



SAULT
COLLEGE

Sault College



MENTAL HEALTH HUB

Presented by:



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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**

Mental Health Hub

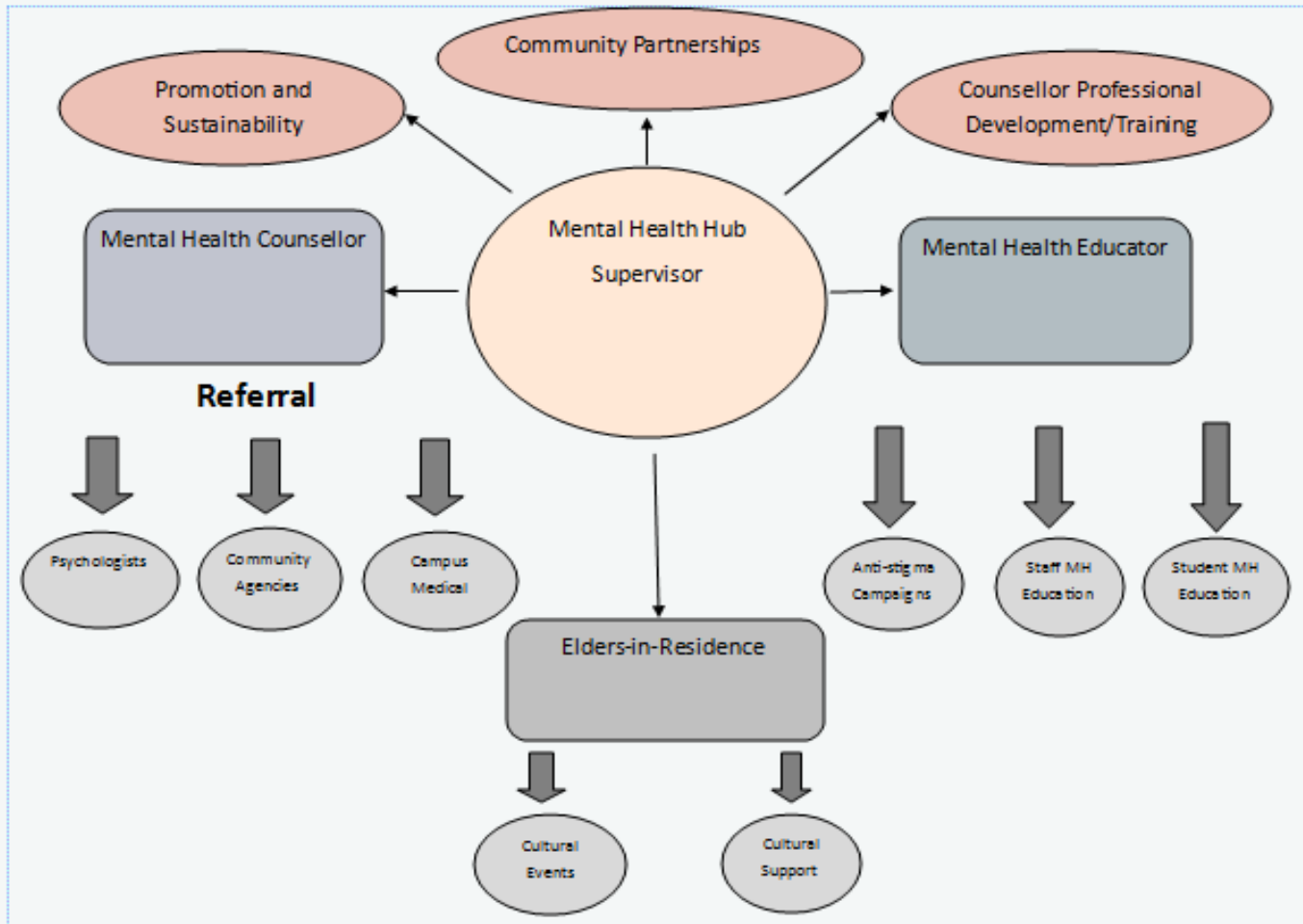


Provision of MH Services



- **1 Mental Health Counsellor**
- **2 Psychologists**
- **1 Mental Health Educator**
- **1 Supervisor**

Service Delivery Model



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**