The Mental Health Network provides partnerships and collaborations between key stakeholders consisting of students, staff and faculty. Our purpose is to promote and support mental health on campus that is community driven, intentional and coordinated to meet the needs of the UTSC community.

We also hope to establish and maintain partnerships within and outside of the campus to address mental health and addiction awareness, remove the stigma surrounding mental illness and develop mental health intelligence within the campus community.
3 Workgroups:

• Mental Health Awareness

• Mental Health Training

• Peer Support on Campus
2 Main Projects:

- Mental Wellness Month
- 1 in 5 at UTSC
Mental Wellness Month

October is Mental Wellness Month

Mental Health Understood Fair
October 7 • 11:30am-2:30pm • Meeting Place

#UTSC  #BeWellUofT  Check the Intranet for UTSC events
1 in 5 at UTSC  Oct 1, 7, 20, 27, 28
Details on Intranet!
Mental Health Understood Fair
– October 7, 2016
Mental Health Understood Fair

- **19** Displays from UTSC departments and services
- **10** Displays from community mental health agencies
- **8** Displays from UTSC student organizations
1 in 5 at UTSC - Partners

- Minds Matter Magazine
- MoveU
- UTSC Police
- Health & Wellness Centre – Wellness Peer Programs
- UTSC Alumni
“Like” Yourself – Oct 1
Semi-Colon Project – Oct 7
Treat Yourself Tuesday – Oct 20
Your Inner Voice: Understanding Anxiety – Oct 27

Students shared your thoughts about anxiety, coping strategies, resources and supports.
Three Voices – Oct 28

Three Voices
Discovery. Recovery. Hope.
3 Projects:

• Free online mental health training

• Need assessment survey

• Suicide prevention training
More Feet On The Ground

- Communicated across UTSC to staff, faculty and students
- Offered as part of the Leadership Development Program
- Encouraged all peer leaders to do the training through the Peer Program Work Group in Student Services
- All Residence Advisors at UTSC completed the training
Needs Survey

Objectives:

- Measure the usefulness of the More Feet On The Ground Online Training
- Explore interest in other forms of training to help support students on campus
Survey Results: 16 faculty, 12 staff and 7 students

- Those that did the More Feet On The Ground found it useful
- **Staff** prefer lunch and learn training/info sessions, 3 hour or 1-2 day trainings, hardcopy and online resources
- **Students** prefer hardcopy and online resources
- **Faculty** prefer hardcopy and online resources and maybe and lunch and learn
- Barrier mentioned was time to attend training
Based on Survey Results:

- Offered Applied Suicide Intervention Skills Training – 29 staff attended on Feb 18+19
- Exploring more suicide prevention trainers be from UTSC
- Hardcopy of mental health resources to be produced
- Continue to offer More Feet On The Ground as an online training for students, staff and faculty
3 projects:

- Student Navigation by Minds Matter Magazine
- Strengthening Families Together by Schizophrenia Society of Ontario
- Families Association for Mental Health Everywhere Peer Support Group
Minutes from July 31, 2015

- Opportunities to explore UTSC – Discussed other opportunities the workgroup could explore such as:
  - Somehow helping to coordinate peer support programs?
  - Creating criteria or recommendations for training and resources for peer support programs?
  - Creating a centralized training?
  - Create a student navigation tool for support

- Group decided to explore creating a student navigation tool that would incorporate:
  - Practical tips to offer peer support – how to help someone –
  - Tips to engage with community to receive peer support – asking for help or reaching out for support
  - Resources on and off campus
The Issue

