



Student Mental Health Framework

**Annual Report
2024**



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Executive Summary

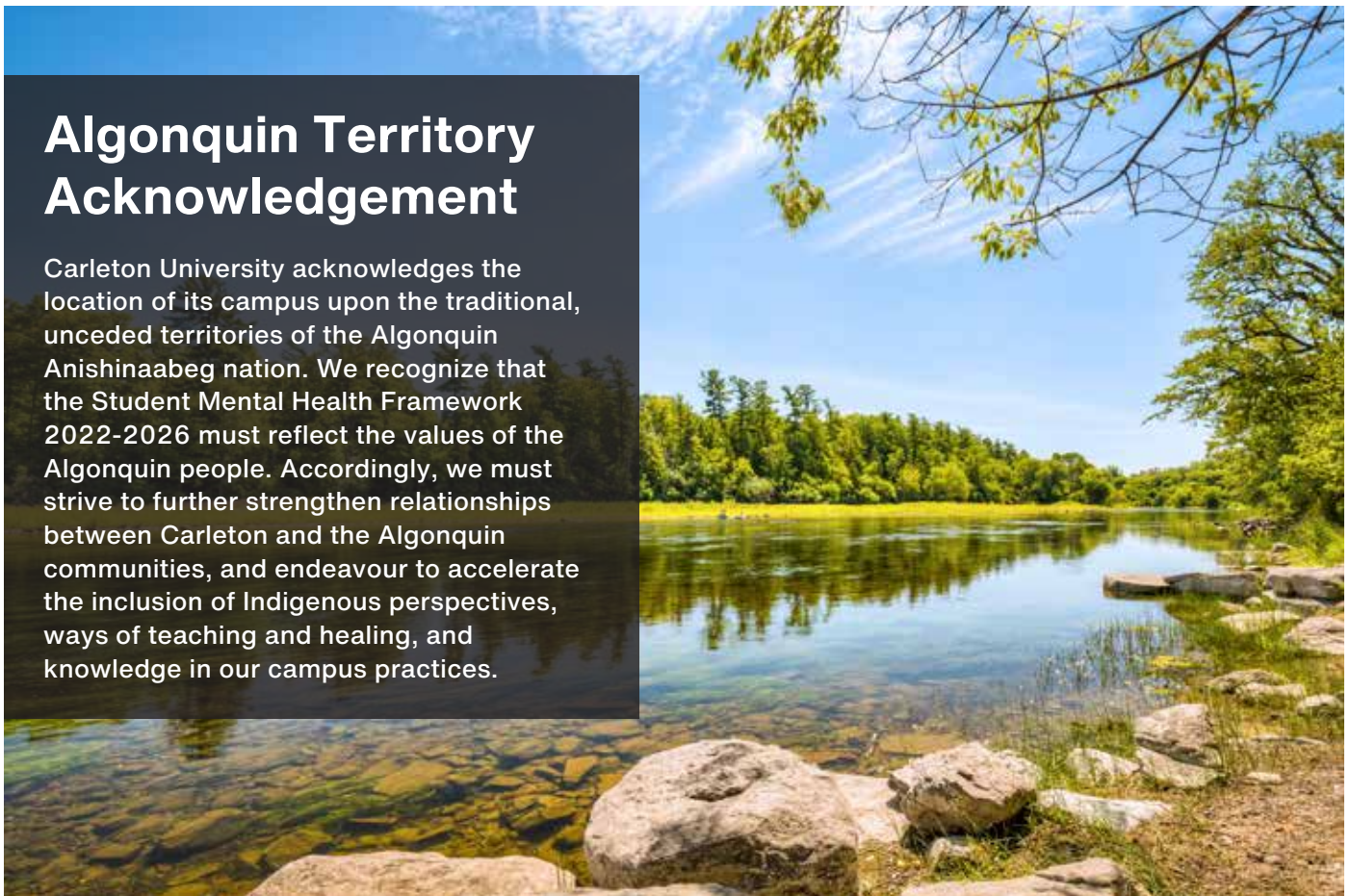
Carleton University's Student Mental Health Framework (SMHF) 2022-2026 was officially launched in May 2022. Through the cross-representational Student Mental Health Advisory Committee and key stakeholders across the university, significant strides have been made in meeting the SMHF recommendations as we complete the second year of implementation in 2023-2024. This year, a focus was placed on working with our internal and external partners to support the unique needs of our student population. It is through the input of these partners and our community that we can showcase the tremendous work being done in support of student health and wellness.

The SMHF Annual Report 2024 provides an overview of key outcomes across the university during the second year of implementation. It should be noted this report is not able to encapsulate a complete overview of mental health initiatives taking place. Instead, under each area of focus, select examples of the initiatives that support the SMHF recommendations have been highlighted. The outcomes identified in this report would not be possible without the immense input and shared knowledge of students, faculty, staff and external community partners.

Over the past year, definitive action has been taken on all 30 recommendations. Within this, two recommendations have the status of continuous, meaning that key targets have been accomplished although work continues; four recommendations are considered complete; and 24 recommendations are underway. For a comprehensive overview of the progress toward our objectives and recommendations, please refer to Appendix 1.

