

Kaffeeklatsch

October 13, 2021 (20 attendees)

Student Mental Health and Wellbeing Kaffeeklatsch

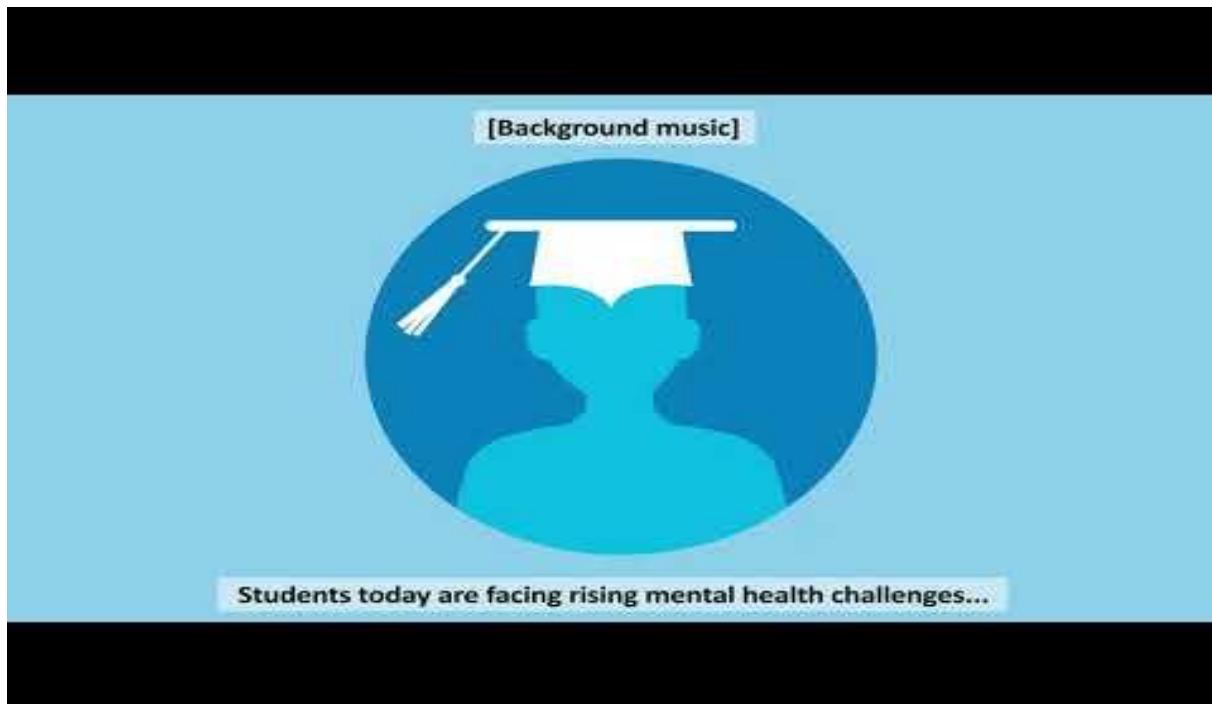
Learn about the new CSA National Standard and reflect on UNBC's role in student mental health and wellbeing. If you can't attend, please view the one-page [National Standard for Mental Health and Well-Being for Post-Secondary Students](#) and the [Kaffeeklatsch Discussions](#) materials at your convenience.

Participants: 20

Notes:

Presenters: Shelley (Director Health & Wellness), Annie (Counselling Coordinator), Joyce (Counsellor), Chrissy (Access Coordinator), Margaret (Counsellor)

[Keeping Student Mental Health at the Heart of Post-Secondary Education](#)



Bell Let's Talk Grant Funding: UNBC successfully received a grant. New Canadian Mental Health Standards were in-part created by UNBC. The grant helps institutions utilize and use these new standards.

Whiteboard Questions:

What is taking up your bandwidth, in one word?

Answers: busy-ness, people's need for answers, sleep, prioritizing, leftovers, stress, exhaustion, panic, uncertainty, decision fatigue, complexity!

Note: Our students are also feeling what we are, and that should be brought to light and acknowledged

From your experience, who is responsible for mental health & wellness at UNBC?

Answers: President, we all play a role, the whole community, counselling, all of us, everyone, all of us – en cha huna, community, remembering who is not at the table...

