



UNIVERSITY OF
TORONTO
MISSISSAUGA

Mental Health in Residence

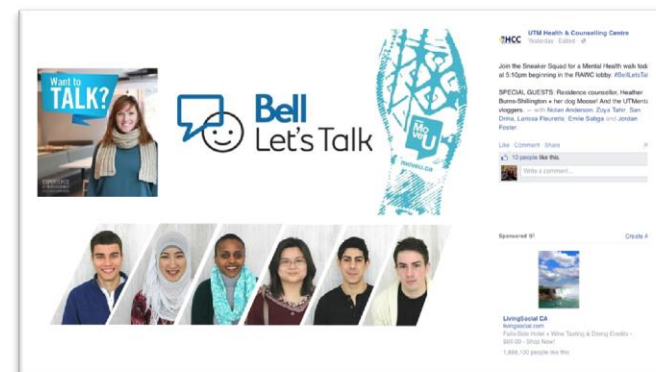
February 4, 2016

“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

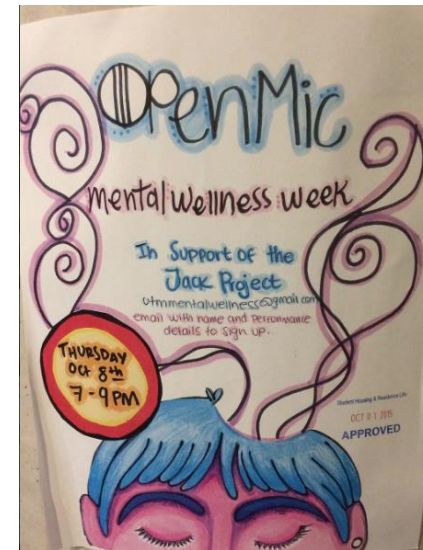
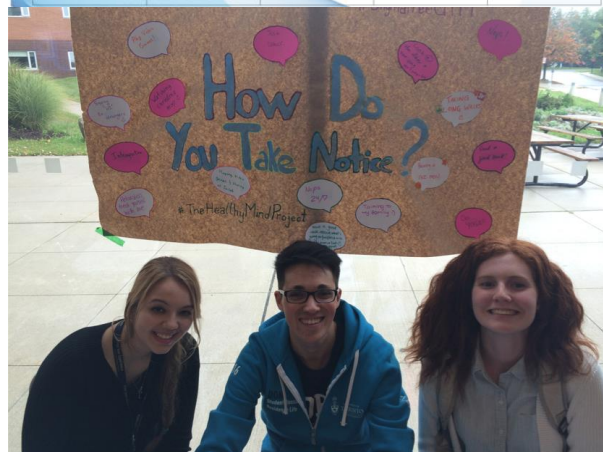



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MENTAL WELLNESS WEEK

OCTOBER 5th - 9th

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



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
UTM RESIDENCE
EXCELLENCE LIVES HERE



