



Motion Regarding the Increase of the SSMU Health Plan Fee for the Addition of Mental Health Coverage

WHEREAS, the SSMU Health Plan is an opt-outable insurance plan, costing \$120 per year, in which all SSMU members who are not international students are automatically enrolled;

WHEREAS, the SSMU Health Plan currently covers prescription drugs, health practitioners, vaccinations, diagnostic services, hospitalizations and home care, accidents and emergencies, medical equipment, and tuition insurance; however the SSMU Health Plan does not provide coverage for psychology and psychotherapy services;

WHEREAS, McGill Mental Health Service has a wait time of 2 weeks for first appointments, wait times of an additional 2 weeks to see a Psychiatrist, and an additional 3-4 months thereafter for psychotherapy (McGill Mental Health Service Advisory Board Minutes Oct 7, 2015)¹;

WHEREAS, mental health issues on campus require further support than what is currently available from the University, with 89% of students reporting feeling overwhelmed in the last year, with 38% of students reporting feeling so depressed that it was difficult to function, 53% reporting feeling overwhelming anxiety, and finally 7% of undergraduates seriously considering suicide while at McGill²;

WHEREAS, in the 2014-2015 Student Experience Survey, SSMU members rated “supporting student health and well-being” as their top priority of eleven options that SSMU should prioritize its efforts towards³;

WHEREAS, in a survey by the Ad-Hoc Health and Dental Review Committee (HDRC), over 70% of students said that they would be in favour of an increase to the SSMU Health Plan fee to pay for the coverage of psychology services;

WHEREAS, the HDRC has been investigating many different options for mental health coverage and conducting consultation with members, and has determined that the

¹ [Meeting Minutes, October 7, 2015, McGill Mental Health Service Advisory Board.](#)

² [Student Health at McGill University: A Report of the Findings from the 2013 National College Health Assessment.](#)

³ [Student Experience Survey 2014-2015, Results, Question 44](#)



option with the greatest value, and the option most desired by SSMU members, is as follows:

Coverage of visits with all licensed providers of psychology and clinical counseling, up to a reasonable and customary maximum (approximately \$100) per visit, and up to a \$500 annual maximum;

WHEREAS, the Alliance pour la Santé Etudiante au Québec (ASEQ), the provider of the SSMU Health and Dental Plan, is recommending an increase of \$25 to cover the additional cost of offering the aforementioned psychology coverage and to allow benefits to be more sustainable.

BE IT RESOLVED, THAT the following question be asked of the Membership in the Winter 2016 Referendum Period:

“Do you agree to the increase of the opt-outable SSMU Health Plan fee by \$25 per student per year, payable by all undergraduate students who are members of the SSMU, to be charged starting in Fall 2016, with the understanding that if this question is approved, the SSMU will add psychology services to the SSMU Health Plan as outlined in the above preamble?”

BE IT FURTHER RESOLVED, THAT the preamble of this motion be included with the question on the ballot;

BE IT FURTHER RESOLVED, THAT the Ad-Hoc Health and Dental Review Committee be mandated to create a 'Yes' Committee and coordinate this campaign.

Moved by:

The Ad-Hoc Health and Dental Review Committee
Adam Templer, Arts Representative
Zachariah Houston, Vice-President (Finance and Operations)
Kimber Bialik, Vice-President (Clubs and Services)
Erin Sobat, Senate Caucus Representative
Joshua Chin, Medicine Representative
Gabriel Ning, Arts Representative
Chloe Rourke, Vice-President (University Affairs)
David Benrimoh, Senate Caucus Representative