

2012

DEPARTMENTAL YEAR IN REVIEW

UTSC Athletics and Recreation



2012

DEPARTMENTAL YEAR IN REVIEW

An overview of programs and services
by the Department of Athletics and Recreation
University of Toronto Scarborough

The mission statement for the Department of Athletics and Recreation is “we strive to create a respectful and inclusive environment that promotes opportunity and overall well-being through physical activity.” The focus of the Department of Athletics and Recreation is to encourage participation in a broad spectrum of athletic programs and activities. Our staff work diligently to provide a positive experience and to create new opportunities to fit our varied needs. Our portfolio involves a variety of fitness, recreation and sport activities and special events, providing accessible opportunities for all students in order to promote skill development, leadership, social interaction, enjoyment and being engaged with a healthy, active lifestyle in mind. Our make-up includes student, staff and faculty members who participate in the programming as well as members from the broader community including various alumni. All programs are delivered in coordination and collaboration with both on and off campus partners.



ATHLETICS AND RECREATION OVERVIEW

The Department of Athletics and Recreation continues to consult with students to find creative ways to meet the changing needs of UTSC's diverse student population. More so could not be true with the creative development of our new cricket pitch in our Valley playing fields, providing an outdoor opportunity for students to participate in cricket and no longer confined solely to gym space. Students continue to be our first priority audience in scheduling and program development.

With the tri-campus Sport Model Review coming to fruition in 2013, we will see exciting new possibilities and opportunities as well as some transformation in how our intramural, extramural and interhouse leagues are presented.

The department has been working hard to strengthen relationships with key groups in the community such as Storefront, East Scarborough Boys and Girls Club, Toronto District School Board, Toronto Catholic District School Board, Toronto Argonauts, KGO Kicks, Native Child and many others as you will read throughout this review. Such relationships with partners have enhanced ongoing, and new opportunities, that have a breadth of positive outcomes and reach while providing tremendous leadership opportunities and benefits to our university and external community.

The same holds true on campus where Athletics and Recreation constantly looks for new opportunities to engage our students and provide meaningful learning and leadership opportunities. We have continued to provide outreach to the student community in partnership with SECAP (Student Engagement Committee on Athletic Planning) around the exciting opening of our new Athletic and Recreation facility in 2014.

The year 2012 saw over 3000 staff hours dedicated to the ongoing development, operational planning and programming of our new home and many more internship hours provided by the students. Our new home is a key strategic focus for 2013 while maintaining the high level of delivery expected of our program in the current facility.

We hope you enjoy the many highlights and initiatives undertaken in a busy 2012 year!



UTSC day with the Toronto Marlies

On Saturday, March 10, 2012 the Department of Athletics and Recreation partnered with the SCHPA (Scarborough Campus Hockey Players Association) to present the second UTSC day with the Toronto Marlies. The event focused both on a spectator opportunity, (as the Marlies played host to AHL rival the Hamilton Bulldogs), and on a participation opportunity as the event featured an on-ice post game skating party. Easton Sports, generously supplied skates, allowing some 100 international students to try ice-skating for the first time. The event brought together 250 students, staff, faculty, alumni and their families for a day of fun and UTSC spirit building.

14th Annual UTSC Hockey Alumni and Friends and the 6th Annual Steve Scheklesky Golf Tournament

Saturday, October 13th marked the 14th version of a fundraiser golf event that supports the UTSC Hockey program. In 2007, this event was renamed to remember Alumnus Steve Scheklesky who lost a brave battle with Cancer that year at the young age of thirty-two. The fundraising holds a dual purpose as its proceeds support three financial initiatives- the Scarborough Campus Hockey Players Association (SCHPA) and the delivery of the UTSC Hockey program, support for Steve's daughter Mackenzie and an ongoing education fund and finally support for the SCHPA's presentation of the Scheklesky Awards. These awards are presented annually to the UTSC hockey players who best exemplify the qualities of leadership, program pride, a positive work ethic and a caring attitude that promotes an improvement in the overall Hockey program at UTSC.

Golfers participated in a day of golf fun, rekindling friendships and generously supporting the cause. The event annually draws 72 participants, this year with some 35 being UTSC Hockey Alumni along with many good friends. Fundraising efforts have now contributed \$8650 to the education fund for Mackenzie, and have made 5 annual \$100 cash prizes available to the Scheklesky Award winners.

Active Lunch Series

In 2012 we continued to offer the 'Active Lunch Series' in both the Fall and Winter terms. The 'Active Lunch Series' offers structured lunchtime programming every Wednesday specifically for UTSC staff and faculty. Throughout the series we hope participants develop an interest in fitness and recreation in a causal and fun atmosphere with fellow colleagues.

Programs offered include cyclefit, group fitness classes (step & pump and cardio core & pump), basketball, badminton and squash. On average there are over 20 participants every week across all programs. During 2012, over 46 staff and faculty participate in the 'Active Lunch Series'.

In the Fall session, we offer five complimentary guest passes for those that do not have a current recreation centre membership. Our hope is to be as inclusive as possible to everyone on campus and provide multiple opportunities to participate. During the Winter session, all participants are required to have a recreation centre membership. Moving forward, we will continue to provide the series and expand to include more diverse programming. Engaging staff on campus provides a healthy environment that promotes discussion and collaboration amongst departments.

ATHLETICS AND RECREATION OVERVIEW



Terry's Cause

On October 3rd, 2012, the inaugural Terry's Cause (Terry Fox Run)- a Tri-Campus initiative- was held at the University of Toronto Scarborough Valley playing fields. It served as an important reminder of our membership in a unique tri-campus environment. It highlighted the beauty of our campus, but also our willingness and capacity to host the entire U of T community.

The strong commitment from our committee members, SCSU, SCAA, and several other supporters including various departments in biology and medicine at St. George and key hospital supporters, helped build a philanthropic culture around the event and amongst U of T as a whole.

Finally, and perhaps most importantly, it stimulated student participation and leadership around an unbelievably worthy cause, and raised significantly more donations than had been anticipated. With over 150 representatives from both St. George and UTSC gathering on a drizzly day, each individual was given a t-shirt, drink and free food. A big thank you to Centennial College and their massage therapy program who aided many of us with massages following the 5k run.

We were honored at the start of the race to be inspired from a personal story of a 13 year old boy, Jason, who is a cancer survivor. Furthermore, we were honored to have Terry Fox's brother, Darrell Fox, who flew in all the way from Vancouver to attend and run in our event while cutting the ribbon with UTSC's own Dr. Malcolm Campbell, Vice-Principal Research. Scarborough served as a historical key turning point in Terry's quest across the country and for Darrell it brought back many great memories.

Without a doubt that the first inaugural Terry's Cause on Campus was a success and



UTSC has been asked to host again in 2013.

By doubling our initial fundraising goal, we were able to donate \$14,798.94 back to the Terry Fox Foundation for cancer research. We hope on making this event a much larger one with a steady increase in our donation, supporters from this past year's event, and also in the student body's participation as a means of creating awareness, leadership opportunities and continuous engagement.

Green Path

In order to help smooth the transition and familiarize students with the facilities available, a facility tour is provided to all Green Path students. The focus during this orientation is how to get involved, and trying new programs. Two of the new programs offered during the summer if 2012 were tai chi and tennis.

Tai Chi

Athletics provided a 6-week Tai Chi pilot program for Green Path students on residence. The pilot program was a success in that 17 students attended early morning (7:45am) classes. This is a clinic we would like to continue each summer specifically for Green Path students and has brought a welcoming addition to our fall and winter programming.

Tennis

In partnership with the Greenpath, we offered an 8-week program of beginner lessons to Greenpath students. The lessons began in June soon after the students had arrived from China. Our hope was to integrate them into the UTSC community as soon as possible and make them feel more welcome/comfortable on campus.

The program was well received and had a great attendance record with 20 registered

students returning every week. Looking forward, the implementation of healthy cooking workshops and food preparation sessions will give the Green Path students the essential skillset for healthy living.

Internship Program

UTSC Department of Athletics and Recreation continued to invest in learning opportunities for students both at UofT and those in the external communities through our internship program. Athletics had four interns working on diverse projects including major events, research and design for the new Aquatics program and development of a new marketing plan. Not only was it a great experience for the students, it was enjoyable for staff to work with these students, mentor them and at times learn something new from our future leaders. The internship program will remain strong in 2013 and we look forward to an expansion of the program as we move in to the new facility.

"My experience with the Athletics teams at UTSC has been one of the most positive and educational internships I have had through my university career. It has provided me with countless opportunities to grow and develop as a student and leader in both the university and surrounding community. From daily tasks to event planning I was always given an opportunity to showcase my strengths as well as to learn from those more experienced around me. The Athletics' staff welcomed me openly to their team allowing me to build confidence which has provided much guidance and direction for my future after University."

- Jessica Longarini
4th year Bachelor of Kinesiology

ATHLETICS AND RECREATION OVERVIEW



Move U

In spring 2012, U of T (tri-campus) and Sheridan College implemented the new MOVE U campaign in partnership with ParticipACTION which will be ongoing for four years.

The main motive is to engage first year students by promoting and supporting the active healthy living opportunities that will encourage a successful transition at university. At UTSC, peer education groups such as the Physical Activity Coaches & Educators (P.A.C.E.) will launch a series of events fostering student engagement in co-curricular/student life programs. The key focus is a sense of community including physical activity, mental health and healthy eating.

Partnering groups at UTSC will be from Health and Wellness and supporting staff from Student Services. A social media campaign was launched focusing on healthy living tips and promoting events from all campuses. Move U will also be an excellent legacy opportunity leading up to the Pan AM 2015 games.

Planning in 2012 brought about a new program for 2013 called First Year Fit. As part of our MOVE U campaign to engage our First Year Students in learning the benefits of exercise & participating in fun and educating events implemented by PACE, Athletics, Health & Wellness & partnering student groups.

Athletics with the Move U campaign has partnered with Health & Wellness for an exciting new initiative in 2013. Health & Wellness has an existing 'Flourish' program which focuses on first year students going through difficult transitions to help them cope psychologically. This Athletics partnership will be extending the program to include a physical component with structured activities set up through Personal Trainers & Exercise Specialists, essentially using exercise as an option. An extensive evaluation processes will be conducted over the 2013 year.

Mental Health Awareness

October

The Athletics Staff and PACE team worked in conjunction with Health & Wellness & Residence to offer numerous campus wide events and workshops. "Destress with Exercise" was offered three times in October on Residence and at the Recreation Centre teaching over 40 students how to balance exercise and studying in order to lower stress levels during midterms.

Furthermore, Athletics and Recreation contributed money towards the Steven Paige Mental Health Discussion evening.

November

One of PACE's most successful events was the AMAZING RACE which was on November 14th and brought out a record number of student participants.

They solved clues, raced across campus and faced a variety of different challenges such as "Balloney Booty", "Snap Shot" and "The Sweet Escape" to win great prizes. PACE also teamed up with Scarborough Campus Hockey Association, Sustainability and Leave the Pack Behind for this fun event.

December

During final exams in December, PACE & Athletics teamed up to offer Stress-buster activities for students including Yoga breaks, boxing, agility work and tug of wars. We had over 40 students participate along with staff and faculty members looking for some extra stress release.

"We worked together in a variety of challenges. The best part was spending time with great friends"

- Pace Amazing Race Participant

17 Fitness Equipment Orientation & Rec Centre Information time: 5:00 - 5:30pm TEACHING STUDIO	7 Love your Heart Workshop! time: 3:00 - 5:00pm where: ATHLETIC LOUNGE	13 How Nutrition & Exercise go hand in hand workshop time: 8:00 - 8:30am where: TBA
24 Wellness Pair-MOVE U! time: 10:30am - 3:00pm MEETING PLACE	BUDDY VALENTINE! Register with PACE to find a workout buddy. date: ONGOING IN FEBRUARY	28 PACE AMAZING RACE! time: 8:00am - 5:00pm RECREATION CENTRE
Try a New Sport @ the Rec Centre • intramural • drop-in	Try a Group Fitness or Instructional class @ the Rec Centre	Sign out a Bike from Athletics through the Bikesare program

PHYSICAL ACTIVITY OVERVIEW



The Recreation Centre benefited in 2012 from the increased program space within the Strength & Conditioning area, “THE KEY”, and was able to introduce Olympic lifting. This program space is a multi-purpose area for other free weight exercises as well as jump rope and plyometrics training. Included in the space is a TRX 7’ Multi-Mount Kit which will allow for the user to do pull ups or mount a TRX (suspension training system) to do various exercises.

