

ASSOCIATION OF
ATLANTIC
UNIVERSITIES



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DE L'ATLANTIQUE

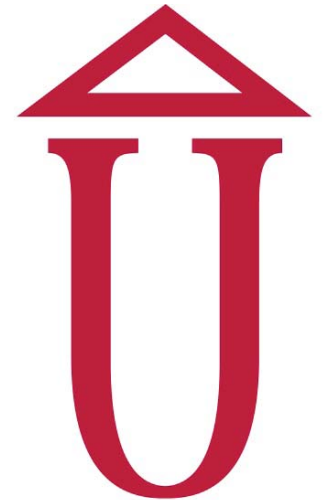
Outline of a Strategic Plan
(3, 2, 1, Flourish)

Presented by: Elizabeth Cawley, *PhD*

FONDATION POUR LA SANTÉ
MEDAVIE
HEALTH FOUNDATION

The Okanagan Charter

- Embed health into all aspects of campus culture, across the administration, operations and academic mandates,
- Embed health in all campus policies,
- Create supportive campus environments,
- Generate thriving communities and a culture of well-being
- Support personal development,
- Create or re-orient campus services.

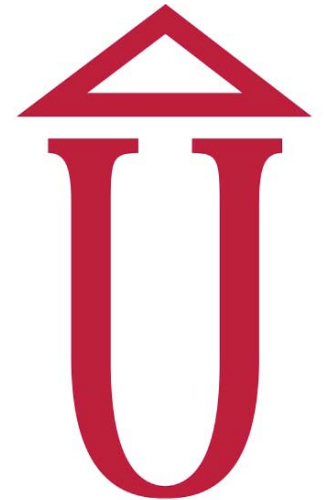


Key Priorities of the AAU



1. Make bold changes in **institutional structures** to eliminate silos and integrate health and well-being into the core mandate of universities;
2. Apply a “healthy campus” lens to ensure that mental health initiatives are **inclusive and sustainable**;
3. Ensure that the campus community is **responsive to early indicators** of change in wellness in it’s student population;
4. Apply **strengths-based approaches** to campus interventions aimed at improving health and well-being;
5. Ensure availability of **highly accessible, just-in-time mental health supports**;
6. Ensure that **crisis management** is proactive;
7. Ensure that engagement, planning, and action are in **partnership with regional community-based** health programs.

AAU Student Mental Health Mission




Create an environment where students possess the skills and resources necessary to flourish!


“From survive to thrive”

What is flourishing?



MENTAL HEALTH  MENTAL ILLNESS



MENTAL HEALTH  MENTAL ILLNESS

What is health?



HEALTH

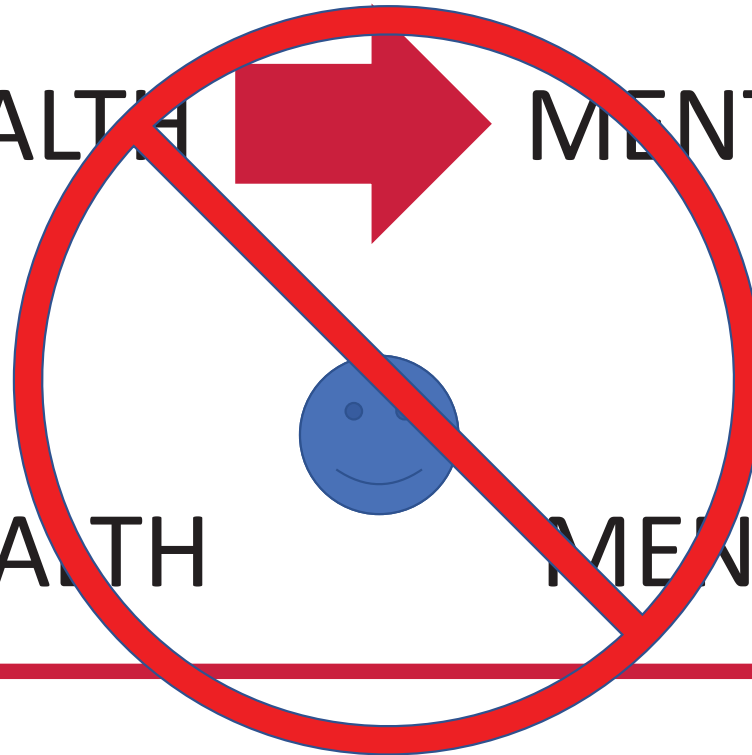
“A state of complete physical, mental, and social well-being, and not merely the absence of disease” (World Health Organization, 2006)

What is flourishing?



