

The Mental Health Network provides partnerships and collaborations between key stakeholders consisting of students, staff and faculty. Our purpose is to promote and support mental health on campus that is community driven, intentional and coordinated to meet the needs of the UTSC community.

We also hope to establish and maintain partnerships within and outside of the campus to address mental health and addiction awareness, remove the stigma surrounding mental illness and develop mental health intelligence within the campus community.

The Mental Health Network at UTSC 2015-16



3 Workgroups:

- Mental Health Awareness
- Mental Health Training
- Peer Support on Campus

Workgroup Updates

Mental Health Network

2 Main Projects:

- Mental Wellness Month
- 1 in 5 at UTSC

Mental Health
Awareness
Workgroup

Mental Wellness Month



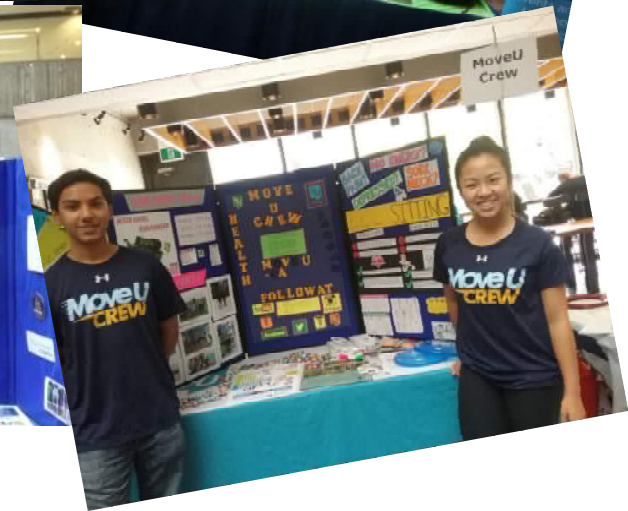
Mental Health Understood Fair
October 7 • 11:30am-2:30pm • Meeting Place

October is Mental Wellness Month

#UTSC #BeWellUofT Check the Intranet for UTSC events
1 in 5 at UTSC | Oct 1, 7, 20, 27, 28
Details on Intranet!



Mental Health Understood Fair – October 7, 2016



Mental Health Understood Fair

- **19** Displays from UTSC departments and services
- **10** Displays from community mental health agencies
- **8** Displays from UTSC student organizations

1 in 5 at UTSC - Partners

- Minds Matter Magazine
- MoveU
- UTSC Police
- Health & Wellness Centre – Wellness Peer Programs
- UTSC Alumni

“Like” Yourself – Oct 1



Semi-Colon Project – Oct 7



Treat Yourself Tuesday – Oct 20

UTSC Health & Wellness Centre
October 20 at 1:31pm · 🌐

Treat Yourself Tuesday in the Meeting Place today from 12-3pm. Join us.



119 people reached

Boost Post

The image shows a social media post from the UTSC Health & Wellness Centre. The post is dated October 20 at 1:31pm and is public. The text of the post reads: "Treat Yourself Tuesday in the Meeting Place today from 12-3pm. Join us." Below the text is a photograph of four young women standing in front of a large display made of brown paper. The display has a title that reads "EATING DISORDERS BODY IMAGE" and contains various handwritten notes and diagrams. The women are dressed in casual attire, including orange, blue, and white tops. Below the photograph, the post shows "119 people reached" and a "Boost Post" button.

Your Inner Voice: Understanding Anxiety – Oct 27

Students shared your thoughts about anxiety, coping strategies, resources and supports.



Three Voices – Oct 28



3 Projects:

- Free online mental health training
- Need assessment survey
- Suicide prevention training



Mental Health
Training
Workgroup

More Feet On The Ground

- Communicated across UTSC to staff, faculty and students
- Offered as part of the Leadership Development Program
- Encouraged all peer leaders to do the training through the Peer Program Work Group in Student Services
- All Residence Advisors at UTSC completed the training

Needs Survey

Objectives:

- Measure the usefulness of the More Feet On The Ground Online Training
- Explore interest in other forms of training to help support students on campus