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

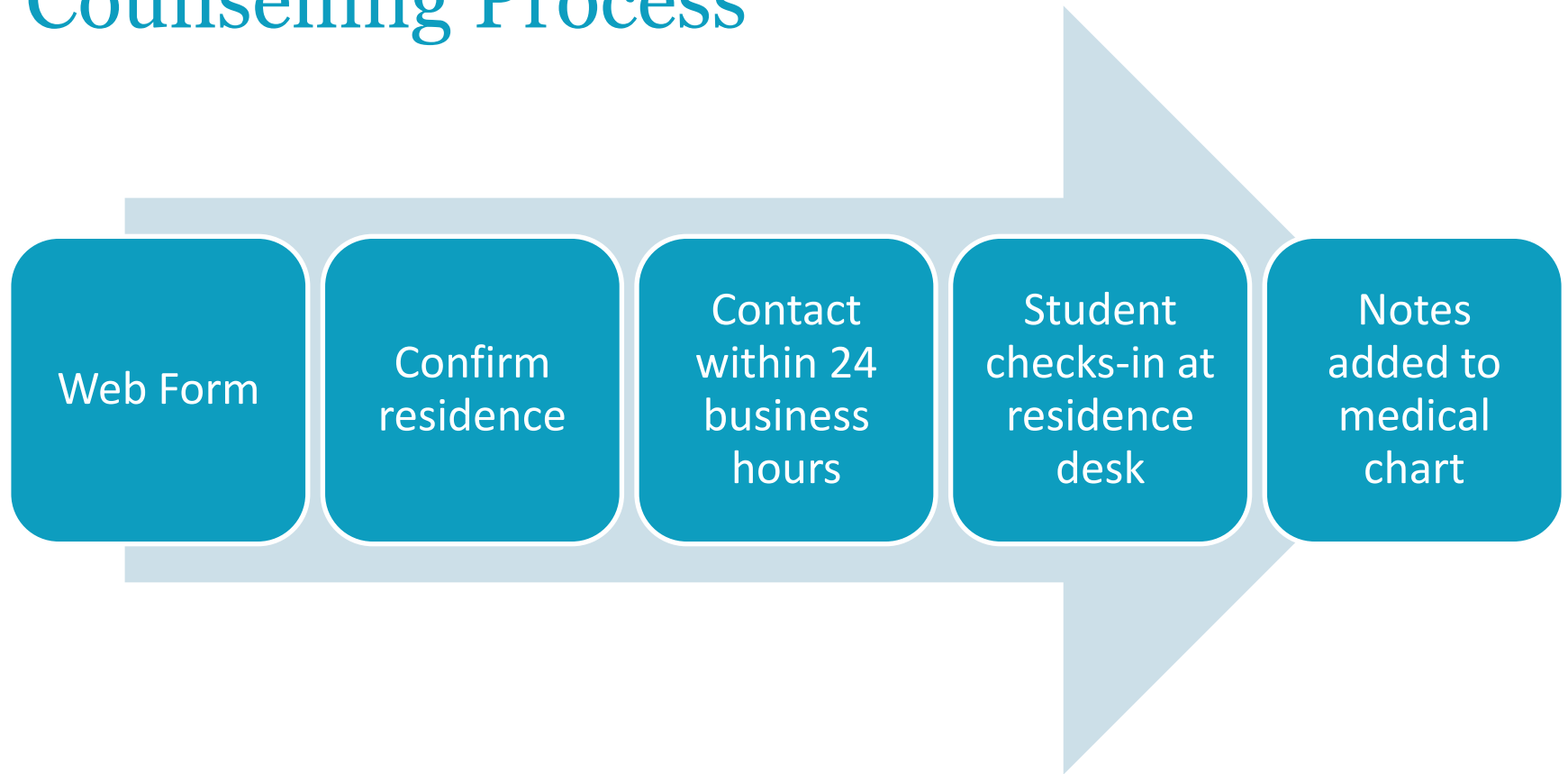
OPH seminar room (2nd floor)

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.