Algonquin Territory Acknowledgement

Carleton University acknowledges the location of its campus upon the traditional, unceded territories of the Algonquin Anishinaabeg nation. We recognize that the Student Mental Health Framework 2022-2026 must reflect the values of the Algonquin people. Accordingly, we must strive to further strengthen relationships between Carleton and the Algonquin communities, and endeavour to accelerate the inclusion of Indigenous perspectives, ways of teaching and healing, and knowledge in our campus practices.



A Message from the Associate Vice-President (Student Health and Wellness)

As we continue to navigate our way post-pandemic, prioritizing student mental health and wellness continues to be essential to support our students in achieving their academic, personal and professional potential. This report highlights a collection of achievements across the Carleton community in supporting the implementation of the recommendations outlined in our Student Mental Health Framework 2022-2026. We hope sharing some of the amazing work our staff,

faculty and students completed this past year will inspire all members of our community to reflect on our important role in student mental health.

Over the past year, the Carleton community has settled into a routine, and we've been able to focus on building upon existing strategies while creating new opportunities in student mental health and wellness. This year proved to be a momentous year for the Student Health and Wellness portfolio with the adoption of the Okanagan Charter, the passing of the Student Mental Health Fee Referendum, the implementation of our Collaborative Health Record (electronic medical record) for Health and Counselling Services and From Intention to Action, the inaugural Therapy Dog Convocation and continued growth in services and supports available for our students.

I want to thank everyone for their ongoing support and partnership in implementing the Student Mental Health Framework recommendations. Our goal of creating a culture that prioritizes student mental health and wellness is becoming evident throughout our community. I look forward to a future where our students can flourish and thrive to achieve their own versions of health and wellness.

Kristie Tousignant
Associate Vice-President
(Student Health and Wellness)



Year in Review:

Highlights from May 2023 – April 2024

Mental Health

17,225 visits to Counselling Services	20 counselling groups conducted	2,650 sessions conducted by From Intention to Action (FITA)	1,314 new students registered with the Paul Mention Centre for Students with Disabilities (PMC) (4,600 total students served)
56% of intakes with PMC report either mental health or ADHD as their primary disability	1,000+ students interacted with the Wellness Desk during its first year, with 3,000 additional students attending Therapy Dog hours outside of the Wellness Desk		808 care reports submitted

Health Services

38,986 visits to medical services	720 community members trained to administer naloxone	25,888 hours of care provided by Attendant Services
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Therapy Dogs

17 therapy dogs	330+ visits held
5,000+ student visits to the therapy dogs	
2,000+ in-person and virtual attendees at the Therapy Dog Convocation	
<i>The Carleton Therapy Dog program is funded through generous donations by members of the community.</i>	

Community

8,850+ users on the Wellness Services Navigator	289 participants in the Kinàmàgawin Indigenous Learning Certificate	3,052 appointments with the Sprott Undergraduate Student Services Team
6,000+ immigration advising interactions with the International Student Services Office		244 All People, All Pathways meetings held for staff and faculty, with approximately 406 participants

Health Promotion

3,500 students attended Health Promotion events, workshops and tabling	1,500+ students attended the Spirituality Centre's Pause Table	20+ mindfulness and meditation sessions held in the Spirituality Centre by our Buddhist Chaplain
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This list is not exhaustive. If you have a mental health and wellness initiative happening on campus, we'd love to hear about it! Email wellness@carleton.ca

Top Features for 2023 – 2024

Wellness Desk

Through donations from the Carleton University Alumni Association, the Wellness Desk was created as a new initiative partnering with MacOdrum Library and the Office of the Associate Vice-President (Student Health and Wellness). Located on the main floor of MacOdrum Library, the Wellness Desk provides highly accessible mental health and wellness resources to students in a safe, familiar and central location. The Wellness Desk allows more students to learn about the supports they need, which can contribute to destigmatizing mental health care and has also put wellness on display, contributing to Carleton’s shared efforts to promote mental health and wellness.

Since its opening in September 2023, the Wellness Desk has supported over 1,000 students who are often presenting with general stress, anxiety or academic-related concerns. Students can speak with the Wellness Coordinator or one of the Student Wellness Navigators about their thoughts and emotions, explore relevant resources and walk away with a better understanding of future steps they can take to support their wellness. The Wellness Desk is also a great employment opportunity for students looking to get involved with mental health support on campus, as well as lending critical perspectives on where and how we can better support students.

The Wellness Desk introduced a new “Meet the…” series aimed to break down barriers to accessing mental health and wellness services by bringing in representatives from 11 departments across campus to the Wellness Desk. Over 240 students attended the sessions and learned about the different services and opportunities to get involved and to ask questions.