Group Fitness

Drop-in group fitness classes are offered multiple times on a daily basis to our students, staff, faculty & community members free of charge. Our certified instructors create safe and motivating classes including cardiovascular components, resistance training and flexibility work catering to all fitness levels.

Classes are managed using a variety of feedback, using participant satisfaction surveys (instructor evaluations), attendance statistics, and general response to current fitness trends. At times, classes may be introduced simply as a product of one approaching the Fitness Program Coordinator

with an idea for a new class. Such was the case for Cardio Latin Dance this year.

Group Fitness is marketed in several ways – via the Activity Guide, the UTSC Athletics website, Facebook/Twitter, posters around the Athletics and Recreation Centre, through PACE members at their sponsored events/workshops, and at various events such as the Athletics and Recreation Open House, and Wellness Fair.

Employment opportunities for UTSC students exist by students becoming Group Fitness & cyclefit instructors. In 2011, we had 6 students instructing our classes.

2012 Highlights

We had a total of 5045 participants in our Group Fitness classes in 2012. There was an increase of 9% of total participation in all of our Group fitness classes from 2011 to 2012. The majority of participants were students at 83%.

We added two additional Zumba classes to our schedule this year and introduced a new Cardio Latin Dance class. These

classes involved 51% of the overall participation. Beginning in January 2013, we will be introducing Zumba Toning to our schedule which has the usual “Party” atmosphere of Zumba with some light weights to increase muscle endurance and strengthen the core muscles.

In the spring of 2012, we introduced a learn to run program which led our participants of varying levels outdoors around the local community and trail system. There were 26 registered for this program with certified instructors leading the group of varying fitness levels.

83% of the 5045 participants in our Group Fitness classes are U of T students.

PHYSICAL ACTIVITY OVERVIEW



Instructional

Registered instructional programs include a vast array of martial arts, dance, mind & body, sports & fitness conditioning, target & racquet sport programming and cyclefit, which is enjoyed by students, staff, faculty and community members. Instructional programs are designed to progress participant skill development over the duration of a 10-week period.

2012 Highlights

New classes implemented in the instructional programs portfolio were Capoeira, Tai Chi, AM Yoga (Outdoor), Fitness Kickboxing II, and Mixed Martial Arts Conditioning.

For 2012, there was a significant increase in registration in martial art programs, specifically the TaeKwonDo and Karate programs. For the past several years the martial art program registration numbers

have been in decline, so this upswing in registration has been a wonderful turn-about. During 2012, a total of 226 participants were registered in our martial arts programs, this number reflects an 18% increase over the previous year's registrations.

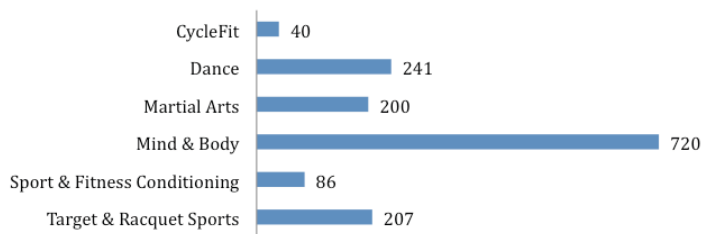
Archery

Without question, Archery is the most popular inclusive instructional program offered at UTSC in the fall and winter terms. Each semester classes have consistently been filled to capacity with a waiting list. As a result an additional class was added this year, and again the class was filled to capacity. 99% of the participants who register for Archery are students. Due to demand, an additional class will be added in the winter 2013 term. In the near future, Athletics will implement an outdoor program for Archery in the summer term.

Cyclefit

Students, community, staff and faculty sweat together in these challenging and high energy rides. Participants may take an early morning, lunch, evening or weekend class with three different ways to register; drop-in, sign up for 10 sessions or a punch card for 10 classes of their choice. We had a total of 55 punch card members this term. A women's only class continued this term with an average of 6 participants per class. We currently have 2 students working with a mentor to successfully become instructors within our program.

Instructional Participation in 2012



“High energy and upbeat classes. Very knowledgeable and approachable instructor who is considerate of all the participant’s fitness levels.”

-UTSC Student
Cyclefit Participant

PERSONAL TRAINING OVERVIEW



The objective of personal training at UTSC is to help our members achieve their personal goals of obtaining a healthy lifestyle, improving the quality of their life, training for the physical demands of a specific goal (new physical job, sport specific, weekend warrior).

Personal training is a customized service for our members. We use it as an educational piece to teach our members the proper mechanics of exercise so that they can work out safely and efficiently. Our members have various school/work/life schedules that may not enable them to attend their preferred activities. Personal training allows for flexible training sessions at the convenience of the client which may be the best way they can improve their physical activity.

There are many different types of training styles and fitness equipment so it can be intimidating for a first time user to figure out where to start. Having certified personal trainers can help bridge that gap. Lives are changed for the better, confidence grows and relationships are built.

We offer Personal training to the following:

- University of Toronto Students
- Community members
- Alumni members
- UTSC staff and faculty members
- High school student members

We encourage all students to be physically active and lead a healthy lifestyle so as an incentive, students are offered a reduced rate for personal training services. Our personal training clientele is comprised 60% of students, with the remaining 40% made up of community members/staff/faculty and alumni. It is encouraging to see that students are taking advantage of the reduced rate and hope to see this percentage increase in the upcoming year.

“Not only has my trainer helped me reach my strength performance goals, but she also has made me realize the importance of staying active. Dreaded workouts became fun and exciting, and each session challenged me and pushed my limits to its fullest potential”

- Gloria, UTSC Student

“Personal Training was one of the best investments that I could have done for myself. Not only did my trainer teach me to always push and challenge myself on each workout, she also helped me achieve my future career as an RCMP officer become a reality. I learn to set my goals high and she taught me how to achieve them through manageable steps with mental focus, sweat, and a lot of hard work. Not only did I get a trainer who can push and encourage me, I also made a friend for life.”

- Queena, UTSC Alumni

INTRAMURAL OVERVIEW



UTSC continues to be the largest college unit participating within the University of Toronto Intramural program with over 300 participants each term. We continue to engage students in various sports including outdoor/indoor soccer, ice hockey, volleyball, basketball, ultimate frisbee, flag football, rugby, lacrosse and field hockey. Opportunities are provided for Women’s, Men’s and Coed leagues with a variety of skill levels to accommodate as many participants and entry points as possible.

During the 2012 winter and fall terms, UTSC entered 43 teams in Women’s, Men’s and Coed leagues. Our teams were successful in capturing 6 championships and 5 finalists.

We have over 40 alumni, community mentors and students that volunteer to coach our Intramural teams. The success of our program is built on the leadership that these coaches provide to our athletes. They focus on skill development, organization and team building objectives. Our success is as strong as the leadership that these coaches provide and continues to be the cornerstone of our program.

2012 Highlights

At the annual U of T Intramural Banquet (‘Recognize’) in March 2012, UTSC was awarded two major championship banners for the women’s program. The ‘Marie Parkes Banner’ was awarded based on highest number of participation in female leagues and the “Liz Hoffman” was awarded based on our competitive performance within all women’s leagues.

In the Fall semester 2012, we had an increase in participation numbers for both outdoor soccer and basketball programs within the women’s program. As a result, we have been able to organize additional teams and encourage more involvement from all female students. In 2013 we plan to introduce ‘Learn to Play’ opportunities and clinics to accommodate and encourage female participation at UTSC.

The men’s program has the highest participation levels within the University Intramural program. We enter every sport offered and often multiple teams in the most popular sports of soccer, hockey, basketball and cricket and consistently provide competitive teams.

The 2011/12-year culminated with our annual ‘Athletic Banquet’ on March 31st, 2012. In collaboration with the SCAA, this night is a celebration of excellence. There were over 300 students, alumni, staff and faculty that celebrated the success and effort put forth by our student leaders, athletes and staff throughout the year.

UTSC Intramurals continues to play an important role in regards to the student athlete experience while attending university. The program provides an outlet from academic responsibilities and encourages student leadership development. Students are excited to wear the jersey and represent UTSC proudly across the university. These opportunities provide students with an experience that promotes learning, friendship, commitment, time management and team building, while maintaining an active lifestyle.

2012 Intramurals at UTSC		
	Male	Female
Winter	203	108
Fall	197	99

INTRAMURAL OVERVIEW



UTSC Intramural Teams		
Basketball		
Cricket		
Field Hockey		
Flag Football		
Hockey		
Indoor Soccer		
Lacrosse		
Rugby		
Soccer		
Ultimate Frisbee		
Volleyball		

UTSC entered the following tournaments at various colleges across Ontario:

- Winter 2012: Men's Basketball, Men's Ice Hockey, Women's Ice Hockey, Coed Indoor Soccer, and Men's Indoor Cricket.
- Fall 2012: Men's Basketball, Men's Outdoor Cricket, Coed Indoor Soccer, Men's Ice Hockey and Women's Ice Hockey.

In Winter 2012, UTSC hosted Men's Basketball (10 teams) and Men's (12 teams) and Women's (6 teams) Ice Hockey tournaments. We take pride in hosting excellent tournaments and ensure our athletes understand the responsibility of representing UTSC. These tournaments provide a learning opportunity for UTSC students to help host and manage an event from start to finish.

Drop-in Activities

Drop-in hours or free play consists of open gym time for specific sports. Students, and members of the Recreation Centre can rent equipment or bring their own and enjoy a friendly game of basketball or a singles match in badminton.

We offer four different types of sports; basketball, badminton, volleyball and indoor soccer. Basketball and badminton are the two most popular and thus have 30 and 25 hours per week in the gym respectively. Indoor Soccer and Volleyball each have 5 hours a week in our gymnasiums.

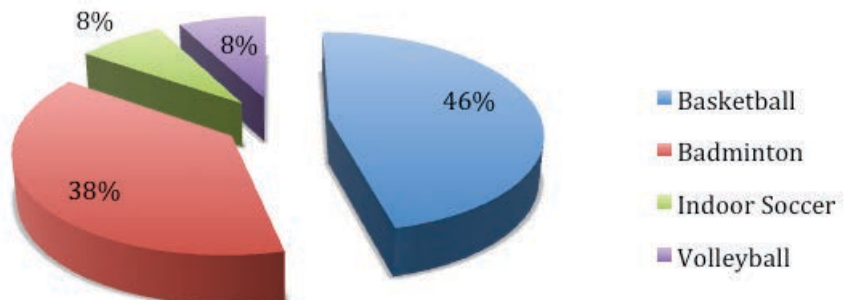
Moving forward we hope to offer a more diverse selection of free play activities, to include cricket, ball hockey and women's only opportunities.

UTSC Intramurals continues to be the flagship program across all athletic units at the University of Toronto.

Extramurals

UTSC participates within the Ontario College Athletic Association (OCAA) Extramural Tournament Circuit. Extramural tournaments provide an opportunity for UTSC athletes to compete against various Colleges throughout Ontario at a competitive level.

Drop In Hours (65 Hours Total)



INTERHOUSE OVERVIEW



The UTSC Interhouse leagues are student run leagues that allow students, faculty, staff and alumni who have obtained an Athletics and Recreation membership to participate in sports such as indoor soccer, ball hockey, volleyball, cricket, 4 on 4 half-court basketball as well as 5 on 5 basketball. Although the leagues accept individual signups, the majority of participants register as a team.