Survey Results: 16 faculty, 12 staff and 7 students

- Those that did the More Feet On The Ground found it useful
- **Staff** prefer lunch and learn training/info sessions, 3 hour or 1-2 day trainings, hardcopy and online resources
- **Students** prefer hardcopy and online resources
- **Faculty** prefer hardcopy and online resources and maybe and lunch and learn
- Barrier mentioned was time to attend training

Based on Survey Results:

- Offered Applied Suicide Intervention Skills Training
– 29 staff attended on Feb 18+19
- Exploring more suicide prevention trainers be from UTSC
- Hardcopy of mental health resources to be produced
- Continue to offer More Feet On The Ground as a online training for students, staff and faculty

3 projects:

- Student Navigation by Minds Matter Magazine
- Strengthening Families Together by Schizophrenia Society of Ontario
- Families Association for Mental Health Everywhere Peer Support Group

Peer Support
Workgroup

Minutes from July 31, 2015

- Opportunities to explore UTSC – Discussed other opportunities the workgroup could explore such as:
 - Somehow helping to coordinate peer support programs ?
 - Creating criteria or recommendations for training and resources for peer support programs?
 - Creating a centralized training?
 - Create a student navigation tool for support
- Group decided to explore creating a student navigation tool that would incorporate:
 - Practical tips to offer peer support – how to help someone –
 - Tips to engage with community to receive peer support – asking for help or reaching out for support
 - Resources on and off campus



Minds Matter Magazine



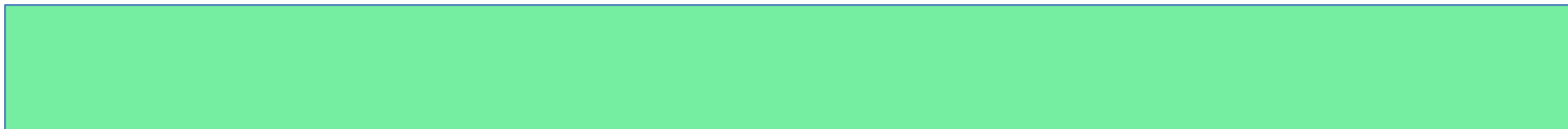
M Minds Matter Magazine
Volume 1 - Issue 1 - An Introduction to Post-Secondary Mental Health
MINDS MATTER

JG

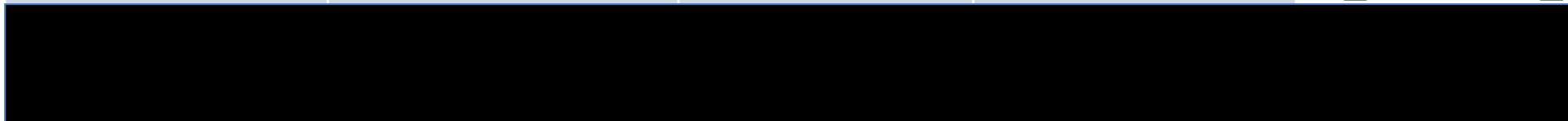
The Issue

- Students feel a lack of support on campus
- Hard to get things done in an institutionalized atmosphere
- Lack of mental health literacy – complex problem requires a complex, multi-faceted solution





Humanize perceptions of mental health	Support Students	Provide Opportunities	Improve Mental Health Literacy	What we've done from January 2015 – March 2016
<p>Issue I, Volume I: Post-Secondary Mental Health in conjunction w/ bi-weekly articles on website</p> <p>“Monstrous Thoughts” – ArtSideOut</p> <p>1 in 5 events – Mental Wellness Month</p> <p>Outreach to the UTSC community; self-care kits, pencils, bookmarks</p> <p>Professor Anecdotes</p>	<p>Quiet Space facilitation at UTSC events</p> <p>Self-care workshop (w/ SCSU; IDC 2016)</p> <p>Scholarship (w/ Registrar + AccessAbility)</p> <p>Map (w/ UTSC Communications)</p> <p>Student Navigation Tool (w/ Student Services)</p>	<p>Masthead is 30+ people</p> <p>Champions Program</p> <p>Contests + Submissions</p> <ul style="list-style-type: none">• Scarborough Fair Creative Writing Contest	<p>Engaging discussion w/ Dean’s (Academic) office on training faculty + teaching support staff on student mental health concerns</p> <p>Newsletter w/ 250+ subscribers</p> <p>Focus group w/ IDC 2015-16, Central Michigan University MEd class</p> <p>Social media content selectively curated and shared w/ global audience</p>	<p>What we've done from January 2015 – March 2016</p> 