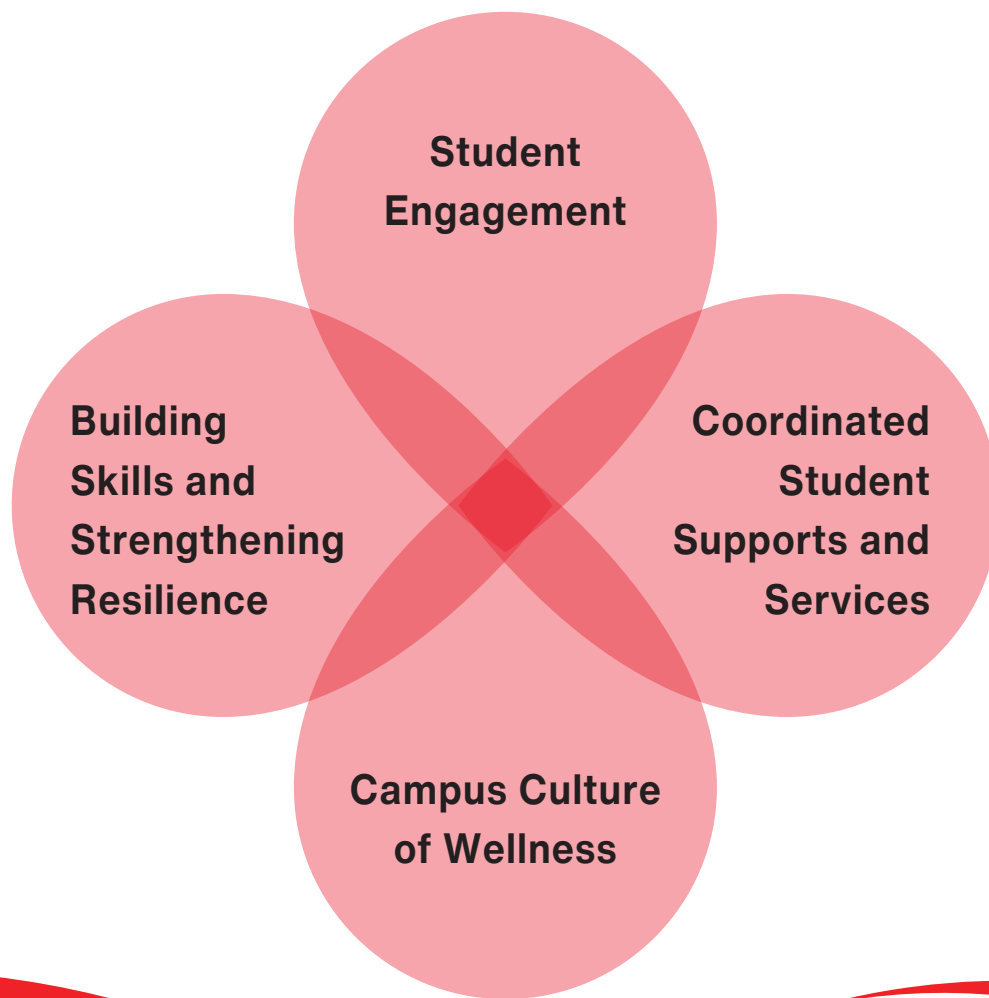
Counsellor (Eating Disorders) Trial

The Office of the Associate Vice-President (Student Health and Wellness) partnered with the WaterStone Foundation to provide support to students with disordered eating and eating disorders. The WaterStone Foundation provides funding to enable post-secondary institutions to hire a dedicated eating disorder therapist to provide treatment and support to students in need. With this funding, Christa Burnett, an experienced counsellor with a specialization in eating disorders, was hired to provide individual treatment, run support groups for students with eating disorders and increase awareness and understanding of eating disorders broadly on campus through health promotion activities and workshops. This position has been invaluable to our campus and has been in high demand, offering 663 individual sessions this academic year, as well as a meal support group during the winter 2024 term.



Student Mental Health Framework Highlights from the Areas of Focus

The following sections highlight initiatives under each area of focus which were led by our community members. The following pages are simply a snapshot and not a complete picture of the work across our community. The Student Mental Health Framework is meant to encourage, inspire and support faculty, staff and students in leading mental health and wellness initiatives across campus to create a culture of wellness for our students. The following highlights are sorted into our four areas of focus:



Area of Focus #1:

Student Engagement

Our students have once again demonstrated their desire to support mental health and wellness on campus, continuing to share their passion, knowledge and experiences with the broader community. Students have continued to engage with our programming, provide critical feedback on initiatives and lead innovative programming to support each other. Our students embodied the values of this framework, providing care at all levels – from connecting with their peers to petitioning for the new mental health fee to secure future supports for our campus.

Highlights

- The Centre for Indigenous Support and Community Engagement hosted an Arctic Exchange Program in May, where urban Inuit students were invited to travel to Clyde River, Nunavut, to spend a week at Piqqusilirivik Inuit Cultural Learning Facility engaging in land-based learning activities. The goal of this initiative was to provide urban Inuit who have not been able to connect with their traditional communities or lands with the opportunity to do so.
- The Housing and Residence Life community, including the Mental Health Champions, hosted many events for the students in residence. Some of these events included an open house for residence counselling, pumpkin painting, mindfulness activity kits, yoga and more. Participation in these events ranged from 10 students to over 200.