The Winter and Fall 2012 Interhouse programs are highlighted by the resurgence of the volleyball program in the Fall, the constant growth of the 4 on 4 and 5 on 5 basketball leagues as well as the reliable and always full Indoor Soccer league. The Interhouse leagues have fostered the opportunity for 57 teams in the Winter and 58 in the Fall to play a familiar sport or try something entirely new with their friends on campus.

UTSC Interhouse Leagues provide the following :

- o Student leadership opportunities by employing 7 student convenors, and over 40 student officials/timekeepers
- o Competition for all levels from recreational to competitive
- o A plethora of physical, social and psychological benefits to students, alumni, staff and faculty
- o The opportunity for over 500 students, alumni, staff and faculty to participate in recreational sports
- o 449 males and 80 females (Winter 2012) and 410 males and 95 females (Fall 2012)

Interhouse Participation - Winter 2012

Sports	Divisions	Teams	Games	Total Participants
Soccer	A	4	6 - Regular Season - 2 playoffs	248
	B	18		
Ball Hockey	A	4	7- Regular Season - 2 playoffs	102
	B	6		
Volleyball	A	11	6 - Regular Season - 2 playoffs	79
Basketball	A	6	5- Regular Season - 2 playoffs	50
	B	8		50
Total		57		529

Interhouse Participation - Fall 2012

Sports	Divisions	Teams	Games	Total Participants
Soccer	A	18	7- Regular Season - 3 Playoffs	174
Cricket	A	6	7- Regular Season - 3 Playoffs	70
Volleyball	A	4	6 - Regular Season - 3 playoffs	125
	B	12		
Basketball	A	8	6 - Regular Season - 3 playoffs	56
	B	10		80
Total		58		505

INTERHOUSE OVERVIEW



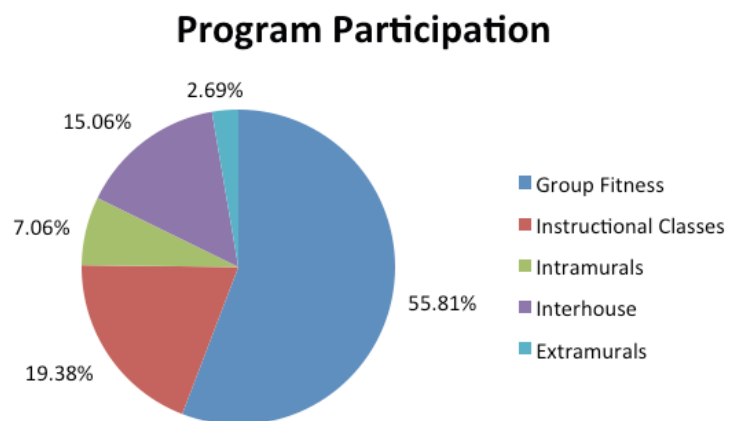
Moving forward we would like to expand the Interhouse program to offer more on-campus sports. With the new facility opening in 2014 this will allow us to provide new and exciting aquatic sports such as inner-tube waterpolo and underwater hockey. Currently, we have maximized our gym availability to accommodate as many teams and participants as possible. Additional facilities such as a turf domed field would allow us to deliver a program to include a multitude of outdoor sports year round and expand indoor programming in the gymnasium.

Squash

The UTSC Squash League ran on Monday evenings in the Winter, Summer and Fall 2012 terms. The league is designed for players of all levels and incorporates team play, with players at each level contributing points to the team. Once again, the league was a great mix of students, alumni and community members, which provides a great social atmosphere and mentorship opportunities. Each team is assigned a captain that provides league information to players and introduces beginners to league play. Participants played in a 9 week regular season followed by playoffs and an end of the year banquet where the champions are crowned. Participant numbers:

2012	Teams	Participants
Winter	8	48
Summer	7	35
Fall	9	45

During 2012 a total of 6868 UTSC students participated in structured programming. Areas of participation represented in the graph below are group fitness, instructional classes, intramurals, interhouse and extramurals. Of these programs only instructional classes have a minimal fee associated to them.



SUMMER PROGRAMS



The UTSC Summer Volleyball League is the largest indoor league played during the summer in the GTA. The league is designed for competitive players that want high intensity volleyball. Being a coed league, the league format is reverse sixes. The league draws participants from our student population, our Alumni and the local volleyball community. Varied skill levels draw a range of players from ex-professionals, NCAA and CIS/OCAA athletes, Ontario Volleyball Association club players to university and college intramural athletes, and local high school teams. On average, 85% of the teams return to play in the league every year. Some of the teams currently playing have been together for 15+ years.

The Summer 2012 Volleyball league played on Thursday evenings from May until August. The league was composed of 22 teams participating in 3-tiered divisions. On each night, teams play 2 matches in 90 minutes with Ontario Volleyball Certified officials. There were a total of 222 players with 12 UTSC students.

The UTSC Summer Basketball League

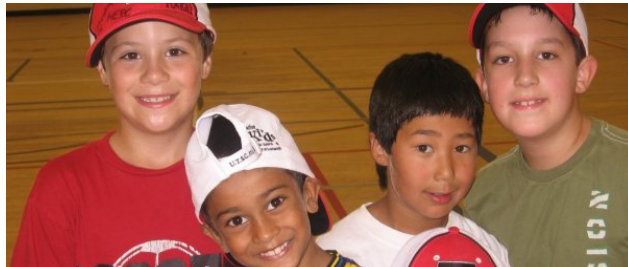
is one of the largest summer basketball leagues' in the GTA and in fact one of the largest in Canada. What distinguishes the UTSC league from other basketball opportunities is that multiple divisions are offered catering to a wide range of skill levels.

The opportunity to play is embraced on many levels with the league drawing participants from our student population, our alumni and from the local community. Varied skill levels draw a range of players from ex-professionals, NCAA and CIS/OCAA athletes and Ontario Basketball Association club players to university and college intramural athletes, high school teams, cultural and church group based teams, organized men's league teams and groups of friends.

The league is made up of a maximum of 48 teams playing on 4 nights with 3 levels of skill. The league plays host to over 450 participants. 4 % are UTSC students, and 3% are UTSC Alumni. One quarter of the participating teams represent organized groups steaming from cultural associations, basketball associations, or educational institutions.

The basketball league trophy given to the annual champion of each skill division is named after Mr. George Rowe, a pillar in the youth basketball community for over 40 years.

- The picture above shows George presenting the trophy along with retired Toronto Raptor Jamaal Magloire



Children and youth programming at UTSC includes our popular All-Star Camp, Leadership Camp and Junior Tennis program. These programs generate revenue for the Department of Athletics & Recreation and provide physical activity and skill development opportunities. Staff development and student leadership are also important aspects of the children & youth programs.

All-Star Camp

For over two decades the University of Toronto All-Star Camp at UTSC has provided quality, age appropriate, inclusive camp programming for children 6 – 12 years of age.

As part of the morning camp curriculum children participate in recreational experiences in a wide variety of sports, such as volleyball, soccer, hockey and tennis. In the afternoon, campers also engage in a mini-university experience through educational child-friendly programming. These sessions include computers, science, drama, dance and arts & crafts. This wide spectrum of activities ensures that campers receive a positive, life-impacting summer experience. The 2012 All-Star Camps realized a 4% increase in registrations.

Leadership Camp

The UTSC Leadership Camp program for teens, 13-14 years old, consists of recreational team-building activities that include but are not limited to indoor rock climbing, a high-low ropes obstacle course, and overnight camping trip.

In addition, all campers also take part in a first-aid certificate course, public speaking/resume writing clinics, career day, and several team based activities. The Leadership program curriculum aims to develop each camper's leadership skills, which instills campers with the confidence and abilities required to apply for a position as a future camp counsellor within the All-Star Camp.

“AllStar is his favourite camp, the counsellors make a big difference ...everything from the safety of drop off to pick up and parents appreciate the one week sessions that allow flexibility for family vacations”.

- Melanie Ellwood
parent of All-Star camper



“..enlightening experience, the team building and team oriented sessions were great”.

- Ali Javeed
Leadership Camper

Junior Tennis

Our junior lessons were offered in the Spring, Summer and Fall session. UTSC Tennis Club Pro, Dustin Sexton, implemented the ‘Progressive Tennis Model’ curriculum which allows young players to learn and play the game more quickly, efficiently and successfully.

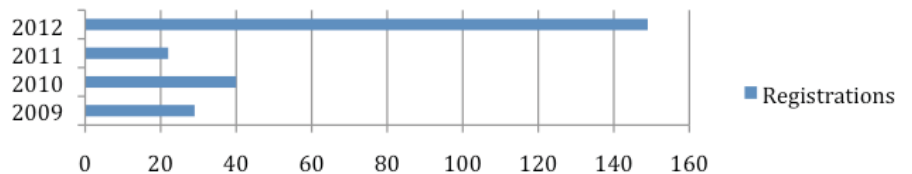
Progressive Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level. The 2012 season was the inaugural year for this program, and it was well received by parents and children.

2012 Highlights

Through a grant from the OTA, we were able to paint the progressive tennis lines on three courts. The junior program had a total 149 registrations over the three sessions offered, which reflects a substantial increase from previous years.

This increase was due primarily to the success of the Progressive Tennis Model. The junior tennis program had a successful year, and built the framework for future seasons.

Children's Tennis Registration 2009-2012



COMMUNITY OUTREACH

Community outreach from within the Department of Athletics and Recreation continues to be a strategic priority. The many benefits and opportunities to both our students, internal community and external community are far reaching. Opportunities this year provided over \$36,000 in grants to equip our department with the necessary tools and resources to deliver on our promise.

KGO Kicks

The KGO Kicks program is a wonderful initiative organized by a group of caring mothers. The objective of this program was to teach children the importance of exercise and playing for one another, instead of playing for themselves. This opportunity helped keep the children off the streets and in a team environment. All games were followed by a nutritious meal for the children. Programs like KGO Kicks are essential in molding youth and putting them on a path to success.

Toronto Blue Jays Community Foundation

Working closely with the Coordinator of Rookie League and baseball programs, UTSC has developed a collaborative program with members of the Varsity Blues Baseball Team, East Scarborough Boys and Girls Club and students within UTSC. The program will see disadvantaged youth in the community come together for an all-day introduction to baseball, skills training session, barbeque and afternoon game. Furthermore, there is an opportunity in 2013 to host a youth team from a similar program with the Kansas City Royals as part of an overall "weekend of fun" in conjunction with the Jays Care Foundation. These youth will also be bussed to the Rogers Centre for the 2013 CIS all-star baseball classic.

Consulate Cricket Event

Due to the popular demand from the students to find a solution to an outdoor cricket field, along with partners Sorkham cricket, we were able to identify space between the soccer fields to creatively build a cricket pitch. Given the unique circumstances, many efforts were put in to establishing a competitive playing field. This successful partnership, enabled us to host the Jamaican and Trinidad and Tobago consulate event. Celebrating their 50th year of independence, over 150 spectators came out on a beautiful

day and the steel drums were an added fan fair. Unique about this event is that it was broadcasted in 4 countries and over 22,000 tuned in from their living room to our UTSC valley!

Wheelchair Tennis Program

Our department continues to strive in offering options for participation for those with a disability. Given our success in hosting the National Coaching Certification workshop for Wheelchair Tennis Canada our program evolved to extend a community program that had individuals driving as far away as 150km to come to the UTSC tennis club and participate on a weekly basis. Certified members of our Varsity Blues tennis team along with our Tennis Pro conducted a 12 week program. The success of the program will see it continue in 2013 but moreover, an indoor program in the gym will take place in January and February of 2013.

Ontario Tennis Association (OTA)

With many partnership opportunities between the OTA and the Department of Athletics and Recreation, we hosted for the first time 5 OTA sanctioned provincial tennis tournaments. We had over 130 youth and 180 parents and spectators attend the five tournaments throughout the summer. It was a great revenue generator, an opportunity to show off our tennis facility to the general community but to also expose these youth to our university campus in hopes of attending UTSC one day.

