

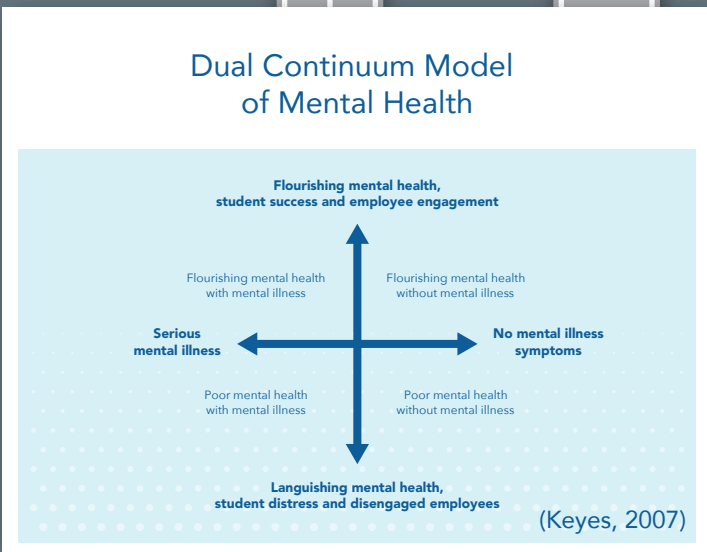
A ROAD MAP TO A FLOURISHING GEORGIAN COMMUNITY

1/5 experience serious mental health distress and 5/5 of us are impacted

Georgian's response

MAY 2018 ✓
Manager hired to develop Mental Health and Well-being Strategic Plan

Why is this so important at Georgian?



Two committees formed with cross-campus representation

AUGUST 2018 ✓
Mental Health and well-being committee (MHWC)

Mental Health and Well-being champions responsible for implementing strategic plan

Internal environmental scan organized around the medicine wheel in partnership with Indigenous community

MARCH 2018 ✓
SOAR analysis based on environmental scan and best practices review

OCTOBER 2018 ✓
Mental Health and Well-being Strategic Planning Group (MHW-SPG)

Key stakeholders responsible for developing strategic plan

Review of best practices and recommendations from CACUSS and McLean & Co.

Now that we know our strengths, opportunities and some areas we could improve, what's next?

It's time to **DREAM**, time to **DARE** and time to **DESIGN** Georgian's mental health and well-being strategy.

APRIL - OCTOBER 2019 ✓
Consultation

783 Georgian community members from all campuses

OCTOBER 2019 ✓
Data analysis

9 key themes emerged from qualitative feedback

Qualitative feedback used to prioritize recommendations from SOAR analysis

NOVEMBER 2019 ✓
Draft Mental Health and Well-being Strategic Plan written. Pillars focus on:

- institutional structure
- mental health literacy promoting well-being
- self-management
- supports and services
- crisis management

MILESTONES & CELEBRATIONS

- MAY 2018**
Partnered with Waypoint to ensure students and employees can access IASP Therapist
- SEPTEMBER 2018**
In house ASIST and SafeTalk trainers and 24 employees trained in ASIST
- NOVEMBER 2018**
IASP Therapist embedded on Georgian campuses
- JANUARY - APRIL 2019**
Research analyst students study the Mindfulness Ambassador Program
- FEBRUARY - MAY 2019**
Mental Health and Well-being sites developed on student and employee portals
- FEBRUARY 2019**
Georgian joins the Simcoe Muskoka Opioid Strategy, Jennifer Lloyd co chair of Prevention Pillar
- MAY 2019**
Georgian hosted Simcoe Muskoka Opioid Strategy conference "Preventing Harmful Substance Use through Promoting Healthy Brain Development"



LEGEND & DEFINITIONS



Complete

Flourishing: - positive emotions and psycho-social functioning, most of the time
- related to building resilience

SOAR: Strengths, Opportunities, Aspirations, Results
IASP: Increasing Access to Structured Psychotherapy

Based on a concept by: Keyes, C (2007). Promoting and Protecting Mental Health as Flourishing: A Complementary Strategy for Improving National Mental Health. American Psychologist, 62, 95-108.