Framework for Selkirk College

Selkirk College

Building Remarkable Futures

selkirk.ca

VISION

Selkirk College is a community where we care for each other, learn and talk about mental health and well-being, receive support as needed, and where individually and collectively we realize our potential.

We will achieve this vision as we take action to:

- create supportive, responsive and inclusive learning and working environments;

- increase knowledge and understanding for personal growth and development to promote positive mental health and well-being;

- adopt a systems approach to the delivery of timely, accessible, and coordinated services and supports for mental health and well-being;

- apply a mental health and well-being lens to policies, practices, and procedures at Selkirk College;

- strengthen social connection and community engagement; and,

- create physical spaces that support positive mental health and enhance well-being.
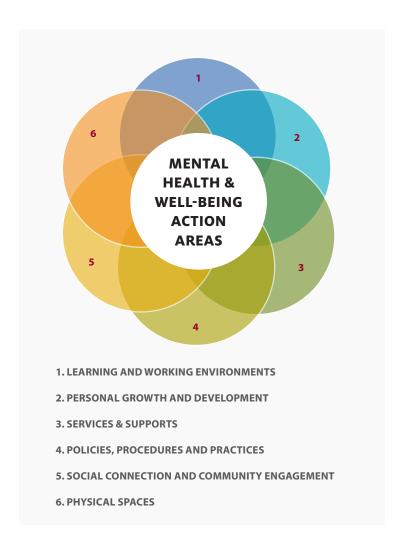
OUR PURPOSE

The purpose of this framework is to support planning, implementation and evaluation of programs and services at Selkirk College so that student mental health and well-being is optimally fostered and supported.

Expected outcome: Stronger alignment and integration of mental health promotion and prevention priorities in existing processes for planning, resource allocation and data collection across all programs, departments, and campus communities.

IT TAKES A CAMPUS...

At Selkirk College we consider the whole person in the learning environment, infusing health into everyday operations from business practices to academic mandates. By doing this we create a web of caring and a culture of compassion, wellbeing, equality, and social justice which enhances the success of our students.

- Healthy Campus Institutional Report, 2018, pg. 3

MENTAL HEALTH & WELL-BEING ACTION AREAS

1. **LEARNING AND WORKING ENVIRONMENTS**

2. **PERSONAL GROWTH AND DEVELOPMENT**

3. **SERVICES & SUPPORTS**

4. **POLICIES, PROCEDURES AND PRACTICES**

5. **SOCIAL CONNECTION AND COMMUNITY ENGAGEMENT**

6. **PHYSICAL SPACES**

RECOMMENDATIONS FOR ACTION

ACTION AREA 1: LEARNING AND WORKING ENVIRONMENTS

Create supportive, responsive, inclusive environments that enhance engagement, learning, and mental well-being for students and staff.

- Create a community of practice to support faculty
- Encourage the development of peer-based support programs
- Provide consultation support to program chairs, deans, and instructors
- Build mental health literacy and a culture of compassion
- Integrate opportunities into classrooms for students to develop mental health resiliency strategies

ACTION AREA 2: PERSONAL GROWTH AND DEVELOPMENT

Build mental health literacy among students, staff, and faculty by increasing the knowledge and understanding of the determinants, nature, impact, prevention, and management of mental health concerns.

- Build supports for distressed students
- Collaborate with employee-focused mental health initiatives

ACTION AREA 3: SERVICES & SUPPORTS

Ensure the provision of accessible, effective, interconnected campus mental health services and supports that use best practice knowledge and strategies in support of students who are experiencing psychological distress.

- Expand service information and promotion
- Build capacity, effectiveness, and responsiveness of services
- Support students at risk and respond to crises
- Partner with provincial and other community resources

ACTION AREA 4: POLICIES, PROCEDURES AND PRACTICES

Apply a mental health and well-being lens in the creation of new, and review of existing, college policies, practices, and procedures to ensure optimal student mental health and well-being at Selkirk College.

- Ensure appropriate messaging about the value of student mental well-being
- Review and update current policies, including the identification of gaps related to student mental health
- Embed language that emphasizes the importance of student mental health and well-being in curriculum, instruction, and evaluation

ACTION AREA 5: SOCIAL CONNECTION AND COMMUNITY ENGAGEMENT

Strengthen intrapersonal development, interpersonal competence, resourcefulness, resilience, and cultural safety.

- Support student organized engagement
- Ensure college organized events are welcoming
- Ensure accessibility of all learning and community activities
- Promote online information about events and activities

ACTION AREA 6: PHYSICAL SPACES

Create inclusive spaces that are conducive to student engagement and connections, safe and nurturing, that will decrease stress, enhance wellbeing, and support positive mental health.

- Integrate universal design philosophy in planning spaces, programs, and services
- Include students in space planning processes