

# **Terms of Reference**

UTSC Mental Health Network Planning Committee  
March 14, 2018

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## **Mental Health Network Background**

The Mental Health Network has evolved from the genuine interest and support from Student Affairs and Services at the University of Toronto Scarborough (UTSC) campus. It initiated as a proposal of establishing 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.

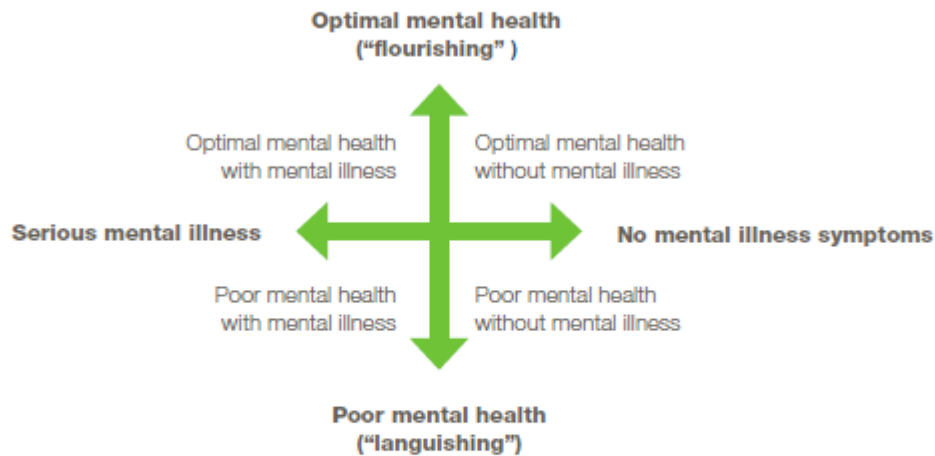
Various services, departments, courses, events, workshops and initiatives across the UTSC campus have provided the community with education, awareness, tools, supports and resources related to mental health. The uniqueness of The Mental Health Network at UTSC is that it provides partnerships and collaborations between key stakeholders consisting of students, staff and faculty which are integral to promote mental health that is community driven, intentional and coordinated to meets the needs of the UTSC community.

In addition, establishment of connections and partnerships with key stakeholders off-campus in the community, a further understanding of a mental health model and population health model, and aligning with the University of Toronto's Student Mental Health Framework and Strategy (October 2014) will further guide the network's direction.

## Guiding Models and Frameworks

Defined in the “Human Face of Mental Health in Canada”, (Government of Canada, 2006), mental health is “The capacities of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections, and personal dignity.” Models in mental health and population health will provide informed and further understanding of areas in mental health and addiction and how to contribute to a healthy campus by keeping issues of equity, diversity, and inclusivity in the forefront of the work that is addressed.

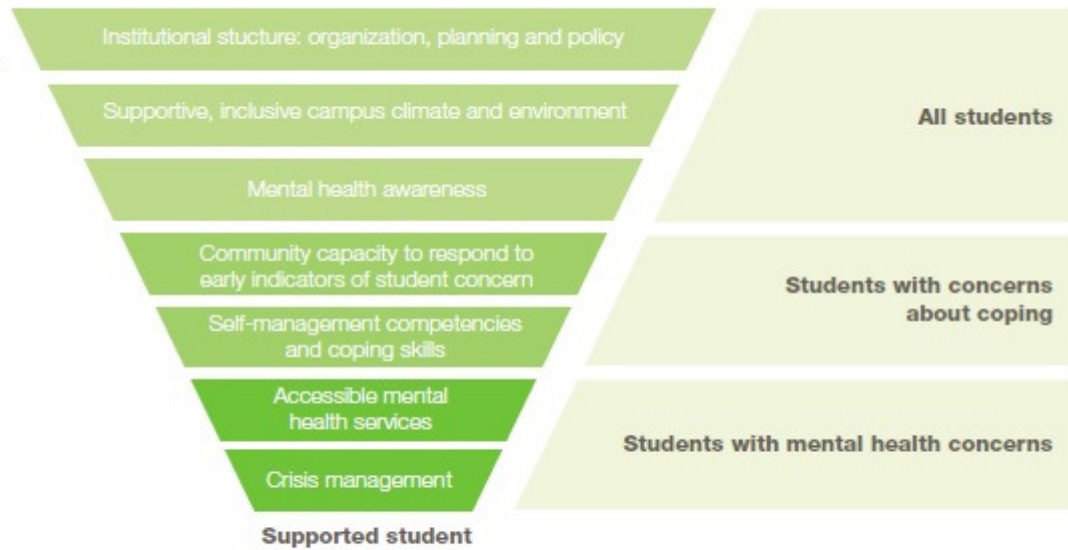
Figure 1: Dual Continuum Model of Mental Health and Mental Illness



