Supporting Students Through and After COVID-19

Faculty Matters Discussion Series
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Today’s Plan

To develop an understanding of how to effectively support students’ mental health and well-being

- Define mental health resiliency in the university context
- Practice skills to build resilience
- Clarify how to continue to build these skills
Mental Health in University

69% of university students experienced overwhelming anxiety within the last 12 months.

Impact of mental health challenges on academic performance

Impact of stress on university adjustment

(ACHA-NCHA, 2019)
What does resilience mean to you?
Resilience

“...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”  (APA, 2020)

“...depends on having sufficient inner and external resources to cope with whatever life throws as us...depends on learning effective coping strategies and skills to manage different kinds of troubles and threats”  (Wong, 2011)
How do we build resilience?
Building resilience in the university context

Progress on the incorporation of universal wellness and resilience-building programing on a larger scale has been slow (CMHA, 2013)

There is an increasing need for universal preventions programs aimed at enhancing university students’ mental health resilience (CMHA, 2013; Okanagan Charter, 2015; Rashid & Louden, 2018)
Positive Experiences

Individual Traits

Institutions

Relationships

**B.E.A.R.**
**Building, Enhancing, & Achieving Resilience**

- **Virtue**
  - Who do I want to be & what do I value?

- **Meaning**
  - What is my purpose, understanding, responsible action & enjoyment?

- **Resilience**
  - How do I protect myself to be able to bounce back?

- **Well-being**
  - How do I lead an enriched & energizing life?
Virtue: 3 good things

Think of them...

Remember them...

Write them down…
Take a slow breath in through the nose, breathing into your lower belly (for about 4 seconds)

Hold your breath for 1 or 2 seconds

Exhale slowly through the mouth (for about 6 seconds)

**Meaning:** Calming breath
Resilience: 3 senses mindfulness

Sight

Sound

Touch
Well-being: Focus on wellness

The Wellness Wheel
The Student Wellness Hub

Supports and resources to help students meet their wellness needs

Who works there?

- Doctors
- Nurses
- Psychiatrists
- Counsellors
- Social workers
- Dieticians
- Local Wellness Advisors
- Access Advisors
- & more!
Centralized Location

Integration of Student Health Services, Counselling Services and Psychiatric Services into one centralized location.

A “one-stop shop” service area for students with expanded capacity for physical or mental health concerns.
Hub Spokes: Local Wellness Advisors

A hub-and-spoke model, including 12 trained clinicians who work as local wellness advisors (LWAs), providing accessible services to students where they live and study.

Residences
Arts
Engineering
Education
Law
Mac
Music

Graduate & Postdoctoral Studies
International Student Services
Management
Science
Athletics (Varsity)
Hub Spokes: Local Wellness Advisors

What does an LWA do?

- Connects students to other health and wellness supports on campus
- Equips students with tools and resources for mental health
- Available for one-on-one appointments
- Offers wellness programming tailored to their faculty
- Works with departments on wellness awareness, prevention and early intervention
Accessing the Hub

All our services are **free** to full-time and part-time students who have paid their Student Services fee and are covered by insurance.
Virtual Hub

https://www.mcgill.ca/covidsupport

Student Wellness Hub
Virtual Hub  https://www.mcgill.ca/wellness-hub/
Virtual Hub  https://www.mcgill.ca/covidsupport

Join us from anywhere for

**ZEN IN 10**

Daily online sessions
12:00 - 12:15
www.facebook.com/mcgillstuserv
Virtual Hub  https://www.mcgill.ca/covidsupport

WHILE WE'RE APART, LET'S MAKE ART—TOGETHER!

