Advancing a Mentally Healthy Campus: A Community Consultation

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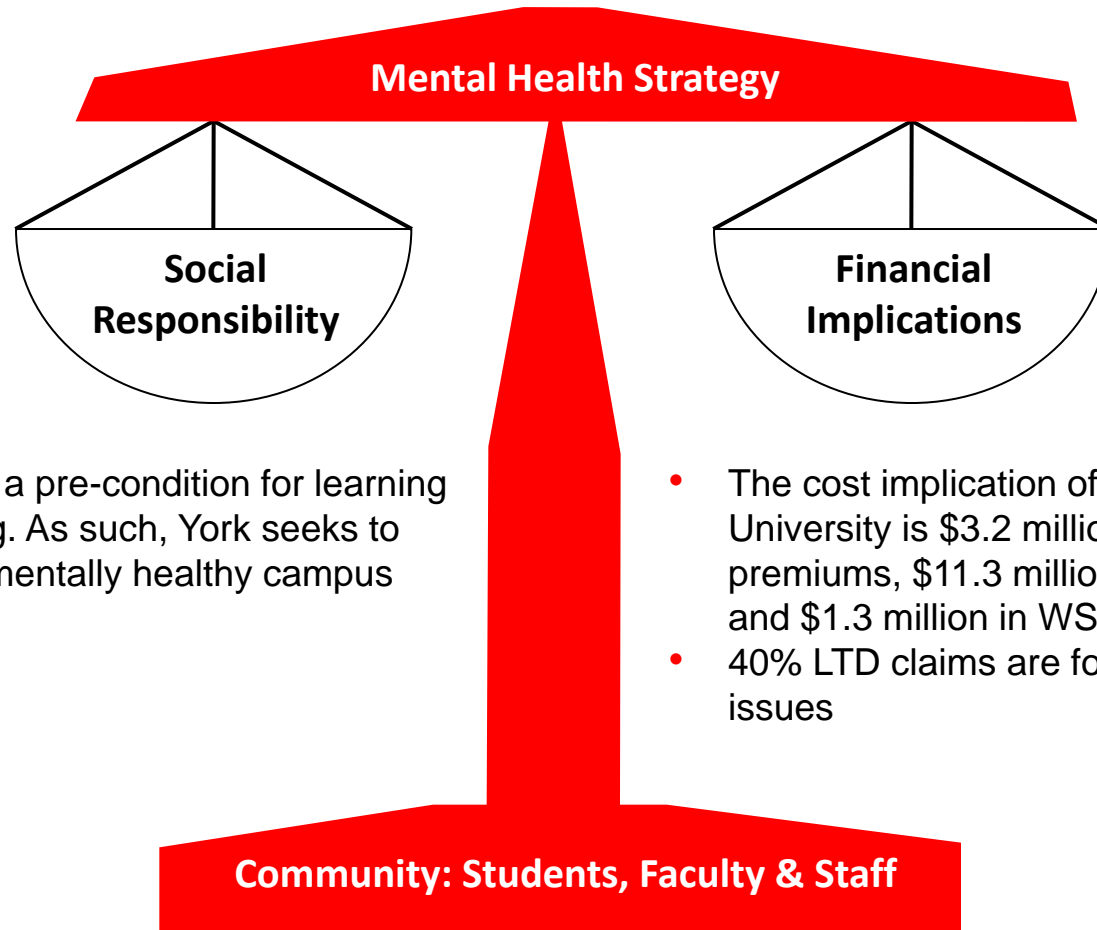
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Mental Health & Wellness Steering Mandate

The Mental Health & Wellness Steering Group mandate is:

Through a variety of education, training and support programs, York University's Mental Health and Wellness Steering Committee strives to promote a more holistic, and integrated approach to campus health that supports academic excellence, employee satisfaction and productivity, as well as the overall success of all York community members.

The Steering Group constitutes of members from various Faculties/Divisions

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Why Mental Health is Important?

Mental Health Strategy

Social Responsibility

Financial Implications

Community: Students, Faculty & Staff

- Wellness is a pre-condition for learning and working. As such, York seeks to promote a mentally healthy campus community

- The cost implication of disability on York University is $3.2 million in annual LTD premiums, $11.3 million in LTD reserves and $1.3 million in WSIB premiums
- 40% LTD claims are for MH related issues

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Mental Health at a Glance

GLOBAL PERSPECTIVE

According to the World Health Organization (WHO) mental illness is **A LEADING CAUSE OF DISABILITY IN THE WORLD.**

CANADIAN PERSPECTIVE

20% OF CANADIANS will personally experience a mental illness in their lifetime.