EXPERIENCE
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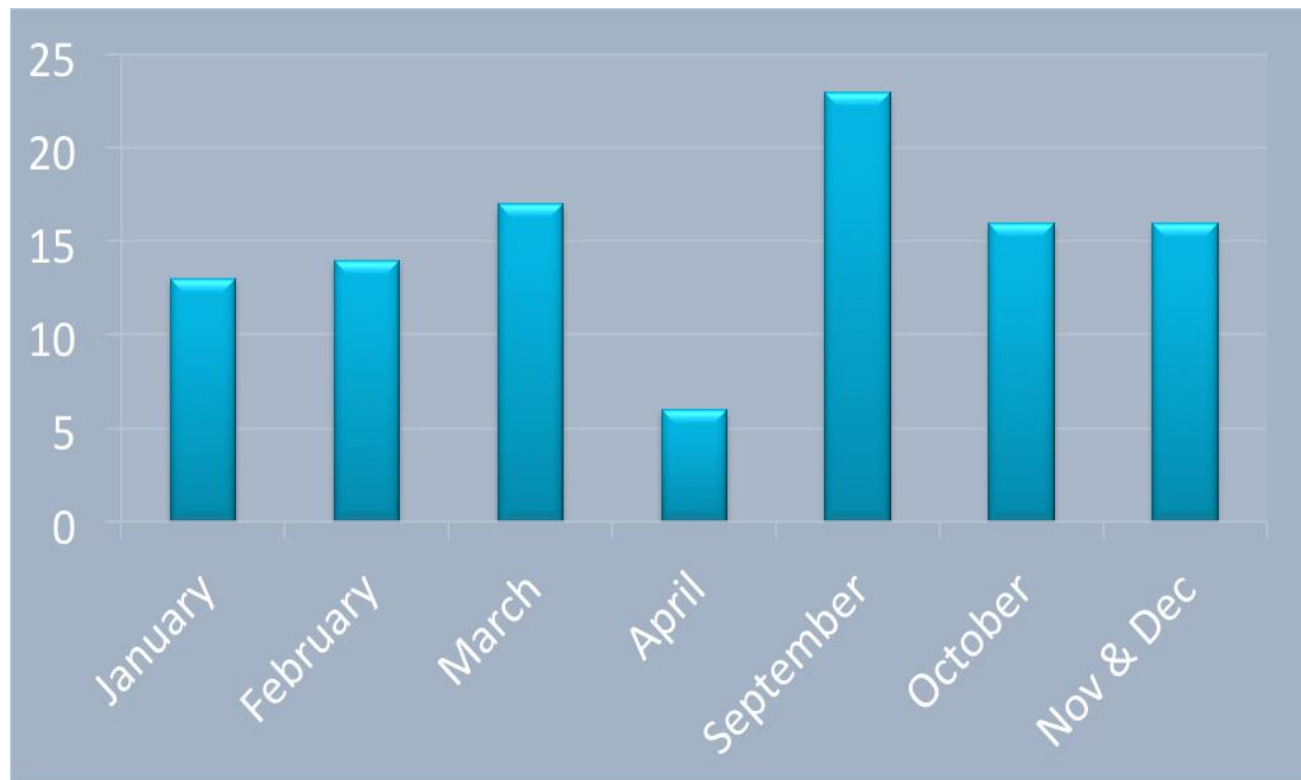


