

May 2014

Niagara College

Mental Health Initiatives and Partnerships with Brock University

Student Success Centre

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NiagaraCollege.ca

Mental Health First Aid

- 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 of wellness.ca](http://mycircleofwellness.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!