

## Considerations for Carleton University Student Mental Health Framework 3.0

The Student Mental Health Framework 2.0 was launched in 2016 which emerged from the need to continue the conversation of well-being and mental health on the Carleton University campus. This conversation started with the first Student Mental Health Framework in 2009. All 38 recommendations in the 2016 Framework 2.0 have been implemented or addressed.

As a key element of the 2020-2025 Carleton University Strategic Integrated Plan (SIP), a comprehensive consultation process, including both internal and external stakeholders, has begun to develop an updated Student Mental Health Framework 3.0.

Based on preliminary feedback received through the pre-consultation process, the following high-level areas of focus have emerged, keeping in mind additional themes may be identified through continued consultations:

- Community-informed and community-driven framework
- Equity, Diversity and Inclusion
- Diversifying wellness supports and wellness/mental health education (ie LGBTQTS+, Anti-racism)
- Harm Reduction and Substance Use Health Strategy
- Cyberbullying strategy
- Campus culture of Mental Health through the creation of “Self-Assessment and Audit tools” to support the implementation of SMHF 3.0 campus-wide
- Improved navigation for the Mental Health and Wellness Supports website
- Implementation of the National Standard of Canada’s *Mental Health and Well-Being for Post-Secondary Students*

In order to move forward in the most collaborative way possible, Student Affairs (OSA) and Health and Counselling Services (HCS), in partnership with the Office of Vice-President (Students and Enrolment) (OVPSE), have proposed the following work plan. We are seeking feedback on the work plan, the timelines, the process, and the areas of focus that have been identified thus far. Feedback may be provided online through our [consultation website](#) or by emailing [SMHFframework@carleton.ca](mailto:SMHFframework@carleton.ca).

Phase	Action	Responsible	Timeline
Process Consultation	Post work plan for input and public consultation about timelines, process, and strategy of the plan.	OSA	October 5, 2021
	Feedback on the consultation process can be given in meetings, or online through: <a href="http://carleton.ca/wellness/student-mental-health-framework-consultation">http://carleton.ca/wellness/student-mental-health-framework-consultation</a>	OSA	October 5 –15, 2021
	Seek feedback on the consultation process from key stakeholders.	OSA	October 2021

<b>Listening</b>	Provide identified areas of focus (as noted above) for feedback to the Campus Community, and open an online feedback form about these areas, as well as any other areas of focus that may not be previously identified and general comments, for those who wish to participate digitally.	Message from the President to the community  Supported by OSA and OVPSE	Late October
	Consultation session with the Board of Governors	Supported by OSA, HCS and OVPSE	October 15, 2021
	Reach out to key stakeholder groups to receive feedback (including <i>Student Groups, Centre for Indigenous Initiatives, Equity and Inclusive Communities, Health and Counselling Services, Office of Quality Initiatives, and the Student Experience Office</i> ).	OSA and HCS	Late October 2021 – November 2021
	External community stakeholder consultations (including <i>Centre for Innovation in Campus Mental Health, Canadian Centre on Substance Use and Addiction, Mental Health Commission of Canada, and Community Addictions Peer Support Association</i> ).	OSA and HCS	Late October 2021 – November 2021
	Host information and feedback sessions for students, faculty, staff, and senior administration. Student consultations will include closed sessions for: <ul style="list-style-type: none"> <li>• Racialized students</li> <li>• Indigenous students</li> <li>• Students with disabilities</li> <li>• International students</li> <li>• Graduate students</li> <li>• Residence students</li> <li>• LGBTQ+ students</li> </ul>	OQI, OSA and SMHAC	Late October 2021 – November 2021

	Additional closed sessions will be made available upon request for any key stakeholder groups including labour unions, student government and student groups. Requests can be submitted to <a href="mailto:SMHFramework@carleton.ca">SMHFramework@carleton.ca</a> .		
Tactical	Compile feedback from each session, as well as digital feedback, and sort through responses (Included for SMHF3.0 /Actionable but not for SMHF3.0/Not applicable).	OQI and OSA	November – December 2021
	Draft and assess proposed recommendations.	OSA and EIC, CII, HR	November – December 2021
	Pull actionable tactics not appropriate for the SMHF3.0, in partnership with key stakeholders to assess other implementation plans.	OSA	November – December 2021
Drafting	Release draft of the SMHF3.0 for feedback to the Campus Community including opening an online feedback form for those who wish to provide feedback digitally.	OSA and SMHAC	Late January 2022
	Host information and feedback sessions for external community partners that have been previously consulted (including <i>Student Groups, Centre for Innovation in Campus Mental Health, Canadian Centre on Substance Use and Addiction, Mental Health Commission of Canada, and Community Addictions Peer Support Association</i> ).  Additional sessions will be made available upon request. Requests can be submitted to <a href="mailto:SMHFramework@carleton.ca">SMHFramework@carleton.ca</a> .	OSA	Late January 2022
Fine-tuning	Review and include applicable feedback.	OSA	February 2022
	Pull actionable tactics not appropriate for the SMHF3.0, in partnership with key stakeholders to assess other implementation plans.	OSA	February 2022

<b>Finalization</b>	Release final draft of <i>Student Mental Health Framework 3.0</i> to the Board of Governors for approval.	OSA	April 28, 2022
	Release revised and updated <i>Student Mental Health Framework 3.0</i> .	OSA and OVPSE	April 2022

**Shorthand Key (on-campus):**

- *CII (Centre for Indigenous Initiatives)*: support students, staff, and faculty at Carleton by providing culturally safe spaces for dialogue.
- *EIC (Equity and Inclusive Communities)*: fosters the development of an inclusive and transformational university culture where individual distinctiveness and a sense of belonging for every member drive excellence in research, teaching, learning, and working at Carleton.
- *HCS (Health and Counselling Services)*: provides medical and counselling services.
- *SMAC (Student Mental Health Advisory Committee)*: a cross-functional advisory committee made up of faculty, staff and students to guide the development of the Student Mental Health Framework 2.0 and its recommendations.
- *OQI (Office of Quality Initiatives)*: advances a culture of continuous improvement that supports Carleton’s strategic goals.
- *OSA (Office of Student Affairs)*: responsible for directing several programs, policies, and services that aim at promoting a positive on-campus experience.
- *OVPSE (Office of the Vice-President, Students and Enrolment)*: empowering our students to leverage the power of higher education to be a force for good by supporting them in achieving their academic, personal and professional potential through exceptional programs and services.

**Shorthand Key (off-campus)**

- *CICMH (Centre for Innovation in Campus Mental Health)*: helps Ontario’s colleges and universities enhance their capacity to support student mental health and well-being.
- *CCSA (Canadian Centre on Substance Use and Addiction)*: a non-governmental organization to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.
- *MHCC (Mental Health Commission of Canada)*: leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.
- *CAPSA (Community Addictions Peer Support Association)*: a non-profit organization of people affected by addiction located in Ottawa.