



Evaluation of the University's of Calgary's Campus Mental Health Strategy

ANDREW SZETO, PHD

INTERACTIVE SESSION: TYING IT ALL TOGETHER WITH ASSESSMENT &
EVALUATION

BEST PRACTICES NETWORK CONFERENCE
JUNE 16, 2017

Overview

- UCalgary's CMHS
- Evaluation of UCalgary's CMHS



UNIVERSITY OF
CALGARY



campus mental health strategy

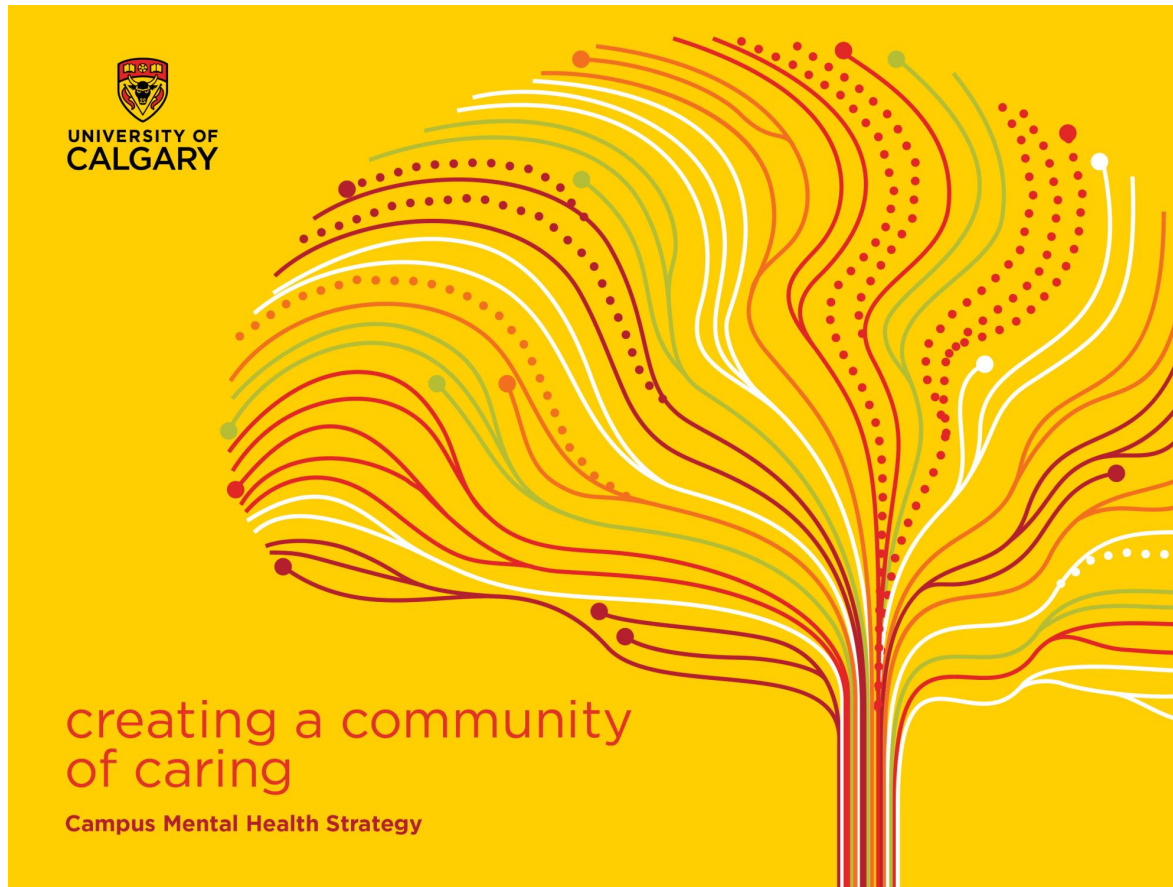
Creating a Community of Caring

ucalgary.ca/mentalhealth #ucalgary #mentalhealth

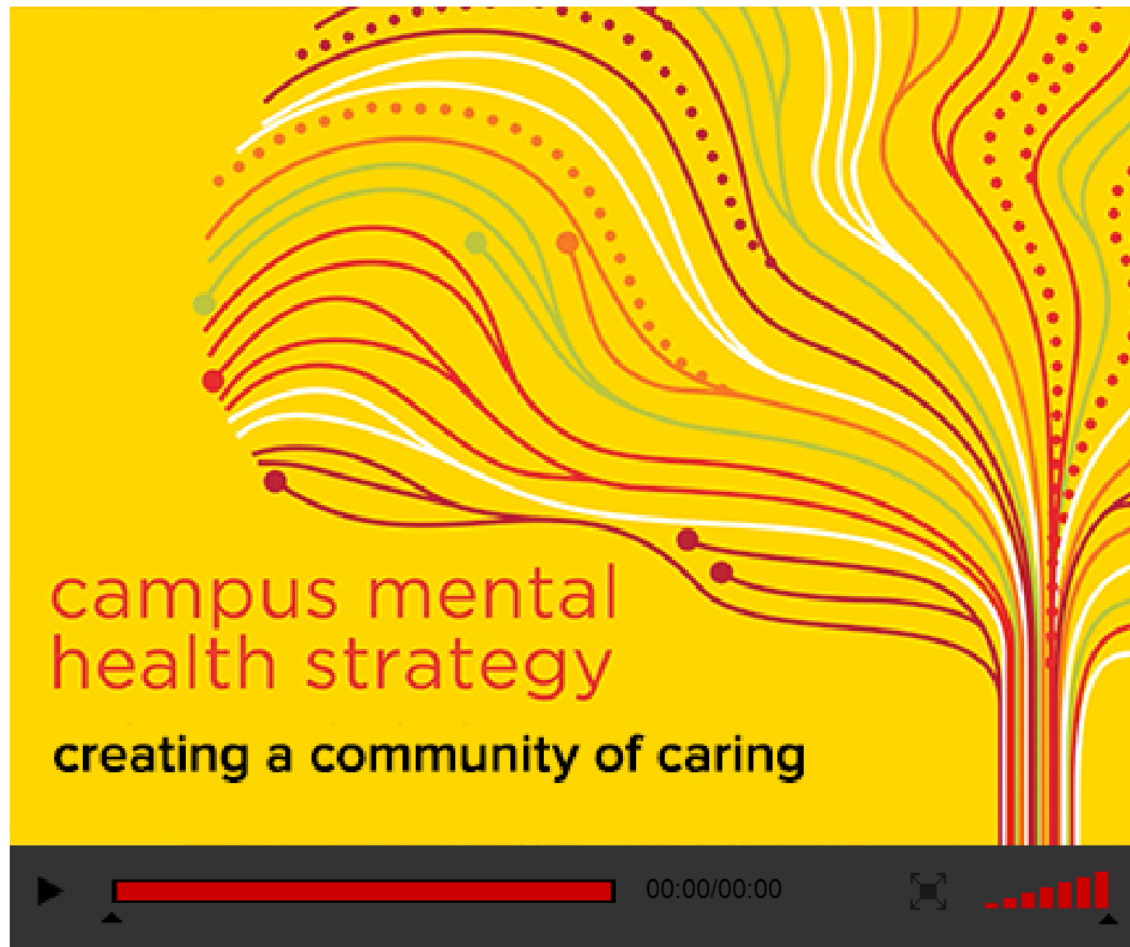


DEVELOPMENT OF THE UCALGARY CMHS

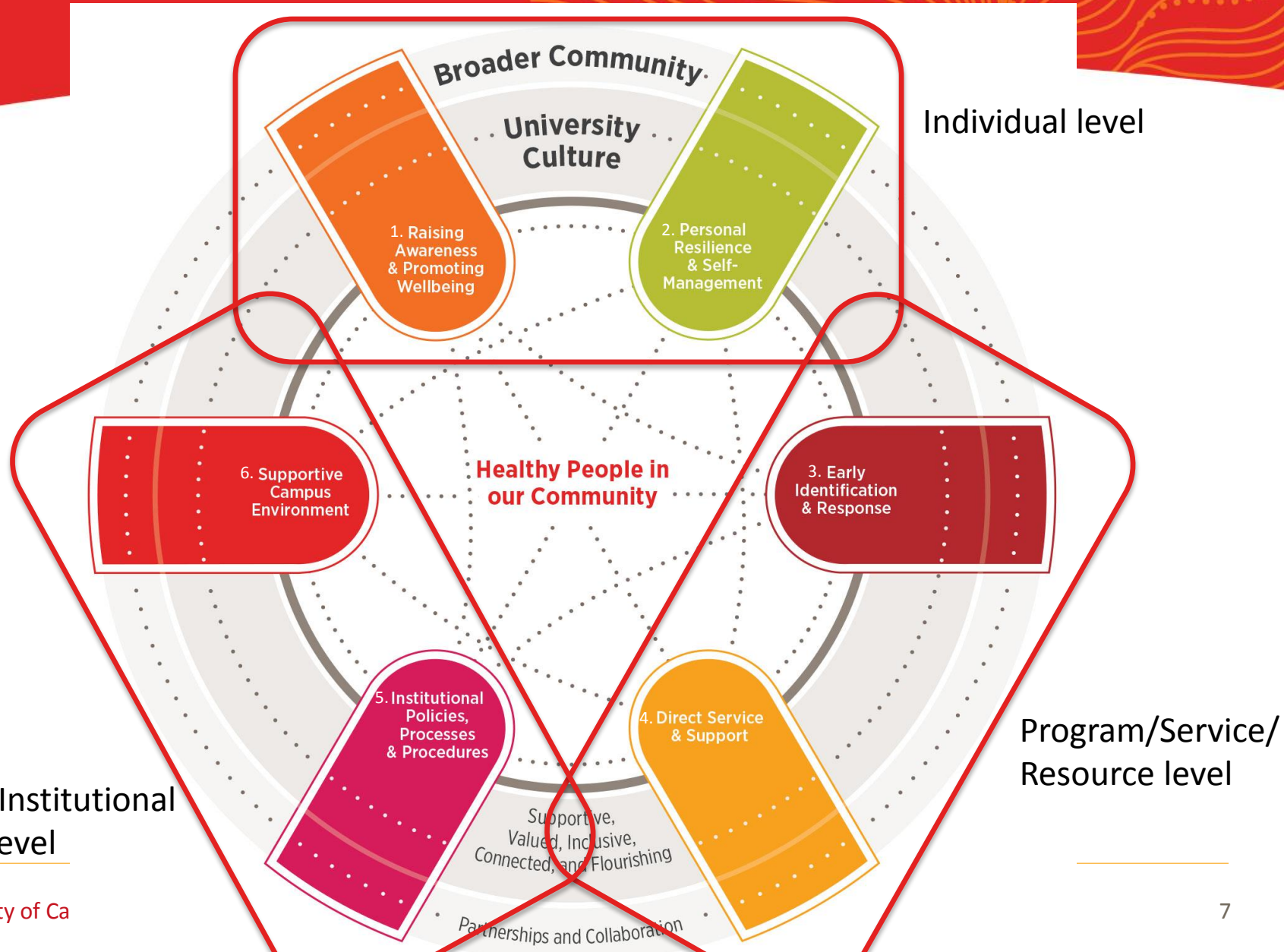
What is a CMHS?



