

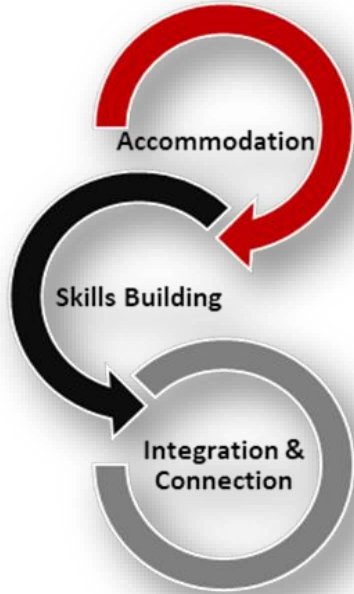
Thriving in Your First Year: Skills, Tools and Support for Mental Health and Wellness

Carleton University Office of the AVP Student Health
and Wellness

Who we are

- Paul Menton Centre(PMC) for students with disabilities
- Attendant Care program
- Health and Counselling services(HCS)
- From Intention to Action (FITA) program
- Care and Support Team
- Student at risk evaluation team (SARET)
- Mental Health Strategies and Initiatives, including Pet Therapy, Health Promotion, Wellness Desk in the Library and Spirituality Centre
- Student Mental Health Framework (SMHF)

PMC's Mandate & Core Functions



1. Provide **individualized disability accommodations and support services** while maintaining academic standards.
2. Provide **skills building opportunities** to foster independence and resilience in university and beyond.
3. Foster **integration and connection** to the greater-Carleton community by working with campus partners to build capacity to support students with disabilities.

Attendant Care Program



Carleton University offers personal care services, like a long-term care centre but is located on campus in our residence community.

The service operates 24/7 365 at no cost to Ontario students with physical disabilities and is funded from Ontario Health and Long-Term Care.

Health & Counseling Services Mandate and Core Functions

- ✓ Goal is to support students in achieving academic success by working collaboratively with them to overcome barriers, build resilience, and promote wellness

Health Services:

- Services include same-day appointments, primary care, nursing visits, and lab testing.

Counseling Services:

- Services includes Counseling (single session, brief individual and group), GP Psych and Psychiatry appointments.



Who We Are

Our multidisciplinary team includes:

- Registered Nurses and Registered Practical Nurses
- Patient Care Coordinators
- Lab Technician
- Registered Psychotherapists
- Counsellors
- Social Workers (MSW)
- General Practitioners with Psychotherapy Training (GP Psychotherapists)
- Psychiatrists

Areas of Specialized Support

- Black, Indigenous, and Racialized students
- 2SLGBTQ+ students
- Graduate students
- Individuals affected by trauma or sexual violence
- Disordered eating and body image concerns
- Substance use and harm reduction



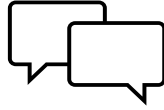
Health Clinic Services



- Health Services is a multidisciplinary healthcare facility that provides medical services to Carleton University students, faculty and staff
- Health Services includes a team of professionally trained patient care coordinators, nurses, lab technician, physicians and psychiatrists
- Services include access to same-day appointments, primary care appointments, nursing visits and lab testing
- Types of services and more information can be found on the website



Counselling Services



- Counselling Services provides a wide range of accessible mental health services that align with the Stepped Care approach to student wellness
- Mental health services include Single-Session counselling, brief individual counselling, group counselling, psycho-educational events and programs, workshops, and online resources
- Counselling Services **does not** have the capacity to support students long-term due to the high demand for mental health services



