmap to Reopen* [here](#).

General Information on the Return to the Workplace

This section contains resources on the return to the physical workplace in Ontario, Canada. These resources are not campus-specific, but may be helpful for preventing the spread of COVID-19 on campus and keeping both staff and students safe.

[Risk Mitigation Tool for Workplaces/Businesses Operating during the COVID-19 Pandemic \(Government of Canada\)](#)

This tool will assist workplaces/businesses in considering risks to employees and clients during the coronavirus disease (COVID-19) pandemic, and provide examples of measures that may be implemented at the workplace/business to mitigate potential risks.

[Resources to Prevent COVID-19 in the Workplace \(Government of Ontario\)](#)

This webpage provides information to help develop a plan to protect workers and the public from COVID-19. Find posters, tools and guidance for Ontario workplaces.

[Working from Home: A Guide to Keeping Workers Healthy and Safe \(WorkSafeBC\)](#)

This guide discusses a health and safety policy for working from home and outlines some useful tips and resources to help ensure the health and safety of your workers. This information may be helpful for campus staff continuing to work remotely during the 2021/2022 academic year.

Counselling Services

[COVID-19 Guidance: Mental Health and Addictions Service Providers in Community Settings \(Ontario Ministry of Health\)](#)

This document provides recommendations for mental health and addictions care in a community setting, which may be helpful for campuses when considering in-person service delivery. This document was released on September 24, 2020. Check [this webpage](#) for updated versions of this document.

[In-Person Counselling: COVID-19 Industry-Specific Information \(WorkSafeBC\)](#)

These protocols are for those providing in-person counselling services, including psychiatrists, psychologists, social workers, and counsellors in British Columbia. The information provided may be helpful for in-person counselling on Ontario campuses.

Athletics and Sport

[Return to Sport \(Athletics Ontario\)](#)

This webpage contains information on the return to play, sport, and training. Athletics Ontario has been working with the Back on Track national task force to develop return to sport guidelines. This information may be helpful for campus athletics departments.

[COVID-19 Return to High Performance Sport Framework](#)

The National Framework is a tool which consists of a minimum baseline of standards from current evidence, and guidelines from the provincial, territorial, and federal health authorities extrapolated into the sporting context by medical experts in infectious diseases and public health. The National Framework focuses on ‘how’ the reintroduction of sport activity will occur in a cautious and methodical manner from an athlete, coach, and practitioner perspective. This information may be helpful for campus athletics departments.

Health Care Services

[COVID-19 Guidance: Primary Care Providers in a Community Setting \(Ontario Ministry of Health\)](#)

This document provides recommendations for primary care in a community setting, which may be helpful for campuses with health centres. This document was released on November 9, 2020. Check [this webpage](#) for updated versions of this document.

[Infection Prevention and Control for COVID-19: Interim Guidance for Acute Healthcare Settings \(Government of Canada\)](#)

This webpage provides recommendations for acute health care settings, which may be helpful for campuses with health centres and in-person services.

[Catching Blind Spots in COVID-19 Health-Care Planning \(Mental Health Commission of Canada\)](#)

While the COVID-19 crisis is unquestionably bringing out some of the best of health care provision, such a crisis also exposes the weak spots in our health care systems. One example is the often “hidden in plain sight” aspects of mental illness-related structural stigma, which can create blind spots in decision making. This document discusses some of these blind spots.

PSE-Specific Information on the Return to Campus

This section contains resources specific to the return to the post-secondary campus environment in Ontario and beyond. These resources may be helpful for preventing the spread of COVID-19 on campus and keeping staff and students safe.

[The Impact of COVID-19 on Post-Secondary Education \(Centre for Innovation in Campus Mental Health\)](#)

This information sheet highlights the impact of COVID-19 on post-secondary institutions in Ontario. It provides information and statistics on the impacts of the pandemic on student mental health, finances and the learning environment.

[Guidance for Post-Secondary Institutions during the COVID-19 Pandemic \(Government of Canada\)](#)

The Public Health Agency of Canada (PHAC), in collaboration with Canadian public health experts, has developed this guidance for post-secondary institutions administrators and local public health authorities (PHAs) in jurisdictions where these institutions exist in the context of the coronavirus pandemic.

[Health and Safety Guidance During COVID-19 for Colleges \(Employer\) \(Public Services Health & Safety Association\)](#)

This document provides a set of resources, tips and best practices to help post-secondary employers and employees prevent the spread of COVID-19 and work together to reopen the province.

