Campus Mental Health Action Tracker Webinar

Summary of Presentations and Resources Shared

On January 16, 2023, the Best Practices Network (BP-Net) hosted a webinar featuring the Mental Health Commission of Canada (MHCC) and the Social Research and Demonstration Corporation (SRDC) highlighting the *Campus Mental Health Action Tracker*: a new, free to use, bilingual, online tool to help post-secondary institutions track their progress implementing *The National Standard for Mental Health and Well-Being for Post-Secondary Students* (the Standard). In addition to an overview and demonstration of this free tool, participants heard from Lambton College and the University of Ottawa about their use of the Tracker and how it informed their work with the Standard.

For its initial launch in 2022, the Tracker was made available to a limited number (20) of institutions. In 2023, it will be available to an additional 40 institutions across Canada.

Key Highlights of the Campus Mental Health Action Tracker

Core Functions and Features of the Campus Mental Health Action Tracker

- Identify priority areas for individual users and institutions.
- Document rationale and sources used for informing stage of implementation decisions.
- Track, assess, and visualize progress over time.
- Facilitate collaboration with institutional stakeholders.
- Support identification of strengths and gaps in policy/program/practice.

To learn more about using the Tracker, please visit *Campus Mental Health Action Tracker* or contact info@mentalhealthtracker.ca. There is no cost to signing up and using the Tracker.
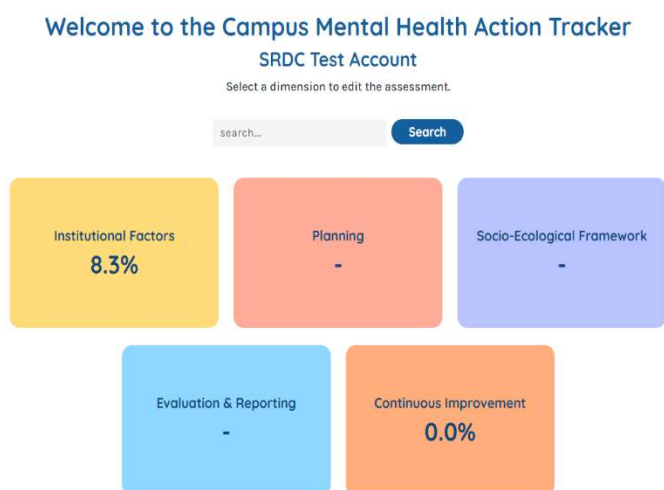
Tracking Progress Through 5 Dimensions of the Standard

Feedback from the Reference Group that supported development of the Tracker made it clear that alignment with the Standard was a priority, both in the structure of the tool and the language used. As such, the tool is organized around five dimensions:

1) Institutional Factors;
2) Planning;
3) Socio-Ecological Framework;
4) Evaluation and Reporting; and
5) Continuous Improvement.

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Rating Your Implementation Journey

As the Standard is aspirational, the tool frames the work being done as a journey. Within each dimension, there is a series of questions, some of which are labeled "required" while others are "optional." For each question users choose a rating they think best reflects their institution's current stage of implementation on that item. By hovering over the questions in each section you can learn to which section of the Standard the question refers. These ratings are: Not Yet, Taking Steps, Good Progress and We're Close.

NOT YET

Your institution may have 1 or 2 REQUIRED items in place, but has not taken any action steps yet related to the majority of requirements of the Standard

TAKING STEPS

Your institution may meet, or be close to meeting, several REQUIRED items - but is overall still making early progress on many of the Standard requirements

GOOD PROGRESS

Your institution may meet some or many REQUIRED items, but is not quite able to say "yes, we have fully implemented this" for all dimensions of the Standard.

WE'RE CLOSE

Your institution has met all REQUIRED items of the Standard and may be taking steps on one or more RECOMMENDED items.

Previously the top ranking was called "We're There" but is being changed to "We're Close" to better reflect the spirit of continuous improvement of the Standard.

How the Tracker Scores Your Journey

As the Tracker gets populated, it provides a score for each of the five dimensions. It does not provide an overall score. An overall score was thought to be too reductive and simply wouldn't do justice to the complexity of this work or accurately reflect an institution's progress. The dimension scores can be used to understand where users are at in their journey, prioritize areas of focus, and help monitor progress over time. Scores can also be a helpful tool to demonstrate to leaders your progress at a glance.

Group Assessment

Use the drop-down menus and choose key variables to display in your report. Select the Dimension tabs to view summary information on the key variables. Click the +/- buttons to expand and collapse sub-categories for greater or less detail. Select Print My Report for a detailed report.