Background and Rationale



CMHS Framework



28 Recommendations

- Sourced from identified gaps and opportunities
- Aligned with best practice
- Organization of recommendations
 - Based on what we will:
 - Expand
 - Enhance
 - Develop

STRATEGIC FOCUS AREA 1: Raising Awareness and Promoting Well-being

Recommendations

Expand what we offer

1.1 Mental health literacy programs should be expanded to include diverse, vulnerable, and at risk populations.

1.2 Anti-stigma initiatives, including contact-based and online anti-stigma programs should be expanded, utilizing internal and externally developed resources, such as peer support resources.

Enhance what we do

1.3 Develop a robust evaluation strategy to measure the long-term impact and sustainability of the collective mental health and well-being initiatives.

Develop new initiatives for the campus community

1.4 Create a strategy to promote responsible alcohol use, accessing the experience of internal and external community.

1.5 Develop a centralized website to provide efficient and effective access to mental health information for students, faculty, and staff. Incorporate on-campus champions in programming, planning and marketing initiatives.

Since Strategy Launch

- May 2016 – Mental Health Strategy Implementation Advisory Committee created
- June 2016 – MHSIAC first meeting
- July 1st 2016 – Director started
- Summer 2016 – Consultation with various stakeholders; ongoing implementation
- August 2016 – MHSIAC recommendation prioritization
- September 2016 – subcommittees created

Subcommittees

- Comms, Grant review, T & L, Budget, Programs
- Evaluation Subcommittee
 - Chaired by Dr. Keith Dobson, 5 members, 2 RAs
 - Works closely with other subcommittee and implementation committee, and other key stakeholders
 - I am not a part of this subcommittee



EVALUATION OF THE UCALGARY'S CMHS

Important Considerations for Evaluation of UCalgary's CMHS

- Campus Mental Health Strategy
 - On a campus
 - Who's on this campus?
 - Physical environment
- 28 Recommendations
- Programming, resources, services
- Many layers
- Existing data
- Various committees (development, implementation, working groups, subcommittees)

CMHS Broad Objectives

- Improve mental health on our campus
- Create a caring community
- Fulfill recommendations



Evaluation at 4 Levels

- Program/Resource/Service Level
- Recommendations Level
- University Level (trends in mental health)
- Process Level

Program/Resource/Service Level

- Our current focus
- Scoping review of evaluation of MH on campuses
- Identify existing programs that are being evaluated
 - Learn from their evaluations
 - Develop programs logic model
 - Use as indicators of program efficacy

Program/Resource/Service Level

- Development of an evaluation toolkit
 - Interviews with stakeholders
 - Could include: ethics process, evaluation strategies, measures
- Programming gaps
 - Programs subcommittee works with the evaluation subcommittee

Recommendation Level

- Are we meeting each of the recommendations in the CMHS?
 - How do we quantify success for each recommendation?
 - 26 of 28 recommendations in progress
 - Post progress on CMHS website for transparency

University Level

- Use existing data
 - Student: NCHA, i-graduate, NSSE
 - Staff/Faculty: engagement survey, HR data, Staff Wellness Data
 - Develop overall CMHS logic model
 - Do our own research
 - Physical environment??
 - Caring Campus??

Process Level

- Examine the processes and procedures involved with the development and implementation of the CMHS
 - Interviews and focus groups

Dissemination



- We plan to share our outputs, results, and findings with Canadian Campus and beyond

- Questions or comments?