[Guidelines for Re-opening Canada's Universities and Colleges \(Canadian Association of University Teachers\)](#)

This article discusses the Canadian Association of University Teachers guidelines for member associations. Guidelines include involving joint health and safety committees and academic staff associations in decision-making, reducing risk, providing reasonable accommodation for staff to remain off-campus, ensuring academic freedom in the remote learning environment, compensating academic staff for additional preparation/instructional time, and considering equity implications.

[COVID-19 Guidance for Post-Secondary Institutions \(Toronto Public Health\)](#)

This document contains recommended guidelines, with examples, for post-secondary institutions to reduce the spread of COVID-19. You can also find Toronto Public Health's COVID-19 resource list for post-secondary institutions [here](#).

[Hindsight is 2020: A Year in Review \(Centre for Innovation in Campus Mental Health\)](#)

This webinar welcomes two senior administrators in the post-secondary system to reflect on how this past year has been a time of stress, a time of reflection and a time of adaptation. More

specifically, it has been a year that has helped them realize “what really matters” when it comes to creating a healthy campus environment.

[COVID-19: A Guide for International Students in Canada Arriving from Abroad \(Government of Canada\)](#)

This webpage attempts to put in place a consolidated set of guidelines to support the return of international students and outline the roles and responsibilities of Designated Learning Institutions, Provinces and Territories, and the Government of Canada.

[“Working Without a Blueprint” – Supporting International Students & International Student Advisors \(Centre for Innovation in Campus Mental Health\)](#)

The Centre for Innovation in Campus Mental Health’s June 2021 webinar aims to explore the unique mental health challenges faced by international students and international student advisors amid the uncertainty of the pandemic and returning to campus. *This resource will be available in early July. You can also register for the live webinar on June 30th [here](#).*

Out-of-Province Resources

[Education \(Post-Secondary\): COVID-19 Industry-Specific Information \(WorkSafeBC\)](#)

In preparation for the 2020/2021 academic year, public post-secondary institutions collaborated with key stakeholders, the BC Centre for Disease Control, WorkSafeBC, the Deputy Provincial Health Officer, and key education partners and stakeholders to develop comprehensive health and safety guidelines for campus operations during the pandemic.

[COVID-19 Go-Forward Guidelines for B.C.’s Post-Secondary Sector, June 2021 Edition](#)

These protocols provide guidance to British Columbia post-secondary institutions for education, research and on-campus services. The goal of these protocols is to support the gradual increase of in-person teaching, learning, research, administrative and support services at post-secondary institutions while reducing the risk of COVID-19 transmission. Mental health concerns are also highlighted in these protocols.

[COVID-19 Return-to-Campus Primer \(B.C. Ministry of Advanced Education and Skills Training\)](#)

B.C.’s Provincial Health Officer, Dr. Bonnie Henry, has advised public post-secondary institutions to begin planning for a full return to on-campus teaching, learning and research in September 2021. This document contains information on planning assumptions, general campus planning and educational activities for the Fall 2021 semester in British Columbia. Return-to-campus guidelines are coming soon, with implementation planned for August 1st.

[Post-Secondary Learning during COVID-19 \(Government of Alberta\)](#)

This webpage provides some basic information about how students in Alberta may be affected by the pandemic, focusing on grading, admissions, student services, financial support, practicums and co-op placements, apprenticeships and international students. Much of this information is applicable to the Ontario context.

[Guidelines Specific to Higher Education \(COVID-19\) \(Government of Québec\)](#)

This webpage discusses access to campuses, student residences, measures for supporting students, and the possibility of returning to campus in Fall 2021. The Government of Québec is encouraging campuses to develop a contingency plan that can be quickly implemented if the provincial vaccination target of 75% of individuals aged 16-29 is not met.

International Resources

[Considerations for Institutions of Higher Education \(U.S.A. Centers for Disease Control and Prevention\)](#)

This guidance is intended for any U.S.A. institution of higher education (IHE) that offers education or instruction beyond the high school level, such as colleges and universities, including community and technical colleges.

[COVID-19 Pandemic Resources \(American Association of University Professors\)](#)

This webpage contains COVID-19 resources relevant to the U.S.A. post-secondary context.

[Colleges & Universities: Plan, Prepare, and Respond \(Centers for Disease Control and Prevention\)](#)

This webpage provides U.S.A.-based information and resources for post-secondary administrators, faculty and staff.



Mental Health and the Return to the Workplace

This section contains resources about the mental health impacts of the return to the physical workplace. These resources are not campus-specific, but may be helpful for ensuring a psychologically safe and healthy return to the workplace/campus.

