

# MENTAL HEALTH AND WELLBEING RESOURCES FOR FACULTY AND STAFF

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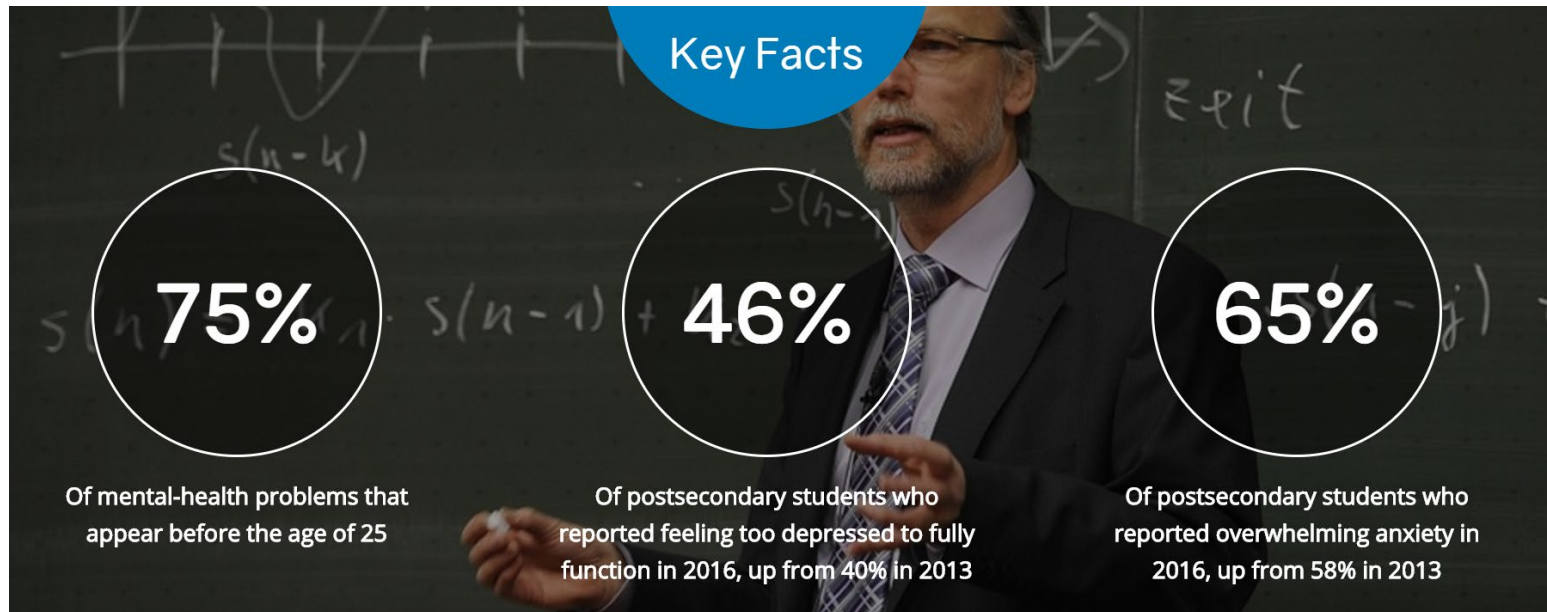


UNIVERSITY OF  
**TORONTO**

# OUTLINE

- 1) Key Facts
- 2) Background
- 3) Resources: Students vs. Faculty/Staff
- 4) What to do: Emergency vs. Concerned Situations
- 5) Training
- 6) Funding
- 7) Questions/Discussion

# KEY FACTS: ONTARIO UNIVERSITIES



- The number of students on college and university campuses with identified mental health disabilities has more than doubled over the past five years.
- A 2017 survey of on-campus student health service usage determined the second most used billing code by on-campus physicians was directly related to mental health

Source: [Ontario's Universities](#)