UTSC Map Project

- One of our illustrators, Nilab Safi, designed a map of UTSC that includes pictures and mini descriptions of the various services around campus (i.e. Health & Wellness, DSL office)
- The location of emergency poles are also included





LEGEND:

- AA = Arts & Administration
 - AC = Academic Resource Centre
 - BV = Bladen Wing
 - CC = N'sheemaehn Child Care Centre
 - ES = Environmental Science & Chemistry Building
 - HW = Humanities Wing
 - IC = Instructional Centre
 - JF = Joan Foley Hall
 - MW = Social Sciences Wing
 - NR = North Residence
 - PO = Portables
 - RC = Recreation Wing
 - SL = Student Centre
 - SR = South Residence
 - SRC = Student Residence Centre
 - SW = Science Wing
 - SY = Science Research Building
 - TPASC = Toronto Pan Am Sports Centre
-  Emergency Pole

Brought to you by:



-  @MindsMatterUTSC
-  /MindsMatterMagazineUTSC
- mindsmattermagazine.com

**Map is not to scale*
All buildings are Accessible.

Student Centre (SL)



Multifith Prayer Centre

Available to students on a 24-hour basis, this is a dedicated space that can be used for religious and prayer purposes. Drop by the SCSU office if you would like more information!



Health & Wellness

Your campus clinic has doctors, nurses, counsellors, and psychologists ready to help you with any health concern you may have, whether it's vaccination, allergy treatment, prescriptions, referrals, STI + birth control, smoking cessation, and mental health concerns. You can use these services as a registered UTSC student!



Women & Trans Centre

A safe space with a ton of resources to aid students with many things, including navigating gender and sexuality. There's also peer support groups that are a lovely way to de-stress and meet others in an inclusive and accessible environment.



Department of Student Life (DSL) Office

Want to get more involved on campus but don't know how? Want to develop your leadership skills, or get engaged in the surrounding community? Need help with first year? DSL has all of this information and more!



Dentistry on Campus

Your campus dentist can help you with that nasty toothache and can give you your regular cleaning to make that smile shine bright (like a diamond).



Rex's Den

Your local campus pub and grub, Rex's is the place to go with your friends after a long day of lecture. Grab a pint (after you turn 19) and some wings while catching the game, or play some pool!



SCSU

Your student union is here for you to create actionable change to better your concerns. They also operate the locker services, have discounted tickets and metropasses, and have financial aid for students.

Professor Anecdotes

- Our social media coordinator, Felipe Templonuevo, created a series on the MMM Facebook page highlighting written pieces by faculty regarding their experiences while they were undergrads



Post Details

Reported stats may be delayed from what appears on posts ✕




Minds Matter Magazine

Published by Felipe Templonuevo [?] · February 8 at 11:00am ·

Over the next few days, you will be reading anecdotes from [University of Toronto Scarborough \(UTSC\)](#) professors about their life as an undergraduate student. They, too, were once like us. The fact that they have survived university and are now successful in their careers, means that we can also overcome these hurdles we're facing. Each professor has their own unique and beautiful story on how they acquired motivation to persevere and keep pushing. They also shared some words o... [See More](#)

"When I was an undergraduate student, in my third year, I took a course in Mammology that changed my life forever. In the first few weeks of the course, I put a tremendous amount of work into a laboratory assignment, including staying up the entire night on the day before it was due, such that I couldn't even stay awake in any of classes the following day. When I got the project back a week later, I had barely passed (just 60%), and I was so frustrated because I had worked so hard and sacrificed so much time. It was that day that I decided that I was never again going to subject myself to so much stress; instead, I was going to make sleep an important part of my life again, only do as much work as I could during normal waking hours, and focus on rekindling the childlike excitement for Biology that had drawn me to university in the first place. In doing so, I felt like I was becoming a "scientist", who gets excited by new ideas, rather than a "student", who gets excited by high grades, and actually called myself as such: a scientist! This was an important transition for me, and, as I have come to discover over the years, an important transition for most scientists, as there are so many science professors I have talked to who said they had terrible grades in university but a great deal of passion for science! (And they're all doing just fine today!)"