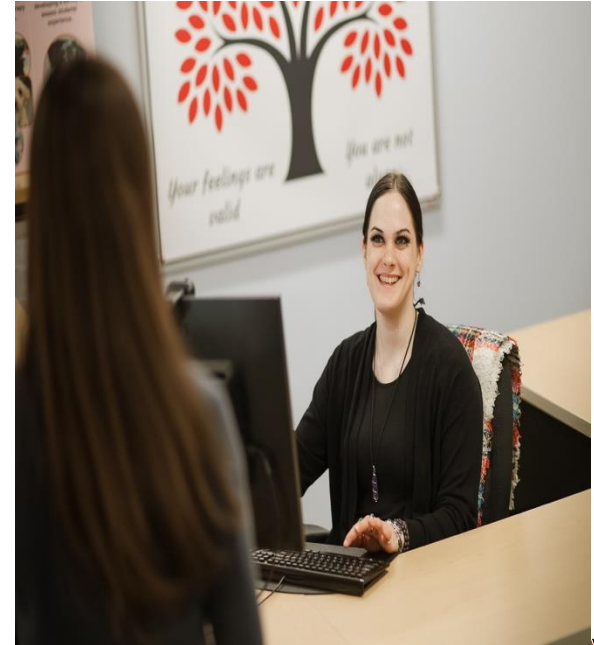
From Intention To Action (FITA)

What is FITA?

- Mental health support program with 5-10 sessions of counselling/psychotherapy for registered students
- Three categories of students in the program: Academic Warning, Overwhelmed, or Both
- Typical presenting concerns: anxiety, depression, perfectionism, shame, self-worth/esteem, procrastination, learning disabilities, disordered eating, grief, relational concerns, sexuality, culture, health

Care and Support

- Case Managers work one-on-one with students to
 - identify and assess their various needs
 - facilitate access to supports
 - follow-up with students, as needed
- Students can be referred to the Care and Support team by accessing the online Care Report Form: **wellness.carleton.ca/care-report**
- NOT a crisis service



SARET

- The Student-at Risk-Evaluation Team (SARET) plays a key role in ensuring that these responses are carried out in a timely, compassionate, and effective manner. This policy serves as a guiding framework for the University's approach to supporting students who may be identified as potentially at risk.
- A student is considered at risk when such factors hinder their ability to engage with the academic curriculum and/or lead to violations of university policies.
- The SARET reviews matters where a student's actions have caused harm to oneself and/or others—or have the potential to cause—physical, emotional, or psychological harm to the student or to the safety and well-being of the broader university community.

Harm Reduction and Substance Use Health

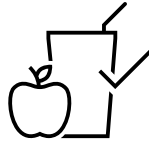
- Aligning with Carleton's substance use health and harm reduction approach, which recognizes that substance use impacts are influenced by a student's individual, social, physical and mental wellbeing, physician consultations are now offered to both students and staff who may have concerns about their substance use.
- Partnering with CAPSA (Community Addictions Peer Support Association) we provide weekly virtual support meetings for students interested in exploring their relationship with substance use during the academic year.
- HCS and the Umbrella Project offers substance use health consultations to students to provide resources and support self-determined goals.

Health Promotion

- The Health Promotion team provides opportunities for students to build "wellness toolbox"
 - Awareness, knowledge and skills
- Mental health, sexual health, substance use health and healthy living choices
- Educational content through workshops, events and media

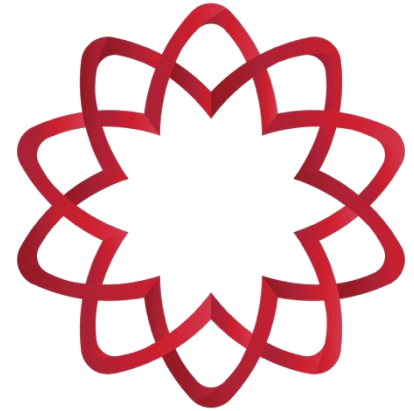


Follow
[@Carletonwellness](https://twitter.com/Carletonwellness)



Spirituality Centre

- Support for exploring and cultivating spiritual wellbeing and identity
- Welcoming space for all, regardless of faith affiliation
- Meet the Chaplains by office hours or by appointment



CARLETON UNIVERSITY

Spirituality Centre

Therapy Dogs

- Mental health and wellness support
- Dogs are handled by professional staff and faculty members
- Handlers work to create welcoming, supportive and low intensity environments



Aristotle



Porter



Navigating Resources: Wellness Desk

Not sure where to start? The **Wellness Desk** can help!