# BACKGROUND – UNIVERSITY OF TORONTO

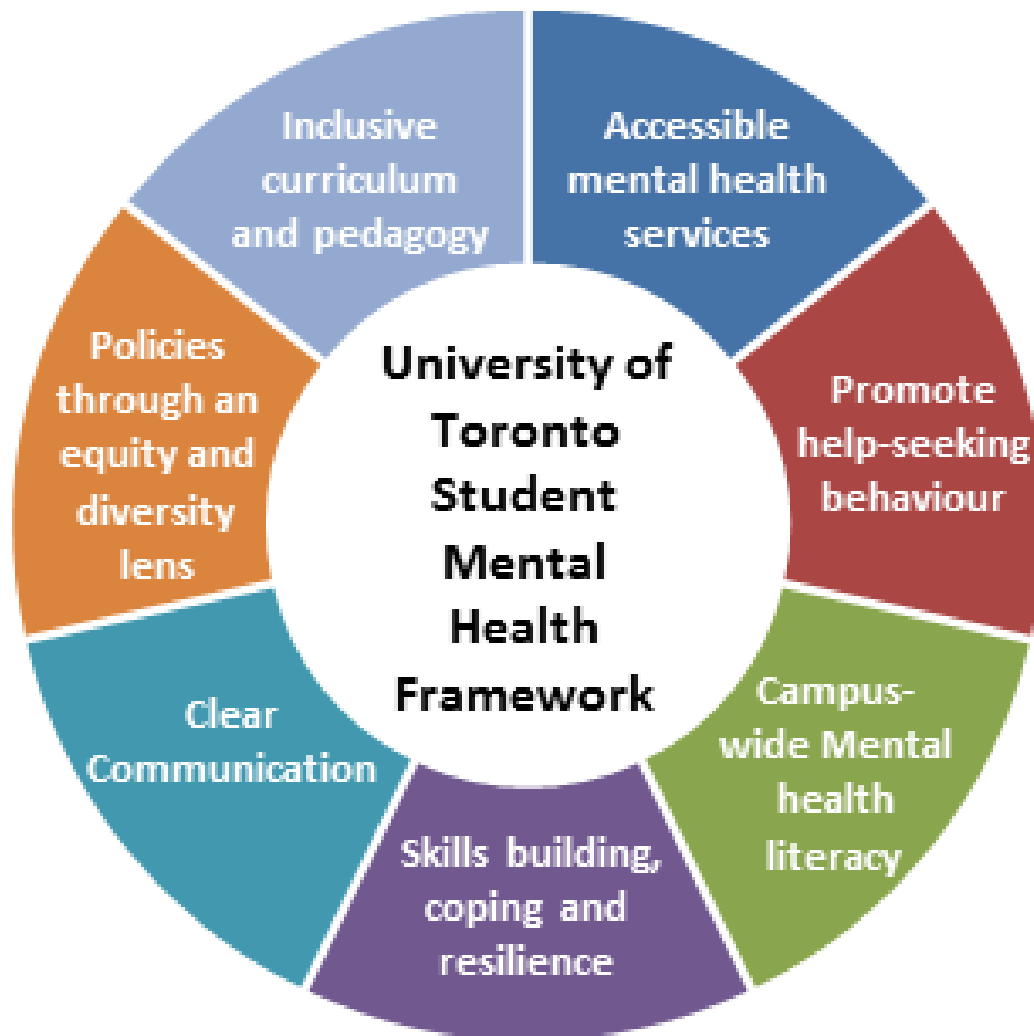
## University of Toronto – Mental Health Framework

- Student mental health framework, launched in Nov 2014; updated in 2016
- Outlines 5 priorities that have helped shape the communications and services currently available

## President and Provost Taskforce on Student Mental Health

- In March 2019, President Gertler announced UofT will implement a **four-part plan of action on student mental health and wellness**
- One of the deliverables to convene a Presidential and Provostial Task Force on Student Mental Health
- In December 2019, released their [report](#)
  - **4 Mandates**
  - 21 Recommendations
  - **All accepted “wholeheartedly”**

