



UWindsor Student Mental Health Strategy

Steering Committee Meeting August 29th, 2017

DRAFT MEETING NOTES

Attendees: Jennie Atkins, Dr. Mohsan Beg, Kerry Gray, Francine Herlehy, Dr. Linda Patrick, Denice Shuker, Dr. Douglas Kneale, Dr. Dusty Johnstone, Ryan Flannagan, Stephanie Nardone, Katie Chauvin, Miranda Sheftel, Eric Sternberg, Ashley Vodarek (CMHA), Emily Stadder, Dr. Debbie Kane

Regrets: Dr. Patricia Weir, Kathryn Pasquach, Dr. Karen Roland, Sameena Sultana, Jessica Tetreault, Eric Hill

Opening Discussion:

- Ryan welcomes the group
- Third meeting of the Steering Committee thus far
- Questions regarding the agenda; no questions or comments were received
- Ryan gave praise for student researchers who have done exceptional work over the entire course of the summer researching, coordinating meetings and writing.
- Students will present the findings from each of the six working groups.
- Next steps will be covered after the findings are presented

Updates from Student Researchers – Overview of Working Groups:

- Miranda began with a general overview on behalf of all three research assistants
 - External Strategy/Best Practice Research
 - Scan of the Current University of Windsor Environment
 - Interview Process
 - Focus Group Process
 - Stakeholders
 - On-campus stakeholder interviews: 26
 - Community stakeholder interviews: 9
 - Student focus group participants: 6

Miranda's Research Progress:

- Miranda proceeded to describe her own research progress
- She was assigned Policies and Procedures with Kerry Gray and Supportive and Inclusive Campus Environment with Dr. Dusty Johnstone
- Miranda discussed her 8 Policies and Procedures working group recommendations
- She spoke of her Supportive and Inclusive campus environment working group's 18 recommendations

Stephanie's Research Progress:

- Was assigned the Mental Health Awareness and Early Identification working groups
- Conducted a literature review of mental health policies at 6 Ontario universities and Cornell University
- Stephanie discussed her cumulative research work over the past summer
- Stephanie discussed her 17 Awareness working group recommendations
- Stephanie discussed her 12 Early Identification working group recommendations

Katie's Research Progress:

- Katie's working groups were the Skill Development with Jennie Atkins and Services and Supports with Francine Herlehy working groups
- Katie reviewed her cumulative research over the past summer
- Katie discussed her 19 Skill Development working group recommendations
- Dusty brought up the need to ensure that the hug campaign (if pursued) recommendation promoted consensual hugging
- Dr. Mohsan Beg assisted in explaining the "be a better friend" program
- Katie spoke of her 35 Services and Supports: Crisis Preparedness and Response working group recommendations
- Mohsan explained that a lot of Katie's recommendations are already beginning to be implemented or are about to be implemented

Questions/Comments Period:

- Congratulations from Douglas and Ryan on student research work
- Ryan commented on the large amount of recommendations
- Ryan believes we are in a good place in this process
- Douglas commented that our recommendations are similar to other initiatives already happening on campus
- Mohsan commented on what process we might utilize to decide on the final of recommendations
- Ryan said that this is the first time that everyone is hearing the recommendations from all working groups
- Francine commented that not all the recommendations spoken about in the working group meetings were included in this meeting because they were prioritized
- Mohsan commented that the working groups already prioritized recommendations
- Ryan introduced a discussion regarding going back and consulting other student groups to validate existing information and to extend information
- Stephanie spoke in further detail about future focus groups
- Katie explained the need to target students in need for focus groups
- Ryan spoke of wanting to hear from more diverse student groups/population in focus groups. Among others this could include students from the following groups: LGBTQ, Aboriginal, Residence, and International Students.

Discuss Timeline for Next Steps:

- Ryan wanted to confirm that the following schedule was reasonable:
 - Additional Consultations with Key Informants (Sept-Oct)
 - Narrow and Finalize Recommendations (November-January)
 - Draft Strategy (January-March)
 - Finalize Strategy and Develop Communications/Marketing Plan (April-May)
 - Present Strategy to President (June)

- Implement Strategy (June onwards)