Counselling Process

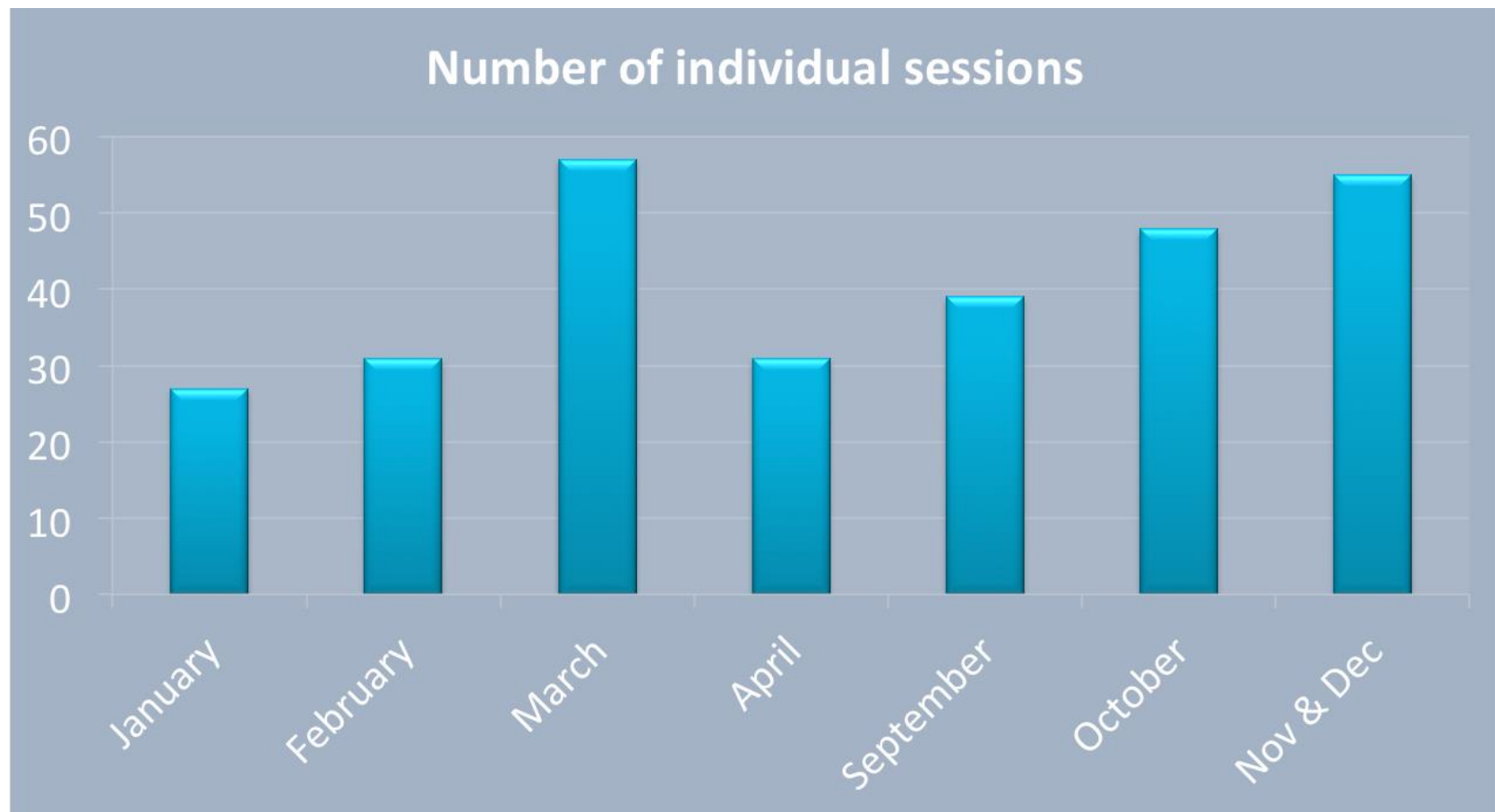


Counselling Caseload (Winter & Fall 2015)

New clients by month (n=105)

