

Mental Health Survey Results

Presented by

Mohsan Beg, Psychologist/Clinical Director; and

Anne Mullen, Accessibility & Human Rights Manager



Mental Health Survey Results

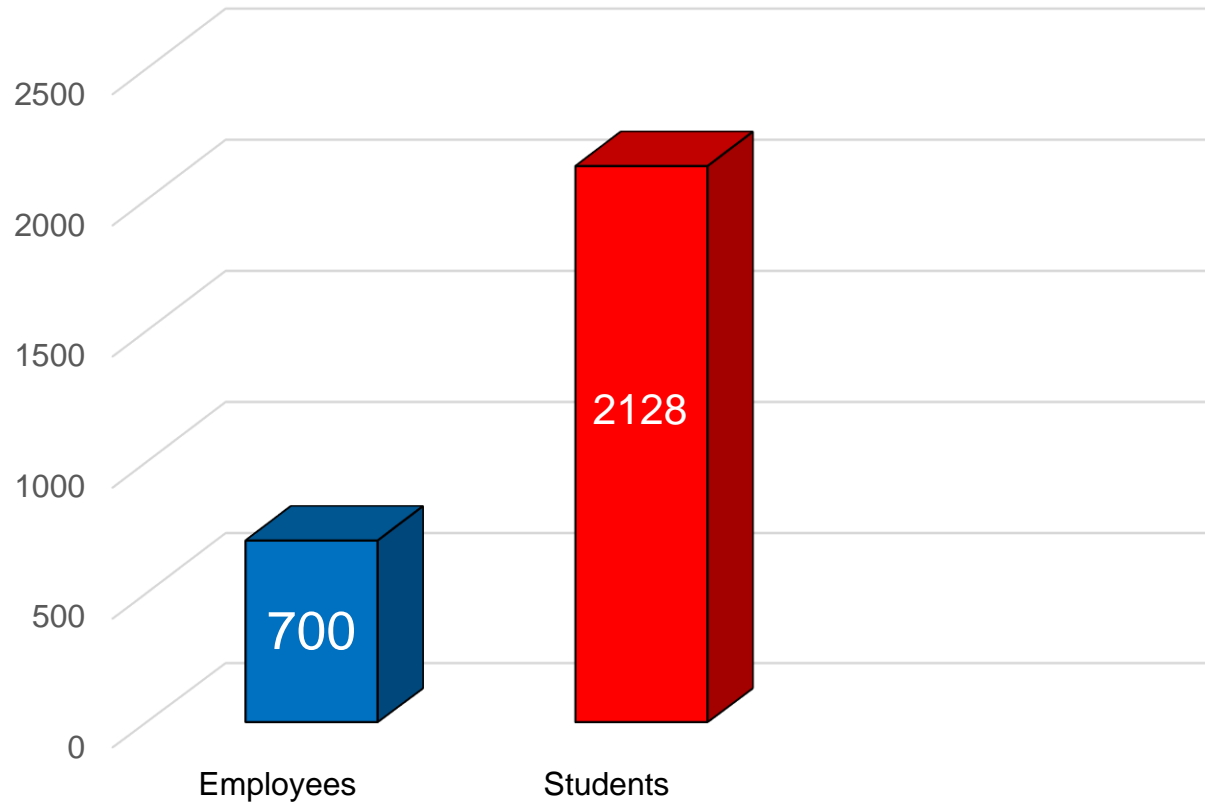
A survey consisting of 10 questions was sent to all employees in the fall of 2015 and then to all students in late 2015 and early 2016.

The purpose of the survey was to conduct an environmental scan of the mental health initiatives and supports on campus, to determine strengths, weaknesses and gaps within the campus community. This information is being used to develop a Mental Health Strategic Framework.