MENTAL HEALTH  MENTAL ILLNESS

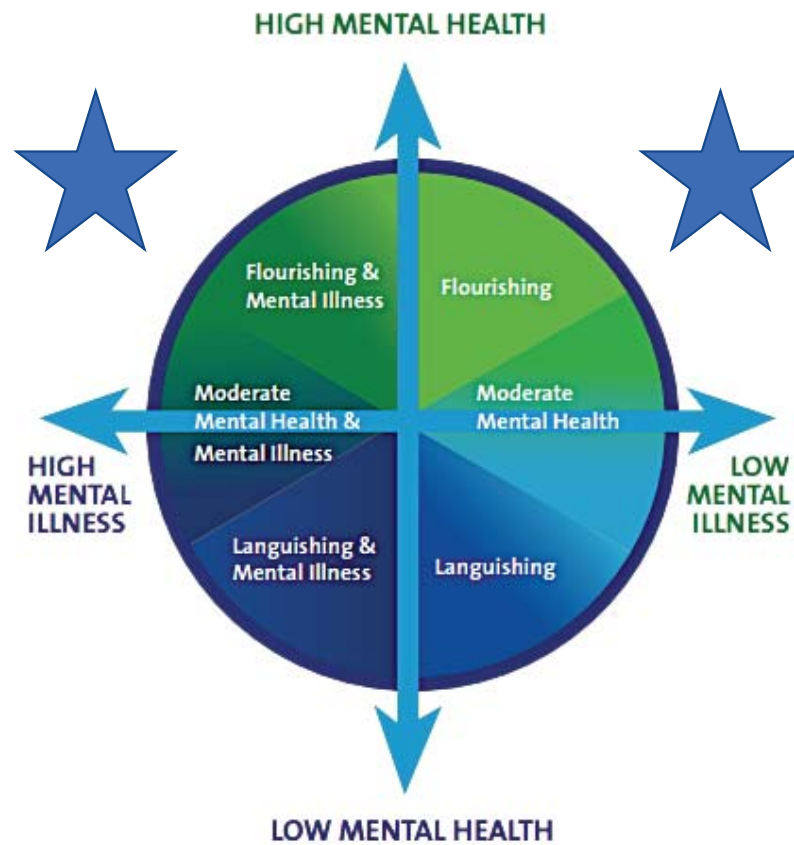
MENTAL HEALTH  MENTAL ILLNESS



What is flourishing?



What is flourishing?



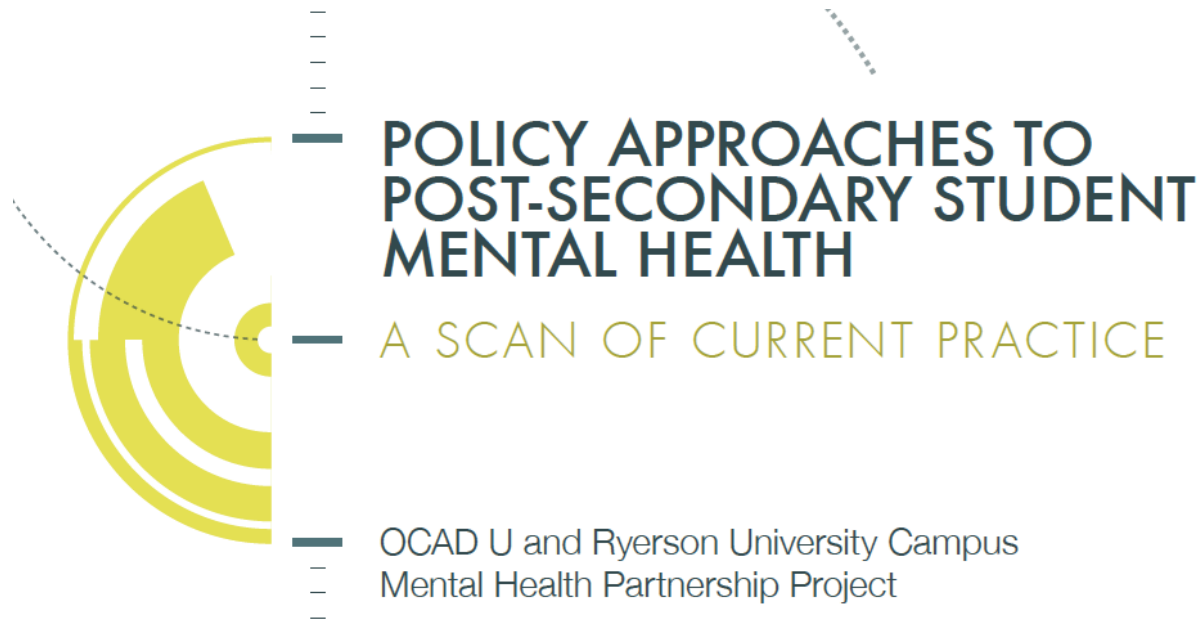
Long Term Goal 1. Institutional Commitment