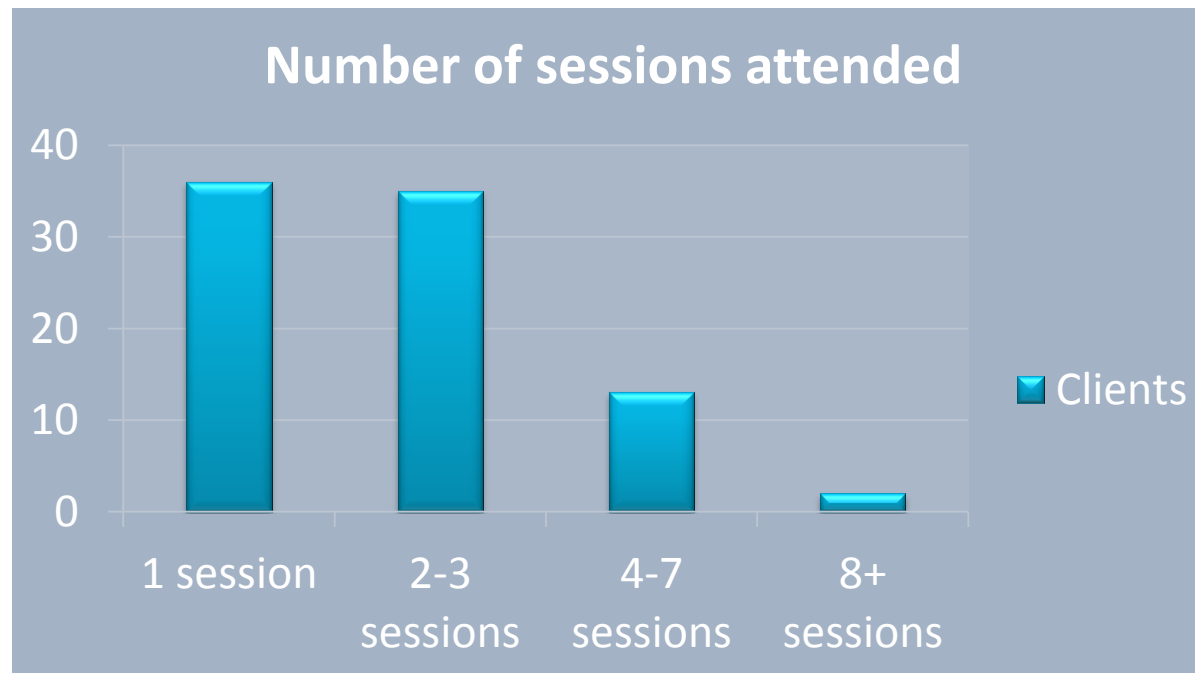


Number of appointments/month



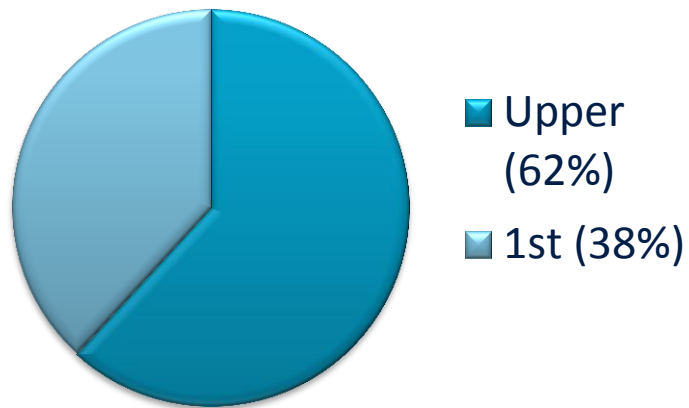
Wait times & number of sessions

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

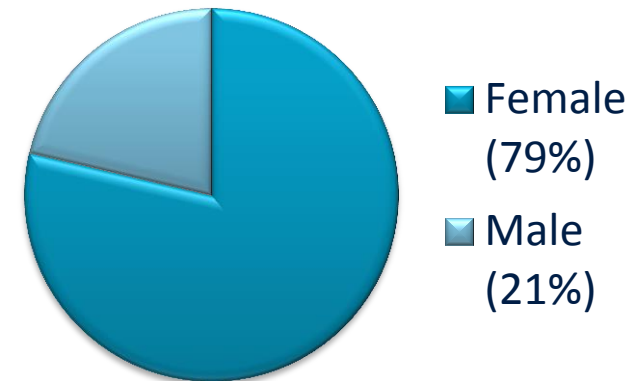


Client Demographics