Dr. Jason Brown
Sessional Instructor
UTSC Department of Biological Sciences



4,173 people reached

[Boost Post](#)

100 6 Comments 22 Shares

Like Comment Share

4,173 People Reached

250 Likes, Comments & Shares

208 Likes	100 On Post	108 On Shares
18 Comments	8 On Post	10 On Shares
24 Shares	22 On Post	2 On Shares

1,742 Post Clicks

1,056 Photo Views	0 Link Clicks	686 Other Clicks
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NEGATIVE FEEDBACK

- 0** Hide Post
- 0** Hide All Posts
- 0** Report as Spam
- 0** Unlike Page

Stages

- Set the groundwork for creating a supportive community through information gathering + collaboration
- Create a platform to share the narratives of students (articles, e-magazine, newsletter, social media)
- Expand the ways in which we deliver content to educate, engage, and empower students



The next six months

- Deliver content in more digestible and engaging ways
 - Website; Podcast; Video breakdowns of concepts; narrate content
- Community scholarship for mental health champions
- Volume 2, Issue 1: Arts
 - Dr. Andrea Charise as Theme Advisor; Josh Miller as Student Advisor
 - Examining arts & mental health in terms of therapy, craft, and culture



Supporting Students Caring for Someone with Mental Illness: On-campus Strengthening Families Together (SFT) Group

Purple Yip-Weber
Co-ordinator of Family Support Program

Matthew John
Peer Facilitator

Agenda

- The Services at SSO
- Psychoeducation: Strengthening Families Together (SFT)
- On-campus SFT
- Q&A



About SSO

- Established in 1979
- Province-wide charitable not-for-profit
- 5 Regional offices and network of volunteers

- **Mission:**

To make a positive difference in the lives of people, families and communities affected by schizophrenia and psychotic illnesses.

- **Mandate:** Educate, Support, Advocate.

Support Services

- Ask the Expert (ATE) phone-line
- IDEAS (monthly open education event)
- Family Support Groups – SFT (Strengthening Families Together)
- Justice and Mental Health Program
- Designated Representative Service for the Immigration and Refugee Board of Canada (IRB)

Ask the Expert Helpline

- **T:** 1-800-449-6367 **E:** asktheexpert@schizophrenia.on.ca
- Provincial telephone, e-mail and face-to-face support for system navigation, recovery support and family support
- Supportive counseling and system navigation for everyone (individuals, families, professionals, general public) from anywhere

Family Support Groups

Strengthening Families Together

- Week 1 : Mental Illness, Psychosis and Substance Use
- Week 2 : Treatment Options & Recovery
- Week 3 : Coping as a Family: Communication Skills & Self Care
- Week 4 : Navigating the System, JamH & Advocacy

Family Support Groups

Strengthening Families Together

- 25 groups across Ontario ; over 300 graduates per year
- 4 week family to family education/support program
- Language specific groups (Spanish, Cantonese, Mandarin)
- Online groups (4-6 groups per year)
- Three on campus groups at UofT St. George campus
(planning one group at UTSC campus in May 2016)

SFT on Campus

- Completed 5 cycles
- Over 50 graduates
- Most of the participants are siblings and adult children of someone living with severe mental illness
- Over half of the students participated in SFT identified themselves as a healthcare professional in training (from Faculty of Social Work, Medicine and Pharmacy)

SFT on Campus

Areas of assessment	Before (After)	% of improvement
General Knowledge of MI	3.50 (4.08)	+16.57%
Understanding of brain and med. term.	2.92 (3.50)	+20.69%
Confidence in speaking to medical professionals	3.33 (4.08)	+22.50%
Ability to understand and empathize	3.18 (4.18)	+31.44%
Communication skills	2.30 (3.40)	+47.83%
Ability to cope	3.00 (3.40)	+13.33%
Understand and belief in recovery	3.18 (3.55)	+11.64%
Overall rating of SFT		4 out of 5

SFT on Campus

Key Components of SFT on campus groups:

1. Providing a safe and open platform of learning and sharing among caregivers, clinicians-in-training, and youth living with severe mental illness.
2. Filling the service gap for students who are supporting a family member or friend in recovery.

