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Located on Haudenosaunee and Anishinaabe, traditional territories

Mental Health Committee Report

Submitted for: October 14th, 2021

The SSMU's mental health team this year is composed of Mental Health Commissioner Julia Caddy, Mental Health Advocacy Coordinator Julian Guidote, and Mental Health Outreach Coordinator Olivia Bornyi.

1. Mental Health Team

Both Advocacy and Outreach committees have not had their official first meeting given we finalized allocations last week.

A. MH Commissioner

- Working with Office of the Dean of Students and the Wellness Hub on the SSPF (Student Suicide Prevention Framework)
- Moving forward in implementing Wellness World, as student services has finally received the green light after months with legal/procurement/IT
- Looking into valuable expansions for student insurance coverage
- Attended the Healthy Living Annex advisory board
- Attended the Student Wellness Hub Advisory Board; currently coordinating to designate student Co-Chair
 - Valuable updates & service improvements were shared, including provision of follow-up while waiting for psychiatric consultations
 - Service satisfaction has generally improved during the pandemic; usage numbers are hard to compare due to external requirements for residing in Quebec to use services

B. MH Advocacy Coordinator

- Working with the Commissioner & a team of students on the Academic Wellness Plan, which will include consultations during the Fall and a push to be approved by Senate in the Winter semester
- Evaluating the cost/benefit of our current mental health resources and potential new projects

C. MH Outreach Coordinator

- Newly onboarded
- Planning monthly workshops in collaboration with PSC x Residence Life

D. Upcoming Projects

- Communications plan re: the scope & realities of the Student Wellness Hub

- Town Hall to discuss mental health & academic wellness

2. Mental Health Round Table

First Meeting took place September 27, 2021 (occurs monthly on last Monday)

E. Mental Illness Awareness Week - Oct 3-10

- Daily informational posts & shared resources on specific topics
 - Mental Health vs. Mental Illness; Redefining “Self Care”; Living & Learning with Mental Illness; When the Mental gets Physical; The Rocky Road to Getting Help; Navigating Resources @ McGill
- Listing of daily activities (both internal & external)
- EDRSC Interview on Eating Disorders & Structural Oppression
- Reddit AMA

F. Member Updates

- EDRSC has a messaging support platform and also group support and also eating disorder-specific training to other groups on campus! Woohoo! Reach out!
- Empathy Journal: hiring! Please direct anyone who might be interested; VP Finance, editor in chief, external, communications; Share posts!
- PSC preferential appointment system to connect students with BIPOC, 2SLGBTQA+, women... also in-person support coming soon
- MORSL adding classes on “meaning making” series to tackle life’s big questions beyond the classroom; religious/spiritual but also secular; also offer workshops to groups on religious and spiritual diversity -> really focusing this year on the EDI lens and on non-religious spirituality and secular meaning-making
- MORSL Meditation space is open!
- Science-based Addictions Treatment - new group, in the process of becoming a club! And hopefully a service eventually!
- Also met with Hub team to develop support groups on campus for addiction treatment
- Looking into relevant curriculum changes for med school/social work/nursing
- Addictions conference at the end of year!

G. Looking Forward

- SSMU Mental Health town hall
- Wellness Hub Scope Campaign

Please do not hesitate to reach out to the MH Commissioner at mentalhealth@ssmu.ca if you have any questions related to this report, or if you are partaking in any projects related to mental health.