

Adapting to COVID-19: Teaching and practice adaptations to support student mental health and wellbeing (Part 2)

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Moderator: Duane Seibel

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Territorial Acknowledgment

- Speaking from the traditional territories of the WSÁNEĆ and Lkwungen-speaking peoples, on whose traditional territories, I live, I learn, I play, and I work.



Canadian Mental Health Association

- CMHA is one of the most established national charitable organizations in Canada. We've been in BC since 1952.
- Our vision: “Mentally healthy people in a healthy society.”
- CMHA operates in BC through the BC Division, which provides province-wide programs and policy leadership, and 14 branches serving over 100 communities to meet local needs.



Presentation Overview

1. Follow up on previous webinars focused on mental health
2. Deep-dive discussion
3. Profiling of upcoming opportunities for support
4. Next steps



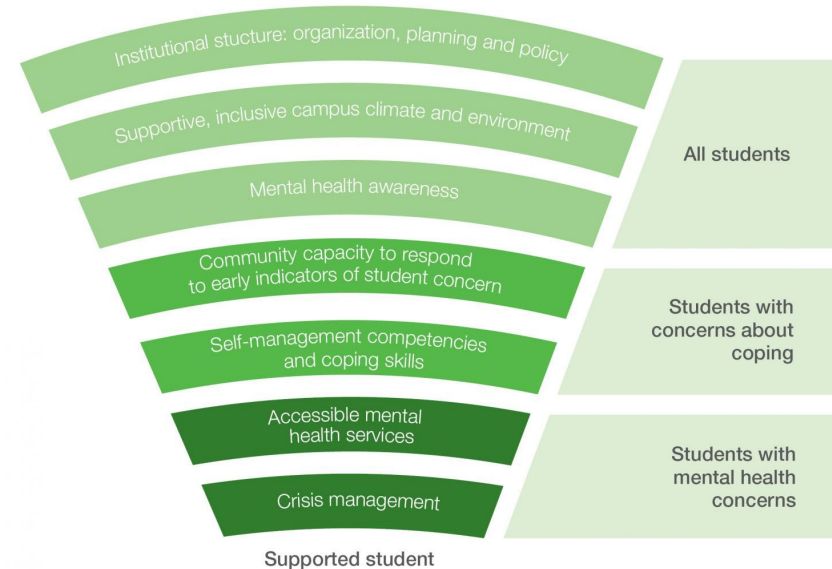
Discussion Questions

1. Since our last meeting, how has your campus response to mental health and substance use evolved?
2. Where is there most energy in your campus' response? Where is energy depleted or momentum lost?
3. What are you needing from your campus or more broadly in support?

Planning Framework

Padlet #	Provide Examples
1. Policy interventions	e.g. grading, absence, financial aid
2. Support and inclusion	e.g. design of virtual learning communities
3. Raising awareness	e.g. digital campaigns within learning context
4. Community capacity	e.g. enhanced training for student life personnel
5. Self-management	e.g. leveraging virtual peer support and mutual aid
6. Accessible mental health services	e.g. stepped care delivery and brief visits
7. Crisis management	e.g. implementation of Zero Suicide methodology

Figure 2: Framework for Post-Secondary Student Mental Health



National Standard



Post-Secondary Student Mental Health

PROMOTING STUDENT SUCCESS

Pursuing post-secondary education can be exciting and challenging. It's an important time to be aware of how to maintain optimal mental health and how to deal with issues when they occur.

75%

of first-time mental health diagnoses occur between the ages of 16 and 25.

50%

of students use campus mental health services with **10%** being seen in urgent or crisis situations.


A new Standard to support student Mental Health and Wellness


The Mental Health Commission of Canada (MHCC) has started a two-year project to develop a Standard on Psychological Health and Safety for post-secondary students. These guidelines will help Canada's post-secondary institutions promote and support student psychological health and safety, and support student success. The Standard will build upon and learn from many outstanding programs, frameworks, and promising practices that exist.

Get involved! #studentsuccess


To learn more about the Standard, visit our webpage: mentalhealthcommission.ca/English/studentstandard or contact studentstandard@mentalhealthcommission.ca


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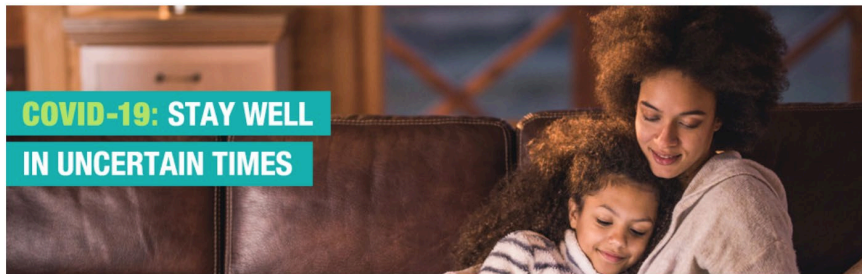





Financial contribution from




Additional Resources



COVID-19: Stay Well In Uncertain Times

Anxiety, stress, worry, fear, uncertainty, dread, sadness, grief: these are all normal and expected responses to a disruptive event like a pandemic

COVID-19	
STAY WELL	
STAY INFORMED	▼
TAKE CARE OF YOURSELF	▼
COPING WITH FINANCIAL UNCERTAINTY	▼
TIPS FOR MANAGING ANXIETY	
CMHA BC SERVICE UPDATES	▼



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Health Association
British Columbia
Mental health for all

Key takeaways and Q/A



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Thank you

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Thank-you

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