SFT on Campus

Key Components of SFT on campus groups:

1. Providing training and on site supervision to youth interested and willing to be involved in mental health support and services which is lacking on academic programs on campus.
2. Mobilizing youth on campus to be an ambassador for promoting mental health and providing peer support.

Questions and Answers

For More Information



www.schizophrenia.on.ca



1-800-449-6367



sso@schizophrenia.on.ca

asktheexpert@schizophrenia.on.ca



@peace_of_minds @JAMH_Ontario



Facebook.com/SchizophreniaSocietyON

FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE



What We Do

FAME facilitates the development of resilience in families living with mental illness by providing support, education, coping skills and self-care strategies.

The background of the slide features a light blue gradient with a series of dark grey silhouettes of a family walking. There are four figures in the front row, representing a mother, a father, and two children, all holding hands. Behind them are more silhouettes, suggesting a larger group or a continuation of the family. The overall theme is family support and unity.

The Family Association for Mental Health Everywhere – FAME, is funded through the Ministry of Health (LHIN’s).

FAME’s primary programming is completely based on family support which is confidential and provided at no cost.

The background of the slide features a light blue gradient with a faint, semi-transparent illustration of a family of four (two adults and two children) holding hands in a circle. The figures are rendered in a simple, dark grey silhouette style.

It's about the families.

Family members provide ongoing support and connection for many of our life experiences. This is particularly so for persons who are vulnerable or ill.

We believe that families play a critical role in the recovery process of an individual with a mental health issue.

Families often remain invisible in their role but their impact is significant and valued. The chronic stress that family members experience living with this role impacts their own day to day lives, including their health, social & family relations, careers and financial situations.

What About the Family...

The background of the slide features a light blue gradient with a faint, semi-transparent illustration of a family of four (two adults and two children) holding hands in a circle. The figures are rendered in a simple, dark silhouette style.

- Families feel they are to blame or somehow caused their family members' illness.
- Families experience feelings of stress, anger, guilt, confusion and grief.
- Family members experience changes to their personal health and well being (exhaustion, increased blood pressure, insomnia, depression, personality changes).
- Family members experience drastic changes in their social and family relations - many cope in silence.

What Role Does a Family member play?

- They often identify & secure housing
- Often are the housing provider
- Life Skills Management
- Encourage & support treatment
- Often help arrange financial assistance
- Often become the financial assistance
- Maintain records of previous treatments, meds & hospitalizations
- Provide crisis intervention
- Assist with system navigation
- Advocate on behalf of their loved one
- Monitor symptoms & support adherence
- Provide information on the context of a family member's life, to assist others in understanding them as a whole person

COMPARISON OF SUPPORT RECEIVED BY FAMILIES AND PROFESSIONALS IN THEIR ROLES AS CAREGIVERS

Nature of Support	Support Received by Professional Caregivers	Support Received by Family Caregivers
Respite/Relief	Yes (through regular hours of work)	None
Recognition	Yes (through professional status)	None (but families are sometimes blamed for mental illness)
Training	Yes	Limited
Resources	Yes	None
Support from Colleagues	Yes	None
Remuneration	Yes	None (instead caregivers incur extra costs)

CMHA (undated). Families of People with Mental Illness: Current Dilemmas and Strategies for Change.

Families Make A Difference!

A background illustration of a family consisting of a woman, two children, and a man, all holding hands in a line. The silhouettes are semi-transparent and set against a light blue background.

Numerous studies have shown that family involvement in these roles results in significant benefits – both for the individual and the health care system.

- *Decreased* rates of hospitalization
- *Enhanced* adherence to treatment choices
- *Increased* rates of recovery
- *Decreased* involvement with the criminal justice system
- *Savings* to the mental health and addictions systems

The frequently overwhelming stress families & caregivers experience requires that they too should have access to services and supports designed to answer their questions and respond to their concerns.