- Carleton's Health Promotion Team expanded to include six Health Promotion Team Leaders, two Health Science Placement students and two Psychology Placement students who supported the implementation of health-based recommendations through four topic areas: mental health, sexual health, substance use health and healthy living. The Health Promotion Team connected with over 3,500 students this year.
- All departments in the Office of the Associate Vice-President (Student Health and Wellness) implemented the user-focused feedback survey, which was developed for front-line units in the Students and Enrolment Division, to ensure students are given multiple opportunities to provide feedback to each department.
- The Student Mental Health Student Engagement Committee was focused on seeking out meaningful connections and providing students opportunities to give feedback through small feedback groups. The committee was able to successfully identify opportunities for improvement for mental health and wellness initiatives, as well as build connections across campus.
- The Graduate Students' Association worked with various stakeholders on and off campus to provide comprehensive mental health and wellness support to our graduate student population by hosting a large variety of events, workshops and differing supports for graduate students throughout the year. These events ranged from plant potting to weekly support groups to study sessions, financial support for newcomers and more.
- A referendum was held for a new Student Mental Health Fee, driven by the need to expand the Counselling Services at Carleton. Students led this campaign, connecting with hundreds of their peers over the campaign period and actively encouraging students to vote on the voting days. The new fee passed for both undergraduate and graduate students.



- Carleton University Students' Association (CUSA) hosted their annual Pop the Stigma campaign, focused on spreading mental health awareness with the goal of reducing mental health stigma on campus. CUSA and the Wellness Centre worked together to bring the community a variety of events.
- Carleton's Health Promotion Team and the CU Umbrella Project partnered up to host the Party Safe Fair, promoting safe substance use in advance of the Panda Game. Over 400 students participated in this event which featured 12 different partners from Carleton and the Ottawa community.

Area of Focus #2:

Building Skills and Strengthening Resilience

As the needs of our students continue to change and evolve, the workshops, training and supports offered have continued to adapt. This year, we saw an emphasis on rebuilding (or introducing) the foundations of developing healthy coping strategies, figuring out how to balance academic work with personal responsibilities and diving into emotional regulation. Multiple departments, faculties and student groups took the initiative to offer, request and/or attend a variety of opportunities to enhance resiliency and build positive coping skills to live a balanced life.

Highlights

- The Paul Menton Centre hosted various support, social and study groups this year. Including the social communication group, chronic medical disability support and social group, graduate student writing group and the ADHD group.
- Housing and Residence Life continued to offer extensive training for student staff, encouraging student staff to select a stream that requires them to complete a minimum of four learning experiences throughout the year.
- To prepare students for the start of the academic year as well as Fall Orientation, Supporting Students in Distress was delivered to Fall Orientation volunteers and First Year Connections Mentors to educate students on recognizing, responding and referring students, as well as on how to reflect as needed. Over 450 students were trained on how to support their peers and themselves.
- The Centre for Indigenous Support and Community Engagement accepted 17 Indigenous students into this year's cohort of the Indigenous Enriched Support Program (IESP). This program supports Indigenous students who may not know what degree they want to pursue, may have identified that they need extra academic/cultural supports or may not have the degree requirements to be accepted into a Carleton degree program.





- The Accessibility Institute offered training opportunities to students as part of their Student AccessAbility Program. Within this program, the Accessibility Institute provides training related to life balance, emotional intelligence and self-care as a leader. Feedback from students has indicated that this has been incredibly helpful for them as they prepare to embark on their careers.
- The CU Umbrella Project and Naloxone Care continued to provide naloxone training to staff, faculty and students. 13 training sessions were offered and over 720 Carleton community members attended. Since the partnership with Naloxone Care began in 2020, almost 2,000 Carleton staff, faculty and students have been trained in how and when to administer naloxone.
- Teaching and Learning Services partnered with the Wellness Desk and the Student Mental Health and Wellness team to provide wellness workshops to both undergraduate and graduate teaching assistants. These workshops included information on self-care, building resiliency and resource navigation.
- The Centre for Indigenous Support and Community Engagement continued to offer the Kinàmàgawin Indigenous Learning Certificate, a four-part series covering anti-Indigenous racism in Canada, institutional anti-Indigenous racism and education, Indigenous student experiences and practicing allyship and righting relations. 289 participants have successfully completed the certificate.
- CUSA successfully advocated for improved transit options, cost of living and affordability (including passing a referendum for increased funding for the Unified Support Centre), housing advocacy, equity, diversity and inclusion policy and initiatives and international student advocacy and mental health.
- Health and Counselling Services offered numerous support groups and workshops for students including an eating disorder group, a healthy eating series and healthy coping skills. These workshops focused on practical skills, building resiliency and creating a sense of community.