- Resource allocation (financial, personnel, etc.)
- Faculty and staff awareness and training
- Consider policies that support students such as:
 - Accessibility and accommodation policy
 - Medical leave and re-entry policy
 - Privacy and confidentiality policy
 - Policy frameworks for supporting a student in distress or crisis
 - Responses to “at-risk” behaviour



Long Term Goal 1. Institutional Commitment



Long Term Goal 1. Institutional Commitment



Spectrum of types of mental health policies



Long Term Goal 1. Institutional Commitment



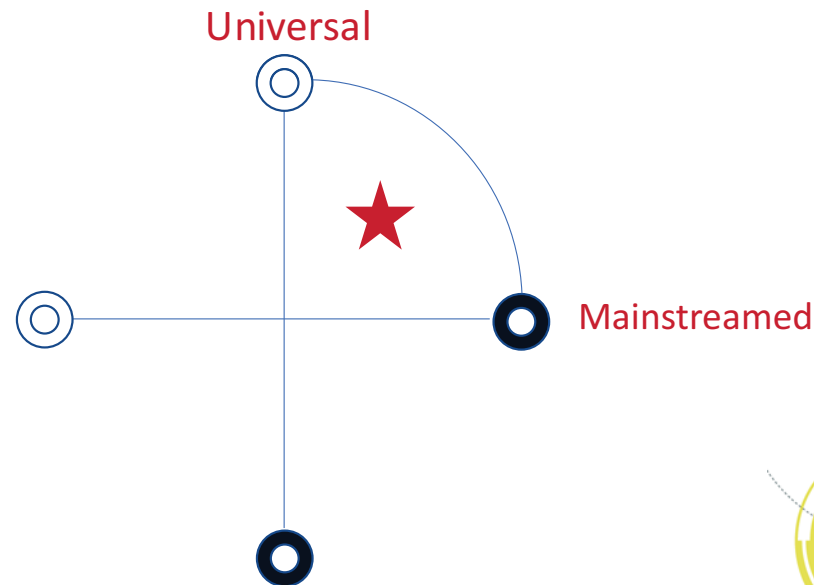
Spectrum of approaches to policy development



Long Term Goal 1. Institutional Commitment



Dual-Continuum Model of Policy Approaches to Campus Mental Health



Long Term Goal 1. Institutional Commitment



When reviewing policies Ryerson considers “does this policy...

- Address our community’s mental well-being?
- Do enough to benefit its constituents’ mental well-being?
- Encourage our community’s well-being?
- Promote an institutional ethos of emphasis on and support for mental well-being?
- Ensure there is no discrimination or stigmatization against issues of mental well-being?
- Ensure that there are no unintended negative consequences?
- Create processes for problem resolution that are easy to navigate and create minimal stress?
- Allow for and/or encourage consistent flexibility and compassion, particularly in cases of problem resolution?
- Ensure equitable treatment?
- Use appropriate language?
- Align with other related or relevant policies?