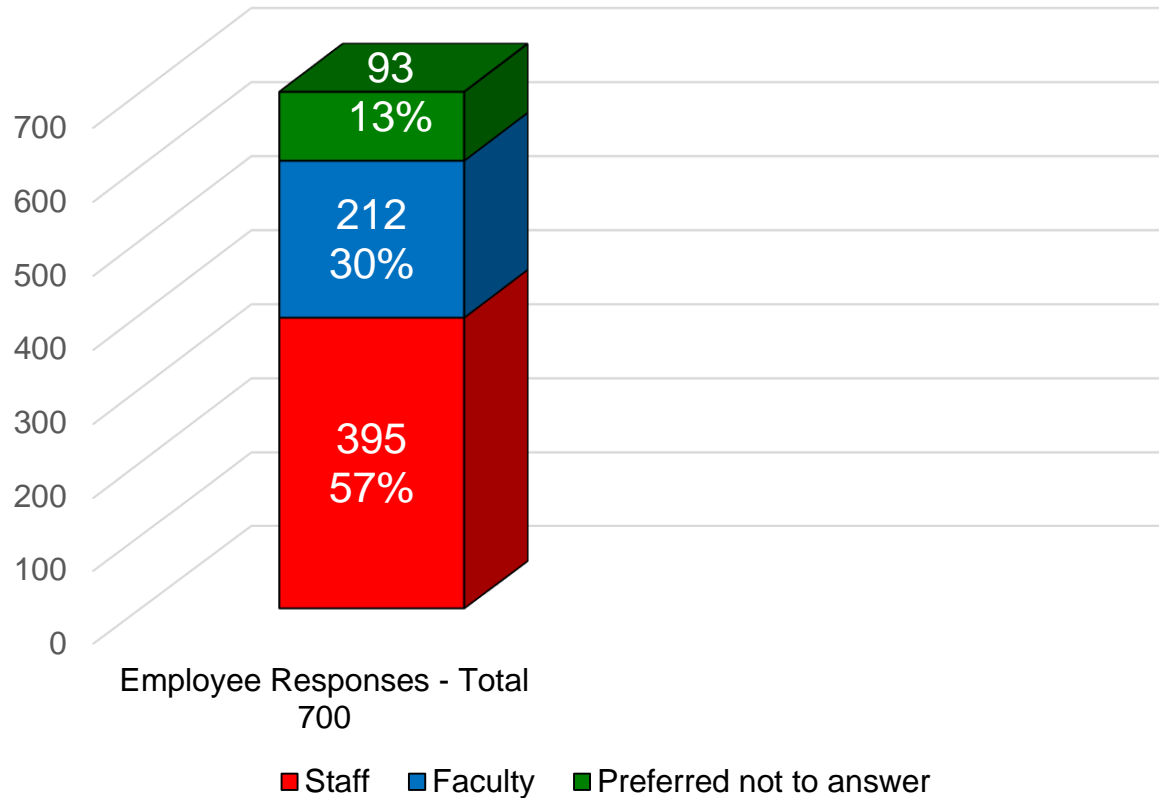


Mental Health Survey

Total Responses

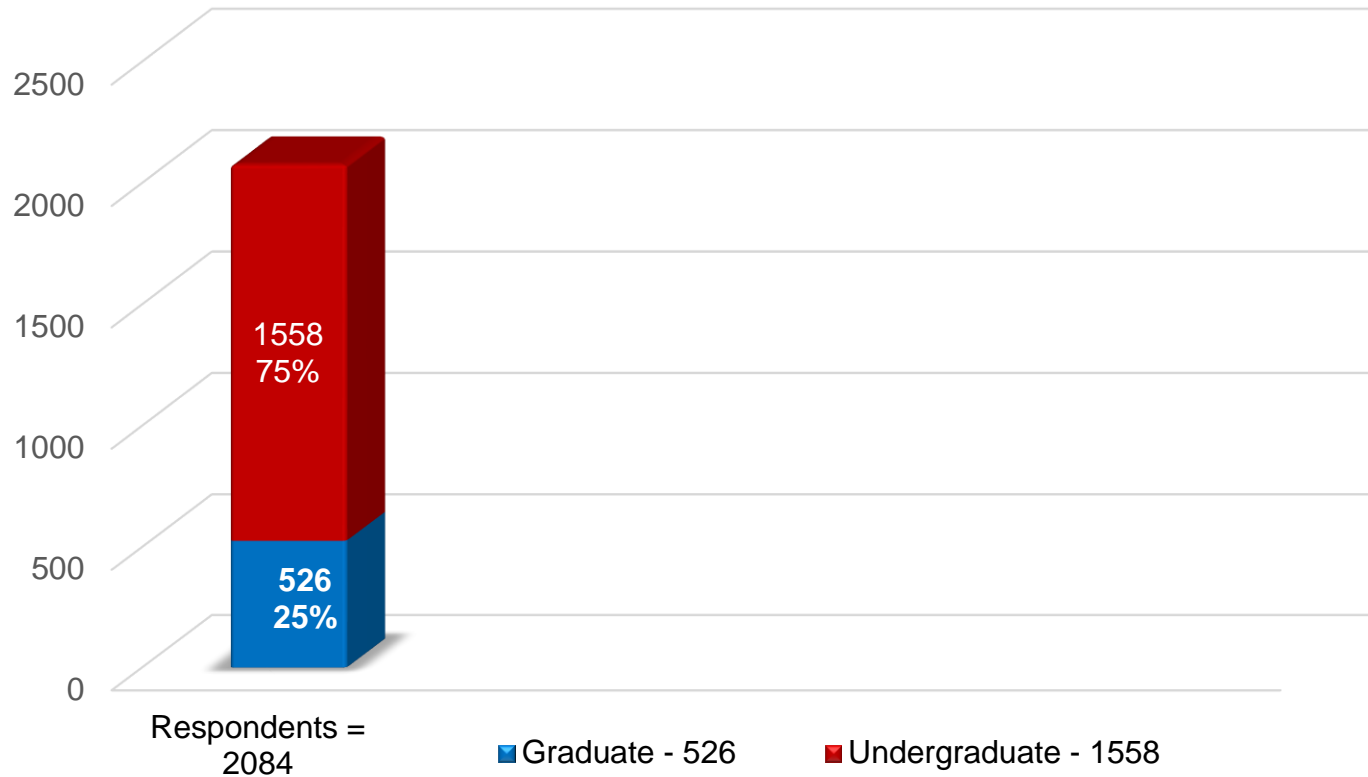


Responses- Employees



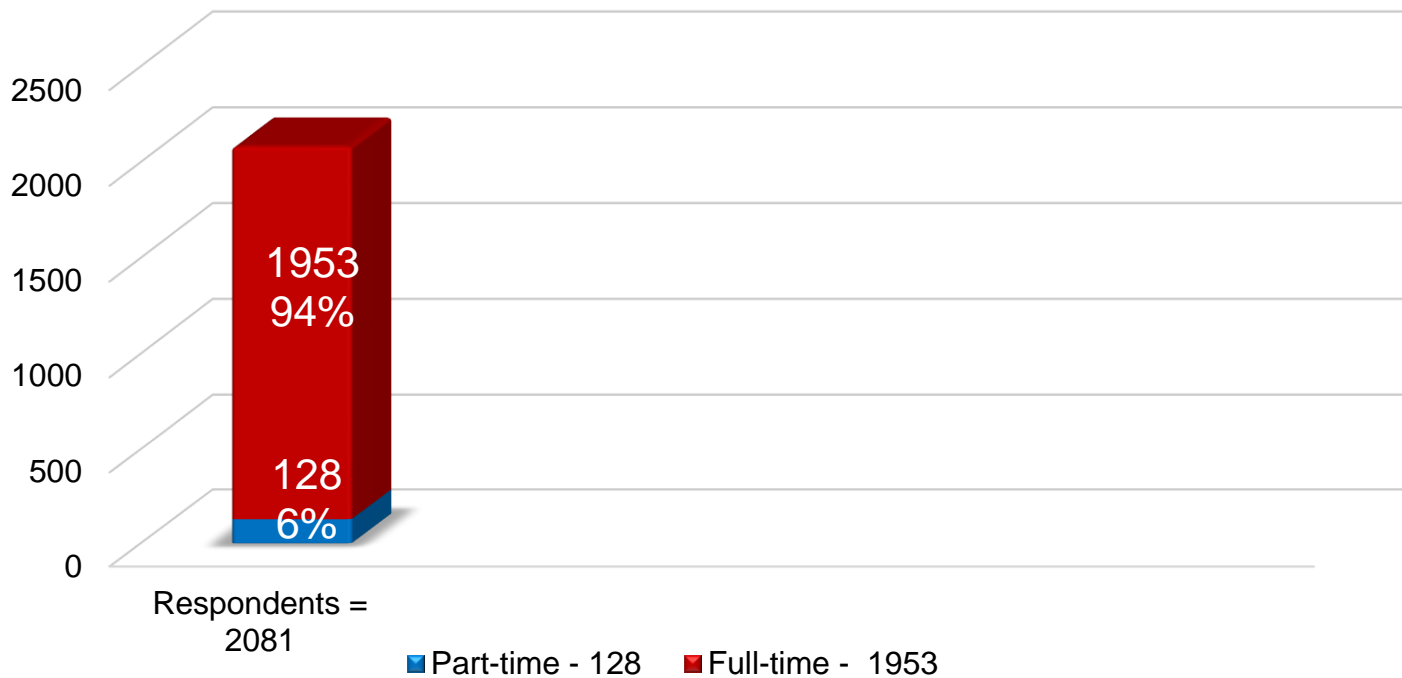
Student Responses

Graduate or Undergraduate