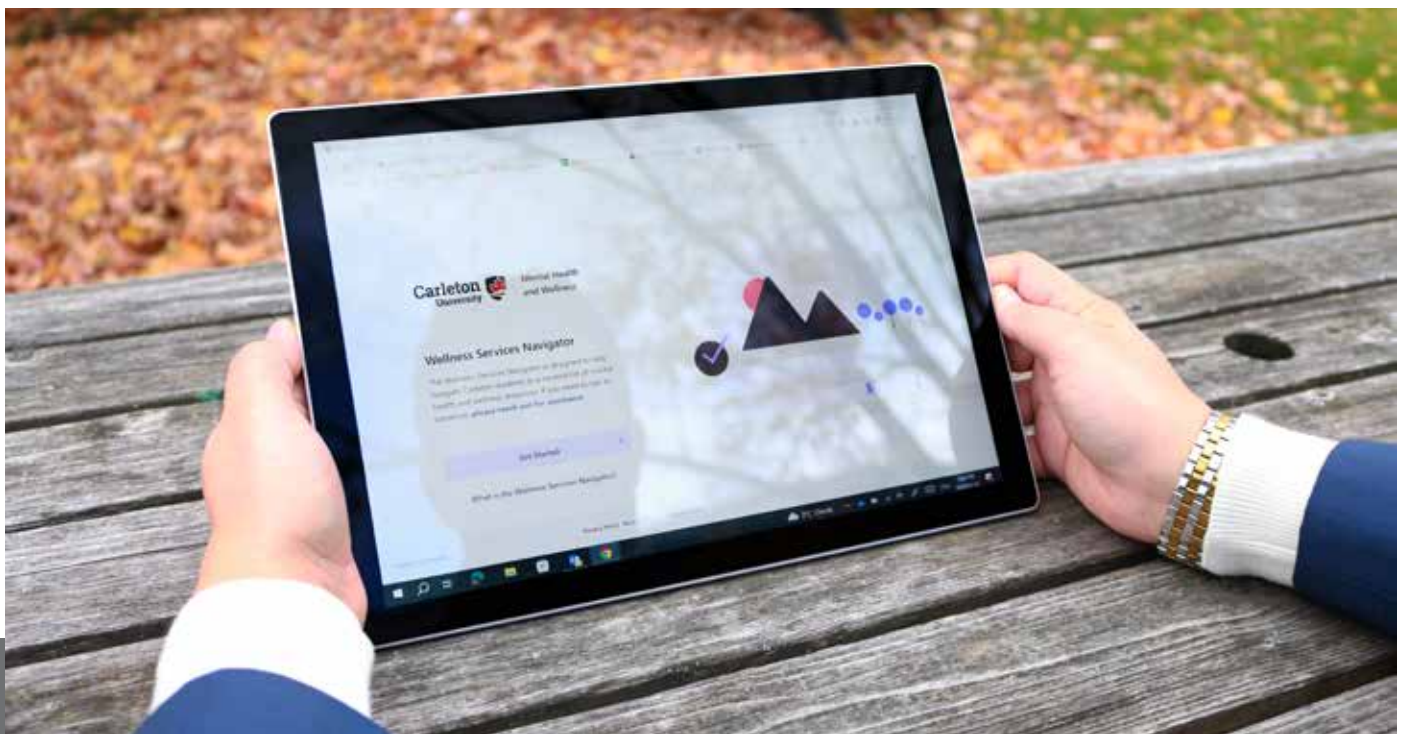
Area of Focus #3:

Coordinated Student Supports and Services

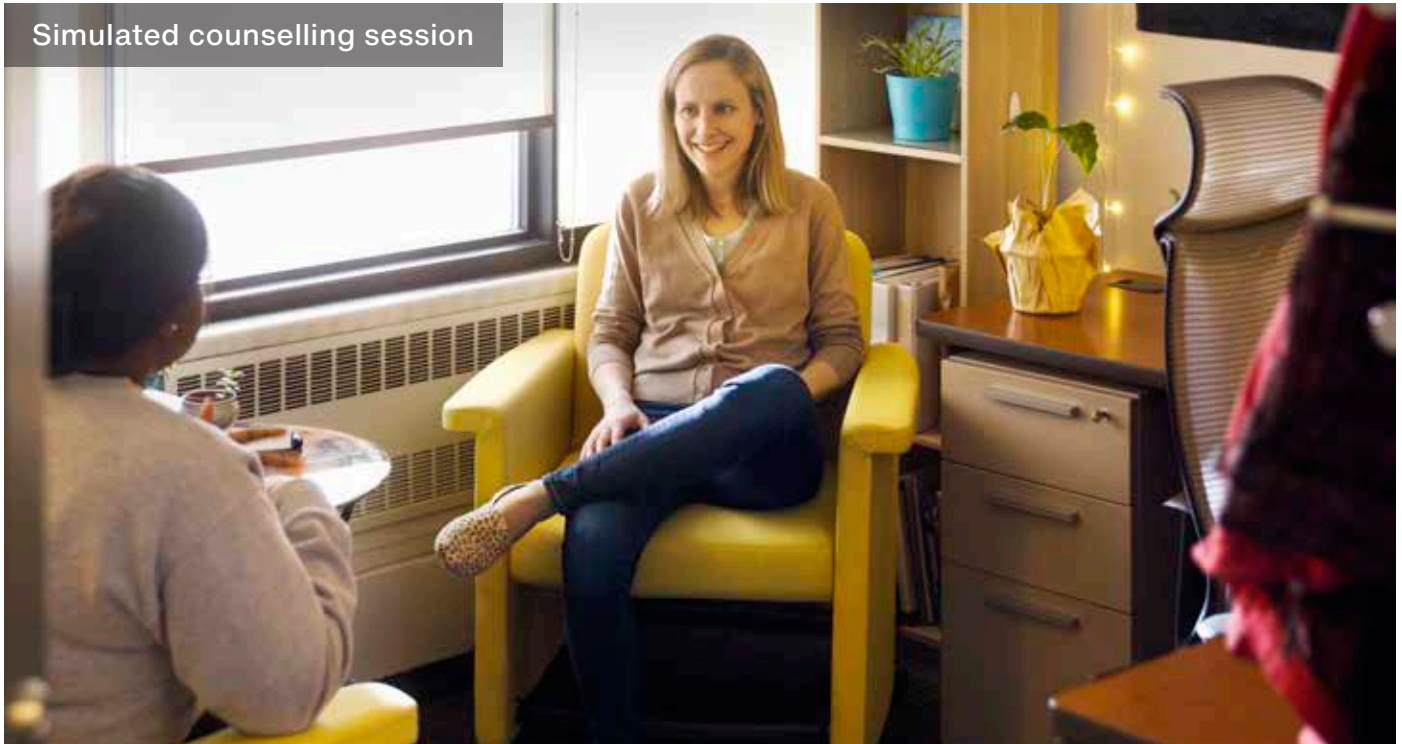
One of the greatest aspects of our Carleton community is our continuous drive to adapt supports and services utilizing evidence-based best practices to proactively empower and foster student growth. Over the past few years, we have seen a need to streamline services, expand offerings and focus more on creating meaningful supports, while revitalizing training for our faculty and staff members to support creating a safe and supportive learning environment.