UTSC Tennis Club

The 2012 season was the beginning of a new and exciting initiative for the UTSC tennis club. With the hiring of our new tennis pro Dustin Sexton and the experience that he brought to the club, we were able to reach out into the local community with the implementation of new programming and initiatives. With an official opening of May 5th, we hosted a community bbq and sign-up day with free tennis instruction and lots of prizes.

Dustin has been instrumental in rebuilding a tennis program that serves the

needs of the local community from children to senior citizens. We had a successful season and have built the framework for years to come. Below is a list of the community partners we developed relationships with this summer:

- Ontario Tennis Association (OTA)
- Scarborough Tennis Federation (STF)
- Kingston Galloway Orten Park (KGO)
- East Scarborough Girls & Boys Club
- Ontario Wheelchair Sport (OWSA)
- Tennis Canada

In June, UTSC hosted a Wheelchair Tennis workshop to certify professionals in Ontario. Included in those certified were 3 members and UTSC students. Following the workshop, Dustin arranged a development program in partnership with Ontario Wheelchair Association (OWSA). In December 2012, UTSC received a grant through Tennis Canada to purchase 4 sport chairs that can be used to expand our program in 2013.

In the fall, we implemented a new instructional program for UTSC students that was well received and had great registration numbers. We had over 42 registrants in beginner and intermediate lessons over a five week program and many students from the Greenpath summer program continued to play and integrate with other students in the community.

Additionally the UTSC courts were used as the home base for our University of Toronto Varsity Blues men's and women's tennis teams. Throughout the course of September and October, schools such as Western, McGill, Queens and McMaster all played weekend matches at UTSC against our Blues.

Moving forward to 2013, the club looks to expand programming for the membership, introduce more social events and work in collaboration with the Scarborough Tennis Federation to provide more junior development opportunities. Dustin will continue to expand our reach in the community and with our students, staff and faculty, providing a variety of programs from recreational to high performance.

Norrington Foundation Report

This program is taking place at the University of Toronto Scarborough Campus Tennis Club.



The funds from the Norrington Foundation were used to implement a 12-week Tennis program that would offer tennis lessons, and to a greater extent, expose the whole “GAME” of tennis to children living within the community. During the planning stages, a unique partnership was created between the University of Toronto Scarborough Campus (UTSC), Ewa Cerda from the Kingston-Galloway Orton Park (KGO) Storefront Community Centre and Howard Moriah from the East Scarborough Boys and Girls Club (ESBGC). With this collaboration, each member was assigned a clear task. KGO Storefront was to provide the necessary outreach into the community; ESBGC was to handle the logistics of the registration component and transportation to the facility, while the role of UTSC was the implementation of the lessons and program. As a result of the collaboration, many participants who would not have the opportunity to participate in a fee based event, were quick to enquire and then sign their children up for lessons.

Implementation

Throughout the registration/planning process, the program received 23 eager and willing participants aged 8-13, who would join in at the club every Tuesday and Thursday from 5:30-7:00pm. During this time, the children would focus on a different skill each day, using the guidelines set out from Tennis Canada’s Progressive Tennis coaching modules. They were a very unique group of children, who were extremely receptive to all of the involved coaches’ advice and tutelage. This was quite evident as the program came to a close with the entire group showing a marked improvement over the duration of the course. Participant were formatively assessed through their skill development and personal progression, as they concentrated on applying proper form and technique.



The program ran from July 3rd to August 23rd. A key element to the success of the program was the use of a bus provided by the ESBGC to transport the children to and from the tennis club each day. This was invaluable, as all involved in the program would have had no other means to get to the courts. This ensured that the attendance was at or near maximum capacity each time they came and that in turn ensured a steady improvement in their skills, as they moved through the session of lessons. In addition, each participant was provided with a membership to the tennis club at UTSC, a tennis racket and also a can of tennis balls. This also proved to be very helpful, as all three incentives were used to entice community members to sign-up, but more importantly as a way to keep children engaged in the sport after the program had finished. In summary, without a doubt, the program fulfilled it’s intended purpose, which gave an opportunity to 23 children who were exposed to a sport

COMMUNITY OUTREACH

that they would perhaps never had the means to experience without this program's development and implementation. It is to be noted that all participants that started the program, finished the program.

Future

As a result of this first attempt, this program is anticipated to occur again this coming spring 2013 with the assistance of the Norrington Foundation, as participation and success rates were shown to be high. In fact, this fall starting on Saturday October 13th, at the ESBGC from 2:00 -3:00 pm, the coaching staff at UTSC tennis club will be offering a version of the program to run for another 6 weeks. It is the goal again to offer children the opportunity to try something new and different. Tennis is a sport that is not in the minds of many, but with grants such as this, a greater audience may be reached.

TENNIS PROGRAM VISITS THE ROGERS CUP!

As part of the program and to the excitement of the children, we decided to take the group to see a professional game of tennis. The children gathered on August 5th, at the Boys and Girls Club of East Scarborough with anticipation to watch professional tennis players live at the Rogers Cup in Toronto. As we entered the bus to make our way to the final destination, one could only help but see at the children's excitement. Upon our arrival at the Rogers Cup, the children and coaches visited different stations where the children got to experience some virtual tennis games, win prizes, and multiple different give-aways. Upon arrival to centre court, many were expecting a match to be unfolding however, as we entered we noticed Milos Roanic, the Canadian phenom practicing, playing a match against another tennis professional. The hype surrounding the Canadian phenom over the past couple of weeks made several of the children ask while at the event if they were going to see Milos at all that day. Although it was only practice, finally the chance to watch him in person made it very exciting for many of the children. Watching one of their hometown heroes, the pleasure and joy certainly motivated several different children from the program to pursue tennis in the future. This fantastic opportunity not only provided the youth with memories and a chance to bond, but also the experience of watching tennis at a professional level. More importantly, this excursion provided the children with insight to the ethics, dedication, and hard work associated in becoming a professional athlete - something that benefited the children tremendously while having a bunch of fun!



FACILITIES OVERVIEW



The Athletic Community at UTSC is filled with excitement of a new Athletics Facility that will host the 2015 Pan/Para-Pan American games and serve as a legacy sport facility for the UTSC community and most importantly for UTSC Students. With 4 basketball/multi-purpose courts, an athletic diving tank and 2 Olympic size swimming pools, as well as a significantly expanded weight room and cardio floor, and rock climbing wall. Our community will be participating in one of the best aquatics and recreation facilities in the country.

The current Recreation Centre continues to serve members well and several upgrades to the facility have been conducted.

The removal of office space has allowed new equipment to be added to the weight room –“the Key”. Additional equipment includes a TRX training station and a dedicated Olympic lifting area. The men’s sauna has seen two major repairs with both the heater unit and the wood facing of the interior space being replaced.

The university’s bottled water policy is in effect throughout our facilities, with water bottle filling stations available in “the Key” weight room and in the Gymnasium. In the cardio area, brand new flat screen televisions were mounted for the participants viewing pleasure.

Lower Campus Valley

A project to re-sod the soccer field, started in the fall of 2011 and was completed in the spring of 2012 with a positive reception from users. With an increasing demand for outdoor cricket space, we were able to create a make shift pitch between the two fields and test international events through the fall. Given the success outdoor cricket will now be an option for our students in 2013.

Ongoing yearly maintenance of the tennis courts surface was augmented this year by adding an accessible path leading to the courts and widening fenced gateways to meet AODA standards that allow access for wheel chaired athletes. In addition, progressive teaching lines were added to allow for OTA youth teaching programs and a greater number of practice wall space for the youth and adults to play.

Recreation Centre Access Statistics (January 11 - December 21, 2012)

	Individual Users				Number of Visits			
	Totals	Female	Male	Undeclared	Totals	Female	Male	Undeclared
Registered Students	9,497	5,050	4,445	2	159,411	58,886	100,511	14
Alumni	162	46	116	0	8188	1,439	6,749	0
Community	64	11	53	0	3635	693	2,942	0
Staff & Faculty	158	89	69	0	4995	2,463	2,532	0
Winter term								
Non-Registered Students	32	8	24	0	665	165	500	0
Centennial College	4	0	4	0	103	0	103	0
Community	38	6	32	0	720	121	599	0
High School	6	1	5	0	168	13	155	0
Summer term								
Non-Registered Students	103	35	68	0	2158	610	1,548	0
Graduate Students	25	7	18	0	458	90	368	0
Centennial College	9	2	7	0	91	36	55	0
Community	60	10	50	0	1327	155	1,172	0
High School	9	0	9	0	274	0	274	0
Fall term								
Non-Registered Students	31	9	22	0	889	219	670	0
Centennial College	5	4	1	0	71	54	17	0
Community	28	6	22	0	337	129	208	0
High School	3	1	2	0	77	4	73	0
Total	10,234	5,285	4,947	2	183,567	65,077	118,476	14



The Department of Athletics and Recreation continues to be the largest student employer on campus. Athletics employed approximately 130 students (casual positions) in a variety of roles. These roles included: customer service representatives, strength trainers, personal trainers, camp counsellors, interhouse convenors and referees, and office assistants.

Athletics is also involved in the recruitment of volunteers. These volunteers are instrumental in the success of the Intramural program, running special events and raising awareness on campus.

Casual Staff

Customer Service Representatives

One of the ways students are employed within the Athletics Department is as a Customer Service Representative (CSR). These part-time positions give students the opportunity to act as ambassadors for the department. They are the face and voice for the department, not only on the front line, but also within our programs.

At any given time 15-20 students can be employed as a CSR. Due to the athletic environment they work in, all CSR staff receive training in First-Aid, CPR & AED and are the first responders in all cases of emergency. In addition to this annual

training, they also take part in a soft skills workshop. The skills and leadership opportunities obtained through this position are boundless, and help to positively shape the student for the future.

The Recreation Centre is open 17 hours a day, seven days a week - a total of 119 hours a week. CSR's work in teams of 2 during our hours of operation; therefore are a total of 238 employment hours are available a week, over the 49 weeks a year the Recreation Centre is open.

Camp Counsellor

The All-Star camp employed 22 full-time casual support staff, consisting of 4 junior counsellors, 16 senior counsellors, 2 camp directors, along with 5 part-time casual extended care staff. While the camp counsellors have diverse academic and career aspirations, most counsellors are adept at sports, athletes or coaches themselves, and are in Teacher Education programs.

For the past three years the UTSC All-Star camp has developed a wonderful partnership with Tropicana Youth Employment Services, a volunteer opportunity is provided for one of their student clients to work as a camp counsellor, in

order to gain leadership and work skills that may not otherwise be presented to them. The hope is that the individual will take the know-how and confidence gained from the partnership and apply the following summer, on their own accord, for a position to work in the camp.

Volunteer

Physical Activity Coaches and Educators (P.A.C.E)

Leaders are created with this team of 12 highly motivated student volunteers that are hired and trained by the fitness staff within the Athletics Department. As part of the training, P.A.C.E members are sent to a half day session with other student volunteers and employees of Student Services. This networking opportunity and collaborative training includes LGBTQ and equity awareness, how to host inclusive events for students with disabilities and developing effective communication skills.

Throughout the term P.A.C.E collaborates with a variety of different clubs, student service departments and organizations such as the Freedom Funkers Dance group, Residence Centre, Health and Wellness Peer programs and Sustainability in educating students on campus



the benefits of exercise and staying healthy. Athletics staff and P.A.C.E provide interactive booths at several fairs throughout the year such as the Recreation Centre Open House and Frosh orientations in early September, Experience UTSC Volunteer fair (Sept 19th), Mental Health fair (Oct 10), and the On Tap celebration (Nov 1st). The one-on-one chats with the student body assist to encourage students to participate in Athletics programming.

Mentorship Programs

Fitness

The Athletics and Recreation fitness staff introduced the official UTSC Mentorship Program for new Group Fitness Instructors and Personal Trainers in 2011. In 2012, Cyclefit and Yoga Mentorship programs were introduced and have been tremendously successful.