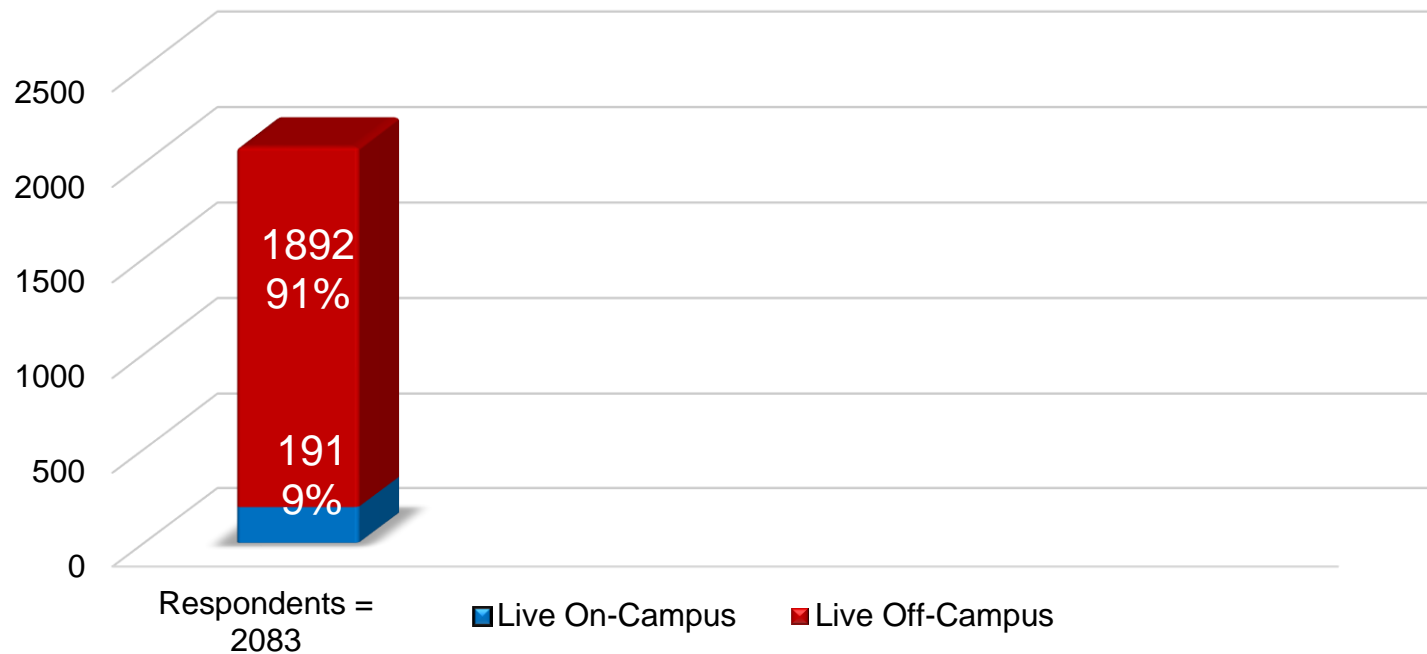
Student Responses

Part-time or Full-time



Student Responses

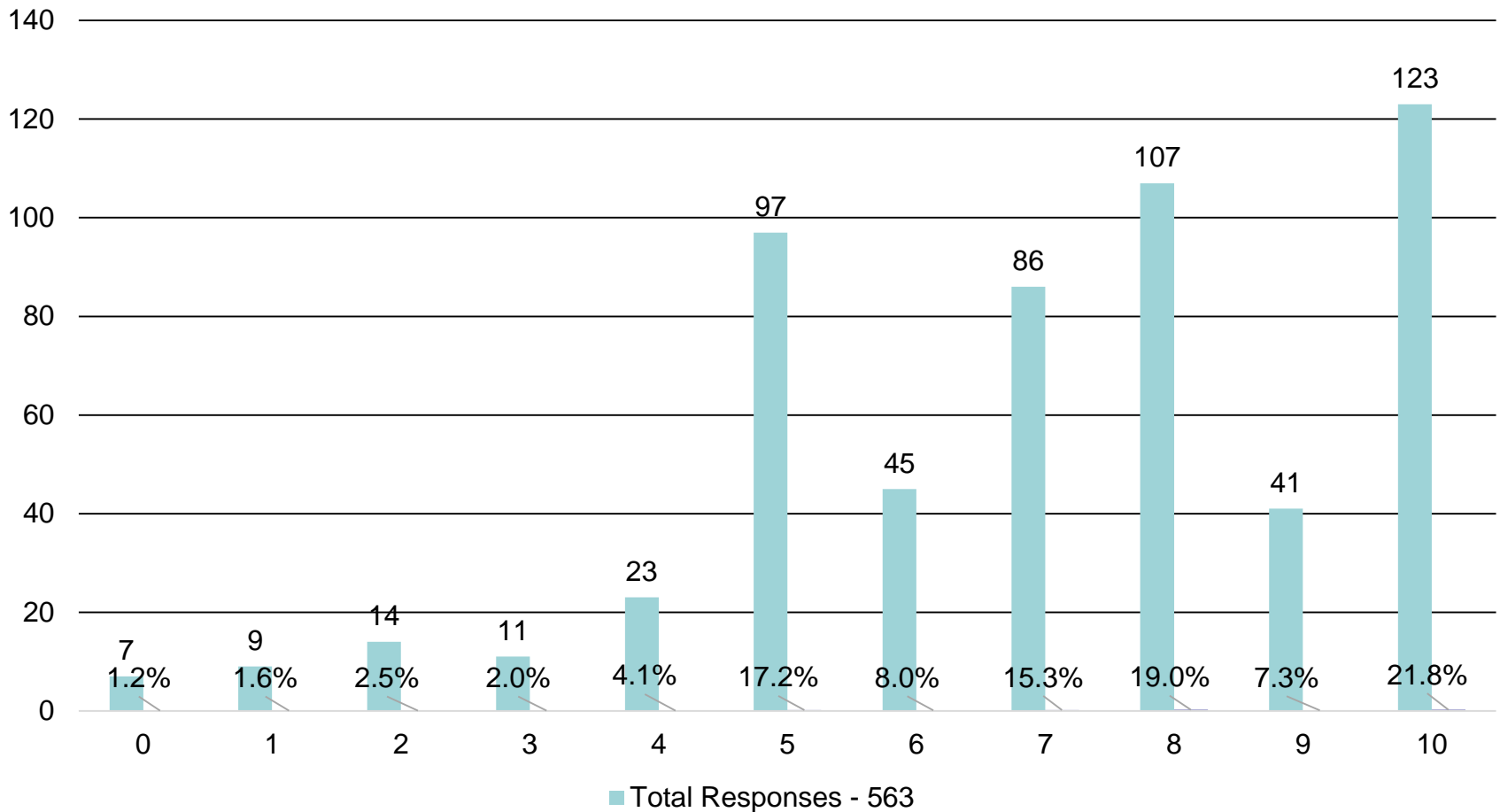
Live On or Off Campus



Employees

“Based on my experience at UWindsor, I have observed a need for more mental health resources.”