Highlights

- The Centre for Indigenous Support and Community Engagement team has developed a partnership with Sivummut Solutions to identify areas where we can support the devolution process in Nunavut. This has involved the implementation of a science stream for the Indigenous Enriched Support Program (IESP) to support Inuit students in obtaining degrees within the sciences and identifying supports and resources to better support Inuit students within the IESP and Carleton.
- The Wellness Services Navigator, a tool that provides the Carleton community with a curated list of mental health and wellness resources, had over 8,850 users and was embedded into all training offered by Health Promotion and the Wellness Desk, as well as highlighted through various social media channels.
- Strategic Initiatives (Students and Enrolment), in consultation with the Office of the Associate Vice-President (Student Health and Wellness) developed an annual mental health and wellness communications plan to ensure Carleton students are informed of the services, resources and events to support mental health and wellness while encouraging students to build and maintain healthy habits.
- The Care and Support team held meetings with several faculties and departments to discuss the use of the care report, and how the Care and Support team can best support campus partners and work together to provide support to students. In addition to these meetings, the Care and Support team continued to offer training to staff and faculty on how to use the care reports, when to submit and what to expect after submitting.



Simulated counselling session



- The Carleton Spirituality Centre continued to expand to support the diverse faith-based and spiritual health of our students. The Spirituality Centre now has nine volunteer chaplains who provide a range of support for all students, including offering mindfulness and meditation sessions, one-on-one meetings with students, Bible study, brother and sister circles and more.
- Counselling Services trialed single-session appointments as an alternative to intake and ongoing counselling options. These single sessions are available for booking online one week prior and are best suited to students who have a clear challenge they are facing and would like the opportunity to identify strengths, gain a sense of autonomy and confidence and begin implementing solutions. These single session appointments will continue to be implemented and modified to support our student population.
- The Wellness Desk and Carleton's Therapy Dog Program partnered up to offer Therapy Dog visits outside of the Wellness Desk to ensure that students always had access to mental health and wellness support while visiting the Therapy Dogs. Around 160 sessions were held inside or just outside of the Wellness Desk, with over 3,000 students attending the sessions.
- The Student Experience Office and Equity and Inclusive Communities partnered together for Fall Orientation to offer a "chill zone." This space, located in the Carleton Technology and Training Centre, was designed to provide a quiet space for students to de-compress and take some time away from the noise during a hectic week.
- The Sprott School of Business hosted the Sprott Study Break initiative, in partnership with a variety of departments across campus, to connect with Sprott students, offer them treats, study kits and an opportunity to unwind with games and activities.
- Counselling Services hired additional counsellors for racialized students in the main clinic as well as in residence, bringing the total number of counsellors for racialized students up to three.

Porter

Retriever Mix / Mutt

Carleton Therapy Dog
Since 2023

@Porter_Tails



@CUTherapyDog



Carleton
University

Therapy Dogs

Area of Focus #4:

Campus Culture of Wellness

Creating a campus culture of wellness means encouraging and promoting all aspects of health. This includes striving to strengthen institutional awareness of the impact of policies and practices that can create unintended stress. It is important to cultivate a culture of wellness and student mental health at all levels. During the 2023-2024 academic year, we took the opportunity to focus on what we as an institution can do to support our community, and to identify barriers and potential improvements with a critical lens. With the continued support of the Student Mental Health Advisory Committee, we can continue to foster the growth and outreach of the framework recommendations.



