



UNIVERSITY OF  
**TORONTO**  
MISSISSAUGA

# Mental Health in Residence

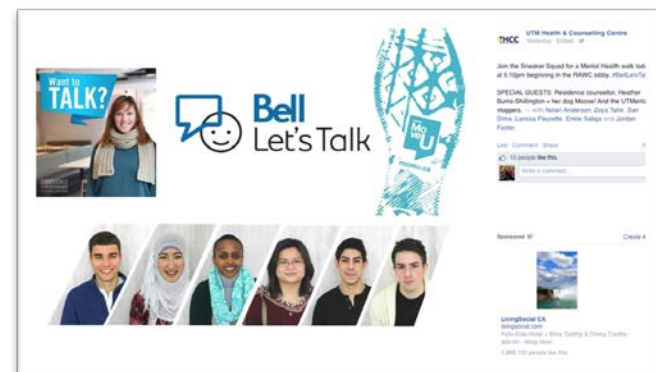
January 7, 2016

*“The Residence Counsellor was something I had needed without even knowing. It truly helped me through the rest of the year”*

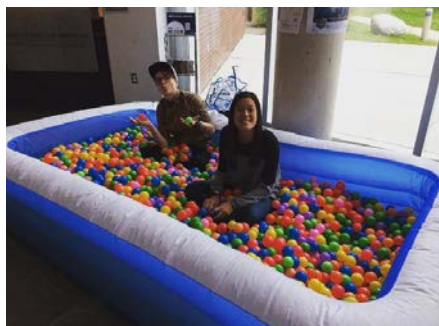


# Residence Counsellor

- Individual & group counselling
- Crisis intervention
- Programs, workshops & events
- Training Sessions
- Campus & community partnerships
- Mentorship



# Mental Wellness Week

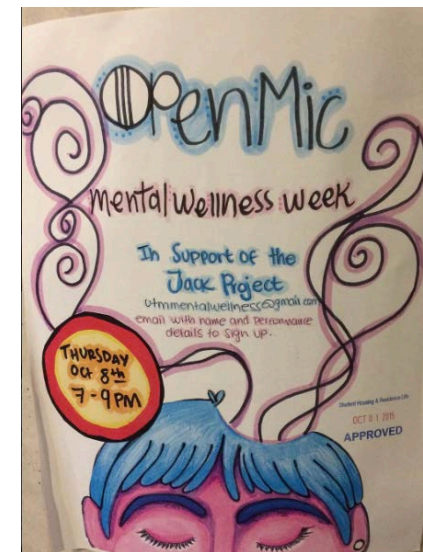



  
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## MENTAL WELLNESS WEEK

OCTOBER 5th - 9th

Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
 <b>Take Notice</b>	 <b>Connect</b>	 <b>Learn</b>	 <b>Give Back</b>	 <b>Be Active</b>
Reflection board & "UTM treasures" map 12pm - 2pm OPH lobby	Activities to meet new people, including a ball pit and other bonding games 12pm - 2pm OPH lobby  Movie night & treats "Happy movie" 7pm 6th floor OPH	Participate in different workshops to learn new skills (including art, music, and origami!) 12pm - 4pm OPH lobby	Bake sale to raise money to support the Jack Project ( <a href="http://www.jack.org">www.jack.org</a> ) 12pm - 2pm OPH lobby  Open Mic Night 7pm Coleman Commons	The Move U crew will be joining us for a nature walk and other physical activities 12pm - 2pm OPH lobby



# Training Session Impact



# ASIST



# safeTALK

*suicide alertness for everyone*

Number of  
staff &  
students  
trained in  
2015

87

150



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# Lunch n' Learn Sessions

## LUNCH n'LEARN Addictions

Wednesday, January 21  
12pm-1pm

OPH seminar room (2nd floor)

*The chance to learn more about substance abuse and how to help someone who may be struggling with it.*

No need to register, just bring your lunch! Coffee and treats will be provided.

Brought to you by the Residence Counsellor and Peel Addiction Assessment and Referral Centre.