YORK STUDENTS

56.7% reported feeling **OVERWHELMING ANXIETY** within the past 12 months.

42.1% felt so depressed it was **DIFFICULT TO FUNCTION.**

11.5% seriously considered **SUICIDE.**

TOP 3 FACTORS THAT NEGATIVELY IMPACT students' academic performance

STRESS • SLEEP DIFFICULTIES • ANXIETY

YORK STAFF

2 OF THE TOP 3 COUNSELLING ISSUES for York University staff members

STRESS (workplace)

ANXIETY

27% of counselled York employees reported **moderate to severe level of depression.**

2014 EAP data

YORK FACULTY

In a recent survey of faculty members from more than 56 Canadian universities, **faculty reported high levels of occupational distress.**

Lack of awareness of mental health services

Stigma issues

Feelings of isolation

Workload issues

KEY STRESSORS that impact York faculty members' mental health

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Dual continuum model of Mental Health and Mental Illness

Optimal Mental Health

Optimal Mental Health with Mental Illness   *Optimal Mental Health without Mental Illness*

Serious Mental Illness ← → **No Symptoms of Mental Illness**

Poor Mental Health with Mental Illness   *Poor Mental Health without a Mental Illness*
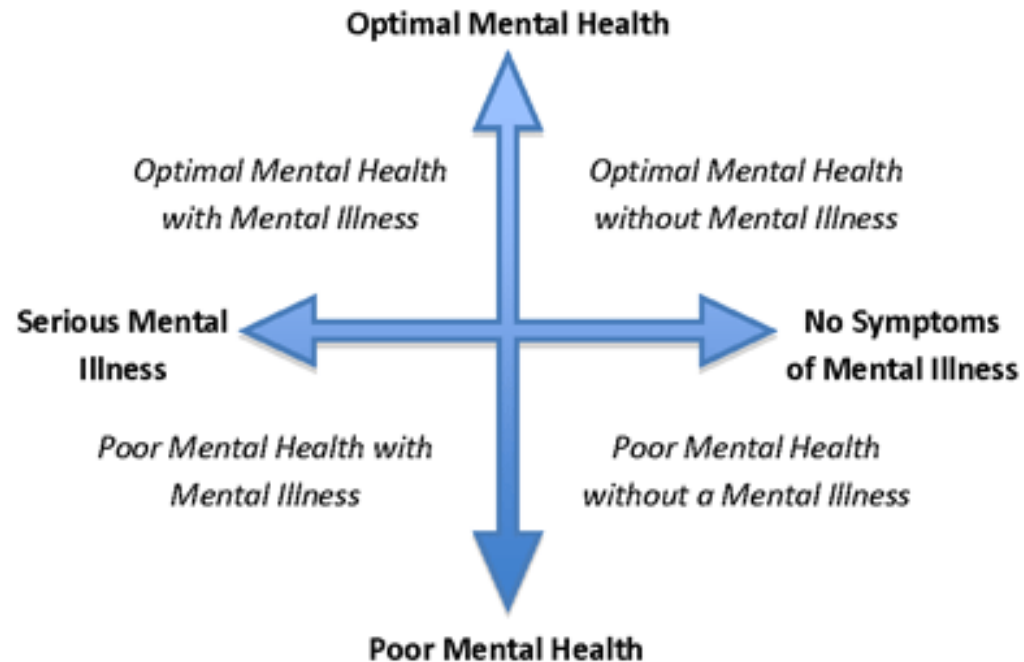
Poor Mental Health

Figure 1: The Mental Health/Illness Continuum

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Mental Health Strategy Framework

Institutional structure: organization, planning and policy

Supportive, inclusive campus climate and environment

Mental health awareness

Community capacity to respond to early indicators of concern

Self-management competencies and coping skills

Accessible mental health services

Crisis management

Community Members

Community Members with concerns about coping

Community Members with mental health concerns

Canadian Association of College & University Student Services and Canadian Health Association. (2013). *Post-Secondary Student Mental Health: Guide to a Systemic Approach*. Vancouver, BC.

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Community Consultation: Mental Health Priorities

Institutional Framework – identifies policies, resources and services for York University Community, as well as identifies gaps for future development

Questions for discussion:

1. What is your feedback on the MH Framework recommendations?

2. What would you like to add in terms of actions to the recommendations ?

3. What do you think would be the priority action?

4. How do you believe you (or your group) could support in the operationalization of these recommendations?

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