Highlights

- Carleton University became the 45th Canadian campus to sign and formally adopt the Okanagan Charter. This charter has two calls of action: embed health into all aspects of campus culture, across the administration, operations and academic mandates and lead health promotion action and collaboration locally and globally.
- The inaugural Carleton University Therapy Dog Convocation was held in March to recognize the completion of the significant training the dogs and handlers underwent to be certified as Carleton Therapy Dogs. The convocation also recognized the key role this program has in providing low-level mental health support as well as a resource navigation opportunity for our students. All 17 therapy dogs were presented with their own certificate of completion. The program is funded through generous donations by members of the community.
- Carleton's Postvention Strategy was developed to inform our community of the actions taken following a student death, as well as how we care for our community following the death of a student. This strategy also features critical messaging on stigma reduction and education on postvention vs. prevention work.

- A working group was created, and meetings were held to begin the process of developing a staff and faculty toolkit for our community. The Staff and Faculty Toolkit Working Group is comprised of staff, faculty and student leaders, and our goal is to have a toolkit created and implemented over the next few years.
- The Accessibility Institute has been exploring student mental health and wellness in the context of campus spaces. This foundational study probes two primary research questions, and findings revealed the importance of student centres and libraries in the decision-making of students. This study will continue to support the creating of new and transformation of current spaces on campus to ensure a wellness and accessible-focused environment.
- For Black History Month, Umoja Black Community Engagement Program, dedicated to the academic, professional and personal empowerment of the Ottawa region's African, Caribbean and Black (ACB) communities, focused on celebrating Black experiences and creating safer spaces for ACB students.
- Seven members of the community added the Student Mental Health and Well-Being Concentration to their Student Support Certificate. Some of these trainings included the Care and Support Team's Supporting Students in Distress workshop, which had over 360 community members attend.
- Campus Safety Services led many large-scale initiatives throughout the year including their third annual food drive to support the Minwaashin Lodge (an Indigenous Women's Support Centre), Campus Clean Up, a silent auction for Shepherds of Good Hope and Consent Educators with Equity and Inclusive Communities.
- To support in the task of evaluating mental health and wellness initiatives across campus, the Student Mental Health Advisory Committee trialed a survey and evaluation reporting system within a few departments. Feedback is being reviewed and necessary changes will be made to continue to support our community in the assessment and evaluation process.



What's Next for the Student Mental Health Framework

Building on the success of our first two years, we must continue this momentum. Having made definitive action on all 30 recommendations, our upcoming focus in 2024 – 2025 will be to continue to assess and evaluate our current initiatives, programs and services while reflecting on the progress we have made and creating new innovative initiatives to support our student's health and wellness.

With the official adoption of the Okanagan Charter, we look forward to progressing on our implementation plan, following the four themes of our commitment: creating thriving and supportive communities; supporting personal and social development; embedding a campus culture of wellness; and advancing teaching and training while integrating health. With the expanded Health Promotion Team and the support from the Carleton community, we look forward to leading health promotion action both locally and globally.

After the successful creation of the Staff and Faculty Toolkit Working Group, our priority over this next year is to research evidence-based best practices and perform a review of existing tools that may be beneficial in our toolkit. We plan to conduct focus groups with staff, faculty and student leaders to identify the needs, what tools might help and to seek their feedback on our progress. This will support us in the creation and trial implementation of the toolkit before a wide-scale community launch. The goal is by the start of year four of our framework, we will have a working staff and faculty toolkit available to our community for years to come.

As building skills and strengthening resilience is a continued need for our community, we are undertaking a critical look at the workshops and skill development opportunities we offer. In addition, Health and Counselling Services plans to revise and implement a new model of care in Counselling Services during the 2024 – 2025 year, increasing access to meet the growing demands. With the success of the Student Mental Health Fee Referendum, we plan to add more group therapy offerings and focus more intentionally on creating opportunities for students to build their skills and develop positive coping strategies.

Carleton has had many milestones to celebrate this past year, especially when it comes to our commitment to excellence and in further developing a caring community. We are optimistic for the future and will continue our momentum in implementing evidence-informed best practices in supporting student mental health and wellness. We are grateful for the Carleton community's shared commitment and efforts in creating opportunities to engage in critical dialogue around adapting and responding to students in supporting their mental health and wellness.



Appendix 1:

Areas of Focus and Recommendations Status

This Appendix contains the Objectives and Recommendations directly outlined in the Student Mental Health Framework (SMHF) 2022-2026. A status column has been added with the following indicators:

- **Planning:** activities (e.g., planning, coordination) have been initiated in the current reporting cycle.
- **Underway:** activities are currently underway and being implemented.
- **Continuous:** activities are complete, but implementation is an ongoing process with no definitive end date.
- **Complete:** activities have been completed with no further implementation required.
- **Upcoming:** activities are planned in the near-to-mid term.

The table below can be summarized as follows:

- **2** recommendations are in a continuous state;
- **4** recommendations are considered complete;
- **24** recommendations are underway;
- **0** recommendations are in the planning phase; and
- **0** recommendations are in the upcoming phase.