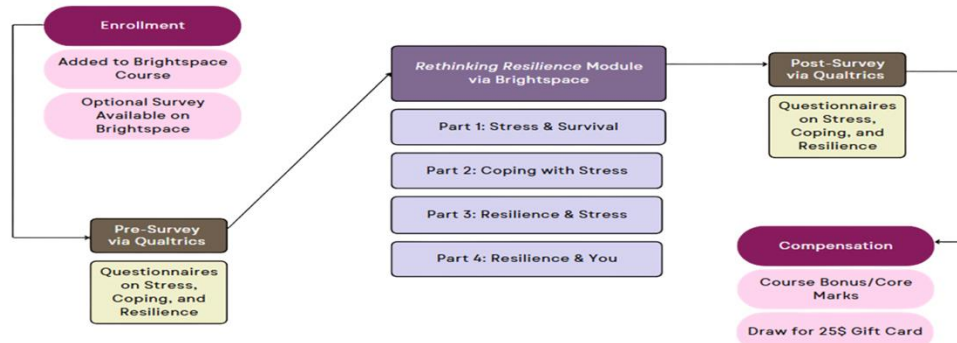
- We understand it might be a little overwhelming when trying to find support
- Our team of **Wellness Navigators** can help you work through what resources might be of most help for your current situation
- Engage in wellness activities and programming in the space
- You can pop into the Wellness Desk any time during its hours of operation – no appointments necessary!



Rethinking Resilience Modules

EDUCATION INTERVENTION

RETHINKING RESILIENCE



Rethinking Resilience is an **online, interactive, self-paced** course using videos, interactive activities, and reflections.

ECOR 1055E
ECOR 2050A/B
ENVE 3002A
SYSC 2310AB
SYSC 3203A
SYSC 4310A

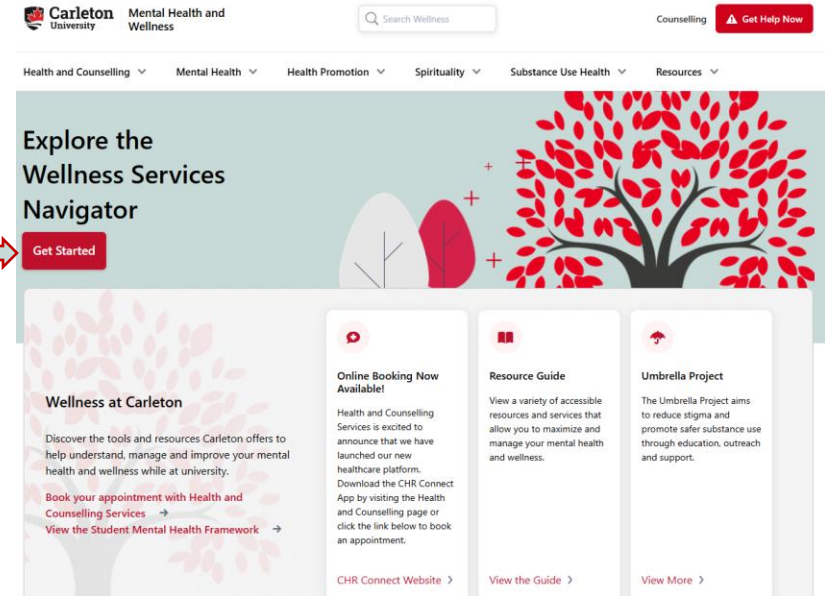
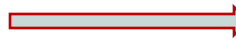
With the objective of helping students:

- Identify and control their own habitual responses to stress
- Understand what goes in their bodies and brains when they are stressed
- Identify why they respond to stress in certain ways (i.e., coping)
- Explore evidence-based strategies that foster academic resilience, persistence, and self-directedness.