EXPERIENCE  
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## LUNCH n'LEARN Radicalization

Wednesday, February 25  
12pm-1pm

OPH seminar room (2nd floor)

*Psychology prof Dr. David Nussbaum will be leading this month's session on radicalization. Come out to hear more about how young people are radicalized into religious extremism, with lots of time for discussion.*

No need to register, just bring your lunch! Coffee and treats will be provided.

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## LUNCH n'LEARN Mental Health

Hong Fook Mental Health Association  
Friday, April 24  
12pm-1pm

OPH seminar room (2nd floor)

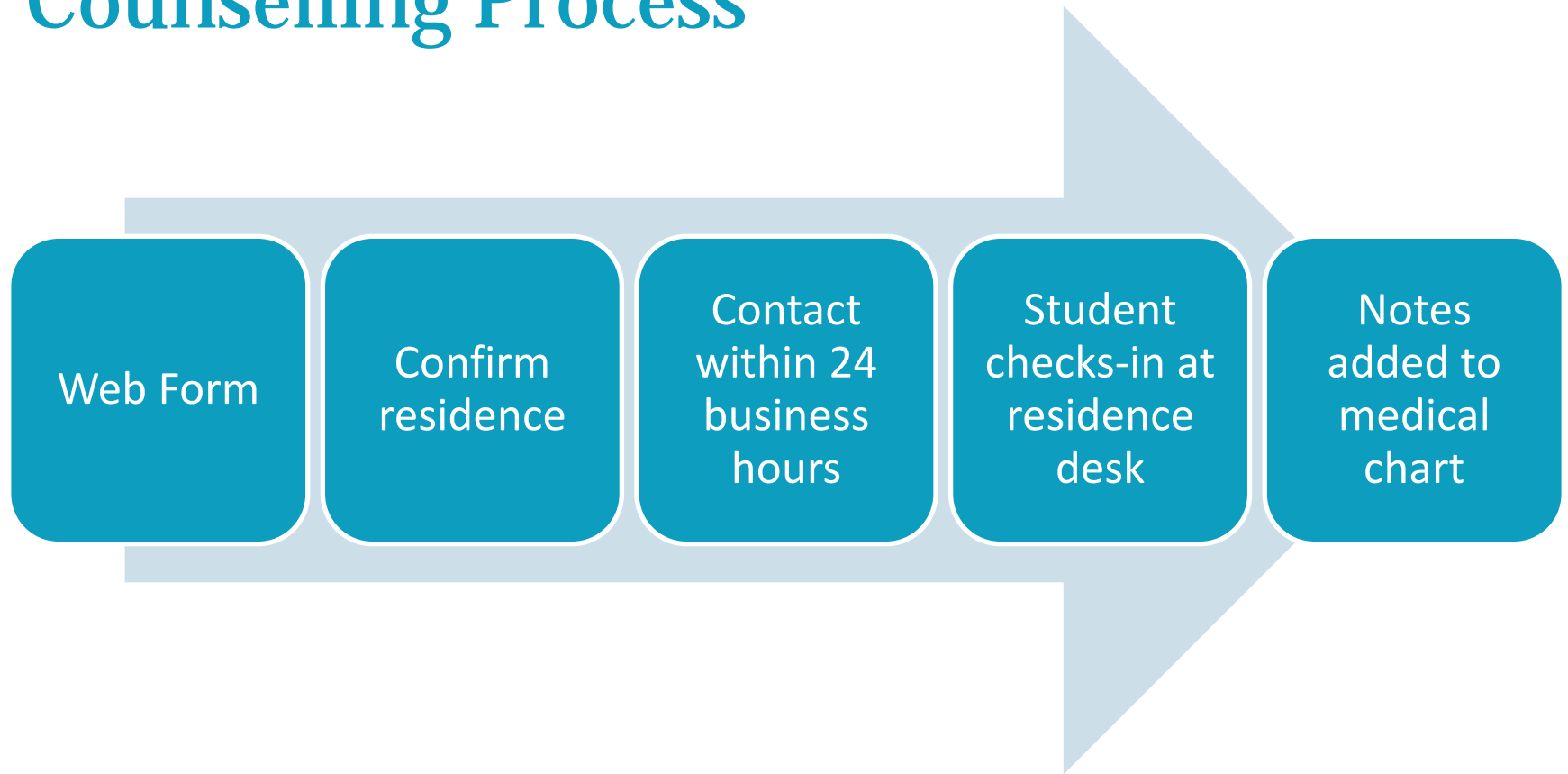
*Come learn about an excellent mental health resource in our community! They work to address mental health concerns in the East & Southeast Asian communities. Open to all students! Snacks and coffee provided, bring your lunch.*

