Presented by:

MORGAN LEVY – SUPERVISOR, MENTAL HEALTH HUB
About us

- **#1 in Student Satisfaction (KPI)**
- Officially became Sault College in 1973
- Located in Sault Ste. Marie, ON (680 km from T.O.)
- 4200 students
- College, university, apprenticeship, and continuing education students
- Student-centered approach to education
Why Sault College?

- Northern isolation
- Lack of resources due to size/location
- Student health plan prescription drug statistics
- College Health Office statistics
- Counselling statistics
Project Goals

- Ensure easily accessible mental health services on campus are culturally competent
- Increase the visibility of mental health services and health promotion campaigns on campus
- Continue to raise awareness of mental health challenges of the student population among staff and faculty
- Increase resource materials (self-help, staff, faculty)
- Implement a transition strategy with local school boards
- Partner with community agencies to increase access to referral sources
- Train staff and students in MHFA and safeTALK to increase student support
Gaps Addressed

- Service/referral demands
- Aboriginal mental health services
- Partnerships
- Education/Stigma reduction
Provision of MH Services

- 1 Mental Health Counsellor
- 2 Psychologists
- 1 Mental Health Educator
- 1 Supervisor
Service Delivery Model

- Promotion and Sustainability
- Community Partnerships
- Counsellor Professional Development/Training
- Mental Health Hub Supervisor
- Mental Health Educator
- Elders-in-Residence
- Referral
  - Psychologists
  - Community Agencies
  - Campus Medical
- Anti-stigma Campaigns
- Staff MH Education
- Student MH Education
- Cultural Events
- Cultural Support
Role Duties

Supervisor, Mental Health Hub

- Oversee general operations/staffing/budget
- Statistics & Reporting
- Transitional procedures with school boards
- Community partnership development
- Sustainability of project
- Community Advisory Committee
- Pan-Northern
Mental Health Counsellor

- Provide counselling support to students who are experiencing mental health issues/mental illness who do not require Psychologist referral
- Provide interim support to students waiting to see the Psychologist/community agency
- Coordinate and prioritize referrals from Counsellors to Psychologists/community agencies
Psychologists

- Variety of treatment methods
- Diagnosis for accommodations
- Co-ordination of services with Health Office re: medications
- Consultation/Supervision with Counsellors
Psychologists (cont.)

35 Students received treatment for:
- Depression
- Somatization
- GAD
- PTSD
- Substance Use
- Suicidal Ideation and behaviours
- Adjustment Disorder
- Sleep Disorders
- Panic Disorder
- Claustrophobia
- Dysthymia
- ADHD
- Social Anxiety Disorder
- Specific Phobia
Mental Health Educator (CMHA Partnership)

- Provide staff with information re: Mental Illness and Mental Health and possible accommodations in their classroom
- Organize Mental Health First Aid and SafeTALK training
- Provide students with information re: Mental Illness and Mental Health as it relates to their programs
- Formalize and execute stigma-reduction activities and events
- Produce yearly calendar of events/workshops etc. to be implemented
- Promote mental health strategies
Elder(s)-in-Residence

- Organize and implement culturally-relevant events that promote healthy living
- Provide cultural support for students
- Resources for students and staff
- Oral history
- Naming and language
Current/Completed Initiatives

Videos & Companion Guides

- Partnership with Family Life Theatre
- Four videos + 1 play
- Suicide, anxiety, depression, body image, self-harm
- Companion guides for teaching tool
- Pan-Northern website, classrooms, library resource
A TOUGH DAY
Stigma Reduction

- Stigma SUCKS!
- Awareness weeks/events
- Bell Let’s Talk
- Lunch & Learn
- Promotional materials
- Frank Warren event
Mental Health/Illness Education

- MHFA
- safeTALK
- Lunch and Learn
- Program-specific workshops (staff and student)
- Promotional materials
- Stress Less Kits
PAWS to Relax

- St. John’s Ambulance partnership
- 1-2 dogs/day
- Mid-terms and exams
- Anxiety and loneliness reduction
Cultural Events

- Pow wows
- Traditional Healer
- Mitt and Moccasin making
- Love your Language
- Sweats
- Traditional gatherings and teachings
Library Support

- Direct access to Psychologist/Counsellor recommended books
- Psycho-educational books
- Workbooks for students
- 52 titles
- Preferential display
Student Supports

- Hub personnel
- Healthy Minds on Campus scholarship
- Psychoeducational workshops
- Behavioural Activation for Depression/Anxiety partnership
- USB Keys
Sustainability

- PD for Counsellors
- Funding extensions?
- Fundraising
- MHFA fees
- Community Partnerships