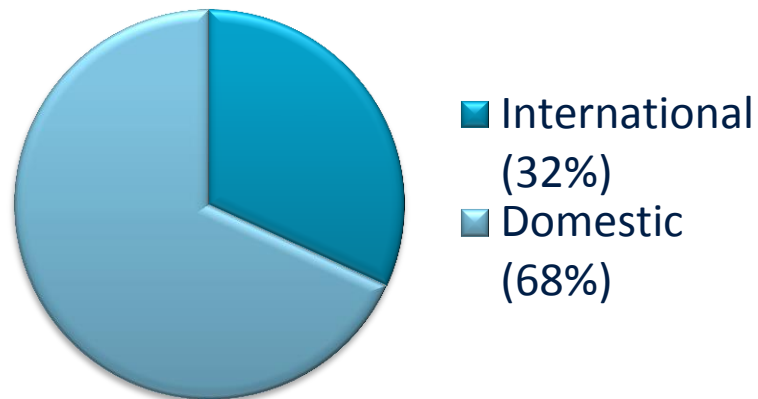
Year of study



Gender



Student Mix





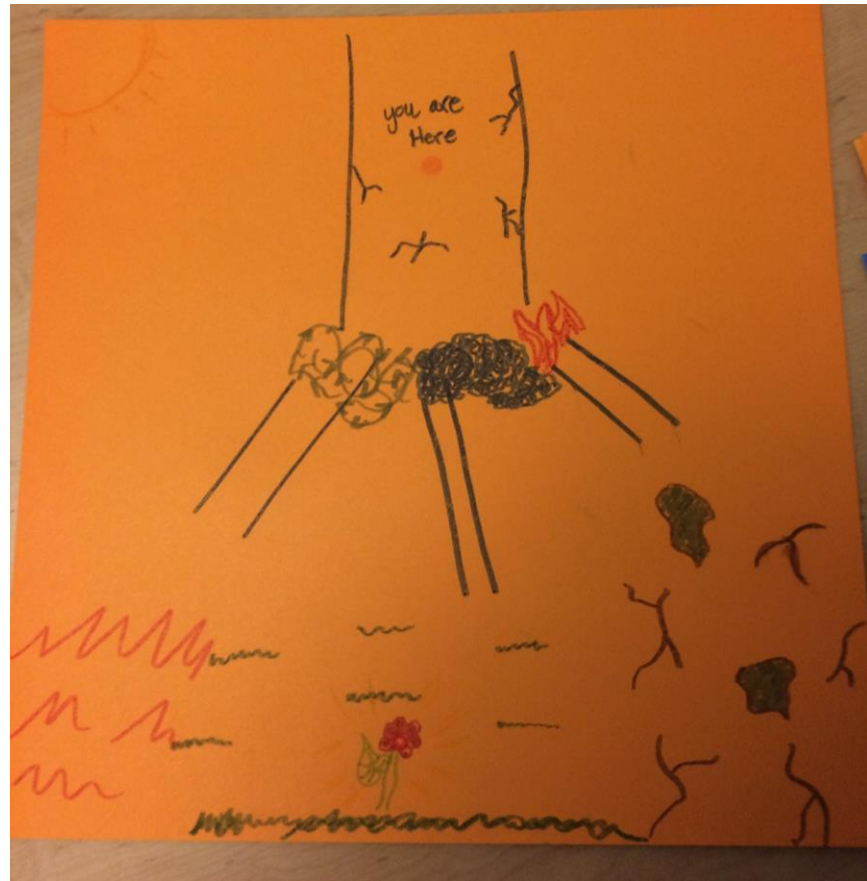
Top Presenting Issues

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

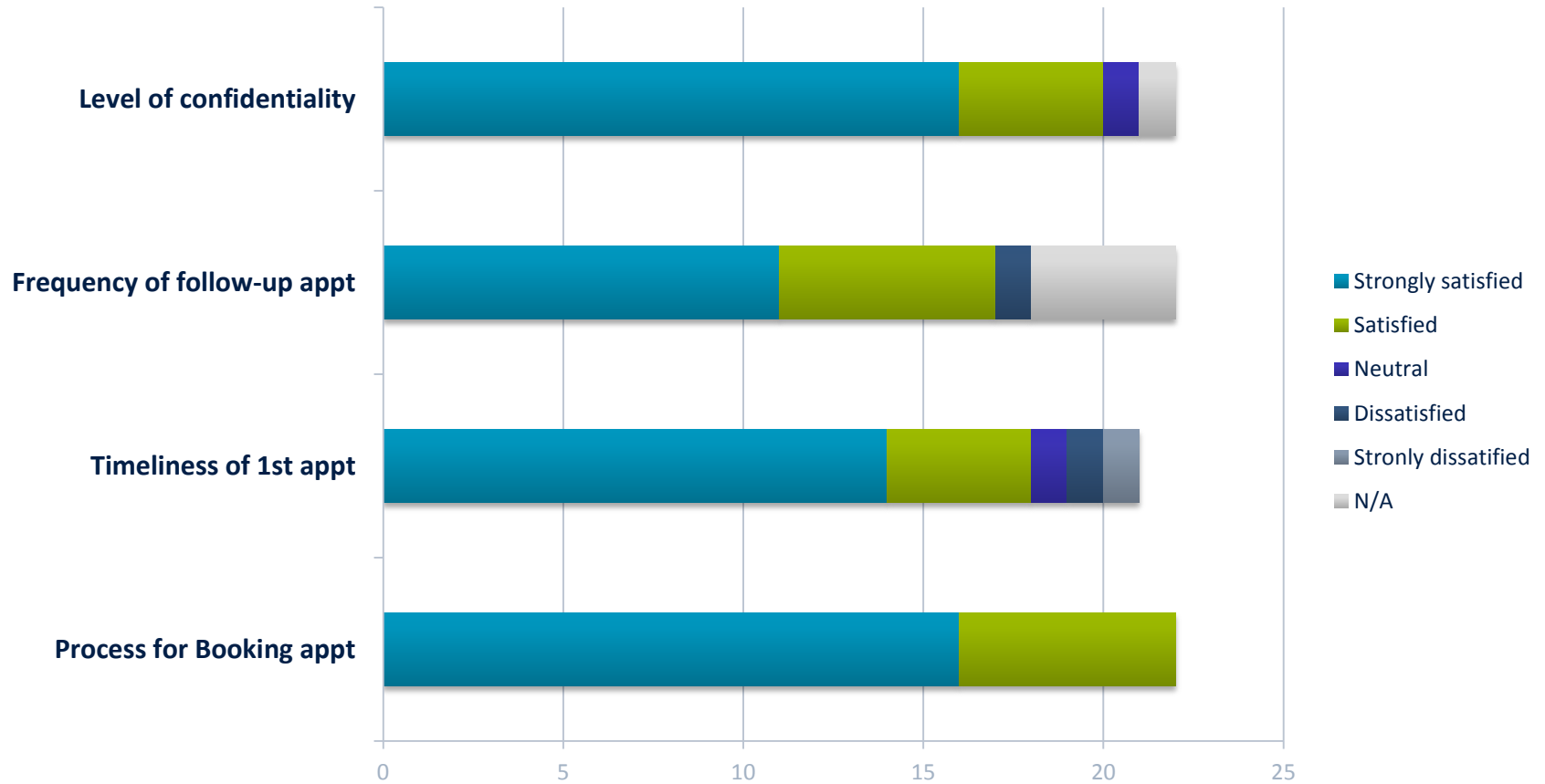