The mentorship programs helps to enhance their skills as a fitness leader by teaming mentees up with an experienced and suitable mentor. The mentors role is to encourage growth through practical teaching strategies and interpersonal skills that will be applicable in classes and with clients. Taking part in the mentorship program will not only help participants improve the way they conduct their classes/sessions but also gain more confidence, expertise and improve communication & leadership skills.

The outcome is extremely rewarding as each participant inspires and motivates others through fitness. Upon completion of this program, a certificate is presented to the mentee.

Instructional

The instructional mentorship program was implemented to provide leadership skills and employment opportunities to UTSC students who desire to become fitness leaders. Students are paired with an experienced, certified yoga mentor who assists in their development through theoretical and practical teaching strategies that will enable the mentee to be well prepared to instruct to individuals of all levels and abilities.

The mentorship program not only prepares students to successfully pass the required practicum and theory exams to officially become a certified instructor but also instills newfound confidence, improves communication and interpersonal skills, and the ability to effectively lead others. These students also become role models for their fellow students who are inspired by their ability to motivate and lead others.

Upon completion of the mentorship program, students are supplied with a certificate that they can add to their portfolio of accomplishments, and include on their resumes. The yoga instructional mentorship program was initiated this year and was made possible due to the success of the group fitness mentorship program. With 8 yoga classes offered each term due to increased demand, the yoga apprenticeship program has been very popular.

“The apprenticeship program helped me combine exercise and relaxation right on campus. My mentor, Rachel Kramer, helped expand my knowledge of Yoga language and history as well as the technical aspects of the poses”

-Claire Watson
2nd year UTSC student

95% of the participants in the mentorship program are students and alumni.

AQUATICS CENTRE GROUNDBREAKING



UNIVERSITY OF
TORONTO
SCARBOROUGH

YOU'RE INVITED

**GROUNDBREAKING
CEREMONY & FUN FAIR**

IN CELEBRATION OF
YOUR NEW SPORTS CENTRE

THURSDAY, SEPTEMBER 27, 12:00 PM
FORMAL REMARKS AT 1:00 PM
WEATHER PERMITTING
PARKING LOT P5

FUN, FOOD, GAMES!

UTSC Tomorrow is created here.



UTSC is proud to be the future home of the Aquatics Centre and Field House complex, being built at the corner of Morningside Avenue and Military Trail. In 2015, this new athletics facility will host the aquatics, fencing, seated volleyball and modern pentathlon components of the 2015 Pan/Parapan American Games, being held in Ontario for the first time. But when the Games are over and the international spotlight has dimmed, this world-class complex will create a powerful legacy of inspiration, recreation, education and transformation for the UTSC community and the entire eastern Greater Toronto Area.

Recreation

When the last Pan Am and Parapan Am medals are given out in 2015, the new centre will shift from hosting the international community to hosting UTSC students and the local community as a world-class, multi-use athletics facility. With two Olympic-sized pools, a dive tank, a four-court gymnasium, an indoor running track, fitness centre and a rock climbing wall, the complex will offer a vast array of recreational and personal fitness programming. Activities will range from traditional swim and

dive instruction to underwater hockey, inner tube water polo and even SCUBA certification training. These programs will be inclusive and geared to diverse populations with a range of abilities, and the building itself will meet the highest standards for accessibility. Local residents – along with UTSC students, staff, faculty and alumni – will reap all the benefits of having a cutting-edge athletics facility just down the street. And if they're lucky, they might occasionally find themselves swimming one-lane-over from a future Pan Am, Olympic or ParaSport gold medalist.

Education

The new centre will provide UTSC students with innovative experiential education opportunities linked to their academic programs of study. With first-class training facilities, a sports medicine clinic, three multi-use teaching studios and a highly anticipated centre for high-performance sport, our students will be exposed to the very latest in technology, equipment and athletic theory. Internships, coaching programs, ample social areas and an abundance of flat programmable

space will further contribute to UTSC's unique campus atmosphere. Meanwhile, UTSC's research faculty will be able to plumb the scientific depths of extreme biological performance.

“I have continued to be a member since graduating in 1998. My regular contact with the Athletics Department has not only facilitated good health, but has also allowed me to keep in touch with a wonderful community. Over the last two years I have served on the Athletic Advisory Committee and enjoy the knowledge sharing that I can now provide to current students”

- Dennis Liu
UTSC Alumni

FINANCIAL OVERVIEW

The Department of Athletics and Recreation operates as an ancillary service. The department's budget is charged with the task of keeping fees and services as low as possible, while generating a modest profit that can be used towards program access and development, facility expansion and creating student leadership and employment opportunities.

Accountability

The Athletic Advisory Committee (AAC) is a membership constituency representative group that guides the activities of the department. AAC considers all program activities, fees, budget and the use of athletic facilities and makes recommendations to the Director. Of its eleven members, six are students. This year, Dennis Liu, alumni of UTSC and previous member of the AAC, chairs the committee and the department works closely with the Scarborough College Athletic Association (SCAA) as an advisory-consultative body to the department in such matters as program development, promotion and participation. The Executive of the Association, in consultation with the Department, also administers discipline (Discipline Review Board) to its members, if deemed necessary, within Athletics & Recreation.

The Council on Student Services at the University of Toronto, Scarborough (UTSC) recommends approval of the Department budget to the University Affairs Board (UAB). The Director of Athletics and Recreation represents one of 19 members of the CSS, 12 of which are students (63%). The Director and one appointed UTSC student also sit on the 30 member (50% students) Council of Athletics & Recreation (CAR), which is a subcommittee of the Council of the Faculty of Physical Education & Health (FPEH). This gives UTSC an opportunity to voice student needs and/or concerns related to fees, policies and activities that directly relate to UTSC students who make use of the St. George facilities and Faculty's programs.

Budget plans have been focused on generating new revenues while increasing the departments operating and capital reserves, to

The Department of Athletics and Recreation employed many casual staff to help deliver its programs. Athletics continues to be the largest student employer on campus with 130 students having part time jobs, this does not include the 60 leadership positions and volunteer opportunities that it continues to offer.

prepare and assist the department's transitions into the new facility, at the same time enabling us to expand operations.

Proposed Operating Plans

While no fundamental or structural changes are proposed for 2013-14, some minor changes have been proposed in the departments operating plans.

- Increased visibility and programming in the valley was a main focus of a revitalization project that began in 2012. In 2012-13 this focus led to increased facility rental opportunities, increased student programming opportunities and the renewal of a tennis program that had faltered.

- A renewed Tennis program will continue to introduce new participation. The tennis program focus is on teaching and sustaining the game rather than simply focusing on membership sales. Children's camps, community outreach programs, instruction for students, engagement of Green path students and private instruction are all areas of growth for 2013-14.

- The outcomes of Sport Model Review led by the Faculty of Kinesiology and Physical Education will have an impact on UTSC Athletics and Recreation starting in 2013-14. Increased Varsity participation will occur as Varsity Baseball, and Men's and Women's Tennis will formally call UTSC their home. Along with the presentation of the program, game management responsibilities, student engagement opportunities, and community engagement opportunities will come.

- Facility rental income experienced a significant growth in 2012-13. This growth will be sustained in 2013-14 while new relationships with long-term clients are created. Opportunities to showcase sport at its highest level are being sought, as are opportunities to introduce secondary school students to the University through sport presentation.

- Similar to the opportunities that were presented with partial funding with regards to the IC Building and PAAC facility, the Department of Athletics and Recreation have an opportunity to relocate the current uninsured tennis facility and rebuild the Harbutt House with 56% funding from TO 2015. This is due to the growing wheelchair tennis program we have developed on campus and TO 2015 need for a wheelchair tennis site for the games.

An overall plan and framework have been submitted to TO 2015 and once approved discussions need to take place to move this project forward including a possible CDD application.

Staffing

For the first time since June of 2008 Athletics and Recreation will have a full staff compliment in 2013-14.

- Business Officer will return from maternity leave in May.
- The Department will continue to invest in students through our internship and coop program giving students viable projects, leadership opportunities and positive learning outcomes.
- Changes in the presentation of sport and in the increase and type of facility rentals will provide increased student leadership and employment opportunities.

FINANCIAL OVERVIEW

Maintenance

While no major maintenance plans are in place for 2013-14 we eagerly prepare for our move into the new Pan Am facility.

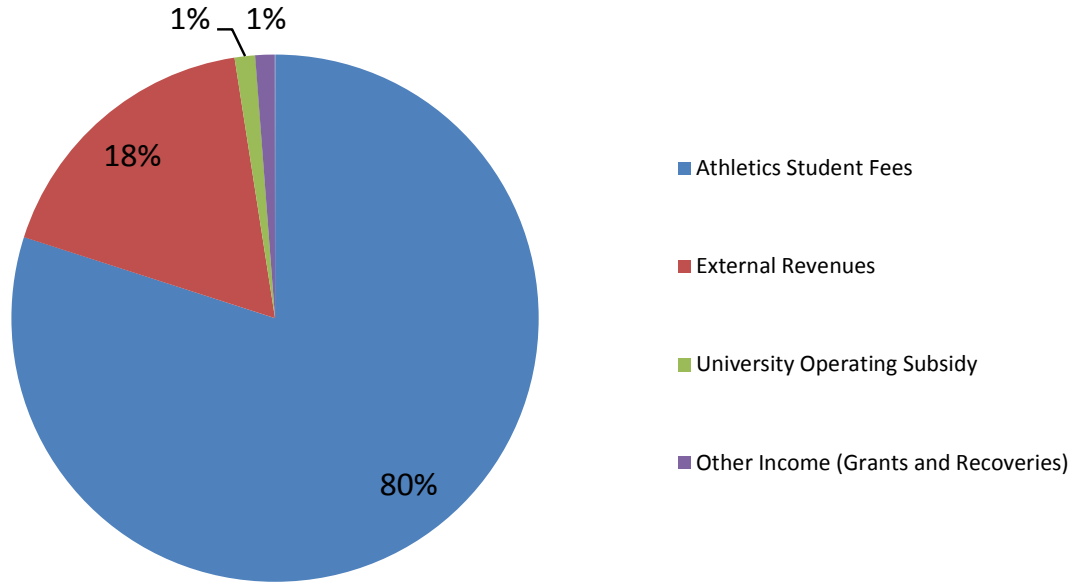
Annual Rates

The 2013-14 sessional Athletics Student compulsory fee for a full-time student is proposed to increase to \$116.00 from \$113.07, (\$23.20 from \$22.61 for a part-time student), which represents a year over year increase of 2.6%. Membership fees will increase 2-3%, varying across all categories.