Wellness Services Navigator

Online tool designed to provide user a curated list of relevant mental health and wellness resources

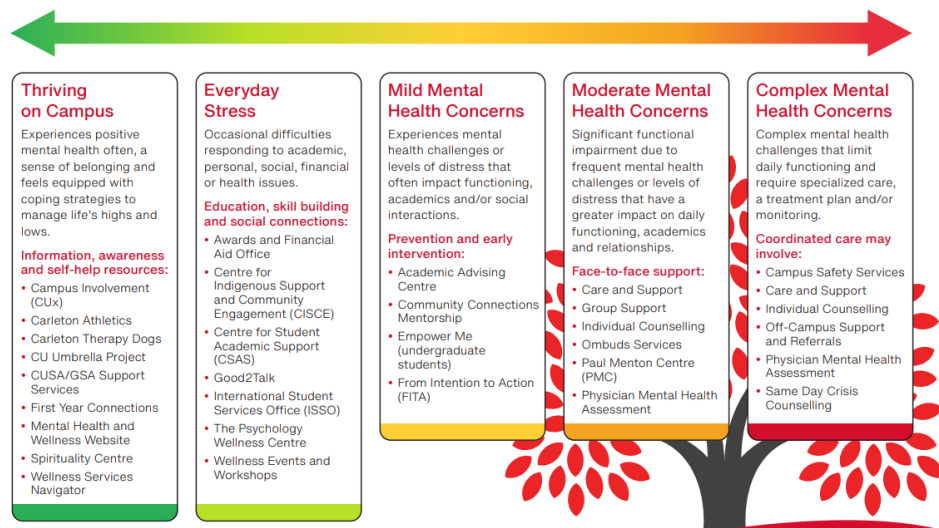
Wellness.carleton.ca/navigator



Resource Guide for Mental Health and Wellness

Resource Guide for Mental Health and Wellness

Carleton provides a wide variety of accessible resources and services that allow students to maximize and manage their mental health and wellness. This guide is meant to be flexible, where students are able to use supports in combination or move through the guide as needed.



Detailed descriptions are available on the reverse.

wellness.carleton.ca

Thriving on Campus
Everyday Stress
Mild Mental Health
Concerns
Moderate Mental Health
Concerns
Complex Mental Health
Concerns

Bill 166

- In alignment with Bill 166: Strengthening Accountability and Student Supports Act, 2024, Carleton University developed a comprehensive Student Mental Health Policy, which was approved in October 2024.
- This policy serves to complement our existing Student Mental Health Framework and outlines the programs, services and support available to students.
- While Bill 166 aimed to address gaps in mental health care across Ontario campuses, Carleton has exceeded the provincial requirements, reflecting our strong commitment to proactive mental health education, integrated care and a supportive campus environment.
- Carleton continues to prioritize mental health as a core part of student success and wellbeing. Centralized access to wellness supports can be viewed on the Carleton Wellness website
-

SMHF 2022-2026

- The Student Mental Health and Wellness Framework(2022-2026) is a guideline intended for our whole community to use in creating, promoting or engaging students in mental health and wellness
- Our Areas of Focus include:
 - Student Engagement (6 recommendations)
 - Building Skills and Strengthening Resilience (7 recommendations)
 - Coordinated student support and services (7 recommendations)
 - Campus culture of wellness (10 recommendations)
- During the 2024-25 we managed to work on or continue work on 30/30 recommendations

Upcoming Priorities

Staff/Faculty Toolkit Rollout

- Responding to students in difficulty or distress
- Quick Reference Guide and Decision Tree to navigate students who are struggling
- Practical templates to use when responding to students
- Content to build awareness of student concerns and confidence in providing helpful referrals

Community Consultations Student Mental Health Framework 2026-2030

- Beginning late fall 2025/early winter 2026 my office will meet with faculty, staff and students to develop our new iteration of our framework

Health and Counselling QR Codes

Download the 'TELUS CHR
Connect' app



Visit the HCS Wellness
Website



Contact Information

- kristietousignant@cunet.Carleton.ca

Any Questions/Comments?

Thank you