- Students feel a lack of support on campus
- Hard to get things done in an institutionalized atmosphere
- Lack of mental health literacy – complex problem requires a complex, multi-faceted solution
<table>
<thead>
<tr>
<th>Humanize perceptions of mental health</th>
<th>Support Students</th>
<th>Provide Opportunities</th>
<th>Improve Mental Health Literacy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Issue I, Volume I</strong>: Post-Secondary Mental Health in conjunction w/ bi-weekly articles on website</td>
<td>Quiet Space facilitation at UTSC events</td>
<td>Masthead is 30+ people</td>
<td>Engaging discussion w/ Dean’s (Academic) office on training faculty + teaching support staff on student mental health concerns</td>
</tr>
<tr>
<td>“Monstrous Thoughts” – ArtSideOut</td>
<td>Self-care workshop (w/ SCSU; IDC 2016)</td>
<td>Champions Program</td>
<td>Newsletter w/ 250+ subscribers</td>
</tr>
<tr>
<td>1 in 5 events – Mental Wellness Month</td>
<td>Scholarship (w/ Registrar + AccessAbility)</td>
<td>Contests + Submissions</td>
<td></td>
</tr>
<tr>
<td>Outreach to the UTSC community; self-care kits, pencils, bookmarks</td>
<td>Map (w/ UTSC Communications)</td>
<td>• Scarborough Fair Creative Writing Contest</td>
<td></td>
</tr>
<tr>
<td>Professor Anecdotes</td>
<td><strong>Student Navigation Tool</strong> (w/ Student Services)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What we’ve done from January 2015 – March 2016

- Focus group w/ IDC 2015-16, Central Michigan University MEd class
- Social media content selectively curated and shared w/ global audience
UTSC Map Project

• One of our illustrators, Nilab Safi, designed a map of UTSC that includes pictures and mini descriptions of the various services around campus (i.e. Health & Wellness, DSL office)

• The location of emergency poles are also included
Student Centre (SL)

Multifaith Prayer Centre
Available to students on a 24-hour basis. It is a peaceful space that can be used for religious and prayer purposes. Drop by the SCSSU office if you would like more information.

Health & Wellness
Your campus health centre, nurses, counselors, and psychologists are ready to help you with any health concern you may have. Whether it's vaccination, allergy treatment, prescription refills, 24/7 health centre, mental health, and sexual health concerns. You can use these services as a registered UBC student.

Women & Trans Centre
A safe space with a lot of resources to aid students with many things, including navigating gender and sexuality. There are also peer support groups that are especially useful to the alumni and meet others in an inclusive and accessible environment.

Department of Student Life (DSL) Office
Want to get more involved on campus but don't know how? Want to develop your leadership skills, to get engaged in the community? Help with your project? DSL has all the information and more!

Dentistry on Campus
Your campus dentist can help you with the most common oral health problems and can give you your regular cleaning to make that smile shine (like a diamond!)

Rex's Den
Your local campus pub and grill. It's the place to go with your friends after a long day of classes. Grab a pint, listen to live music, play pool and some games, watch college sports or stay late and play some video games!

SCSSU
Your student union is here for you to create valuable change to better your community. They also operate the beer garden, haveEmailAddress bars, and are all about fun and inclusivity for students.
Professor Anecdotes

• Our social media coordinator, Felipe Templonuevo, created a series on the MMM Facebook page highlighting written pieces by faculty regarding their experiences while they were undergrads
Over the next few days, you will be reading anecdotes from University of Toronto Scarborough (UTSC) professors about their life as an undergraduate student. They, too, were once like us. The fact that they have survived university and are now successful in their careers, means that we can also overcome these hurdles we're facing. Each professor has their own unique and beautiful story on how they acquired motivation to persevere and keep pushing. They also shared some words of... See More

"When I was an undergraduate student, in my third year, I took a course in Mammology that changed my life forever. In the first few weeks of the course, I put a tremendous amount of work into a laboratory assignment, including staying up the entire night on the day before it was due, such that I couldn't even stay awake in any of classes the following day. When I got the project back a week later, I had barely passed (just 60%), and I was so frustrated because I had worked so hard and sacrificed so much time. It was that day that I decided that I was never again going to subject myself to so much stress; instead, I was going to make sleep an important part of my life again, only do as much work as I could during normal waking hours, and focus on rekindling the childlike excitement for Biology that had drawn me to university in the first place. In doing so, I felt like I was becoming a "scientist", who gets excited by new ideas, rather than a "student", who gets excited by high grades, and actually called myself as such: a scientist. This was an important transition for me, and, as I have come to discover over the years, an important transition for most scientists, as there are so many science professors I have talked to who said they had terrible grades in university but a great deal of passion for science! (And they're all doing just fine today)"

Dr. Jason Brown
Sessional Instructor
UTSC Department of Biological Sciences
Stages