Families say they need:

- Better information and education
- Financial support to cover expenses and lost income
- Peer support so that they share their feelings and concerns, and to learn coping strategies from others in similar situations
- Respite services so they can have a break from their responsibilities
- Access to information about their relative's care and treatment so that they will be able to provide the proper support

We're Here to Help

Family Support Group You're not alone.

"I could not have gone through this without peer support."

"There are two sides to the role of the family – we can be so much help in our relative's recovery, but we need help ourselves."

"By listening to other family members, I built up a tool-box of resources: information, support, coping skills and even shared laughter, from which I could draw on to ease the difficult times."

"It brings mental health to the surface....the more people talk about it, the stigma is a lot less. It's a lifeline."

"It took a long time before we found someone who would accept our family as part of the support team."

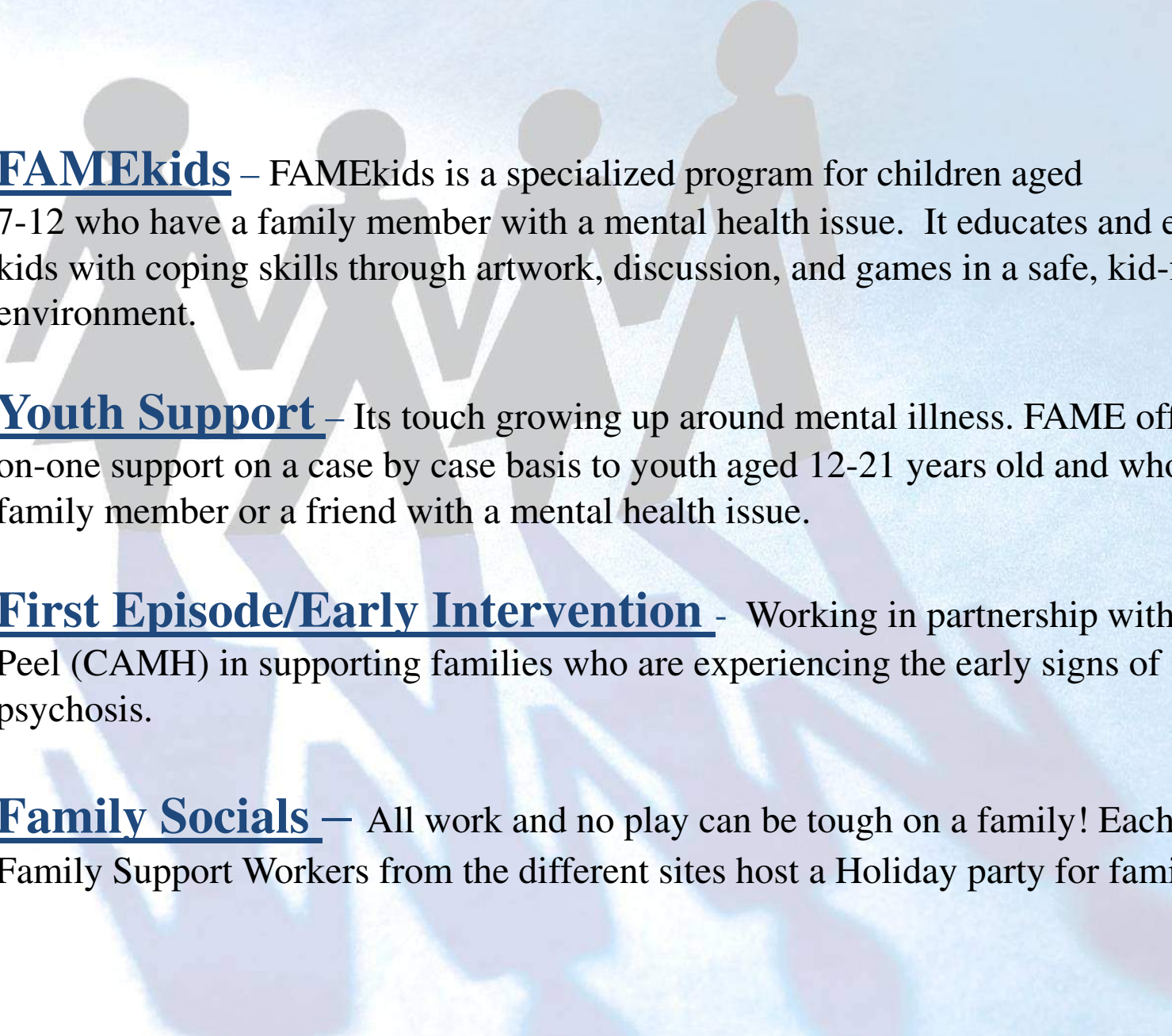


Other Services offered by FAME

One-on-One Support - Confidential one-on-one supportive counselling in person or over the phone or by email.

Educational Speaker Series - On-going, relevant information and education provided by knowledgeable professionals and community members. 'Pay What You Can'

Family Resource Tool Kit – Navigating through the mental health care system can feel like a maze. Knowing what resources are available is important. Family Support Workers make the journey a little easier by developing personal tool kits to help families and caregivers.

A light blue background with a faint, large silhouette of a family of five people (two adults and three children) holding hands in a circle. The text is overlaid on this background.

FAMEkids – FAMEkids is a specialized program for children aged 7-12 who have a family member with a mental health issue. It educates and equips kids with coping skills through artwork, discussion, and games in a safe, kid-friendly environment.

Youth Support – Its touch growing up around mental illness. FAME offers one-on-one support on a case by case basis to youth aged 12-21 years old and who have a family member or a friend with a mental health issue.