Therapeutic approaches

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

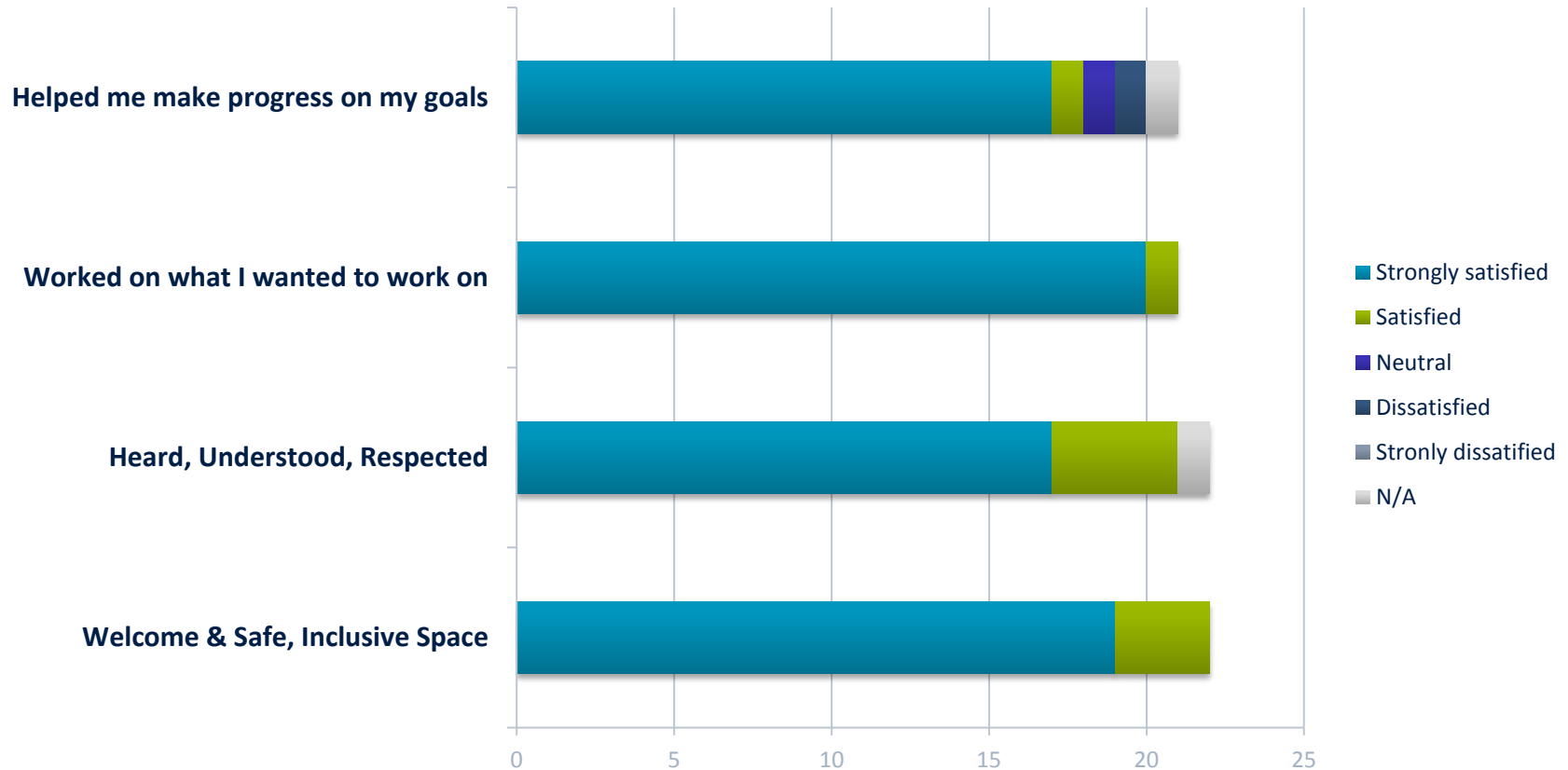
“The residence counsellor (was) someone who I could talk to that gave me an unbiased opinion and helped me realize that thoughts are just thoughts.”