• Set the groundwork for creating a supportive community through information gathering + collaboration
• Create a platform to share the narratives of students (articles, e-magazine, newsletter, social media)
• Expand the ways in which we deliver content to educate, engage, and empower students
The next six months

• Deliver content in more digestible and engaging ways
  – Website; Podcast; Video breakdowns of concepts; narrate content
• Community scholarship for mental health champions
• Volume 2, Issue 1: Arts
  – Dr. Andrea Charise as Theme Advisor; Josh Miller as Student Advisor
  – Examining arts & mental health in terms of therapy, craft, and culture
Supporting Students Caring for Someone with Mental Illness: On-campus Strengthening Families Together (SFT) Group

Purple Yip-Weber
Co-ordinator of Family Support Program

Matthew John
Peer Facilitator
Agenda

- The Services at SSO
- Psychoeducation: Strengthening Families Together (SFT)
- On-campus SFT
- Q&A
About SSO

- Established in 1979
- Province-wide charitable not-for-profit
- 5 Regional offices and network of volunteers

**Mission:**
To make a positive difference in the lives of people, families and communities affected by schizophrenia and psychotic illnesses.

**Mandate:** Educate, Support, Advocate.
Support Services

- Ask the Expert (ATE) phone-line
- IDEAS (monthly open education event)
- Family Support Groups – SFT (Strengthening Families Together)
- Justice and Mental Health Program
- Designated Representative Service for the Immigration and Refugee Board of Canada (IRB)
Ask the Expert Helpline

- **T:** 1-800-449-6367  **E:** asktheexpert@schizophrenia.on.ca

- Provincial telephone, e-mail and face-to-face support for system navigation, recovery support and family support

- Supportive counseling and system navigation for everyone (individuals, families, professionals, general public) from anywhere
Family Support Groups

Strengthening Families Together

• Week 1 : Mental Illness, Psychosis and Substance Use
• Week 2 : Treatment Options & Recovery
• Week 3 : Coping as a Family: Communication Skills & Self Care
• Week 4 : Navigating the System, JamH & Advocacy

www.schizophrenia.on.ca
Family Support Groups

Strengthening Families Together

- 25 groups across Ontario; over 300 graduates per year
- 4 week family to family education/support program
- Language specific groups (Spanish, Cantonese, Mandarin)
- Online groups (4-6 groups per year)
- Three on campus groups at UofT St. George campus (planning one group at UTSC campus in May 2016)
SFT on Campus

- Completed 5 cycles
- Over 50 graduates
- Most of the participants are siblings and adult children of someone living with severe mental illness
- Over half of the students participated in SFT identified themselves as a healthcare professional in training (from Faculty of Social Work, Medicine and Pharmacy)
### SFT on Campus

<table>
<thead>
<tr>
<th>Areas of assessment</th>
<th>Before (After)</th>
<th>% of improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Knowledge of MI</td>
<td>3.50 (4.08)</td>
<td>+16.57%</td>
</tr>
<tr>
<td>Understanding of brain and med. term.</td>
<td>2.92 (3.50)</td>
<td>+20.69%</td>
</tr>
<tr>
<td>Confidence in speaking to medical professionals</td>
<td>3.33 (4.08)</td>
<td>+22.50%</td>
</tr>
<tr>
<td>Ability to understand and empathize</td>
<td>3.18 (4.18)</td>
<td>+31.44%</td>
</tr>
<tr>
<td>Communication skills</td>
<td>2.30 (3.40)</td>
<td>+47.83%</td>
</tr>
<tr>
<td>Ability to cope</td>
<td>3.00 (3.40)</td>
<td>+13.33%</td>
</tr>
<tr>
<td>Understand and belief in recovery</td>
<td>3.18 (3.55)</td>
<td>+11.64%</td>
</tr>
<tr>
<td>Overall rating of SFT</td>
<td></td>
<td>4 out of 5</td>
</tr>
</tbody>
</table>
SFT on Campus

Key Components of SFT on campus groups:

1. Providing a safe and open platform of learning and sharing among caregivers, clinicians-in-training, and youth living with severe mental illness.
2. Filling the service gap for students who are supporting a family member or friend in recovery.
SFT on Campus

Key Components of SFT on campus groups:

1. Providing training and on site supervision to youth interested and willing to be involved in mental health support and services which is lacking on academic programs on campus.