Select your assessment

Assessment
- Current Scores -

Filter this report

Dimensions	Domains	Progress	Priority
All dimensions ▾	All domains ▾	All levels ▾	All levels ▾

Update Results

DOWNLOAD THESE RESULTS: Download CSV ⬇ Download PDF ⬇

Institutional Factors   Planning   Socio-ecological framework   Evaluation & Reporting   Continuous Improvement

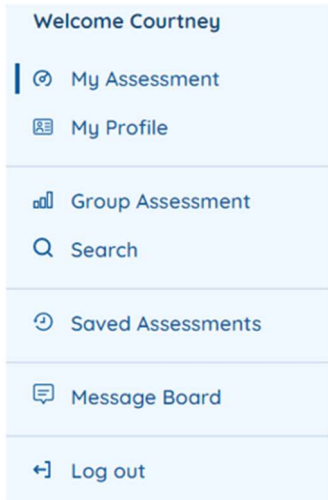Current Score: 16.7%
Required items: 7/12   Recommended items: 0/4

Edit My Answers

— Leadership

Item	Progress	Priority
1. Executive sponsorship	WE'RE THERE	HIGH
2. Framework development	TAKING STEPS	LOW
3. Framework implementation	WE'RE THERE	LOW

Offering Collaborative Tools for Success

The Tracker also provides a variety of built-in tools and resources, such as the ability to:

Welcome Courtney

- ⊘ My Assessment
- ▤ My Profile
- ᴥ Group Assessment
- Q Search
- ⊙ Saved Assessments
- 💬 Message Board
- ↤ Log out

- Send messages to your team,
- Assign work to others,
- Get a quick high-level view of work still to do by hovering over the dimensions on the home screen,
- Group assessments combining the ratings of multiple users at the institution,
- Generate reports into easy-to-use data (with filters to focus on what data to extract).

Working with the Campus Mental Health Action Tracker can be a collaborative process. The Tracker will also store all that information securely and can facilitate the transition of this work between people. Moreover, not only is the Tracker a quality improvement tool for your implementation, but by using it you will be participating in the Tracker's continuous improvement.

Lambton College

The assessment and reporting process at Lambton College was very collaborative and relationship based. One of the main priorities of the assessment was to include and raise student voices by leveraging the on-campus peer support group, faculty and staff support, and institutional data and statistics. One gap that was noted, however, was a lack of collaboration with community partners to date. Overall, the three key factors to the success of the assessment and reporting process were identified as:

- Having a dedicated resource for the project, start to finish;
- Centering student voices;
- And getting leadership buy-in.

The Tracker was seen as especially helpful because it:

- Provided a nice visual report for leadership, which helped build buy-in.
- Has made the ongoing assessment and reporting process user-friendly by giving an alternative simplified process with manageable sections.

LAMBTON COLLEGE TIPS FOR SUCCESS WITH THE TRACKER

- Break it down into smaller steps
- Look for champions in your organization
- Include as many student voices as you can
- Don't do it off the side of your desk!
- Don't do it alone – connect with others
- Don't forget that you're doing important work!

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UNIVERSITY OF OTTAWA TIPS FOR SUCCESS WITH THE TRACKER

- Align your own resources/tools with the Tracker as much as possible
- Know when to stop collecting data and start taking action!
- Resources, buy-in, and engagement are necessary to implement the Standard
- Learn where data is lacking, and seek your community's expertise in order to fill the gaps.

University of Ottawa

In 2023, the University of Ottawa aims to finalize its current phase of working with the Standard to officially implement the resulting actions and initiatives in the school. After the initial environmental scan and audit tool work, the full assessment and reporting process was done through community consultation led by a working group comprised of directors, faculty, health promotion and student support professionals, students, human resources, and more. This group advised on ranking recommendations and gathered information through three streams of consultation:

- Topic Expert Groups
- 1-1 interviews with key informants
- Student-run Focus Groups

The project team at the University of Ottawa used tools to facilitate their consultations and work:

- A ranking legend was used during the community consultation and matched the ratings of the Campus Mental Health Action Tracker.
- Wooclap, an interactive presentation tool, was used to collect data and opinions from working groups.
- PACE (Priority, Action, Consider, Eliminate) Matrix graphing method was used to identify the priority level of each item considered in the consultation.

Getting Started with the Campus Mental Health Action Tracker

The Tracker is available for use in both French and English **at no cost** to post-secondary institutions. You could be using the Tracker this year by following these 3 steps:

1

Contact SRDC

Send an email to info@mentalhealthtracker.ca

2

Sign a data sharing agreement (DSA)

Before institutions can use the Tracker, they must select an organizational representative to review and sign a DSA.

3

Log-In!

Once a signed DSA has been submitted, an account will be created, and you can start your institutional journey to student mental health and well-being!