Long term goal 2. Resiliency



Resiliency is critical to move from survive to thrive

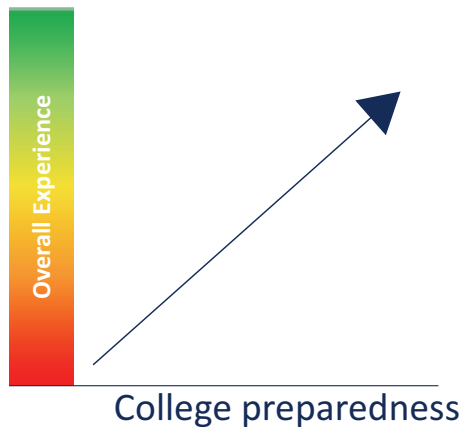
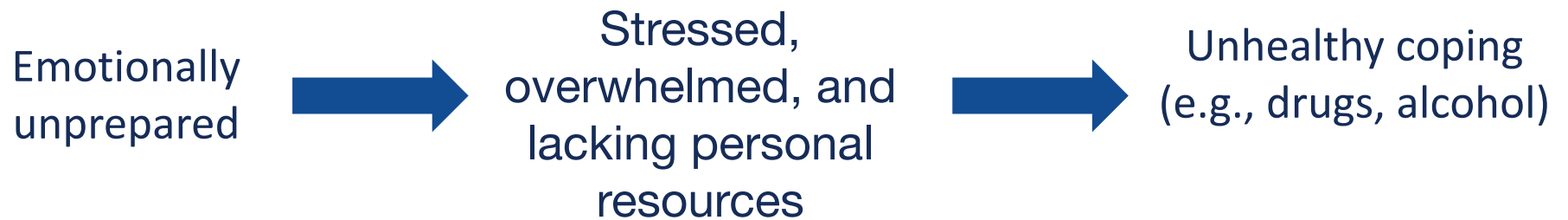
Roommates
Exam day
Sexuality *School*
Stress management
Mental health & getting help
Drugs
Money

87%
more emphasis
on being
academically
ready than
emotionally ready

50%
believe that
independent living
skills need
improvement

The Jed Foundation, 2015

Long term goal 2. Resiliency



Long Term Goal 3. Decrease unmet need



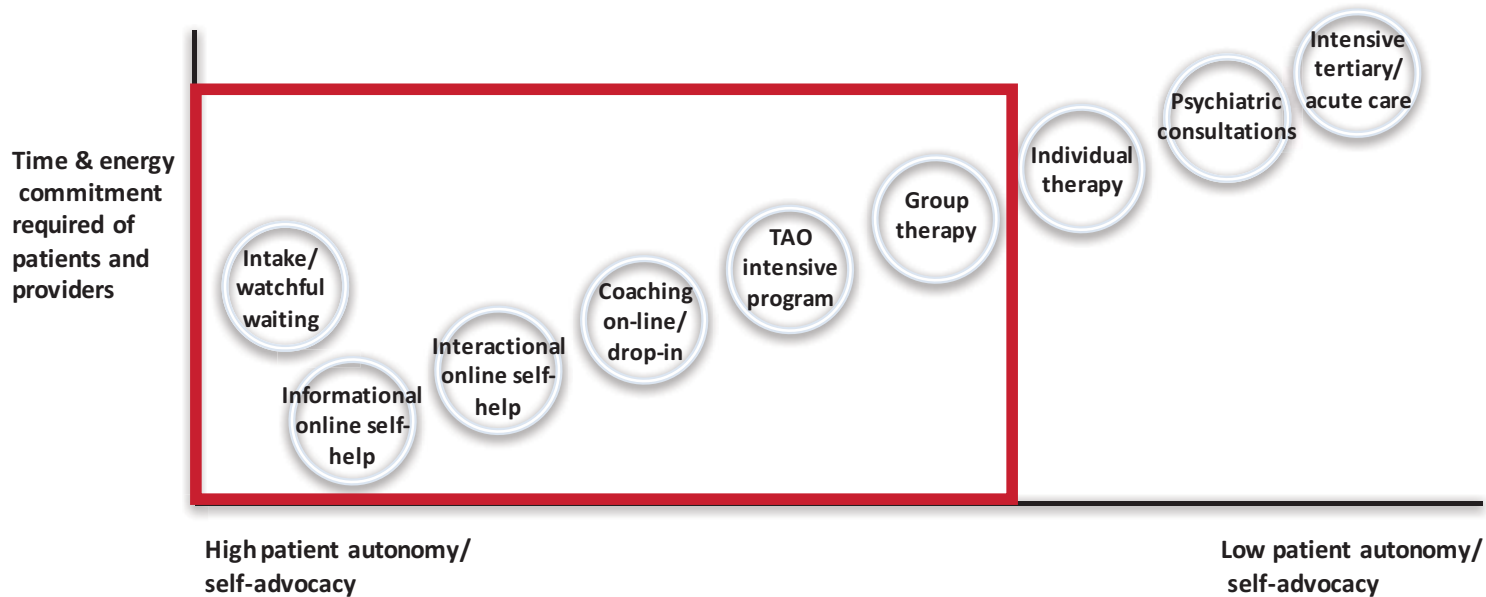
Decrease the number of students with unmet need