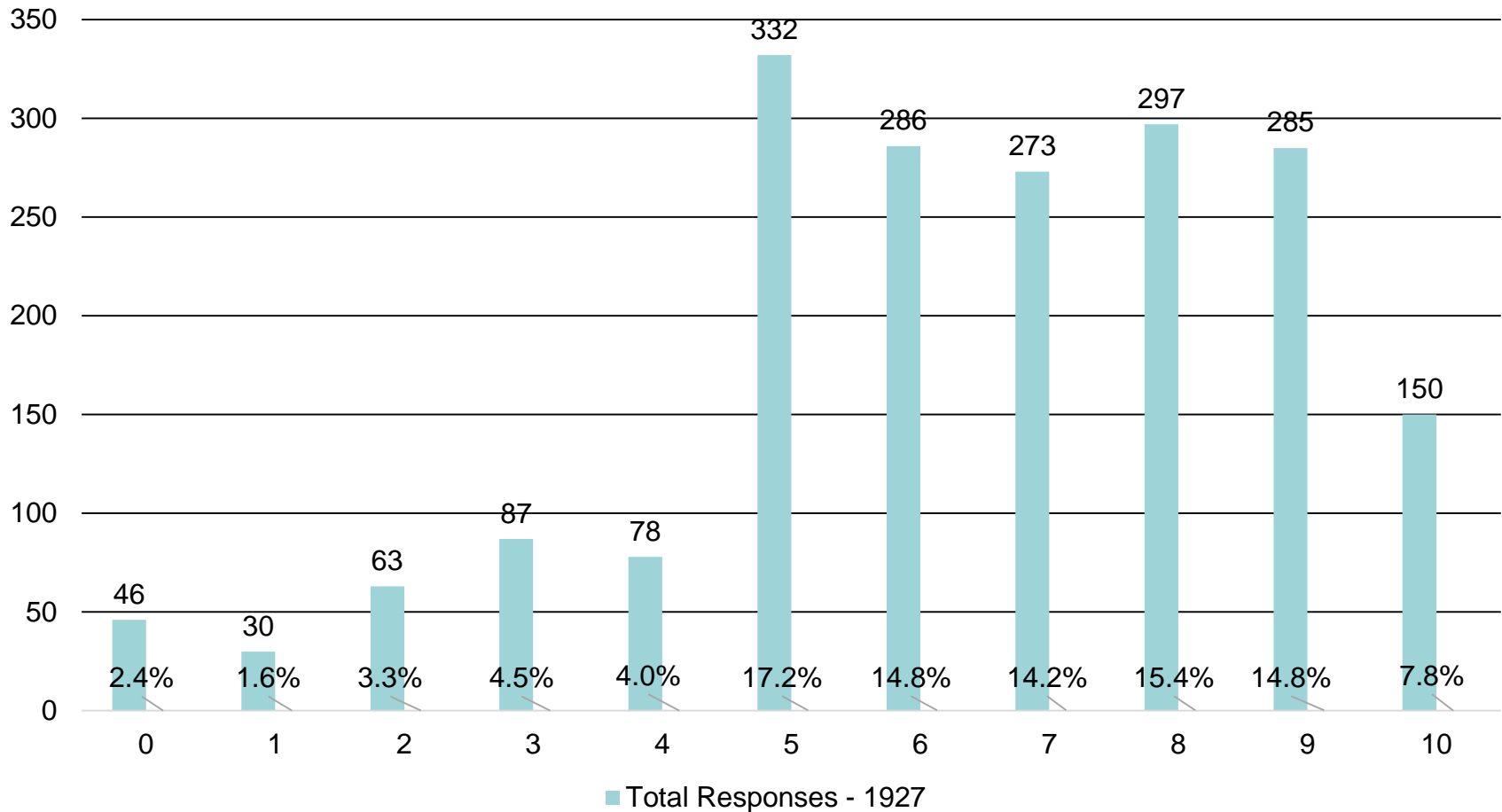
Scale of 0 to 10, 10 Being “Strongly Agree”



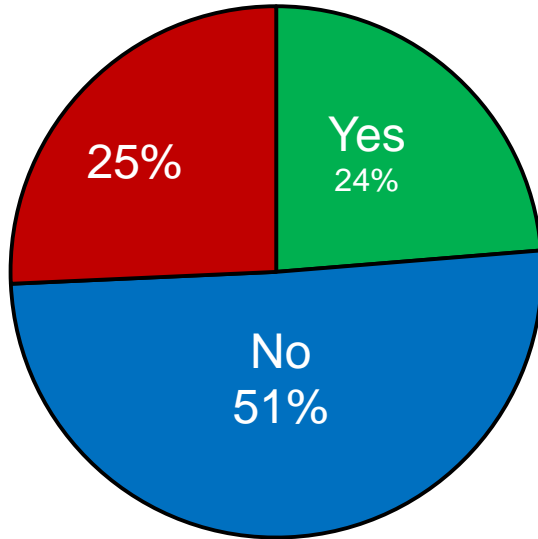
Students

“Based on my experience at UWindsor, I have observed a need for more mental health resources.”

Scale of 0 to 10, 10 Being Strongly Agree

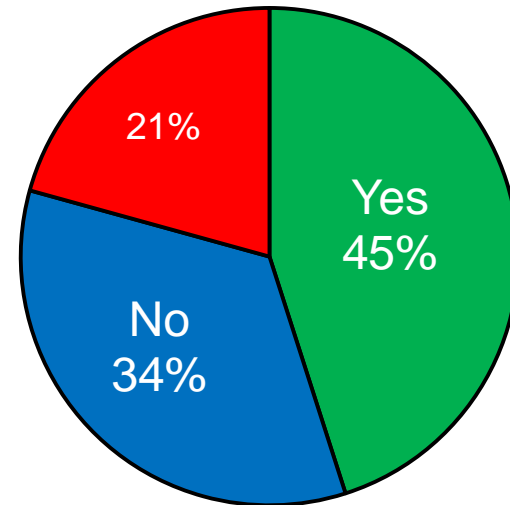


Do you think students are aware of, and use, the mental health resources provided by your faculty/department/unit or student organization?