# FRAMEWORK



# REVISED UOFT STUDENT WELLNESS LANDING PAGE

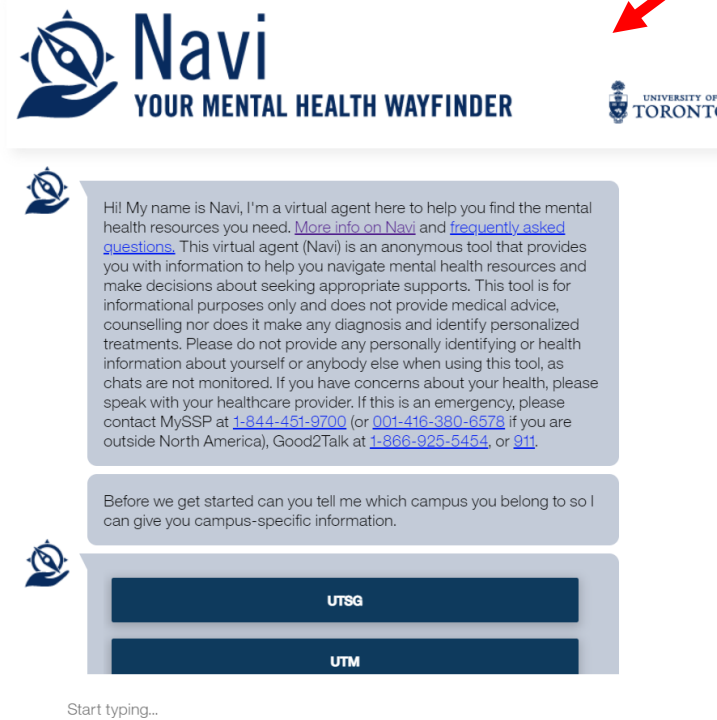
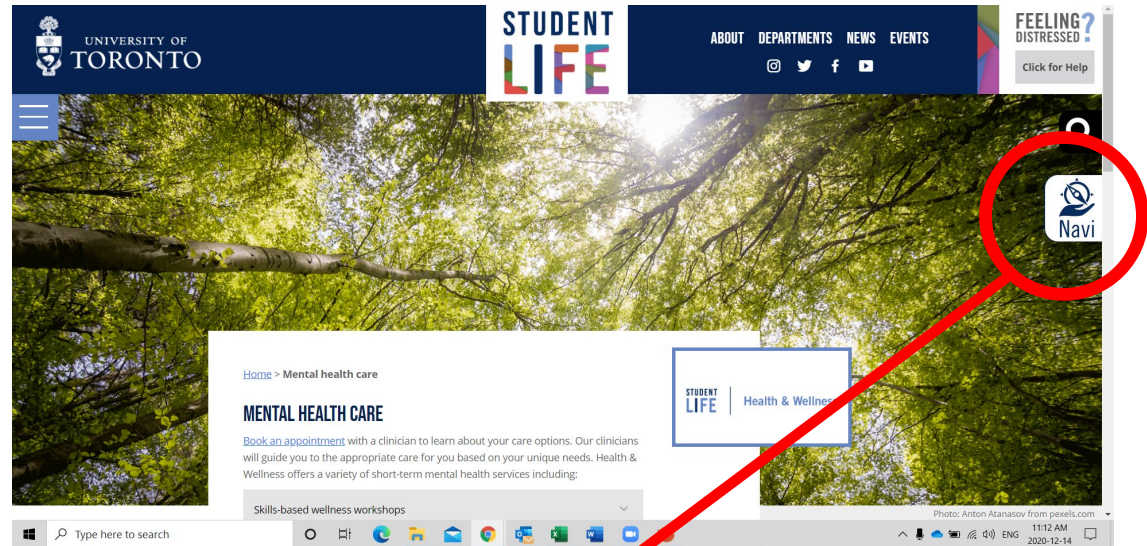
<https://studentlife.utoronto.ca/service/mental-health-care/>

This website is the main page, **designed for our UofT students**, to access different types of information on student mental health care. Many of these services are explained in detail in the rest of this slide deck. On this website, information can be found on

- Skills based wellness workshops
- Same day single-session counselling
- On-location counselling
- Evidence-based group therapy
- Short-term intensive counselling and psychotherapy
- Pharmacotherapy
- Psychiatry Care

# NEW TOOL - NAVI

Navi, short for navigator, is a chat-based service that acts as a virtual assistant for students wanting to learn more about the mental health supports available to them at UofT.





# RESOURCES: UOFT COUNSELLORS - STUDENTS

## Health and Wellness, Counsellors

- Coordinates all counsellors across campus, including those at MSB, 500 University, SGS
- Oversees most of the mental health and wellbeing programming across the university

## FOR STUDENTS

Students should contact the Health and Wellness Centre at **416-978-8030 (select option “5”)** or drop by Health and Wellness at the Koffler Student Services Centre, Room 111, and ask to book a time with a GLSE (i.e. Faculty of Medicine) counsellor. Follow-up appointments can be scheduled directly with your counsellor. Advice on best time to call is also posted on [this link](#).

In addition to this, Health and Wellness also offers same day single session counselling on **Tuesdays**, which can be accessed on that day by calling 416-978-8030 (select option “5”).



# RESOURCES: HEALTH AND WELLNESS

## Health and Wellness, Services

In addition to the counsellors, offers students the following services:

- Appointments with a variety of clinicians (family doctor, psychiatrist etc)
- Immunizations
- Sexual and reproductive health consultations
- Nutrition counselling and education
- Skills-building workshops and group therapy
- Student-led HealthyU Crew

Skills-building workshops and group therapy

- Better Coping Skills
- Mindful Moments
- Sleep Well
- And many more...