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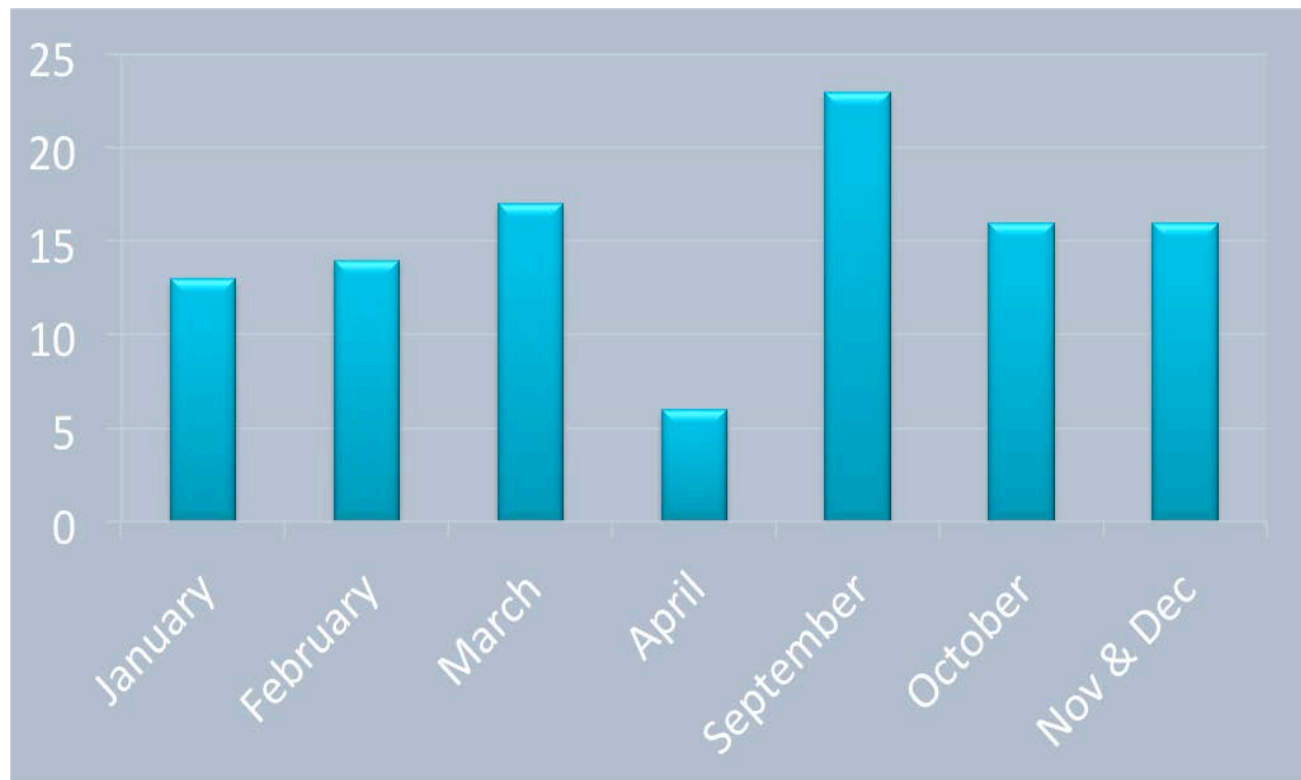
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# Counselling Process