- Yes - 166
- No - 354
- I don't know/ prefer not to answer - 180

Employees – 700 Responses

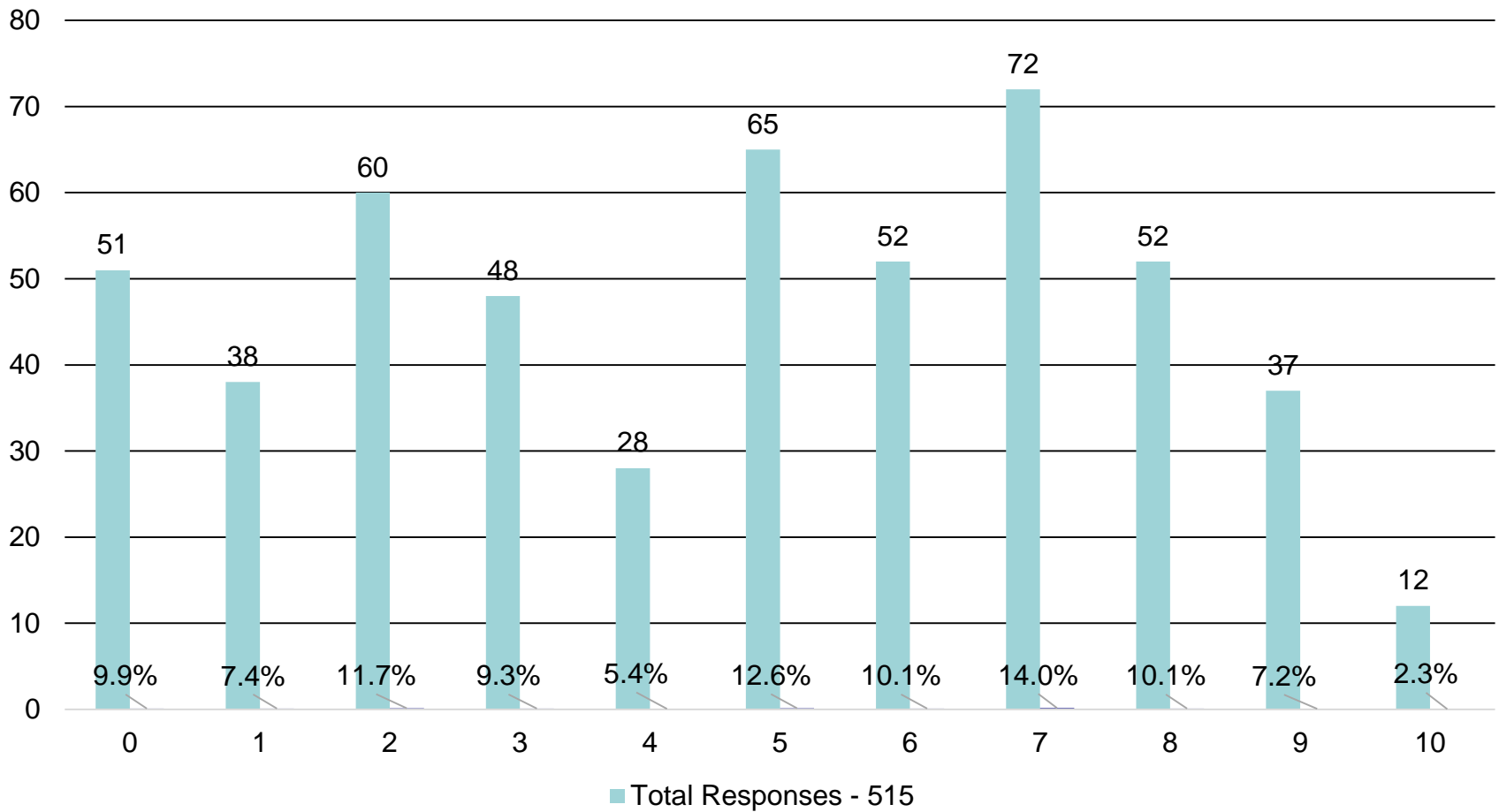


- Yes - 929
- No - 706
- I don't know/prefer not to answer 427

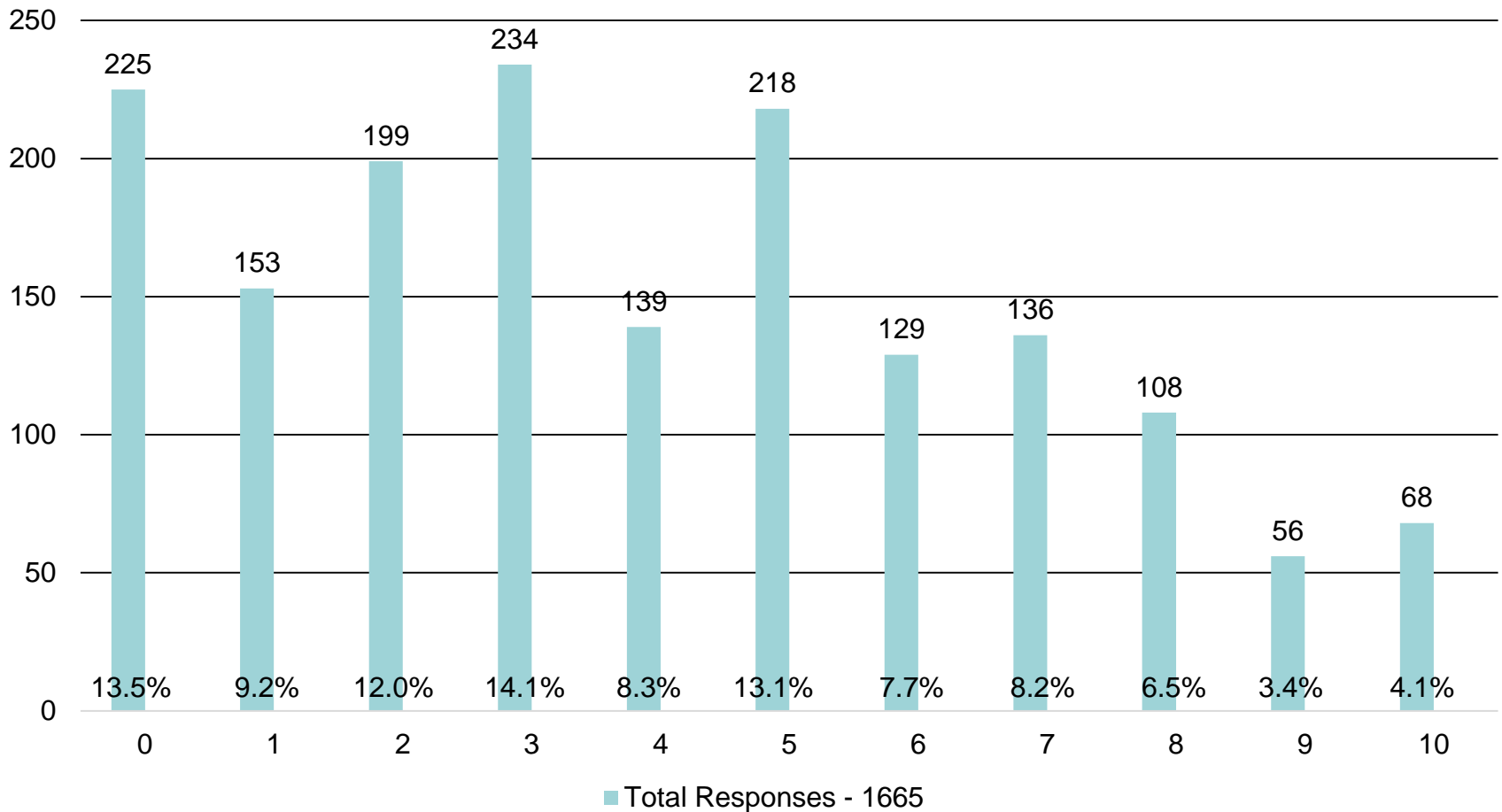
Students – 2062 Responses



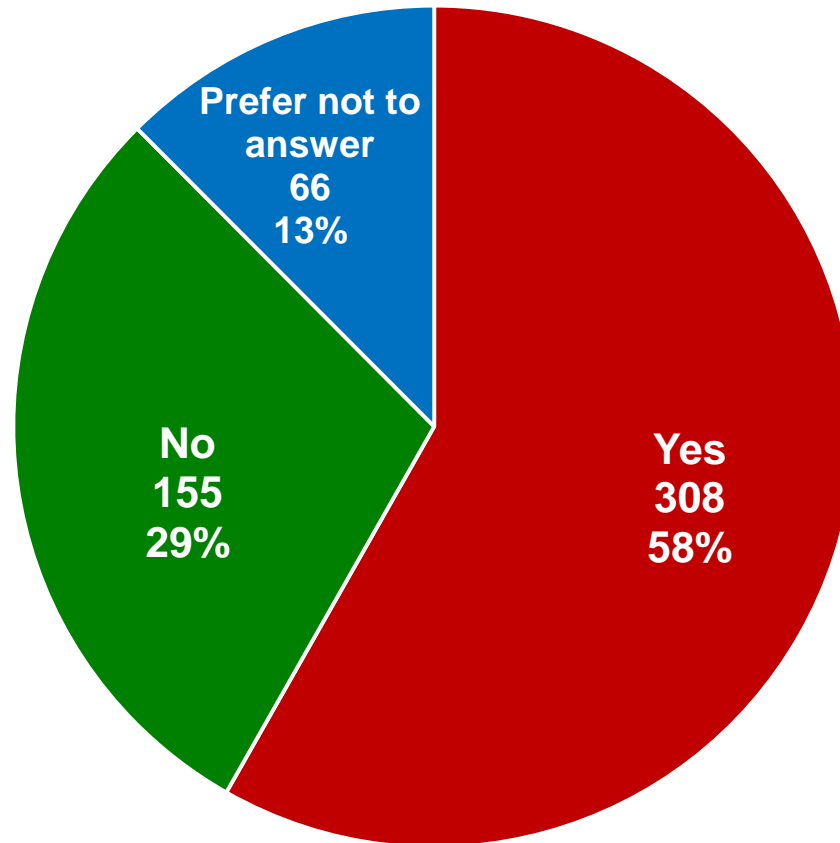
Employees: Rate your own knowledge of campus mental health support services for students, on a scale of 0-10, 10 being very knowledgeable”