Note: good to see all of us/shared responsibility

What is your role and responsibility to intervene/support student mental health needs?

Answers: listen, coach instructors to be trauma-informed and sympathetic, coach instructors to be aware of student needs, referral, listen, check-ins, checking in with students, resources readily available, being attentive, creating safe spaces, normalize talking about it

What is your greatest challenge around mental health, in one word.

Answers: capacity, burnout, knowledge—how?, job strain, time, stigma, competing priorities, time, energy

Whiteboard Questions

- What is taking up your bandwidth, in one word?**
exhaustion, uncertainty, panic, decision fatigue, Complexity!, Stress, Prioritizing, sleep, busy-ness, peoples need for answers, leftovers
- From your experience, who is responsible for MH & Wellness at UNBC?**
President, counselling, all of us - en cha huna, everyone, The whole community, community, All of us, remembering who is not at the table...
- What is your role and responsibility to intervene / support student mental health needs?**
Coach instructors to be trauma-informed and sympathetic, listen, referral, trauma-informed approach, check ins, normalize talking about it, creating safe spaces, checking in with students, being attentive, coach Instructors to be aware of student needs, resources readily available
- What is your greatest challenge around mental health, in one word?**
capacity, burnout, knowledge - how?, job strain, time, competing priorities, energy, stigma

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Highlights from working with standard/BCCampus: Capacity to Connect—facilitates an opportunity for members of the community to talk to each other/engage

Current / Upcoming Work

- Invite *Capacity to Connect* facilitation by Counselling Services
- The 3 R's (Recognizing, Responding, Referring)
- Health promotion working group (pillars)
 - As a team, we've been refining health promotion
- Wellness Wheel
- Referral for students in distress
- Canadian Campus Wellbeing Survey results
- Practicum Student



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Working group: what does our community want? Counselling has offered to support all departments on campus with supporting this engagement and these conversations. Health practitioners in Health Services also incorporate overall wellness in their day-to-day practice.

Equally important to do one-on-one engagement and to engage the greater community

Counselling will be posting updates over the coming weeks and months.

One of the working group members is an Indigenous practitioner—she helped in making the new holistic wellness wheel

Last year, overall campus-wide wellbeing survey—Counselling will be working through that data soon. A new practicum/Master's students will be coming in the new year to work on public health/in this area.

Links:

- [CSA Group / Mental Health Commission of Canada: Post Secondary Students Standard](https://mentalhealthcommission.ca/studentstandard/)
- [Okanagan Charter](https://healthpromotingcampuses.squarespace.com/okanagan-charter)
- [BC Campus – Mental Health and Wellness Education and Training Resources](https://bccampus.ca/projects/wellness/mental-health-and-wellness/)

The CSA Standard

UNBC Opportunities

- Leadership
- Planning
- Supportive, safe, and inclusive PSE
- Accessibility
- Early intervention
- Mental health supports
- Crisis management and postvention
- Evaluation and reporting
- Continual improvement and sustaining efforts



Related CSA Standards

- *Psychological Health and Safety in the Workplace – Prevention, Promotion, and Guidance to Staged Implementation*
- *Health Care and Wellbeing*



UNBC Opportunities are 'shall' areas-- areas that are best to focus on first and that will get attention

Summary: ongoing multi-year document/discussion that aids in crisis management and mental health help

Institutional Approach



Working group has met, will be asking university community to contribute soon.

Questions/comments:

- We need to build on our strengths regarding mental health, community, and community wellbeing
- Joyce's position: focus on supporting racialized students in particular. Came out of President's PEC (President's Executive Council) and EDI by students identifying a need.
- joyce.henley@unbc.ca
- Counselling Centre: 250-960-6369
- Can reach out afterwards with questions and/or suggestions to anyone on Wellness Team
- Semesterly talk/discussion/presentation from counselling to promote consistent engagement?
- Therapy dogs will be back soon, one that roams one scheduled in the Gathering Place
- Counselling has put together various sessions for this year on de-escalation, helping students in crisis, reaching out and identifying issues, and other sessions that may be helpful to address issues identified in the community.



from <https://opentextbc.ca/capacitytoconnect/>