ART Hive LIVE

Join us for virtual studio sessions on Facebook Live facilitated by Dr. Maria Ezcurra Lucotti

MONDAY, WEDNESDAY & FRIDAY
4pm-5pm  mcgill.ca/x/Zt2
Virtual Hub  https://www.mcgill.ca/covidsupport

**Virtual Programming**

- Managing Stress in Uncertain Times
- Zen in 10: Daily Relaxation Sessions on McGill Student Services
- Art Hive Live: Get Creative and Make Some Art with the McGill Art Hive Initiative (M, W, F)
- Yoga for Stress and Anxiety
- Mindfulness-Based Stress Management
- Active Listening
- CBT Workshop
- Sleep Skills
- Exercise for Wellness
- ZEN IN 10: DAILY RELAXATION SESSIONS ON MCGILL STUDENT SERVICES
- ART HIVE LIVE: GET CREATIVE AND MAKE SOME ART WITH THE MCGILL ART HIVE INITIATIVE (M, W, F)

**Practitioners**

- Doctors [General Practitioners]
- Nurses
- Dietitians
- Counsellors
- Psychiatrists
- Local Wellness Advisors working directly with the following faculties/populations:
  - Faculty of Agricultural and Environmental Sciences (Macdonald Campus)
  - Faculty of Arts
  - Faculty of Education
  - Faculty of Engineering
  - Faculty of Law
  - Faculty of Management
  - Faculty of Science
  - Varsity Athletes
  - Graduate & Postdoctoral Studies
  - International Students
  - Residences

Availability of services may change or be limited depending on government regulations regarding COVID physical distancing guidelines.

We have a variety of online options to help you feel supported and connected:

- Managing Stress in Uncertain Times
- Yoga for Stress and Anxiety
- Mindfulness-Based Stress Management
- Active Listening
- CBT Workshop
- Sleep Skills
- Exercise for Wellness

We're also offering Facebook Live workshops that you can enjoy all summer long!

www.mcgill.ca/wellness-hub/
Virtual Care Available to Students

Have a health question? Call us at 514-398-6017 to speak to a nurse! We are moving limited services online—click "Access Virtual Services" for more information.
Virtual Hub  https://www.mcgill.ca/covidsupport

Virtual Care Available to Students

Have a health question? Call us at 514-398-6047 to speak to a nurse! We are moving limited services online–click "Access Virtual Services" for more information.

Access Virtual Services  Virtual Workshops & Programming  Other Services Available (SLL)
Remote Learning Resources (TLS)  Support Off-Campus  Faculty/Staff Resources

Support off-campus during closure

COVID-specific Resources

The Ten Percent Happier podcast has multiple episodes dedicated to coping with anxiety, stress, relationships, and more during COVID-19.

- Coronavirus Anxiety Guide
- How to Actually Get Work Done at Home
- How to Care for Your Relationships, with Esther Perel
- How to Cope with Fear, with Tara Brach

Stop, Breathe and Think has developed a Calm Coronavirus Anxiety category in their app to help people feel more safe, centered and connected during this time

- [https://www.stopbreathethink.com/](https://www.stopbreathethink.com/)

Take a look at this website, a useful resource to better support you in a global climate of uncertainty for your anxiety and your mental health. There are some meditation options available you can try for free, and frequently asked questions responded by mental health experts among some articles to help ease the stress you may be experiencing.

Important Announcements

Coronavirus Updates

Maple is one of way of accessing an appointment with a GP, at a distance. We have worked with Blue Cross and Maple to eliminate up-front charges for international students covered by Blue Cross at [getmaple.ca/mcgavic](getmaple.ca/mcgavic).

Students with other health insurance plans may also use this service, however it is not currently covered by other insurers.
Accessing the Hub

Phone/virtual services are available from Nurses, Dietitians, Counsellors, Access Advisors and Psychiatrists during the campus closure.
During the campus shutdown, appointments and group therapy are only available to Quebec students.

Workshops and other non-therapeutic group programming is available to all students.

All information is subject to government guidelines. Please check our website for the latest information as it is subject to change.

www.mcgill.ca/wellness-hub
Healthier McGill by Student Wellness Hub
Building Resilience
THANK YOU