- Ryan explained that Katie and Miranda will remain employed by the University for the next few months to continue this work
- Ryan discussed the importance of ensuring accountability for the strategy over time (possibly as a recommendation)
- Mohsan discussed the idea of an implementation committee and how the University of Calgary hired a full-time staff member to implement their mental health strategy
- Ryan asks the Steering Committee if the proposed schedule to finalize the strategy is reasonable. No concerns were expressed.
- Mohsan says that it is critical to gather more student input in the fall
- Jennie Atkins discussed off-campus program and commuter student difficulties
- Dr. Debbie Kane provided an example of a transition program for students; she explained that getting students to value programs and wanting to fully participate in such programs is extremely important
- Ashley Vodarek proposed the idea of having a simple “Speak Your Mind” campaign to have students provide their opinions on the mental health strategy
- Ashley explained that it was great seeing best practices in our recommendations
- Dr. Linda Patrick recommended a Psychology PHD student continue this work
- Linda talked about the importance of support from senior administration
- Linda discussed holistic health and the need to ensure that a holistic lens is applied when considering the recommendations that will inform a finalized strategy
- Linda further discussed the negative connotation attached to mental health/illness
- Mohsan indicated “health of campus” model is being utilized in successful mental health strategies across Canada and in the US
- Ashley discussed the importance of having a robust self-help element within the strategy
- Ashley informed the committee of the suicide awareness week walk
- Linda spoke of the St. Clair suicide awareness week events and indicated that UWindsor may wish to partner with the college for this program next year
- Douglas emphasized that student mental health and the strategy is and will remain a top priority for Dr. Wildeman and the Provost’s office
- Ryan explained the wellness coordinator position that will be funded by the new resources being provided by the Ministry for Advance Education and Skills Development. This funding will also extend the hours of two part-time counsellors.
- Mohsan explained that the wellness coordinator position is going to be focused on prevention and building resiliency within the student population

Next Steps

The following next steps were proposed and drafted in a meeting including the Student Researchers, Ryan and Mohsan subsequent to the discussions on August 29th. Comments or suggestions on these proposed next steps are welcome. In creating this plan, careful consideration was given to resources, timing, and the need to effectively consult students from key populations. Alterations, amendments to the proposed schedule are possible for the next couple of weeks following which we will be fully committed to trying to complete the steps outlined below.

1. Narrowing Down the Recommendations

- Need to go through an initial exercise to reduce the number of recommendations presented on Aug. 29 down from 130. The goal will be to remove duplicative recommendations or recommendations that

are too low level or are too operationally oriented so that the proposed student survey (see below) is of a reasonable size. Get down to approximately 80-90.

- Any Working Group recommendations that are removed will be captured in a complimentary document that will be reviewed by the Steering Committee at its next meeting in December.

2. Top Working Group Recommendations Ranked by Students + Open-Ended Question

- Organize all remaining recommendations into the Working Group categories and ask students to choose the top 3-4 in each. There would be a final open ended question included as well.
- Timeline: Mid-October; release to students for 2-weeks
- Results would help us further prioritize the recommendations and raise awareness about the Strategy with the general student population.
- Idea: propose to set up survey stations in key areas (Leddy, Engineering, HK) – offer \$2 Tims cards as an incentive
- Resource: Who will develop the survey: Student Researcher, Nursing Interns, other to be determined student

3. Student Groups Meetings

- Joint meeting with: UWSA/GSS/OPUS
- Prepare document with methodology and recommendations; provide to students in advance
- Groups to meet with: Indigenous students, International students, LGBTQ students and possibly Peer Support Centre volunteers
- Key challenge will be explaining work done to date but also setting the conditions for new, fresh ideas to come forward during a 1-2 hour meeting.
- Timeline: Throughout October, early November.
- Resources: Nursing Interns, Student Researchers will organize and lead some of these discussions. Mohsan will be available as needed.

4. Steering Committee #4 Meeting (half-day)

- Present student survey findings and additional consultations to Mental Health Steering Committee
- Undertake exercise to identify our top recommendations by section. If possible, finalize recommendations by area using a rubric based on the following: Working Group input; Input from Students; Resource Costs; Timelines; Potential/Perceived Impact. If needed, a follow up meeting could take place with the Steering Committee or a sub-committee of the Steering Committee.
- Timeline: propose date in early to mid-December – TBD

5. Optional Town Hall

- Presentation by Student Researchers (Katie and Miranda): Talk about methodology, walk through proposed recommendations, proposed next steps
- Propose that Co-Chairs then facilitate a conversation following the presentation
- Timeline: Mid-to-late January
- We can cut this proposed activity if timing becomes a challenge

6. Post Draft Report Online for Consultation

- Consider an external resource to help craft the actual strategy document.

- Writing could start as early as December following Steering Committee Meeting #4.
- Aim to have a very good draft by mid-February to early March that we could share with the Steering Committee. Simultaneously, or shortly after comments received from the Steering Committee, draft would be posted online for full community comment. Would need to go up at least 2 weeks before exams.