HOW?

Increase capacity through innovation & technology

Long Term Goal 3. Decrease unmet need

Stepped Care 2.0 ©Peter Cornish, 2016



Technology

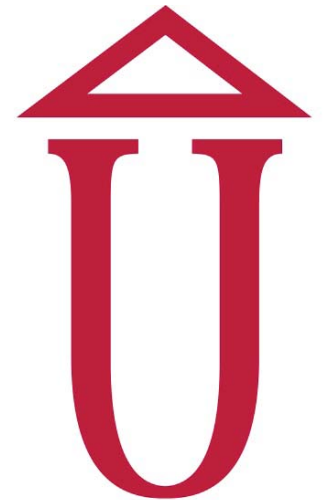


TAO

Therapy Assistance Online

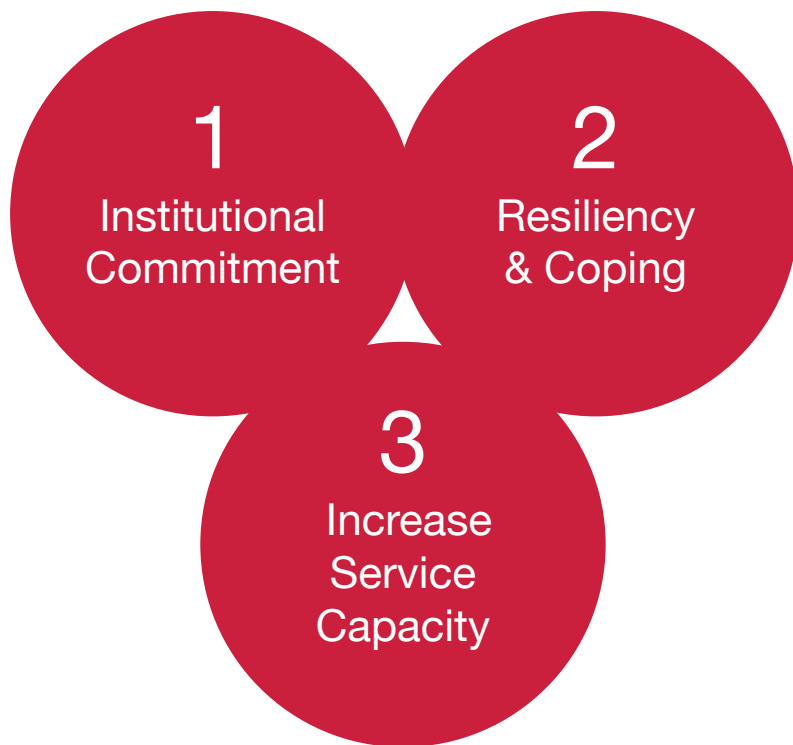


7 CUPS

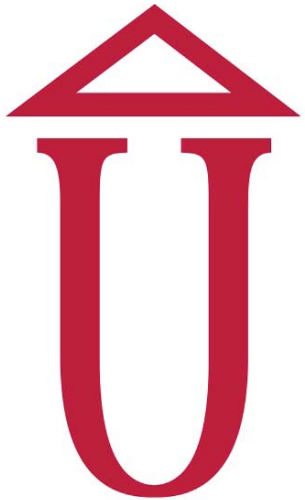


Kognito

AAU Student Mental Health Mission



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where students possess
the skills and resources
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Thank you!

Questions?

Comments?!