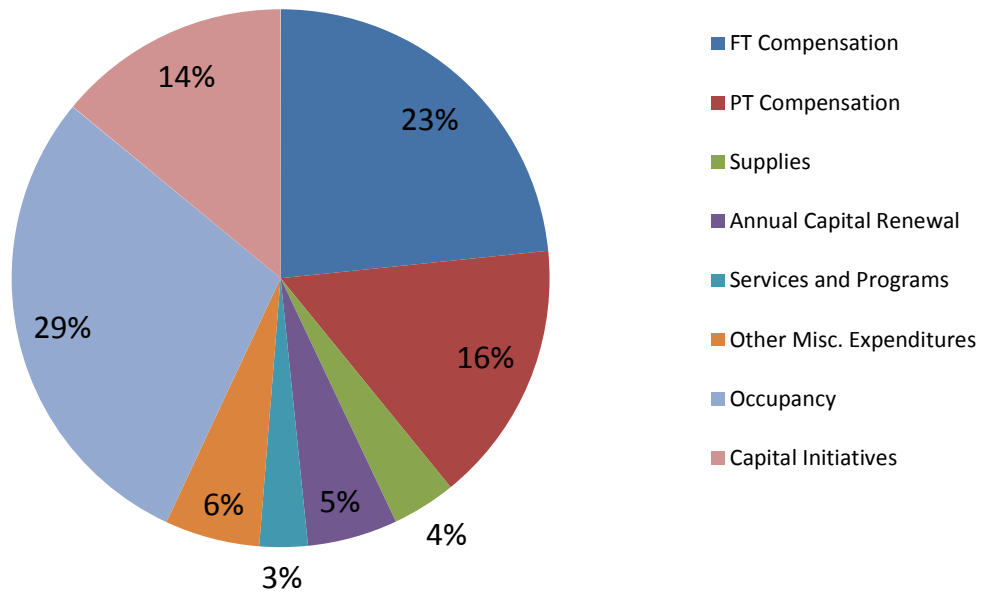
University of Toronto Scarborough
Department of Athletics and Recreation
Proforma Statement of Revenue and Expenses
Year Ending April 30, 2014

	2012-13	2013-14
<u>Revenue</u>		
Annual Fees	165,806	145,200
Term Fees	62,290	58,927
Summer Fees	249,323	255,563
Special Fees	70,358	71,765
Store Sales	15,532	1,857
Service Fees	34,411	36,132
Facility Rental	56,847	90,000
University Operating Subsidy	46,475	46,902
Athletics Student Fees	2,792,749	2,999,771
Other Income	25,539	44,976
	3,519,331	3,751,093
<u>Expenditures</u>		
Appointed Salaries and Benefits	818,523	863,393
Casual Salaries and Benefits	599,197	581,816
Total Compensation Expenditures	1,417,720	1,445,209
Office Supplies	21,009	21,009
Athletic Supplies	82,091	90,290
Camp Supplies	29,000	29,000
Cost of Sales: Stores	10,872	1,300
Capital Renewal-Equipment&Furniture	40,000	40,000
Capital Renewal-Annual Maintenance&Repairs	100,000	100,000
Capital Renewal-Major Maintenance	50,000	60,000
Services and Program Costs	55,935	58,031
Officials	47,868	48,826
Other Misc. Expenditures	196,426	210,441
Occupancy Costs	1,038,068	1,040,437
Utilities	28,274	31,044
Capital Initiatives Reserve Fund	361,325	518,097
Total Non Compensation Expenditures	2,060,868	2,248,475
Total Expenditures	3,478,588	3,693,685
Net Operating Surplus/(Deficit)	40,743	57,408

Department of Athletics and Recreation 2013-14 Revenue Sources



Department of Athletics and Recreation 2013-14 Expenditures - By Type



FINANCIAL OVERVIEW

University of Toronto Scarborough
 Department of Athletics and Recreation
 2013-14 PROPOSED FEES

	2012-13	2013-14		
	Fee	Fee	\$	%
<u>Non-Compulsory Fees:</u>				
Annual Fees				
Community	\$ 505.00	\$ 515.10 ^{.5}	\$ 10.10	2%
Alumni	\$ 383.00	\$ 390.66 ^{.5}	\$ 7.66	2%
Spouse of Staff, Faculty, Student, Retiree	\$ 360.00	\$ 367.20 ^{.5}	\$ 7.20	2%
Plan A	\$ 327.00	\$ 333.54 ^{.5}	\$ 6.54	2%
Plan B	\$ 350.00	\$ 357.00 ^{.5}	\$ 7.00	2%
Corporate (25 members minimum, 30 max)	\$ -	\$ -		
Term Memberships				
Fitness, Squash, Tennis (Summer)	\$ 204.00	\$ 208.08 ^{.5}	\$ 4.08	2%
Fitness Squash (Fall & Winter)	\$ 204.00	\$ 208.08 ^{.5}	\$ 4.08	2%
High School (Summer)	\$ 204.00	\$ 208.08 ^{.5}	\$ 4.08	2%
High School (Fall & Winter)	\$ 128.00	\$ 130.56 ^{.5}	\$ 2.56	2%
Student/Grad Student (Summer term only)	\$ 113.00	\$ 116.00 ^{.5}	\$ 3.00	2.6%
Summer Fees				
Tennis				
Adult	\$ 78.00	\$ 78.00	\$ -	0%
Family Membership, without lessons	\$ 193.00	\$ 193.00	\$ -	0%
Family Membership, with lessons	-	\$ -		
Junior (includes lessons)	\$ 60.00	\$ 60.00	\$ -	0%
PeeWee (includes lessons)	\$ 50.00	\$ 50.00	\$ -	0%
Leagues				
Basketball	\$ 1,500.00	\$ 1,500.00	\$ -	0%
Volleyball	\$ 1,050.00	\$ 1,050.00	\$ -	0%
Camps				
(10 day Camps to 09-10) 5 day camps	\$ 200.00	\$ 200.00		n/a
(9 day Camps to 09-10) 4 day camps	\$ 160.00	\$ 160.00		n/a
Leadership Camp	\$ 400.00	\$ 400.00	\$ -	0%
<u>Compulsory Student Fees:</u>				
% Compulsory Fee Rate Increase	5%	2.6%		2.6%
FT/PT/Undergrad Students				
Full Time per term (S/F/W)	\$ 113.07	\$ 116.00	\$ 2.93	2.6%
Part Time per term (S/F/W)	\$ 22.61	\$ 23.20	\$ 0.59	2.6%
FT/PT/Graduate Students				
Full Time per term (F/W)	\$ 113.07	\$ 116.00	\$ 2.93	2.6%
Part Time per term (F/W)	\$ 22.61	\$ 23.20	\$ 0.59	2.6%
<u>Other:</u>				
Facility Rentals : 5% increase on hourly rate for gym only				
Guest Fees :				
Recreation Centre	\$ 6.54	\$ 6.54	\$ -	0.00%
Outdoor Tennis	\$ 4.67	\$ 4.67	\$ -	0.00%

University of Toronto Scarborough
2013-14 Budget
Athletics Fee Calculation

University of Toronto Scarborough Index		
Appointed Salary Expenditure Base (previous year)	\$	662,295
Average ATB Increase/Decrease for Appointed Staff		4.50%
Indexed Salaries Base		692,098
Average Benefit Cost Rate		24.75%
Indexed Appointed Salary and Benefits Base		863,393
Casual/PT Salary Expenditure Base (previous year)		544,725
Average ATB Incr./Decr. for casual/pt staff		2.00%
Indexed Casual/PT Salary Base		555,620
Average Benefit Cost Rate		10.00%
Indexed Casual/PT Salary and Benefits Expenditure Base		611,181
Indexed Salary and Benefits Expenditure Costs		1,474,574
Add an Estimate of Severance Costs (current year)	+	-
Subtract the Amount of Net Revenue from Other Sources (previous year)	-	(680,107)
Add the Non-Salary Expenditure Base (previous year)	+	1,035,269
Add the Occupancy Costs (current year)	+	1,071,481
Reduce the amount by the proportion of non-student use (current year).	-	(46,902)
Add Attributions from St. George (current year)	+	
Costs for UTI Purposes	\$	2,854,315
Divide the difference by the projected enrolment (current year), giving part-time student enrolment the established weight.	÷	25,096
UTI Indexed Fee	\$	113.74
\$ Amount of UTI based increase	\$	0.66
% Amount of UTI based increase		0.6%

Consumer Price Index		
Fee Per Session (previous year)	\$	113.07
Consumer Price Index		2.0%
Consumer Price Indexed Fee	\$	115.34
\$ Amount of CPI based increase	\$	2.26

Combined Fee Increase		
Fee Per Session (previous year)	\$	113.07
Less: Removal of old temporary fee (n/a)	-	-
CPI Based Fee Increase	+	2.26
UTI Based Fee Increase	+	0.66
Indexed Full Time Fee	\$	116.00

Proposed Fee					
	2012-13		2013-14		Increase
Full-Time	\$	113.07	\$	116.00	\$ 2.92 2.6%
Part-Time	\$	22.61	\$	23.20	\$ 0.58 2.6%



UTSC ATHLETICS
& RECREATION





University of Toronto
Scarborough
Health & Wellness Centre

University Affairs Board
Management Report, 2013-14



MISSION:

“We provide professional Health & Wellness services to the UTSC student population; offered in a safe, caring, respectful and empowering environment, which is directed towards optimizing students’ personal, academic and overall wellbeing.”

WE CONNECT WELLBEING TO STUDENT SUCCESS

ABOUT US

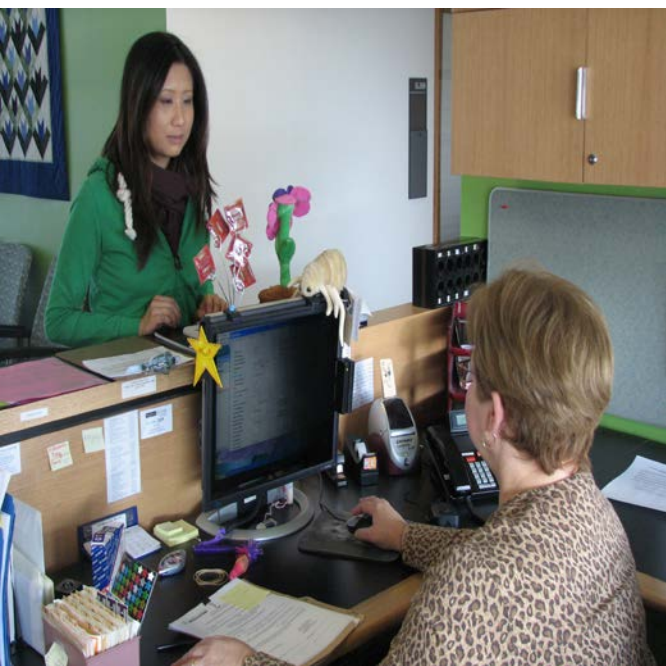
Located in the Student Centre, the Health & Wellness Centre is a 12-month operation, providing health care, personal counseling, health promotion and administrative support to students, including international students in the Green Path program.

Staffed by trained health professionals and administrators the Centre employs 11.25 full-time staff and contract counselling and medical professionals. The Centre’s nursing staff includes a Health Promotional Nurse and Clinical Nurses; its counseling staff includes a Consultant Psychiatrist, Psychologists, a Social Worker, Personal Counsellors and a Physician – Counsellor; Medical services are presently provided by a part-time Pediatrician and a part-time Family Physician. In addition, the Centre will continue to offer a practicum placement for OISE students in the Master’s and Doctoral program Ed.D, and Ph D. Clinical Psychology, and will also continue to provide a practicum setting for adolescent medicine for Pediatric Fellows from the Hospital of Sick Children.

The Centre is open Monday to Friday (8:45 a.m. – 5:00 p.m.) and on Tuesday and Wednesday evenings for counseling appointments (5:00 – 8:00p.m.).

Phone: 416-287-7065

Email: health-service@utsc.utoronto.ca



Programs and Services



Health Care:

Professional staff provides medical and nursing services to students for episodic illness, referral to specialists, ongoing primary health care including first aid, annual check-ups, birth control prescription and sales, sexually transmitted infection (STI) tests, pregnancy tests, some immunizations, selected over – the – counter medication , health counselling and crisis intervention.

Personal Counselling:

Professional counseling staff provide service to students addressing mental and emotional health issues and concerns, they are trained to help with stress managements, anxiety, depression, crisis counseling, family problems, relationships, sexuality, bereavement and eating disorders.

The appropriate professional (Consultant Psychiatrist, Psychologists, Social Worker, Personal Therapist, Physician Counselor) see the student based on the student’s specific needs. In addition to offering one-on-one counseling, Counsellors also offer therapeutic groups, workshops and seminars throughout the year including the summer semester. Beginning January 2012, there is a Personal Counsellor providing services in Student Housing 3 hours/week.

Health Promotions:

The Centre’s focuses its health promotions on supporting healthy lifestyle choices through the Wellness Peer Programs. Student volunteers are trained as Peer Educators to become reliable resources to their peers and contribute to health promotion initiatives

The outreach to the campus community continues to increase in quantity and quality through collaboration within the university, the annual Health Fair, and Wellness Peer Programs. This is an integral part of the offered services.