Satisfaction with...



The Residence Counsellor ...

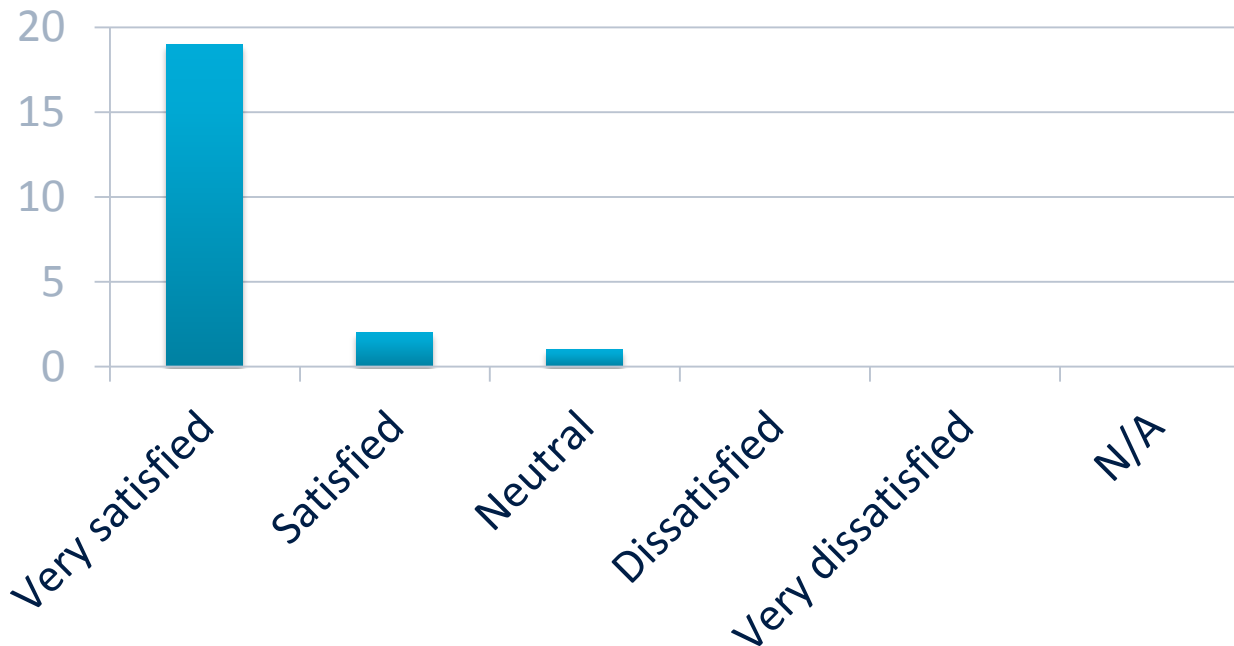




What (if anything) improved after seeing the residence counsellor?

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