*Mackean, 2011. Adapted from: The Health Communication Unit at the Dalla Lana School of Public Health at the University of Toronto and Canadian Mental Health Association, Ontario; based on the conceptual work of Corey Keyes*

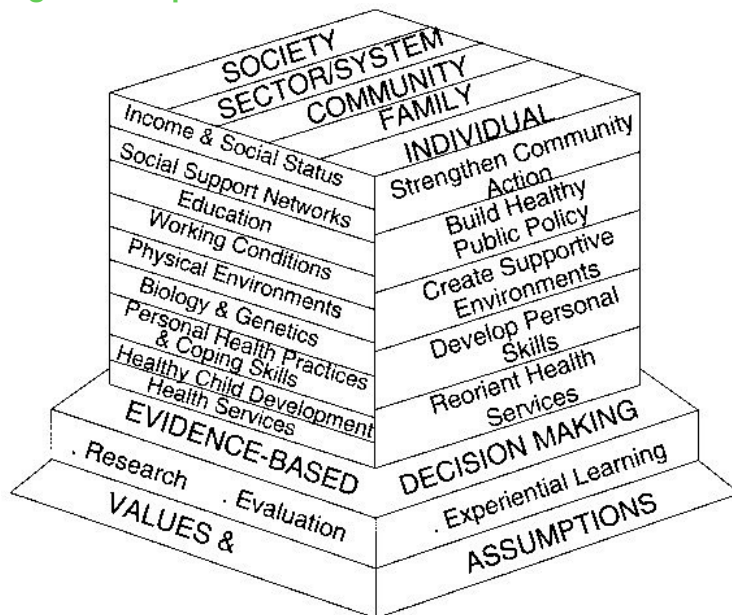
Retrieved from [http://www.cacuss.ca/\\_Library/documents/CACUSS\\_Handbook.pdf](http://www.cacuss.ca/_Library/documents/CACUSS_Handbook.pdf), as of May 2014 from Post-Secondary Student Mental Health: Guide to a Systemic Approach

**Figure 2: Framework for Post-Secondary Student Mental Health**



Retrieved from [http://www.cacuss.ca/\\_Library/documents/CACUSS\\_Handbook.pdf](http://www.cacuss.ca/_Library/documents/CACUSS_Handbook.pdf), as of May 2014 from Post-Secondary Student Mental Health: Guide to a Systemic Approach

**Figure 3: Population Health Model**



Source: Hamilton, N. and Bhatti, T. "Population Health Promotion: An Integrated Model of Population Health and Health Promotion," Working Paper, Health Promotion Development Division, Health Canada, October 1995. Also reproduced by the Canadian Federal Government Health Promotion Development Division, February 1996.

**Definition of UTSC Community:** Refers to students, staff, faculty, that reside, attend school, work, and teach on the University of Toronto Scarborough campus. It may also include community partners that have working relationships with our campus.

### **Overall Objectives of Mental Health Network**

1. Identify and share information and resources that are culturally competent (that also include spiritual/religious supports) related to mental health services, programs and initiatives for the UTSC community.
2. Create opportunities for collaborations, partnerships and capacity building to meet the needs of the UTSC community.
3. Commit to increase mental health awareness, decrease stigma associated with mental health and provide educational/training opportunities for a stronger understanding of mental health on campus.
4. Advocate for mental health resources and supports that are diverse, intersectional, anti-oppressive and accessible to the UTSC community.

5. Provide a forum to review the University of Toronto's Student Mental Health Framework and Strategy (October 2014) and how it effects UTSC as a campus.

## **Membership**

- Open to Students, Staff, Faculty and on/off campus community organizations that have an interest in mental health.
- Members are welcome to send a representative from their area/department or group to ensure communication of information are maintained and implemented.
- Membership is renewed each year during the month of May through cross campus invitation to continue or join the network.

## **Meetings**

### **Mental Health Network Meetings**

- Mental Health Network will meet at the end of each semester (total of 3/year).
- Planning meeting every June to review accomplishments and set objectives for new year.
- 1 hour provided at the end of the meeting for members to connect and network

## Workgroups

- Workgroups will form as needed to address specific agenda items such as stigma and awareness, training and education, advocacy and peer support and other items raised by members.
- Workgroups will provide status updates at each network meeting.
- Workgroups will set their own meeting schedule and will disband once their work is completed.

## **Review of Terms of Reference**

- Terms of Reference to be reviewed every 3 years by members with a minimum representation from 2 or more student leaders, 2 or more staff/faculty.
- Terms of Reference will be posted on website to be available to UTSC community
- Terms of Reference will be shared every year with members at Spring meeting and members have opportunity to recommend review earlier than scheduled