# Counselling Caseload (Winter & Fall 2015)

*New clients by month (n=105)*



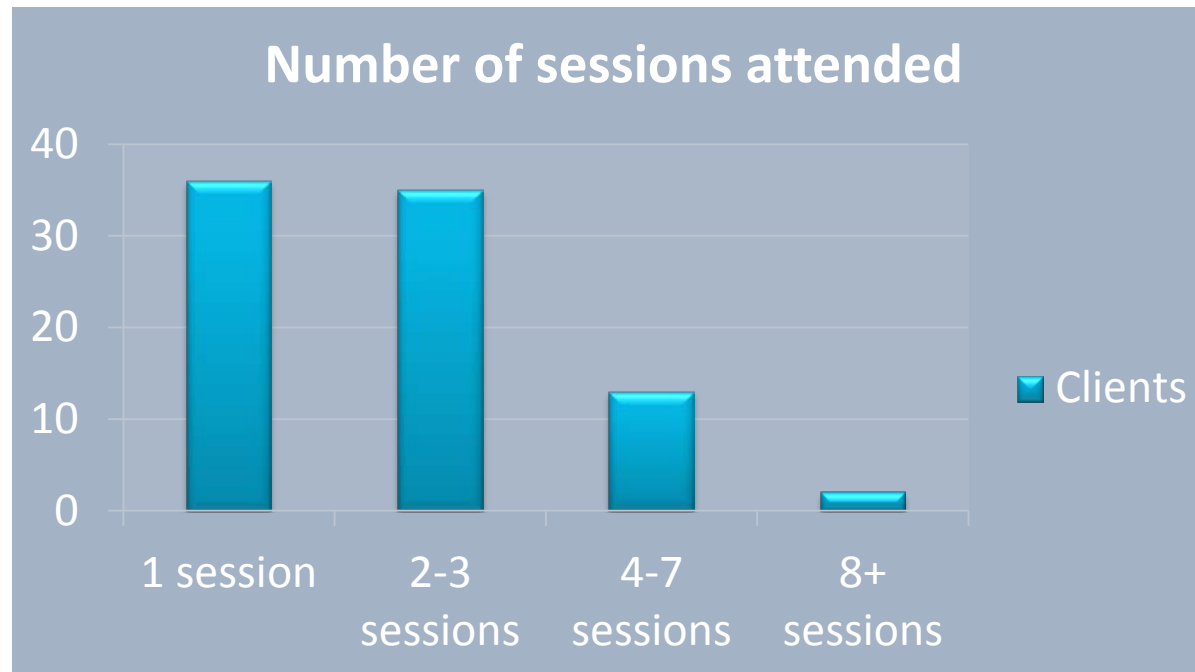
# Number of appointments/month





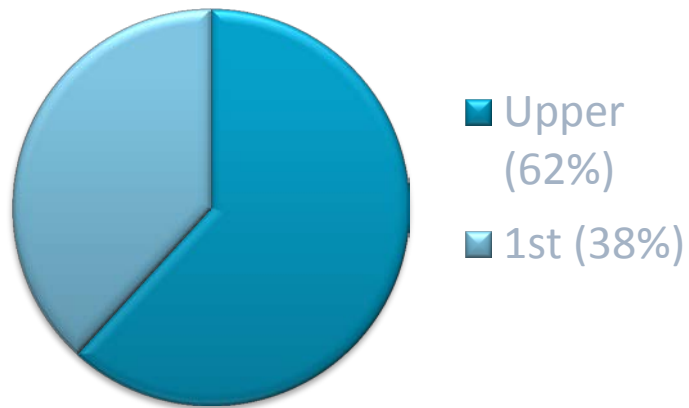
# Wait times & number of sessions

- Average wait time for an initial appointment: 3 days
- Average number of sessions: 3