First Episode/Early Intervention - Working in partnership with FACT Peel (CAMH) in supporting families who are experiencing the early signs of psychosis.

Family Socials — All work and no play can be tough on a family! Each year Family Support Workers from the different sites host a Holiday party for families.

FAMEkids - Kids are amazing!

- A specialized psycho-educational program for children aged 7-12 who have a family member with mental illness
- Educates and equips kids with coping skills through:
 - Artwork
 - Discussion
 - Games

Program Rationale

- We believe that children are valuable family members
- They often perform caregiver duties
- Children require education and support at an early age to help understand their family member's mental illness

Program Objectives

- Identify and express feelings in a safe environment
- Explore healthy coping strategies
- Gain accurate knowledge about mental illness
- Develop personal support networks
- Promote resilience
- Develop an operational safety plan

Building our Social Network



@FAMEforFAMILIES



Elizabeth MacMillan @LizzieMac80
@FAMEforFAMILIES @famekids1 Thank you!



Partners for MH @PartnersforMH
Supporting a family member w/ #mentalhealth concerns? You don't have to face it alone. Helpful hints @FAMEforFAMILIES bit.ly/14zQtc1



Donna Nicholson @drdknicholson
@FAMEforFAMILIES Bless you for the work you do. It is critically important.



SSO @peace_of_minds
@FAMEforFAMILIES Thank YOU for offering these amazing groups!



Creative Fusion @CreativeFusion
@FamilyGuideToMH Wonderful project for families of people living with mental health issues. cc/@FAMEforFAMILIES



MHCC @MHCC_
@fameforfamilies Thank you for your continued support & willingness to share @MHCC_'s work in #caregiving - much appreciated! #FCguidelines



Cory Pagett @CMDPcomm
@FAMEforFAMILIES Thanks for the followback and for the work you do not just today, but every day for #mentalhealth. #BellLetsTalk



Education, CAMH @camhEdu
@FAMEforFAMILIES wonderful having you involved in the Strengthening Families work. #Supportingfamilies is so important!



Elizabeth S Mitchell @LizzySMitche!!
@FAMEforFAMILIES Thanks so much for sharing my post! Your cause is close to my heart as I've lived my life with a mentally ill parent.



Mindful @Future4Kids
@FAMEforFAMILIES Many thx for the work you do. We are big fans:)



Emily Matwy-Hewitt @AislingLady
@FAMEforFAMILIES you're welcome :) you guys do important work!