# FACULTY RESOURCES: HEALTH AND WELLNESS

## Faculty Kits to Support Student Mental Health

Health & Wellness offers a range of kits and resources to help faculty understand and support student mental wellness.

Please email Donovan Taplin at [donovan.taplin@utoronto.ca](mailto:donovan.taplin@utoronto.ca)

# RESOURCES: FOM COUNSELLORS – FACULTY/STAFF

## FOM Dedicated Counsellors

- Helen Cho, Monday, Tuesday & Friday from 9am-5pm
- Laurie Coleman, Monday - Thursday from 9am-5pm

To make an appointment with either Heidi or Laurie, please refer to **SLIDE 8** of this presentation. If a student wishes to see a counsellor outside of these office hours, Health and Wellness will offer the student some options, two of which will be

- See another counsellor
- Book an appointment with Heidi or Laurie for the next available slot

## FOR FACULTY

If you wish to consult with one of the counsellors about of your students, please contact Rachel Zulla, Graduate Affairs Officer.

# RESOURCES: HEALTH AND WELLNESS, COVID19

## COVID19 Information for UofT Students

- General and specific information about fees, students in residence, international students, newly admitted international students
- For more details, click on link above

## School of Graduate Studies (SGS) COVID-19 Supports

- For more details, click on link above

## COVID19 Information for the Faculty of Medicine

- Updated information about everything happening or related to the Faculty of Medicine
- Likely a few overlap with the links above

# RESOURCES: HEALTH AND WELLNESS, COVID19

## Health and Wellness, COVID19 Compass

- The COVID-19 pandemic is raising concerns about community safety and overloading us with information
- We all have a key role to play, but the way we protect ourselves and others depends on our unique circumstances. That's why we're answering your most frequently asked questions.

# OTHER RESOURCES FOR STUDENTS

## My Student Support Program – My SSP

- This is a mental health support in the form of an app for all U of T students. Free, confidential, immediate support. Available 24/7 in multiple languages.
- Download the My SSP App or call 1-844-451-9700.

## Call **Good2Talk**, 1-866-925-5454

Free, confidential helpline with professional counselling, information and referrals for mental health, addictions and well-being, 24/7/365

# STUDENT RESOURCES: ACADEMIC SUCCESS

## Academic Success

- Understanding that mental health needs to be addressed holistically
- Extensive programming to help student develop and progress successfully through their studies

## FOR STUDENTS

Specific resources for graduate students

- [Academic Workshop for Graduate Students](#): 2 hour workshop to help navigate the top academic challenges that grad school brings to your life.
- [Graduate Writing Group](#): provide a small, informal and encouraging atmosphere for you to focus on your writing goals with the support of an experienced graduate student facilitator. At the beginning and end of the session, participants have the opportunity to discuss their writing goals and strategies.
- [Workshops](#): a series of workshops are offered but can also work with faculty to develop customized workshop for your program



# FACULTY RESOURCES: ACADEMIC SUCCESS

## Academic Success

- Understanding that mental health needs to be addressed holistically
- Extensive programming to help student develop and progress successfully through their studies
- Can work with departments to create customized workshops for your students

## FOR FACULTY

- **John Hannah**, Director, Academic Success, [john.hannah@utoronto.ca](mailto:john.hannah@utoronto.ca)
- On their website, there are a series of learning strategists that you can contact as well.

# RESOURCES: GRADUATE STUDENT UNION

In addition to the resources already stated

- offers information for other free walk-in counselling with services around Toronto (services have been complied but not necessarily vetted by UofT)
- Outlines benefits plan, part of the incidental fees paid every year



**HEALTH  
OVER \$10,000**

Health Coverage	Per Visit / Purchase	Per Policy Year
<b>PRESCRIPTION DRUGS*</b>	<b>80%</b>	<b>\$5,000</b>
<b>PSYCHOLOGIST/MASTER OF SOCIAL WORK/CLINICAL COUNSELLOR/LICENSED PSYCHOTHERAPIST</b>	<b>100%</b>	<b>\$500</b>
<b>MASSAGE THERAPIST</b> Requires a referral from an MD	<b>\$25</b>	<b>\$500</b>
<b>CHIROPRACTOR</b>	<b>\$15</b>	<b>20 VISITS</b>
<b>PHYSIOTHERAPIST</b>	<b>\$30</b>	<b>20 VISITS</b>
<b>NATUROPATHIC DOCTOR</b>	<b>\$15</b>	<b>20 VISITS</b>
<b>ACUPUNCTURIST</b>	<b>\$15</b>	<b>20 VISITS</b>
<b>SPEECH THERAPIST</b>	<b>100%</b>	<b>\$1,000</b>
<b>PODIATRIST/CHIROPODIST</b> Reimbursement is based on reasonable and customary fees.	<b>100%</b>	<b>∞</b>