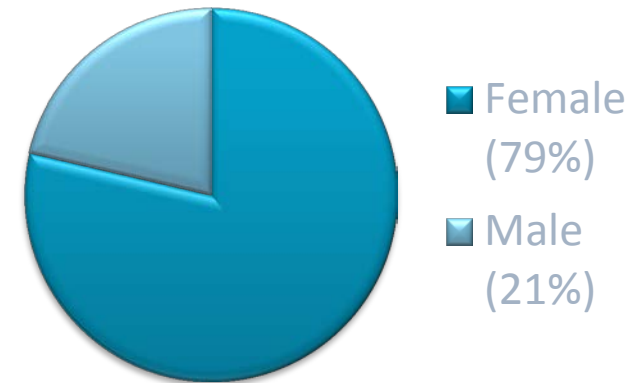


# Client Demographics

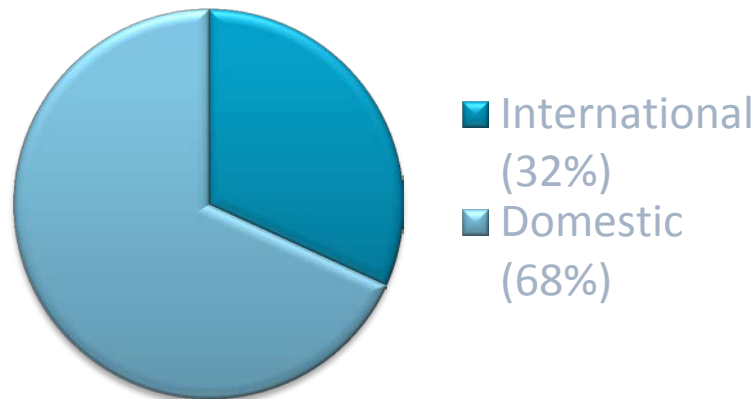
## Year of study



## Gender



## Student Mix





# Top Presenting Issues

1. Anxiety
2. Relationships (family, friends, romantic)
3. Suicide / Depression



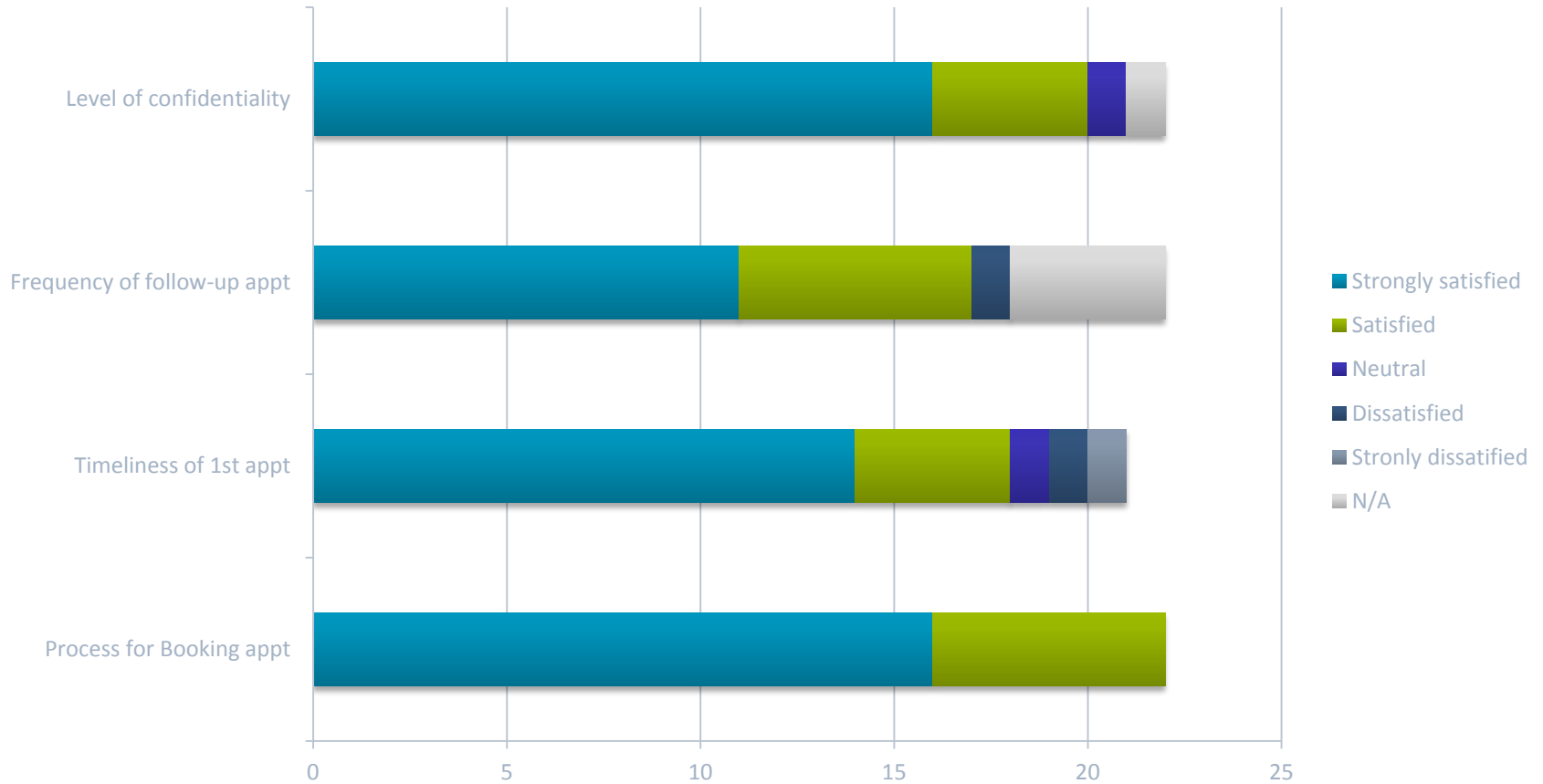