Students: Rate your own knowledge of campus mental health support services for students, on a scale of 0-10, 10 being very knowledgeable



Employees: Would you be interested in receiving mental health training?

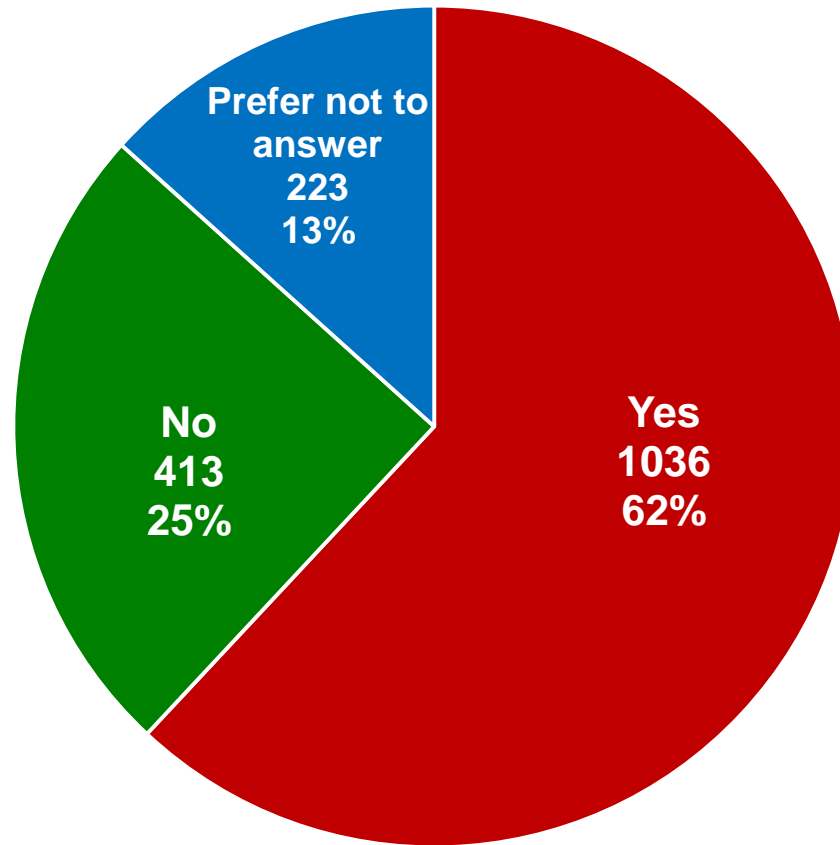


Total Responses - 529

■ Yes - 308 ■ No - 155 ■ Prefer not to answer - 66



Students: Would you be interested in receiving mental health training?