**PLUS:** DIAGNOSTIC SERVICES, HOSPITALIZATION, HOME NURSE, TUTORIAL BENEFIT, AMBULANCE, DENTAL ACCIDENT, MEDICAL EQUIPMENT, AND MORE

\*As of April 1, 2019, Ontario residents 24 and under with access to a private plan, including student plans, that covers prescription drugs are no longer eligible for the provincial public drug plan OHIP+. Prescription drug claims must be submitted directly to your student Health Plan, as they were prior to the introduction of OHIP+. See [www.studentcare.ca](http://www.studentcare.ca) for details.

# TRAINING: HEALTH AND WELLNESS

## Identify, Assist, Refer Online Training (IAR)

- **open to entire UofT Community**; designed for any audience depending on their role: Faculty, Staff, Student
- online training prepares participants with the skills and information to support individuals experiencing different types of challenges that impact mental health
- this [30-minute online training](#) teaches you how to recognize student distress, begin supportive conversations, and make effective referrals
- IAR was developed in response to the University of Toronto Student Mental Health Strategy and Framework.

# DEFINING EMERGENCY SITUATIONS

## What's an emergency situation:

- **If you or someone is:** feeling desperate and hopeless, worried you/someone might hurt yourself, someone else or having suicidal thoughts, alone with no one to talk to
- **If you or someone:** made a plan, the means to hurt yourself or someone else (e.g. pills or a weapon), attempted suicide or hurt yourself before.

# RESOURCES: EMERGENCY SITUATIONS

In emergency situations, you can

1) Call 911

Depending on the situation, may utilize the [Mobile Crisis Intervention Team](#)

2) Call [Campus Police](#), (416) 978-2222

3) Psychiatric Service, (416) 978-8030

Call Psychiatric Service and identify yourself and the situation to the receptionist. If it is necessary to speak to the clinician-on-call immediately, say so. The receptionist will inform the clinician-on-call, who will respond to the caller. The clinician will assess the situation and determine a course of action.

4) Health Service, (416) 978-8030

Caller should tell reception the matter is urgent. Reception will immediately notify a nurse.

# FACULTY & STAFF RESOURCES: CONCERNED SITUATIONS

If imminent danger is not an issue, there are several resources that faculty or staff can consult any one of the supports, Monday to Friday during business hours:

## Student Crisis Response Programs Coordinator, (416) 946-7111

Available to consult with staff and faculty concerned about a student in distress or difficulty (e.g. overwhelmed in crisis, disturbing behaviour, references to suicide or violence). In the rare case where Student Crisis Response is unable to respond timely, please contact David Newman, Senior Director Student Experience at 416-978-1753.

## Community Safety Coordinator, (416) 978-1485

Available to consult with students, staff and faculty concerned about issues of personal and community safety (e.g. harassment & stalking, bullying & threats, domestic/family violence, sexual assault)

# FACULTY & STAFF RESOURCES: CONCERNED SITUATIONS

[Campus Chaplains' Office](#), (416) 978-6056

University chaplains representing major world religions available for consultation on a range of issues, from religious practice to personal concerns.



# RESOURCES: FUNDING, COVID19 IMPACT

## [Funding information – COVID19 and its impact](#)

Outlines several changes made existing funding and potential sources of funding in response to COVID19. For more details, click on link above

# RESOURCES: FUNDING

## SGS Emergency Loan

Alleviates temporary cash flow problems for students who are expecting the release of funds in the near future (i.e., 30 to 120 days) from employment, a major award instalment, OSAP (Ontario Students' Assistance Program), teaching assistantship, or research assistantship payment, etc.

## SGS Emergency Grant

Aims to assist currently registered, full-time graduate students who encounter an unanticipated serious financial emergency. The grant is intended to help provide immediate short-term relief of such financial need and is not intended as a source of long-term funding.

## LOA Stipendiary Fund

Available for research-stream FOM graduate students for an approved LOA due to health issues (i.e. physical) and/or mental health challenges which temporarily impair a student's functioning during his/her graduate studies. Funding is available up to \$5,000 per student for ***one term on a one-time only basis***.

# Thank you