2. Mobilizing youth on campus to be an ambassador for promoting mental health and providing peer support.
For More Information

www.schizophrenia.on.ca

1-800-449-6367

sso@schizophrenia.on.ca

asktheexpert@schizophrenia.on.ca

@peace_of_minds  @JAMH_Ontario

Facebook.com/SchizophreniaSocietyON

www.schizophrenia.on.ca
What We Do

FAME facilitates the development of resilience in families living with mental illness by providing support, education, coping skills and self-care strategies.
The Family Association for Mental Health Everywhere – FAME, is funded through the Ministry of Health (LHIN’s).

FAME’s primary programming is completely based on family support which is confidential and provided at no cost.
It’s about the families.

Family members provide ongoing support and connection for many of our life experiences. This is particularly so for persons who are vulnerable or ill.

We believe that families play a critical role in the recovery process of an individual with a mental health issue.

Families often remain invisible in their role but their impact is significant and valued. The chronic stress that family members experience living with this role impacts their own day to day lives, including their health, social & family relations, careers and financial situations.
What About the Family…

• Families feel they are to blame or somehow caused their family members’ illness.

• Families experience feelings of stress, anger, guilt, confusion and grief.

• Family members experience changes to their personal health and well being (exhaustion, increased blood pressure, insomnia, depression, personality changes).

• Family members experience drastic changes in their social and family relations - many cope in silence.
What Role Does a Family member play?

- They often identify & secure housing
- Often are the housing provider
- Life Skills Management
- Encourage & support treatment
- Often help arrange financial assistance
- Often become the financial assistance
- Maintain records of previous treatments, meds & hospitalizations
- Provide crisis intervention
- Assist with system navigation
- Advocate on behalf of their loved one
- Monitor symptoms & support adherence
- Provide information on the context of a family member’s life, to assist others in understanding them as a whole person
### COMPARISON OF SUPPORT RECEIVED BY FAMILIES AND PROFESSIONALS IN THEIR ROLES AS CAREGIVERS

<table>
<thead>
<tr>
<th>Nature of Support</th>
<th>Support Received by Professional Caregivers</th>
<th>Support Received by Family Caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respite/Relief</td>
<td>Yes (through regular hours of work)</td>
<td>None</td>
</tr>
<tr>
<td>Recognition</td>
<td>Yes (through professional status)</td>
<td>None (but families are sometimes blamed for mental illness)</td>
</tr>
<tr>
<td>Training</td>
<td>Yes</td>
<td>Limited</td>
</tr>
<tr>
<td>Resources</td>
<td>Yes</td>
<td>None</td>
</tr>
<tr>
<td>Support from Colleagues</td>
<td>Yes</td>
<td>None</td>
</tr>
<tr>
<td>Remuneration</td>
<td>Yes</td>
<td>None (instead caregivers incur extra costs)</td>
</tr>
</tbody>
</table>

CMHA (undated). Families of People with Mental Illness: Current Dilemmas and Strategies for Change.
Families Make A Difference!

Numerous studies have shown that family involvement in these roles results in significant benefits – both for the individual and the health care system.

- **Decreased** rates of hospitalization
- **Enhanced** adherence to treatment choices
- **Increased** rates of recovery
- **Decreased** involvement with the criminal justice system
- **Savings** to the mental health and addictions systems

The frequently overwhelming stress families & caregivers experience requires that they too should have access to services and supports designed to answer their questions and respond to their concerns.
Families say they need:

- Better information and education
- Financial support to cover expenses and lost income
- Peer support so that they share their feelings and concerns, and to learn coping strategies from others in similar situations
- Respite services so they can have a break from their responsibilities
- Access to information about their relative’s care and treatment so that they will be able to provide the proper support
We’re Here to Help

Family Support Group
You’re not alone.

“I could not have gone through this without peer support.”

“There are two sides to the role of the family – we can be so much help in our relative’s recovery, but we need help ourselves.”

“By listening to other family members, I built up a tool-box of resources: information, support, coping skills and even shared laughter, from which I could draw on to ease the difficult times.”