WELLNESS PEER PROGRAMS:	Awareness of:
LEAVE THE PACK BEHIND	Tobacco
MENTAL WELLNESS	Mental health issues, coping with stress and self care
NUTITION AND HEALTH	Healthy eating, dieting and metabolism
PARTY IN THE RIGHT WAY	Drug and alcohol
SEXUAL HEALTH	Healthy relationships, STI’s and birth control

COLLABORATIONS

To enhance the quality of our outreach programs the staff often collaborates with various university and non-university partners.

Athletics and Recreation

AccessAbility

Academic Advising & Career Centre

Residence Life

Student Life

International Student Centre

Business Development & International Programs

Hospitality and Retail Services

Financial Aid

Scarborough Campus Student Union

EMRG

Women's Centre

Financial Aid

University Faculty

Toronto Public Health Department

Ministry of Health Promotion

See Appendix 1 for additional information about the Centre's collaborations with partners.

Administrative Support:

Advocacy and assistance in navigating the health care insurance system is offered to every student.

MORE ABOUT OUR CLIENTS

The Health & Wellness Centre serves primarily students, but staff and faculty also access the services of nurses and the physicians for immediate first aid or episodic illness. Students living in Student Housing and international students use the service as their primary health care facility.

In 2011-12, 1136 new charts were generated with 21,054 documented encounters.



Tips for Staying Healthy

1. Get a good night's rest to allow your body and mind to rejuvenate;
2. Incorporate 3-4 food groups from the Canadian's Food Guide with every meal;
3. Limit your use of nicotine, caffeine and alcohol;
4. Keep active everyday;
5. Be positive and enjoy your accomplishments;
6. Visit the Health & Wellness Centre if you have questions about your health!

2012-13

The Health & Wellness Centre has seen a very active year. Highlights include:

1. The continuance of the Wellness Peer Programs:
 - Party In The Right Spirit (an alcohol awareness program with Toronto Public Health).
 - Leave The Pack Behind (a tobacco awareness program in collaboration with Brock University and the Ministry of Health Promotion)
 - Nutritional Health and Healthy Eating
 - Sexual Health, Healthy Relationships
 - Mental Wellness
 - Peer Ambassadors were introduced in Fall 2012, and have engaged in sharing information (17 groups) and collaborating (6 opportunities).

Wellness Peer Program statistics were compiled for the years 2009 - 2012 through campus community events held by the Wellness Peers:

Wellness Peer Program	Number of Events			Participation		
	2011	2012	2013	2011	2012	2013
Sexual Health and Healthy Relationship	36	41	52	1403	1087	1708
Party in the Right Spirit	26	60	76	689	1683	1372
Nutrition	28	46	44	813	752	648
Leave the Pack Behind	65	86	48	1108	3167	948
Mental Wellness	21	43	12	894	2214	2532

*2012-13 numbers include projections for Winter 2013

2. Continuation and refinement of Smoking Cessation counselling by nurses and physicians in collaboration with Smokers Help line, and Leave The Pack Behind.
3. Continuation of research activities throughout 2012 related to standardized intake format for counseling and moving toward client/clinician electronic base data entry and analysis (January 2013), that will inform service through collaboration with students/professors and community agency.

4. The Medical/Nursing area has continued to provide a learning practicum (September to May) for Resident Training affiliated with The Hospital for Sick Children.
5. The full time counselling staff remains stable at four full time appointed positions and they provide outreach to the student community through the advertising and offering of workshops and therapeutic groups, 3 to 4 each semester, and in collaboration with other departments. In January of 2012, the Counsellor in Residence program was introduced one morning per week located in the Residence, and continues to flourish. In the Fall of 2012 the Psychiatrist, Sunnybrook Health Sciences Centre, in collaboration with The Health and Wellness Centre established an ongoing Resident in Integrated Practice program, which will continue semester over semester. This results in 11 hours of psychiatric services per week. Also, the Centre has qualified to be a training centre affiliated with an APA accredited university to offer clinical internship for the PhD. Clinical Psychology diploma during this past year.
6. The Administrative staff continues their responsibilities to support the student clients and the multi-disciplinary team during times of continuing change.
7. We are a fully electronic interdisciplinary service through Information Systems including EMR for the medical/nursing/counselling and administrative components.

2013-14

In the budget year 2013-14, the Wellness Peer Program will continue to be supported in various initiatives such as Party in the Right Spirit, Leave the Pack Behind, Sexual Health and Healthy Relationships, Nutritional Health, and Mental Wellness. An infrastructure will be sustained to support the programs through hiring work-study students to be Campus Peer Coordinators. Community relationships will continue to be nurtured with Toronto Public Health, Hospitality and Retail Services, the Ministry of Health Promotion through Brock University, and the various Faculty. This program will continue to offer practicum for nursing students interested in health promotion and project design.



**ANNUAL
USAGE
STATISTICS**

SERVICES	Annual Usage Statistics				
	2009	2010	2011	2012	2013*
Medical Visits	4508	6800	4884	5299	5801
Counselling Visits	2620	2710	3019	3422	3094
Nursing Visits	4600	5099	7929	9505	8993
Nurse Teaching	179	179	171	171	171
Health Information	222	222	1753	1591	1691
New Charts	832	1133	1237	1136	1100

*PROJECTED

FINANCIAL OVERVIEW

ACCOUNTABILITY:

The Advisory Group for the Health & Wellness Centre is comprised of students and one faculty member. The budget process is initiated in collaboration with Financial Services, the Chief Administrative Officer, and the Dean of Student Affairs; it is then reviewed and approved by the Advisory Group prior to it going to the Council on Student Services for presentation and approval.

2012-13 BUDGET FORECAST:

Although the Centre's revenues are projected to fall short of budget, most significantly in OHIP billings, it continues to project a modest overall surplus of \$36,000 since the savings from vacant staffing positions will compensate for it.

2013-14 PROPOSED BUDGET:

The most significant challenge for the 2013-14 operating budget plans will be to ensure that there are sufficient resources (staff, space, hours of operation) to accommodate the student demand for use of services, with staffing at a steady state. There continues to be an increase in demand for counselling, with a ratio of 1 counsellor to approximately 2,500 students.

An expansion in international student recruitment affects the demand on services in the administrative, counselling and health promotion areas throughout the year, and the services provided operate in a culturally sensitive manner.

Proposed Operating Plans

In 2013-14 operating budget the plan is:

- 1) To increase staffing level by 0.60 FTE within the Health & Wellness Centre to provide quality and efficient service to the student community. The Centre is requesting an increase in staffing by 0.6 FTE to address complex mental health demands.
- 2) To continue to support the Wellness Peer programs in the areas of Sexual Health and Healthy Relationships, Nutritional Health and Healthy Eating, Leave the Pack Behind, Party In The Right Spirit, Mental Wellness and the Peer Ambassadors.

- 3) To continue to explore collaborations with Faculty in areas of programming, practicums, and areas of research to inform our practices in delivery of service to students.
- 4) To continue to have an active part in outreach for international students through the Green Path program.
- 5) To continue explore and apply to new avenues of revenue, and assess every day operational costs.
- 6) To solve the issue of physician recruitment related to service demands.

Annual Rates

The sessional Health & Wellness Student Fee for a full-time student is proposed to increase to \$57.85 from \$56.37 (\$11.57 from \$11.27 for a part time student), which represents a year over year increase of 2.6%.

LONG-TERM PLANS:

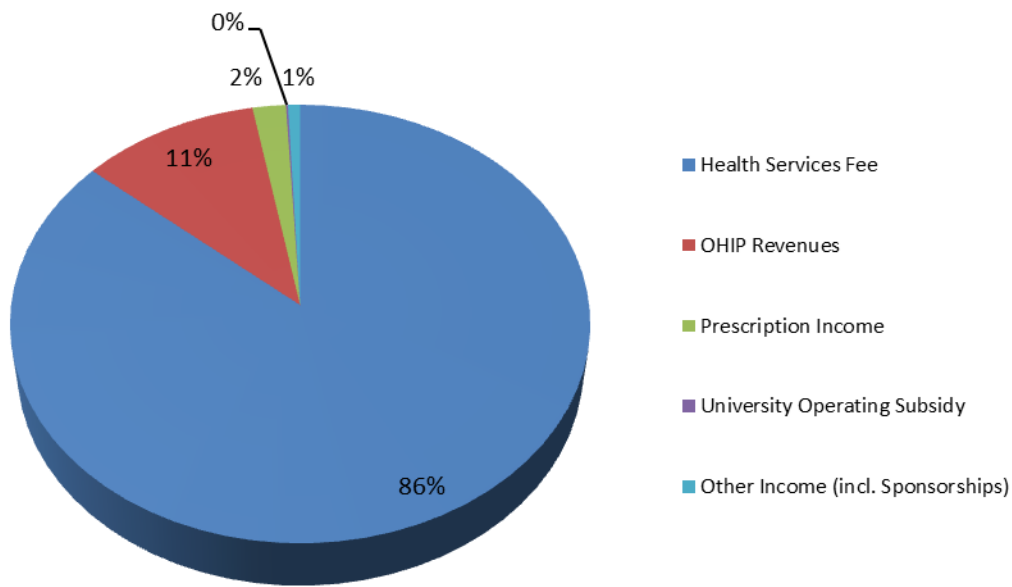
In keeping with the University's projected increase in enrollment, the Health & Wellness centre will be adjusting services levels within the next 2-3 years to meet this growth.

The proposed 5 year plan provides stable resources to ensure continuity and consistency in the core services and programs provided by the Centre to students.

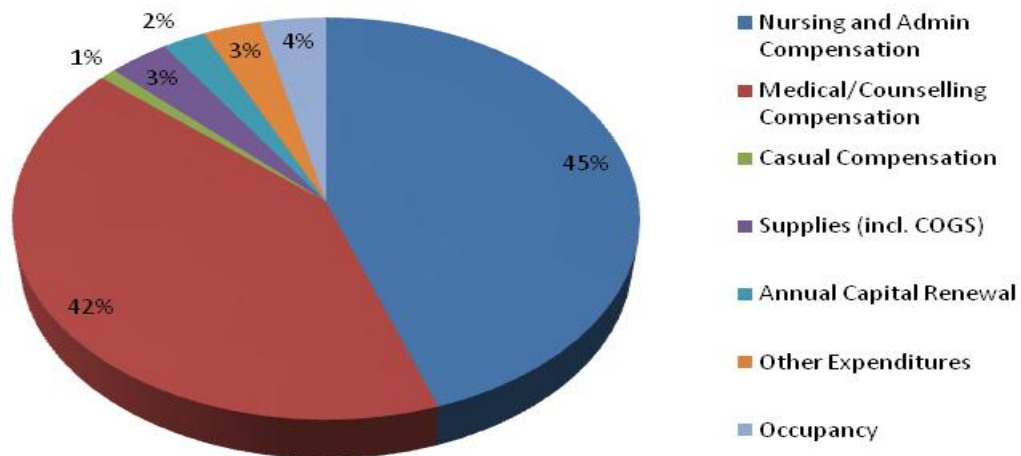
The budget will be reviewed annually with services, programming initiatives and staffing levels continually assessed to ensure the needs of our clients are met.