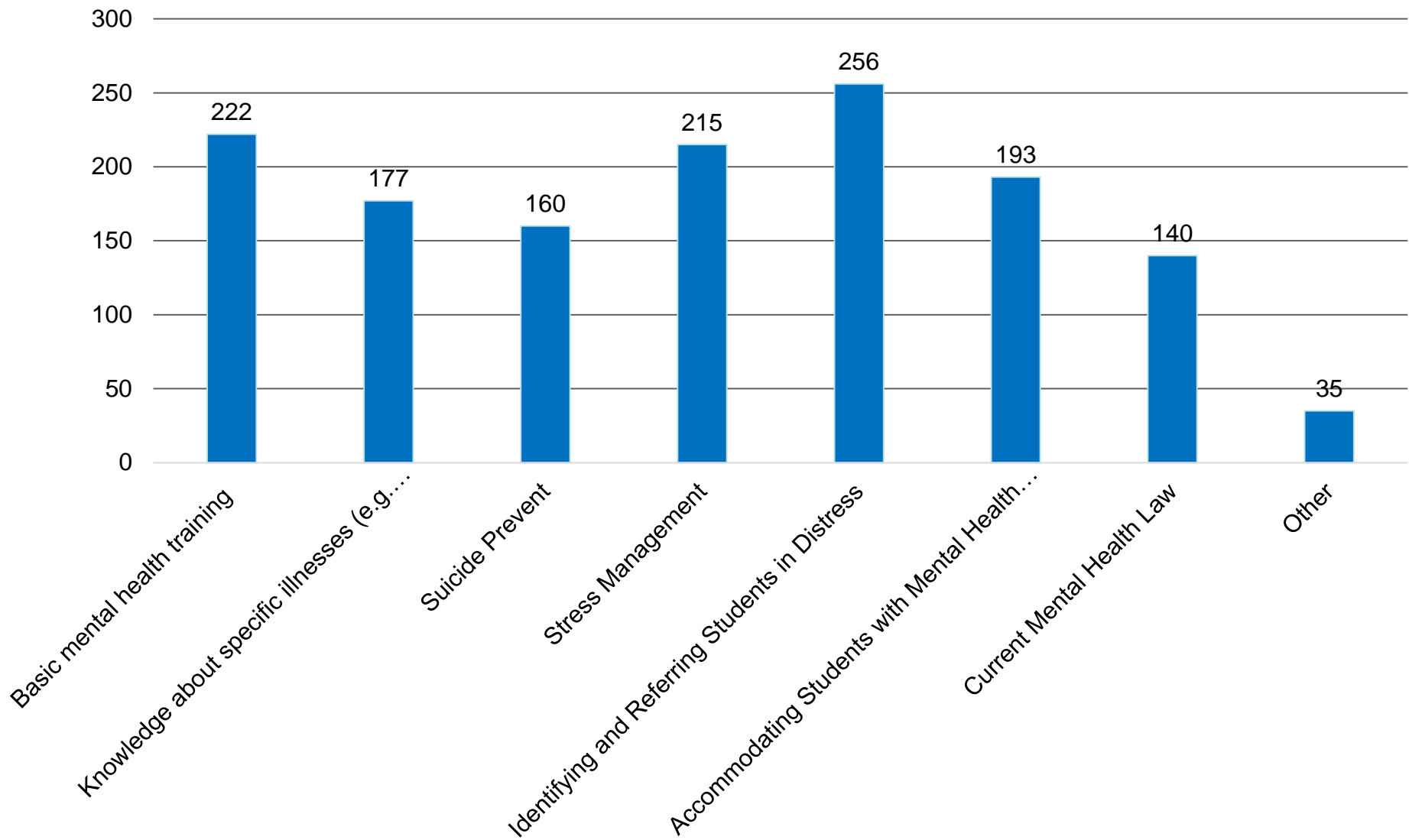


Respondents - 1672

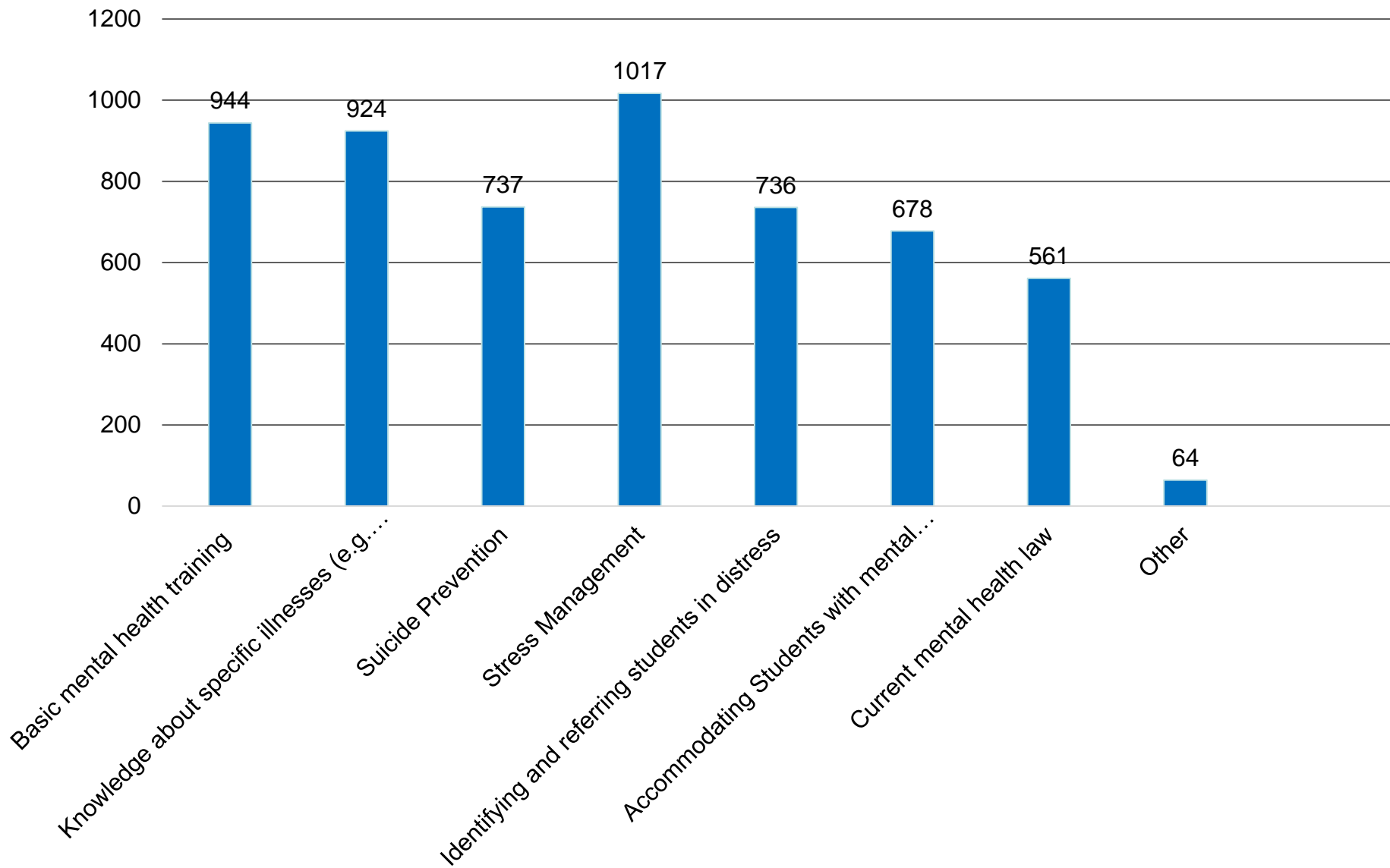
■ Yes - 1036 ■ No - 413 ■ Prefer not to answer - 223



Employees: What types of mental health training interest you?



Students: what types of mental health training interest you?



Themes: Employees

What suggestions might you have for resources and/or programs that can be developed to provide more mental health support to members of the campus community?

Most common answers:

1. More awareness

- Increased distribution of information, through email, DailyNews, marketing campaign
- Training for employees “*create an action plan on what to do with a student in distress that each and every employee and faculty member know how to follow*”
- “*Remove the Stigma campaigns*”
- Regular intervals of awareness pieces (e.g. monthly, weekly, etc.)

2. Increased Student Involvement/Events

- Networking of groups on campus/support groups for students
- Health fairs
- Support for international students

3. Services

- More Counselling hours being available / free mental health screenings
- Hotlines
- Student mentoring programs



Themes: Students

What suggestions might you have for resources and/or programs that can be developed to provide more mental health support to members of the campus community?

Most common answers:

1. Awareness/Training

- At the start of the semester or before, send information to students about mental health resources. Notification sent through email. *“I assume that there is mental health support on campus, but I honestly have no idea how one would access it, or to what extent it exists. This information should be easily accessible and well advertised”.*
- Provide workshops and training for increased self-care.
- Training for instructors about student mental health needs.

2. Increased Student Involvement/Events

- Networking of groups on campus/support groups for students.
- More events where student can connect *“Integrating a better sense of community and support through addition of clubs, and school spirit through events”.*

3. Services

- More Counselling hours being available / reduced wait times.
- More support for LGBTIQ, international students and students who are away from their families.



If you were working with a student whom you suspected was in distress or displaying worrisome behaviour, where would you refer them?

For both employees and students:

- less than 1/2 of those who answered the question provided referral information to appropriate resources
- the remainder didn't know or didn't respond



Do you have any other suggestions regarding supporting mental health across our campus?

Employees:

- Focus on all campus groups
- Increased awareness
- More resources and longer counselling office hours
- Relaxing/inviting spaces to help foster discussions
- Exercise classes, e.g. yoga, offered at strategic times in strategic locations.
- Mental Health training be part of employee orientation/mandatory training
- More collaboration across campus

Students:

- Greater awareness about resources
- More mental health services for Graduate Students
- Workshops for 1st year students
- More on-campus Counselling hours for students
- Workshops about stress reduction and coping strategies



Thank You

4th Year Nursing Students who assisted with sorting the survey data:

Yohana Asgodom

Patrick Dorion

Jenna Lee

Olufolahan Olubanwo



Where do we go from here?