# Therapeutic approaches

- Narrative, CBT, solution-focused, mindfulness, arts-based, pet therapy

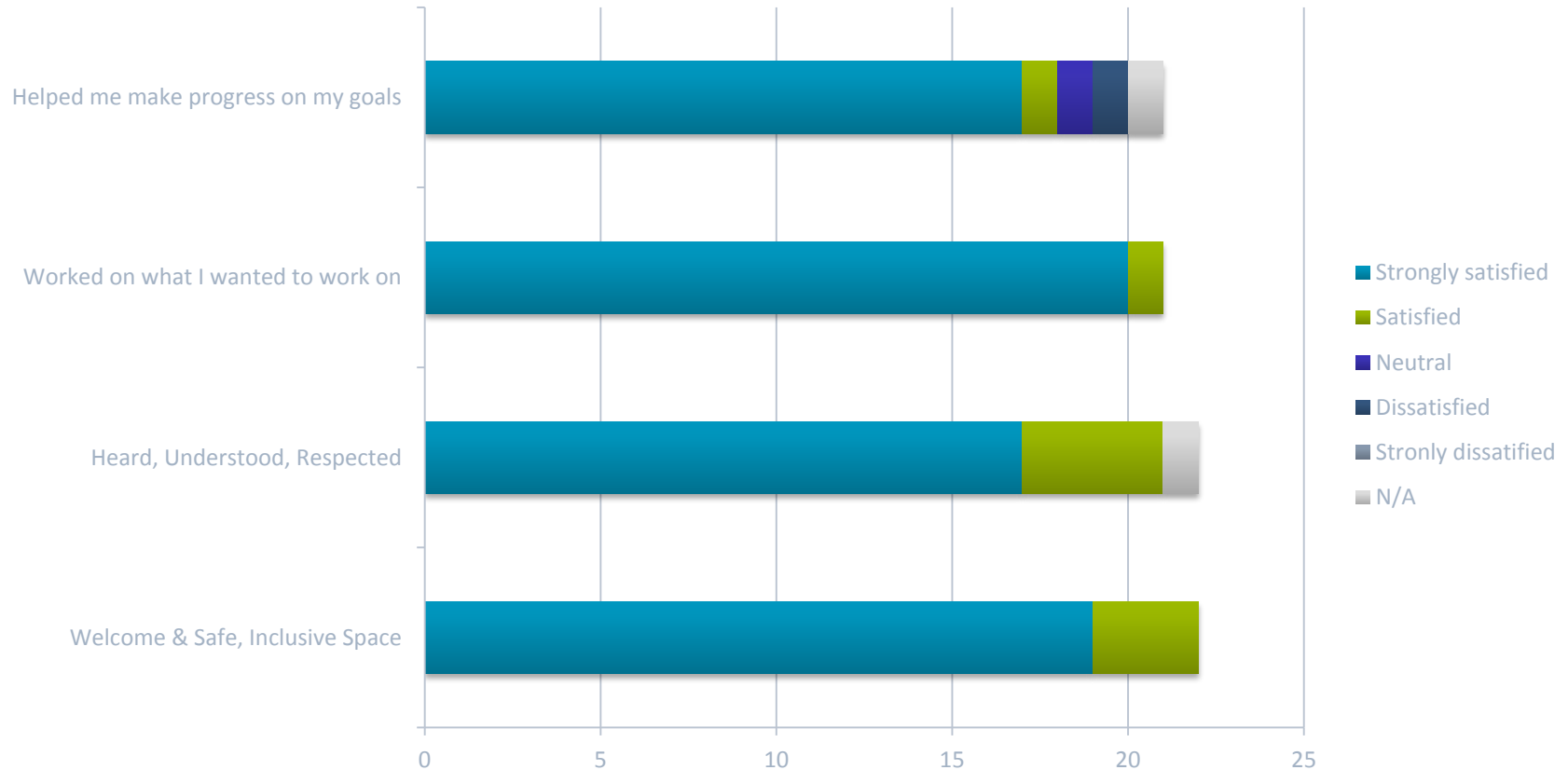
*“The residence counsellor (was) someone who I could talk to that gave me an unbiased opinion and helped me realize that thoughts are just thoughts.”*