Guides and Toolkits

[Return to the Workplace: A Psychological Toolkit for Heading Back to Work \(Canadian Mental Health Association, Ontario Division\)](#)

This guide is meant to support the mental health of individuals as they plan safe transitions back into their workplaces and to help employers as they develop policies and procedures for supporting staff returning to the workplace.

[Navigating the New Normal: A COVID-19 Supplement to CAMH's Mental Health Playbook for Business Leaders \(Centre for Addiction and Mental Health\)](#)

This document provides tips and strategies for workplace mental health during and after the COVID-19 pandemic. This document is designed to work hand-in-hand with [CAMH's Mental Health Playbook for Business Leaders](#).

[Managing Through COVID-19: How to Support Your Employees' Mental Health: An Employer's Guide \(Ottawa Public Health\)](#)

This guide provides recommendations on protecting the mental health and safety of all workplaces, essential workers, those working from home and those in workplaces that are required to close. Ottawa Public Health also offers more mental health resources [here](#).

Infographics and Tip Sheets

[Burnout Recovery: A Quick Guide to Help on Your Journey \(Centre for Innovation in Campus Mental Health\)](#)

This information sheet is a complement to the Campus Mental Health Works Workshop on the same topic. The info sheet highlights the 3-step process shared in the workshop to aid us in our process of recovering from burnout. These strategies are also helpful as we look to prevent the experience of burnout in the future.

[How to Manage Return Anxiety as the Lockdown Lifts \(Mental Health Commission of Canada\)](#)

As the COVID-19 curve flattens and the country begins to re-open, many people are facing a new set of concerns, sometimes called return or re-entry anxiety. The sources for this anxiety include worry about a heightened risk of infection, new social expectations, and the adjustment of routines to new work realities. This two-pager contains some practical advice for people who may be experiencing stress or anxiety as they prepare to enter the post-lockdown world.

[How Can I Help my Team? \(Mental Health Commission of Canada\)](#)

This infographic provides information on how to help members on your team who may be struggling with their mental health. It includes acknowledging and listening, informing and reminding, and responding and following up.

[Loss and Grief During the COVID-19 Pandemic: A Resource for Post-Secondary Institutions \(Centre for Innovation in Campus Mental Health\)](#)

The Centre for Innovation in Campus Mental Health (CICMH) has put together some information that may be helpful during the COVID-19 pandemic around the topic of grief and loss.

[Mental Health Tips for Working from Home \(Treasury Board of Canada Secretariat\)](#)

This tip sheet provides information on maintaining positive mental health while working from home during the COVID-19 pandemic. Tips include setting a schedule, staying connected and making time for self-care.

[Managing Workplace Mental Health Through a Pandemic \(Mental Health Commission of Canada\)](#)

This infographic contains key tips for employers returning to operations in the new “normal.” The four stages of emergency management (prevention/mitigation, preparedness, response and continuity, and business recovery to normal operations) are discussed.

Webinars and Videos

[Building Mental Health into Emergency Management and Business Continuity Programs: Pandemic Response \(Mental Health Commission of Canada\)](#)

This webinar discusses the impact of emergencies and disasters (including the COVID-19 pandemic), worker mental health needs when dealing with these emergencies and disasters, and how to use the National Standard of Canada for Psychological Health and Safety in the Workplace to build mental health into your organization’s emergency management plan.

[Mental Health and COVID-19 Video Series \(Conference Board of Canada\)](#)

This video series by Dr. Bill Howatt, Chief of Research, Workplace Productivity, covers topics such as building trust, sleep disturbances, inclusion and diversity, the “new normal,” worry management, reducing mental fatigue, grief, and mentally preparing for the return to the workplace.

[Social Stigma and COVID-19: Protecting Your Workers \(Mental Health Commission of Canada\)](#)

This 38 minute long interview with Dr. Keith Dobson discusses the social stigma and harassment that can affect people as they strive to cope with this new reality.

Other

[Mental Health and Psychosocial Considerations during the COVID-19 Outbreak \(World Health Organization\)](#)

The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

[COVID-19 Considerations for a Trauma Informed Response for Work Settings \(Trauma Informed Oregon, Portland State University, Oregon Health Authority\)](#)

This document provides trauma informed considerations for work settings as we all navigate the uncharted territory and response to novel Coronavirus (COVID-19). We will refer to organizations in this document, but this includes schools, clinics, and other places where services are provided.

[COVID-19's Impact on Mental Health and Returning to the Workplace \(Conference Board of Canada\)](#)

This commentary provides information on the mental health impact of the pandemic, as well as what organizations can do to prepare for the return to the workplace and support employee mental health.

