

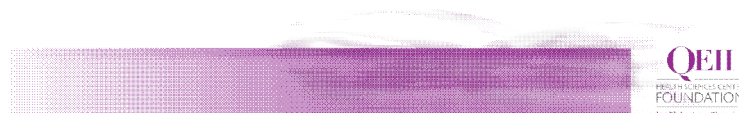
A Collaborative Model: Capital Health & IWK's University Connection

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Objectives:

- “ From the Hospital to the University
- “ Stay Connected Mental Health Project
- “ University-based Activities
- “ Other University Initiatives
- “ Where to from here?



Mental Health & Young People:

- ~ Most Canadians with mental illness do not receive the mental health services that they require
- ~ 1 in 5 individuals will experience a mental illness in any given year
- ~ 3 out of 4 children and youth with mental health disorders do not receive appropriate treatment
- ~ 70% of mental disorders begin before 25
- ~ Untreated and under-treated mental health problems and illness can contribute increased acuity of illness, high risk behaviours, social isolation, diminished potential & family impacts & burden
- ~ Crucible of the teen years
- ~ Disrupted pediatric to adult care



Stay Connected Mental Health Project



Project Components:

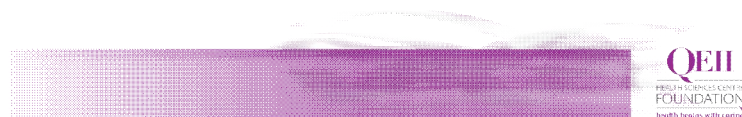
- “ Transition Guidelines
- “ Service “Landscape Map”
- “ Youth Readiness Program
- “ Family Mentorship Training
- “ “Teenage Primer”
- “ Coordinator to champion this shift in our culture
- “ University Initiatives



Stay Connected Mental Health Project - University Activities:

IWK & Capital Health Mental Health & Addictions Programs Service Landscape Map

- “ Disseminate the IWK & Capital Health Mental Health and Addictions Programs service landscape map to university health & counselling services
- “ To help identify appropriate pathways of care for students when their treatment needs exceed what university-based services can provide
- “ Landscape map will include specific information about how referrals are made, how services are contacted & what treatment might look like



Stay Connected Mental Health Project - University Activities:

University Health - Hospital Liaison Committee

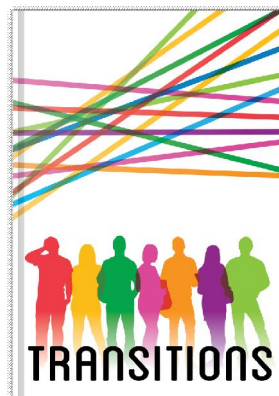
- " Create a standing university health - hospital liaison committee that could meet twice yearly
- " Objectives:
 - . to review changes in service needs & delivery
 - . to enhance collaborative practices of the university health & hospital services
 - . to update members of any changes in services
 - . to ensure that hospital services have an accurate sense of the scope of university health and counselling services
 - . to identify how best to communicate with relevant university personnel after accessing hospital-based services
 - . to enhance communication with hospital-based services
 - . to facilitate any referral or pathway challenges around specific cases



Stay Connected Mental Health Project - University Activities:

Transitions

- " Mental health literacy resource (from www.teenmentalhealth.org, Dr. Stan Kutcher)
- " Provide all transition age 1st year students entering Dalhousie, Saint Mary's, Mount St. Vincent & King's Universities an electronic version of the *Transitions*
- " Paper copies of *Transitions* provided to partner universities to distribute to students in relevant venues (counseling services, health services, student union offices, disability services, health promotion offices, residences, etc.)
- " To be redistributed for the 5 years of the project



Stay Connected Mental Health Project - University Activities:

Identifying Early Signs of Student Distress

- “ Universities have a variety of initiatives & materials to help identify students experiencing severe distress and/or mental health problems
- “ Includes information to better identify students who may be in need of services and to provide supportive options of response that help to navigate the student toward appropriate services
- “ Our project will build upon these efforts to integrate and share these resources across universities
 - Support generic printed materials and as well as campus specific materials
 - Create a video version of materials (in long and short versions) to provide the content in an on-line format to reach a broader range of faculty and staff
 - Support on-campus educational workshops to further promote this material
 - Wherever possible, involving student peers in helping to create and to promote this educational material so that their perspective is included



Stay Connected Mental Health Project - University Activities:

Partner with the Association of Atlantic Universities

- “ Partner with the AAU Mental Health Working Group
- “ To collaborate on systems-wide initiatives to support the mental health and well-being of the university community
- “ Recognizing the scope of various campus initiatives and requiring the approval of the AAU Council, our Project could provide a part-time project manager to support specific initiatives (mental health & addiction strategy for universities, creation of policy relevant to student mental health (including academic accommodation guidelines), sponsoring an educational event to share best practices in student mental health, etc.)
- “ Today's event will shape some of these ideas



Stay Connected Mental Health Project - University Activities:

Student Peer Support

- " Peer support workers are being utilized in a variety of community and treatment settings
- " The lived experience of those who have recovered from their own mental health challenges can be very supportive of others who are struggling with such issues
- " Our partner universities are presently exploring how best to utilize peer support to assist and support students with mental health needs
- " We would like to provide peer-support training and certification of students on campus, which our Project can fund
- " There could be a variety of education activities and peer-support discussion groups
- " This activity is still evolving



Stay Connected Mental Health Project - University Activities:

Physician Continuing Education

- " University Counselling and Health Services have primary care physicians to provide medical care for the university population
- " Our Project will provide a continuing education training module for these university physicians on the identification, diagnosis and treatment of mental illness, preferably with CME credits for those participating



Other University Initiatives:

Students Nova Scotia:



- ~ Alliance of 7 NS student associations (37,000 students)
- ~ To represent NS students in promoting accessibility, affordability, quality & student voice
- ~ Conduct research & create policy position papers
- ~ Promote & advocate
- ~ Mental health is a key priority of StudentsNS
- ~ Drafting 2 position papers (accommodations for students with disabilities, campus health services)

Other University Initiatives:

Dalhousie Mental Health Peer Support Initiative:



- ~ 2013-14 project
- ~ Hired a peer support worker
- ~ Peer support group
- ~ Peer support individual work
- ~ Anti-stigma messaging
- ~ Mental health literacy, disability policy & navigation

Other University Initiatives:



Because Your Mind Matters:

- ~ Education & Awareness campaign for early signs of psychosis
- ~ Project website (www.becauseyourmindmatters.ca)
- ~ Facts & myths, videos, treatment options
- ~ Partnering with universities and community colleges
- ~ Bracelet with flash drive
- ~ Project of the Nova Scotia Early Psychosis Program

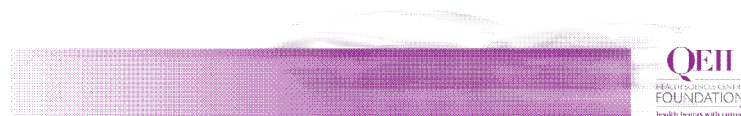
Where to From Here...

Short-and-long term objectives for this event:

- ~ To promote inter-university sharing of best practices in student mental health services
- ~ To advance development of regional collaborative initiatives
- ~ To create a partnership between university student mental health services, local district health authorities and provincial departments of health
- ~ These various initiatives and practices need to stay connected+
- ~ AAU can play a central role to enhance connection & collaboration

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Stay Connected **Mental Health Project**