“It brings mental health to the surface….the more people talk about it, the stigma is a lot less. It’s a lifeline.”

“It took a long time before we found someone who would accept our family as part of the support team.”
Other Services offered by FAME

**One-on-One Support** - Confidential one-on-one supportive counselling in person or over the phone or by email.

**Educational Speaker Series** - On-going, relevant information and education provided by knowledgeable professionals and community members. ‘Pay What You Can’

**Family Resource Tool Kit** – Navigating through the mental health care system can feel like a maze. Knowing what resources are available is important. Family Support Workers make the journey a little easier by developing personal tool kits to help families and caregivers.
**FAMEkids** – FAMEkids is a specialized program for children aged 7-12 who have a family member with a mental health issue. It educates and equips kids with coping skills through artwork, discussion, and games in a safe, kid-friendly environment.

**Youth Support** – Its touch growing up around mental illness. FAME offers one-on-one support on a case by case basis to youth aged 12-21 years old and who have a family member or a friend with a mental health issue.

**First Episode/Early Intervention** - Working in partnership with FACT Peel (CAMH) in supporting families who are experiencing the early signs of psychosis.

**Family Socials** — All work and no play can be tough on a family! Each year Family Support Workers from the different sites host a Holiday party for families.
FAMEkids - Kids are amazing!

• A specialized psycho-educational program for children aged 7-12 who have a family member with mental illness

• Educates and equips kids with coping skills through:
  • Artwork
  • Discussion
  • Games
Program Rationale

• We believe that children are valuable family members

• They often perform caregiver duties

• Children require education and support at an early age to help understand their family member’s mental illness
Program Objectives

- Identify and express feelings in a safe environment
- Explore healthy coping strategies
- Gain accurate knowledge about mental illness
- Develop personal support networks
- Promote resilience
- Develop an operational safety plan
Building our Social Network

@FAMEforFAMILIES

Elizabeth MacMillan @LizzieMac80
@FAMEforFAMILIES @famekids1 Thank you!

Partners for MH @PartnersforMH
Supporting a family member w/ mentalhealth concerns? You don’t have to face it alone. Helpful hints @FAMEforFAMILIES bit.ly/14zQTc1

Donna Nicholson @drdinicholson
@FAMEforFAMILIES Bless you for the work you do. It is critically important.

@peace_of_minds @FAMEforFAMILIES Thank YOU for offering these amazing groups!

Creative Fusion @CreativeFusion
@FamilyGuideToMH Wonderful project for families of people living with mental health issues. cc/@FAMEforFAMILIES

MHCC @MHCC_ @fameforfamilies Thank you for your continued support & willingness to share @MHCC_’s work in #caringiving - much appreciated! #FCguidelines

Cory Pagett @CMDPcomm
@FAMEforFAMILIES Thanks for the followback and for the work you do not just today, but every day for #mentalhealth. #BellLetsTalk

Education, CAMH @camhEdu
@FAMEforFAMILIES wonderful having you involved in the Strengthening Families work. #Supportingfamilies is so important!

Elizabeth S Mitchell @LizzySMitchell
@FAMEforFAMILIES Thanks so much for sharing my post! Your cause is close to my heart as I’ve lived my life with a mentally ill parent.

Mindful @Future4Kids
@FAMEforFAMILIES Many thx for the work you do. We are big fans :)

Emily Matwy-Hewitt @AislingLady
@FAMEforFAMILIES you’re welcome :) you guys do important work!

Nichole Pickett @Nichole_Pickett
@FAMEforFAMILIES Happy to help! Access to quality mental health care and info is important! Thanks for the work you do! #BellLetsTalk
Building our Social Network

@fameKids1

Growing up around mental illness can be tough. At fameKids, kids learn about mental health in an age-appropriate way, explore healthy coping strategies & more.

Greater Toronto Area · fameforfamilies.com/famekids
Building our Social Network

/FAMEforFAMILIES


improving the lives of families for 25 years

Family Association for Mental Health Everywhere - FAME

Counseling & Mental Health
We support families across Toronto that have a loved one with mental illness by providing education, support groups, resources, one-on-one counseling and coping strategies. www.fameforfamilies.com

Update Page Info  ✔ Liked  ⋯
Building our Social Network