Where do we go from here?



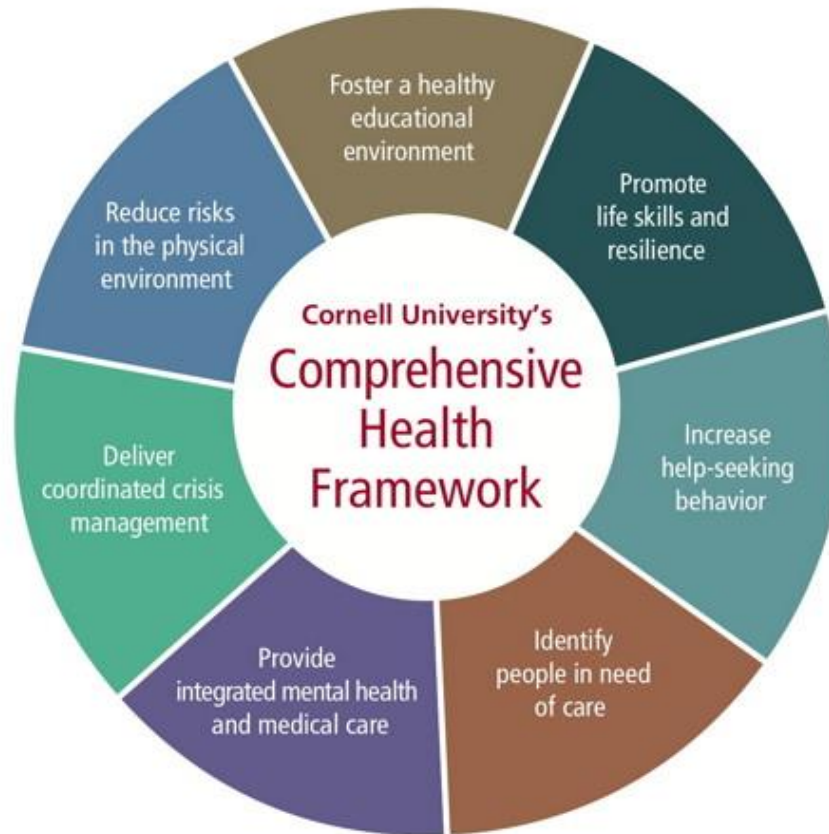
Shared Responsibility



The logo features a large, stylized letter 'U' in maroon with a white outline. To its right, the word 'Matter' is written in a bold, black, sans-serif font. Below 'Matter', the word 'at' is written in white inside a black circle. To the right of the circle, the word 'UMass' is written in a bold, maroon, sans-serif font.

UMatter
at UMass





Examples of recent efforts:

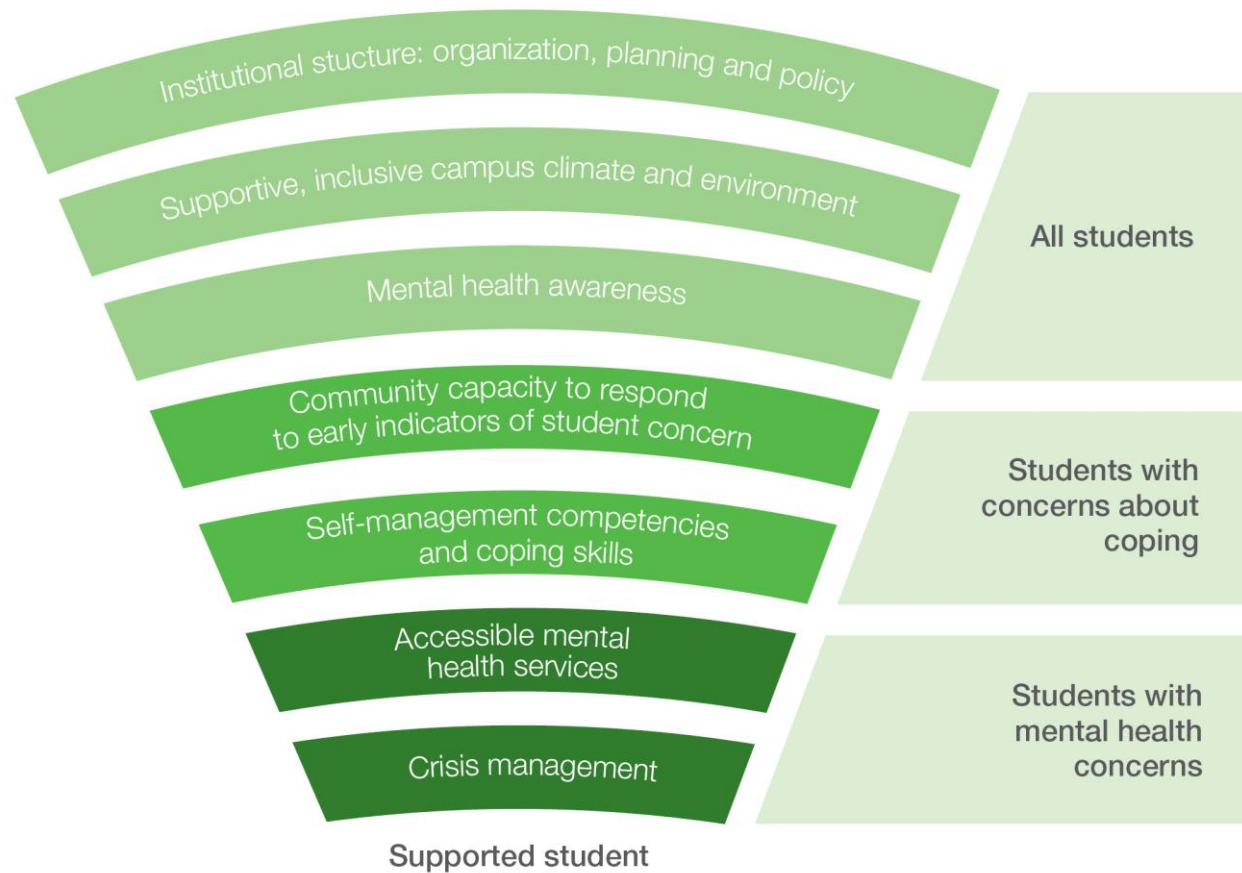
- Council on Mental Health and Welfare studies academic policies and practices.
- Half of faculty have participated in a Notice & Respond program
- University Crisis Managers facilitate support for students, families and community
- Staying Balanced program promotes coping skills for first-year students
- Medical providers screen for mental health problems and alcohol abuse
- Steel nets installed under campus area bridges
- Real Students, Real Stories orientation program normalizes help-seeking



CACUSS

Post-Secondary Student Mental Health Strategy

Figure 2: Framework for Post-Secondary Student Mental Health



VIDEO – U of Calgary

<http://jetvision.tv/video.aspx?playerID=2&videoID=59714>



