Niagara College

Mental Health Initiatives and Partnerships with Brock University

Student Success Centre
Jennifer Babin, Disabilities Counsellor & Learning Strategist
Tanja Steinbach, Aboriginal Counsellor
3 staff members trained as instructors at Humber College in March 2014.

Nurse, counsellor and faculty deliver the 2 day/12 hour course.

5 day instructor training course as part of Mental Health Innovation Fund

MHFA aims to:
- Increase mental health literacy
- Reduce stigma
- Provide ongoing education to students struggling with mental health issues

Participants are trained as first responders to a mental health crisis.

To date:
- 5 MHFA courses have been provided
- 68 employees and students have received training
- Plans for more courses within specific departments this summer

Benefits:
- Improve participant’s understanding of mental health problems/illness
- Minimize participant’s fear and hesitation to become involved
- Develop simple and effective intervention strategies relevant to role

Feedback:
- “Very informative. Should be mandatory in all workplaces.”-May 2014
- “I found it empowering.”-June 12, 2013
- “It is a great program. Takes us, the participants, through the process of being effective first aiders.”-May 28, 2013
Niagara Holistic Wellness Portal

- Website: [http://mycircle](http://mycircle) of wellness.ca
- 4 Quadrants: Body, Mind, Spirit, Emotion
- Who we are:
  Team of diverse backgrounds - Brock University, Niagara College, and Community Partners in the Niagara Region
- Our Project Purpose:
  Holistic approach to wellness inspired by the Aboriginal concept of the Medicine Wheel
- Our Project Aim:
  A resource tool for students to use and gather information about mental health and wellness, reflect on their own emotional well-being, and learn about local resources.
More Feet on the Ground
Mental Health Project

- Partnership - Brock University, Niagara College, and Pathstone Mental Health
- The “More Feet on the Ground” Campaign addresses 2 gaps:
  - Lack of training on mental health and addictions
  - Lack of psycho-educational group information and skill development sessions
- What we have done to date:
  - Partnerships: Council of Ontario Universities, Mindsight
  - Mental Health Advisory Group
  - Mental Health Wellness Coordinator
  - 6 psycho-educational pilot presentations – total of 23 students attended
- Moving Forward:
  - IT firm selected – build and adapt Mindsight tool
  - 9 specific presentations topics chosen from participation feedback for 2014-2015 academic year
  - Upcoming meetings for communication and marketing
At Niagara College….

We make Dreams Come True!