

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.

The Student Mental Health Framework 2.0 identified six areas of focus to help us build a thriving community: student engagement; well-being, skills building and resilience; mental health awareness, literacy and education; accessible services; coordinated crisis management; and institutional structure. These areas of focus will help to shape the new Student Mental Health Framework 3.0, however, we are also seeking feedback on possible changes or additions. Based on preliminary feedback, the following high-level topics have emerged, keeping in mind others may be identified through continued consultations:

- Equity, diversity and inclusion
- Leverage and incorporate Calls to Action from Kinàmàgawin
- Increase engagement with Sexual Violence Prevention and Education Committee in implementing Honouring Each Other objectives and strategies
- Harm reduction and substance use strategy
- Improved mental health and wellness support navigation through a website update
- Cyberbullying education and prevention and social media use
- Culture of mental health for faculty and staff through the creation of self-assessment and audit tools to support campus wide SMHF 3.0 implementation
- Community-informed and community-driven
- Implementation of Canada's National Standard for Mental Health and Well-Being for Post-Secondary Students
- Yearly audit and evaluation plan developed

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 consulted on the following work plan. After taking into consideration the feedback received, we will be implementing the work plan as described below. Feedback on the Student Mental Health Framework 3.0 can be submitted online through our [consultation website](#) or by emailing SMHFramework@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: http://carleton.ca/wellness/student-mental-health-framework-consultation	OSA	October 5 –15, 2021
	Seek feedback on the consultation process from key stakeholders.	OSA	October 2021
Listening	Consultation session with the Board of Governors	Supported by OSA, HCS and OVPSE	October 15, 2021
	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 VPSE to the community Supported by OSA and OVPSE	Late October
	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, International Student Services Office, 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, The Royal Mental Health - Care & Research, Carleton Parents, 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	OQI, OSA and SMHAC	Late October 2021 – November 2021

	<p>administration. Student consultations will include closed sessions for:</p> <ul style="list-style-type: none"> • Racialized students • Indigenous students • Students with disabilities • International students • Graduate students • Residence students • LGBTQ+ students <p>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 SMHFramework@carleton.ca.</p>		
Tactical	<p>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).</p>	OQI and OSA	November – December 2021
	<p>Draft and assess proposed recommendations.</p>	OSA and EIC, CII, HR	November – December 2021
	<p>Pull actionable tactics not appropriate for the SMHF3.0, in partnership with key stakeholders to assess other implementation plans.</p>	OSA	November – December 2021
Drafting	<p>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.</p>	OSA and SMHAC	Late January 2022
	<p>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, The Royal Mental Health - Care & Research, Carleton Parents, and Community Addictions Peer Support Association</i>).</p>	OSA	February 2022

	Additional sessions will be made available upon request. Requests can be submitted to SMHFramework@carleton.ca .		
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
Finalization	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.