Nichole Pickett @Nichole_Pickett
@FAMEforFAMILIES Happy to help! Access to quality mental health care and info is important! Thanks for the work you do! #BellLetsTalk

Building our Social Network



@fameKids1

fame Kids

fameKids

@famekids1 FOLLOWS YOU

Growing up around mental illness can be tough. At fameKids, kids learn about mental health in an age-appropriate way, explore healthy coping strategies & more.

Greater Toronto Area · fameforfamilies.com/famekids

#MentalHealthMatters #KidsAreAmazing

338 TWEETS

890 FOLLOWING

448 FOLLOWERS

Following

Building our Social Network



/FAMEforFAMILIES

Hope. Support. Resilience.

improving the lives of families for 25 years



Family Association for Mental Health Everywhere - FAME

484 likes · 35 talking about this

Update Page Info

✓ Liked



Counseling & Mental Health

We support families across Toronto that have a loved one with mental illness by providing education, support groups, resources, one-on-one counseling and coping strategies. www.fameforfamilies.com

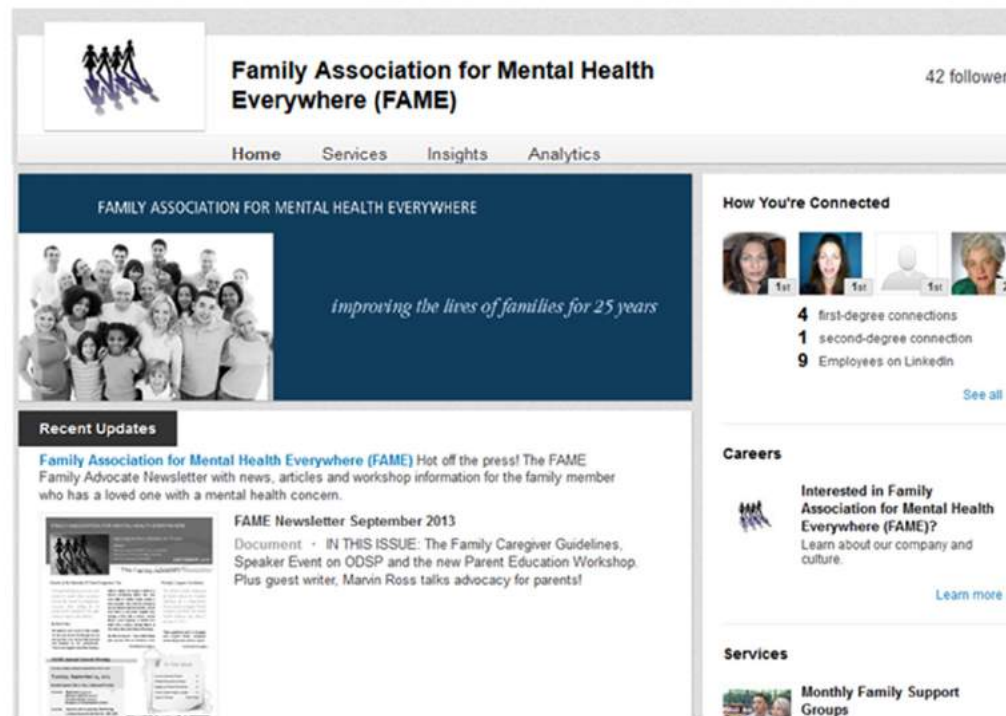


👍 484

Building our Social Network



Family Association for Mental Health Everywhere (FAME)



Family Association for Mental Health Everywhere (FAME) 42 followers

Home Services Insights Analytics

FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

improving the lives of families for 25 years

Recent Updates

Family Association for Mental Health Everywhere (FAME) Hot off the press! The FAME Family Advocate Newsletter with news, articles and workshop information for the family member who has a loved one with a mental health concern.

FAME Newsletter September 2013
Document · IN THIS ISSUE: The Family Caregiver Guidelines, Speaker Event on ODSP and the new Parent Education Workshop. Plus guest writer, Marvin Ross talks advocacy for parents!

How You're Connected

4 first-degree connections
1 second-degree connection
9 Employees on LinkedIn

Careers

Interested in Family Association for Mental Health Everywhere (FAME)?
Learn about our company and culture.

Services

Monthly Family Support Groups

FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