# Satisfaction with...



# The Residence Counsellor ...

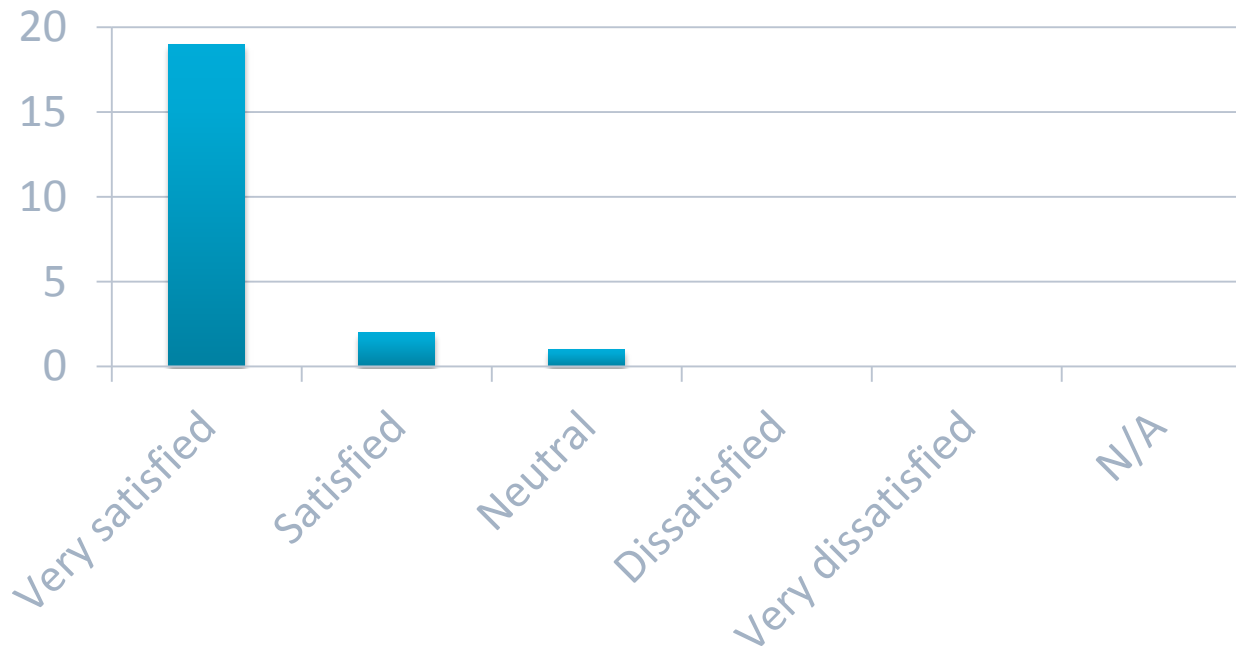




## What (if anything) improved after seeing the residence counsellor?

1. Sadness
2. Worry / Anxiety
3. Overall wellbeing
4. Connection to Residence  
/ Campus

## Overall how satisfied were you with the Residence Counsellor?



**100% of respondents said they would refer a friend to the residence counsellor if their friend had a similar concern**





## Next steps

- **Expand mental health services (Social Work intern, counselling in other languages)**
- **Suicide-Safer Community Designation**
- **Hosting province-wide meeting of residence counsellors**
- **Residence Process Mapping, Systems for Managing**