University of Toronto Scarborough				
Health & Wellness Centre				
Proforma Statement of Revenues and Expenses				
Year Ending April 30, 2014				
			2012-13	2013-14
REVENUE				
OHIP Revenue		\$ 249,638		\$ 187,347
Prescription Income		24,355		35,000
Health Services Fee		1,344,926		1,443,156
University Operating Subsidy		4,949		2,035
Other Income (incl. Sponsorships)		15,723		12,310
	TOTAL REVENUE	1,639,590		1,679,848
EXPENDITURES				
Appointed Salaries and Benefits				
	Nursing and Administration	713,868		753,007
	Medical/Counselling	409,611		491,640
Casual Staff Salaries and Benefits				
		16,357		15,628
Medical/Counselling Contractors				
		282,807		211,542
	Total Compensation	1,422,643		1,471,817
Supplies				
		13,933		16,857
Medical/Health Promotion Supplies				
		17,528		15,997
Prescription COGS				
		9,293		24,500
Annual Capital Renewal				
		25,856		41,121
Telecommunications				
		10,421		10,763
Professional Development				
		18,632		19,587
Other Misc. Expenditures				
		19,619		23,992
Occupancy Costs				
		79,023		62,137
	Total Non-Compensation Expenditures	194,306		214,955
	TOTAL EXPENDITURES	1,616,948		1,686,772
	NET OPERATING SURPLUS/(DEFICIT)	\$ 22,642		\$ (6,924)

Health & Wellness Centre Revenue Breakdown, 2013-14



Health & Wellness Expenditure Breakdown, 2013-14



University of Toronto Scarborough
 2013-14 Budget
 Health Services Fee Calculation

University of Toronto Scarborough Index		
Appointed Salary Expenditure Base (previous year)	\$	908,534
Average ATB Increase/Decrease for Appointed Staff		<u>4.50%</u>
Indexed Salaries Base		949,418
Average Benefit Cost Rate		24.75%
Indexed Appointed Salary and Benefits Base		1,184,399
Casual/PT Salary Expenditure Base (previous year)		294,683
Average ATB Incr./Decr. for casual/pt staff		<u>2.00%</u>
Indexed Casual/PT Salary Base		300,577
Average Benefit Cost Rate		10.00%
Indexed Casual/PT Salary and Benefits Expenditure Base		<u>330,634</u>
Indexed Salary and Benefits Expenditure Costs		1,515,033
Add an Estimate of Severance Costs (current year)	+	-
Subtract the Amount of Net Revenue from Other Sources (previous year)	-	(289,616)
Add the Non-Salary Expenditure Base (previous year)	+	137,925
Add the Occupancy Costs (current year)	+	62,137
Reduce the amount by the proportion of non-student use (current year).	-	(2,035)
Add Attributions from St. George (current year)	+	-
Costs for UTI Purposes		\$ 1,423,444
Divide the difference by the projected enrolment (current year), giving part-time student enrolment the established weight.	÷	25,096
UTI Indexed Fee		\$ 56.72
\$ Amount of UTI based increase	\$	0.36
% Amount of UTI based increase		0.6%

Consumer Price Index		
Fee Per Session (previous year)	\$	56.37
Less: Removal of old temporary fee (n/a)	-	0
Consumer Price Index		2.0%
Consumer Price Indexed Fee		\$ 57.49
\$ Amount of CPI based increase	\$	1.13

Combined Fee Increase		
Fee Per Session (previous year)	\$	56.37
Less: Removal of old temporary fee (n/a)	-	-
CPI Based Fee Increase	+	1.13
UTI Based Fee Increase	+	0.36
Indexed Full Time Fee		\$ 57.85

Proposed Fee					
	2012-13	2013-14	Increase		
Full-Time	\$ 56.37	\$ 57.85	\$ 1.48	2.6%	
Part-Time	\$ 11.27	\$ 11.57	\$ 0.30	2.6%	

Health & Wellness Centre UTSC – Mental Health Addressed



Guest Speaker
Steven Page

MENTAL HEALTH AWARENESS MONTH

MENTAL WELLNESS: FINDING BALANCE
An Evening with Steven Page

Join us for an evening with Steven Page as he shares his life experiences through talk and song. A witty, endearing, and introspective speaker, Page enjoyed two decades of success as co-founder of The Barenaked Ladies, the popular band from Scarborough, ON. In January 2011, Page, a guest host on a CBC Radio's "The Current" acknowledged his own struggles with depression and manic episodes. Since then he has supported several mental health awareness events to encourage others to share their stories and seek help. "When we educate everyone about the truths and myths of mental health, especially at a young age, we can open up dialogue, and get down to the business of promoting good mental health."

Celebrating Diversity Through Dialogue

October 24th, 2012
Keynote 5:15 p.m.
(Doors open at 5:00 p.m.)
AC223 (ARC Lecture Theatre)
Reception 6:45 p.m.
Meeting Place (S-Wing)

For more information and to register go to
http://www.utsc.utoronto.ca/ability/campus_events.php

UNIVERSITY OF TORONTO SCARBOROUGH
Co-presented by the Health & Wellness Centre and AccessAbility Services
UTSC

The following represents mental health approaches, supports and strategies in place at the Scarborough campus. The focus is on: wellness, awareness and anti-stigma; training of staff across the Campus and the University; support services delivered by the Health & Wellness Centre and/or in collaboration with campus partners locally and centrally.

1. Focus on Wellness

- **Benefits Fair:** Aligned with Human Resources to hold benefits fair that focused on self-care in the month of October with Mental Health Awareness Month
 - **Evening with Steven Page:** through contact based education, shares his life experiences through talk and song about his struggles bipolar disorder as the main event for Mental Health Awareness Month.
 - **Green Dot Promotion:** Posters and buttons distributed during campus orientation and residence with talks and discussions with students on community safety, resources and supports
 - **Green Dot Video:** Produced with UTSG to promote awareness of bystander intervention to prevent violence and the effects on mental health.
- **Mental Health Awareness Month:** Coordinated awareness campaign to raise awareness on mental health issues, stigma and resources during the month of October with various events.
 - **Mental Health Network Launch:** The Mental Health Network at UTSC is an initiative to bring partners from the community, faculty, staff and students together to share, discuss and learn about issues in mental health. The launch featured guest lecturer, Professor Franco Vaccarino, Principal, University of Toronto Scarborough, and Vice-President, University of Toronto speaking on “**Substance Use Disorder: Neuroscience Discovery, Research & Implications**”
 - **Mental Health Understood Fair:** Interactive displays by community partners, departments and student groups with a focus on mental health stigma and on/off campus resources and supports.
 - **Mindful Mondays - Yoga Breaks:** Yoga classes open to all staff and faculty coordinated by UTSC staff person
 - **MoveU:** Tri-campus partnership with Hart House, the Faculty of Kinesiology & Physical Health and ParticipACTION around healthy lifestyles being implemented at UTSC through Athletics & Recreation and their peer program known as P.A.C. E. (Physical Activity Coaches and Educators. Engages first-year students to promote and support active healthy living opportunities that will help them transition and support

- **Stress Busters:** Athletics & Recreation with P.A.C.E. hosted physical activities for campus community during final exams.
- **Work life Balance for Students at Residence:** Programming done by Residence Life's Academic Programmers and Promoters through workshops.
- **XAO (Expression Against Oppression):** Scarborough Campus Student Union collaborated with staff and faculty to focus on mental health issues for weeklong event in October during Mental Health Awareness Month

2. Training

- **Mental Health Issues on Campus:** Collaboration with Health & Wellness Centre, AccessAbility Services, Centre for Teaching and Learning and Human Resources workshops offered to staff and faculty throughout the year to address identification, consulting and referring students dealing with mental health challenges and in crises to receive the proper support.
- New faculty orientation re: working with the student in difficulty and resources on campus for staff and students coping with mental health concerns.
- **Student Leaders – Helping to Support Mental Wellness:** Presentation on identifying, supporting and referring students faced with mental health challenges or crises. Provided to all student leaders on campus enrolled in Student Leader Training coordinated by the Peer Program Workgroup.
- **Green Dot Training** – Delivered 5 training sessions to student on campus with focus on violence prevention, effects on mental health and community support.
- **Residence Life Training** includes a presentation on recognizing the signs of when a person/student may be experiencing mental health issues, and how to make appropriate referrals. Training includes that provided by Livingworks safeTALK.
- **CACUSS 2011 COUCH Program/Service of the Year Award** for work in developing mental health education resources.
- Engagement with **Toronto District Board of Education** re: Strength Based Resilience: Integrating Risk and Resources towards holistic Wellbeing.
- Monthly educational rounds, including “**Treatment Modalities of DBT and PPT**” (Dr. T. Rashid, Health & Wellness Centre UTSC, and Dr. A. Uliaszek, Department of Psychology, University of Toronto), “**Barbara Schlifer Commemorative Clinic: Services for Women**” (Farrah Khan, counsellor/Advocate.), “**Mental Health Disorders – 3 session series for Clinicians**” (Dr. Anne Marie Mikhail, Health & Wellness Centre UTSC) and “Sexual Diversity”(Sandra Carnegie-Douglas, Anti-Racism and Cultural Diversity Officer, University of Toronto).
- First annual conference of the **Canadian Positive Psychology Association:** Sponsor and presenters.
- Participant in “**Mind Our Minds**” at Victoria University in the University of Toronto.
- Mental health training to **new professors and teaching assistants** through CTL.
- **SafeTALK Suicide Alertness For Everyone training**
As part of our commitment to creating a suicide-safer community on campus, Office of Student Life offers safeTALK workshops to students, staff and faculty throughout the year. safeTALK

is a 3-hour training designed to ensure that people with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions. Designed by Living Works the safeTALK workshop is part of a University-wide suicide prevention strategy.

2. Support Services

AccessAbility Services

The service partnered to promote awareness of the service and mental health. In October 2012 the service was involved with:

- **Mental Health Awareness Month:** In partnership with the Health & Wellness Centre, coordinating an awareness campaign to raise awareness on mental health issues, stigma and resources during the month of October with various events which included:
 - **Mental Health Understood Fair:** Interactive displays by community partners, departments and student groups with a focus on mental health, stigma and on/off campus resources and supports.
 - **Mental Health Network Launch:** the Mental Health Network at UTSC is an initiative to bring partners from the community, faculty, staff and students together to share, discuss and learn about issues in mental health. The launch featured guest lecturer, Professor Franco Vaccarino, Principal, University of Toronto Scarborough, and Vice-President, University of Toronto speaking on “Substance Use Disorder: Neuroscience Discovery, Research & Implications”.
 - **An Evening with Steven Page;** through contact based education, shared his life experiences through talk and song about his struggles with bipolar disorder as the main event for Mental Health Awareness Month.

Health & Wellness Centre

- **Workshops include:** Sleep, Overcoming Perfectionism and Boosting Productivity, Stress and Anxiety Group, Stress Management, Procrastination, mindfulness, mastering your mood.
- **Group Therapy include:** Personal Growth Interpersonal Therapy, Skills and Strengths Group (PPT), Skills and Strengths Group (DBT).
- **Individual Counselling and Psychotherapy**
 - 21,054 visits (2011-12) to H&WC, 16.2% were counselling.
 - Of the visits above 425 students were new and have come through the counselling “intake process in the past year”.
- **Embedded personal counsellor** to extend outreach to UTSC Student’s Housing & Residence Life.
- This provides an opportunity for students to meet others and share coping strategies rather than a treatment or intervention group.
- Continued to work and partner with AccessAbility Services to support and encourage students to get the care that they need, in the right place at the right time, and have adequate supports for academic success.
- Wellness Peer Program in (2011-12) had a total of 8,903 encounters with students. The Mental Wellness Peers having 25% of the total encounters.

Student Welfare Group

This group (members include Directors from Academic Advising & Career Centre, AccessAbility Services, Health & Wellness Centre, Office of the Registrar, Housing & Resident Life, and Campus Safety and Security) serves as a support to respond effectively to students who are in difficulty and usually have accompanying behaviours and crisis that make the student known to more than one service.

Multi-Faith Centre

“Faith and Sexuality” presentation by Michele Rizoli, with further collaboration planned.

OCTOBER IS

MENTAL HEALTH UNDERSTOOD FAIR
October 10, 2012
12:00 pm to 3:00 pm
Meeting Place (S-Wing)

MENTAL HEALTH NETWORK LAUNCH
October 10, 2012
Doors open at 4:00 pm
AC223 (ARC Lecture Theatre)
Networking Reception 5:30 pm

EVENING WITH STEVEN PAGE
October 24, 2012
Doors open at 5:00 pm
AC223 (ARC Lecture Theatre)

MENTAL HEALTH AWARENESS MONTH

Visit the intranet
For more information

UTSC MENTAL HEALTH NETWORK | Co-sponsored by the Health & Wellness Centre
and AccessAbility Services

UNIVERSITY OF TORONTO
SCARBOROUGH