It is worth noting implementation is an ongoing process with no definitive end. This is reflective of mental health and wellness not being an end state, but instead a continuous state of adaptation. With our second reporting year completed, definitive actions have been taken on all 30 recommendations. We look forward to continuing to expand on the actions taken to provide holistic support for our community.

Area of Focus #1: Student Engagement

Recommendations		Status
1	Increase student involvement in the implementation of all areas of focus in this Framework through developing and strengthening partnerships with students, staff, and faculty.	Underway
2	Further develop partnerships with student-led groups and support their innovative ideas and initiatives that promote a holistic approach to mental health and wellness.	Underway
3	Continue to support and engage the Student Mental Health Student Engagement Committee in developing and implementing student-led initiatives.	Underway
4	Leverage the results of existing student surveys and explore the implementation of additional surveys to better capture and improve the overall health and wellness of our students.	Underway
5	Develop and implement assessment and evaluation tools for existing programs and services to ensure they are meeting students' needs.	Underway
6	Assess opportunities to engage graduate-level student expertise in researching and evaluating mental health and wellness initiatives on campus.	Underway

Area of Focus #2: Building Skills and Strengthening Resilience

Recommendations		Status
1	Update the wellness website to provide access to comprehensive information on mental health and wellness to students, staff, faculty, and parents, including building resilience and coping skills, substance use health, and streamlining resource navigation.	Complete
2	Provide regular training using an intersectional approach to enable students, staff, and faculty to assist students in a way that is respectful of culture and identities, and which reflects the diversity of Carleton community members.	Underway
3	Enhance online modules, workshops, and programming using an intersectional approach that introduces students to the concepts of overall wellness and thriving within the university environment, with a particular focus on key areas like nutrition, physical health, finances, living on your own, loneliness, and isolation.	Underway
4	Develop programming and initiatives to provide students with opportunities and resources that will help them to recognize personal strengths, develop coping skills, and build resilience.	Underway
5	Enhance training, events, and knowledge sharing of mental health and wellness services to contribute to overall student wellness, with a particular focus on encouraging health-seeking behaviours.	Underway
6	Develop and implement training, education, and resources to reduce harms in different online environments, such as social media.	Underway
7	Support the development and implementation of a substance use health and harm reduction strategy that is focused on support, resources, education, and partnerships.	Underway

Area of Focus #3: Coordinated Student Supports and Services

Recommendations		Status
1	Update related documents that outline student services and programs, and align with a streamlined “Stepped Approach” depending on need for the range of mental health and wellness services available at Carleton.	Complete
2	Update and regularly provide referral training for faculty, staff, and students in key roles, including providing template responses when referring students to additional supports that takes into consideration the individual and cultural needs of our diverse student body.	Underway
3	Integrate faith-based and spirituality resources and approaches as an integral component for supporting mental health and wellness.	Underway
4	Assess and respond to student demand and need for additional counselling services using an equity, diversity, inclusion, and accessibility lens.	Underway
5	Review the delivery structure of student mental health and wellness services at Carleton to respond to student mental health and wellness challenges in a coordinated way, while simultaneously addressing cultural barriers to service use.	Continuous
6	Continue to promote the Care Report to the entire campus community and encourage its use to flag indicators of concern so that our community can respond in the most appropriate way.	Underway
7	Maintain and foster new collaborative partnerships with community partners that allow for better student access to community-based mental health services, including working with hospitals on coordinated discharge processes, and liaising with off-campus services for after-hours care.	Underway

Area of Focus #4: **Campus Culture of Wellness**

Recommendations		Status
1	Enhance the availability of training that is culturally aware and sensitive for faculty, staff, and student leaders to support students in crisis.	Underway
2	Develop a university postvention strategy to reduce suicide risk and promote healing after a death by suicide.	Complete
3	Ensure collaboration with the employee mental health strategy and Healthy Workplace Strategic Plan, so as to have faculty and staff well supported as they support students.	Underway
4	Sign and implement the Okanagan Charter, committing to its calls to action to embed health into all aspects of campus culture and to lead health promotion action and collaboration.	Complete
5	Ensure continued collaboration with Carleton's many documents, frameworks, and strategies, including, but not limited to, the Coordinated Accessibility Strategy, the Equity, Diversity, and Inclusion Action Plan, Honouring Each Other, and Kinàmàgawin.	Continuous
6	In line with Kinàmàgawin Call to Action # 8, develop a Circle of Care Protocol for Indigenous students in crisis, in consultation with the Centre for Indigenous Support and Community Engagement, Health and Counselling Services, and the Office of Student Affairs.	Underway
7	Investigate ways to incorporate green spaces and environmental wellness into mental health and wellness programming in consultation with key stakeholders.	Underway
8	Create opportunities for staff and faculty to work together and learn from each other when integrating mental health and wellness practices, seeking to integrate research and evidence-based practices inside and outside of the classroom.	Underway
9	Develop and distribute a mental health toolkit for faculty that includes curriculum infusion, how to recognize when a student may need support, and how to support their own mental health.	Underway
10	In consultation with faculty, investigate and implement best practices for supporting student mental health and wellness into the curriculum and classroom, including course design and delivery.	Underway





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