

Tuesday, October 20, 2020

6:00PM

[Zoom](#)

We would like to respectfully acknowledge that our University and our Students' Union are located on Treaty 6 Territory. We are grateful to be on Cree, Dene, Saulteaux, Métis, Blackfoot, and Nakota Sioux territory; specifically the ancestral space of the Papaschase Cree. These Nations are our family, friends, faculty, staff, students, and peers. As members of the University of Alberta Students' Union we honour the nation-to-nation treaty relationship. We aspire for our learning, research, teaching, and governance to acknowledge and work towards the decolonization of Indigenous knowledges and traditions.

LATE ADDITIONS (SC-2020-14)

2020-14/1 **SPEAKERS BUSINESS**

Join Zoom Meeting

<https://us02web.zoom.us/j/86314784212>

Meeting ID: 863 1478 4212

2020-14/2 **PRESENTATIONS**

2020-14/3 **EXECUTIVE COMMITTEE REPORT**

2020-14/4 **BOARD AND COMMITTEE REPORT**

2020-14/5 **OPEN FORUM**

2020-14/6 **QUESTION PERIOD**

2020-14/7 **BOARD AND COMMITTEE BUSINESS**

2020-14/8 **GENERAL ORDERS**

2020-14/9 **INFORMATION ITEMS**

2020-14/9a Presentations (Presentation attached for 2020-14/2a)

See SC-2020-14.15

2020-21 - Council Submissions

UASU Students' Council Agenda Submission

This form is intended to be used by members of Students' Council to submit items for Council meetings.

Council Meeting Date Tuesday, October 20, 2020

Mover Kidd

Email katie.kidd@su.ualberta.ca

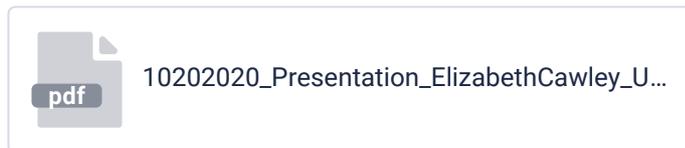
Action Requested Information Items

Information Items

Abstract

Slideshow to accompany Dr. Elizabeth Cawley's Presentation

Attachments





Post-Secondary Student Mental Health

Dr. Elizabeth Cawley
Director, National Mental Health Strategy
Studentcare|ASEQ



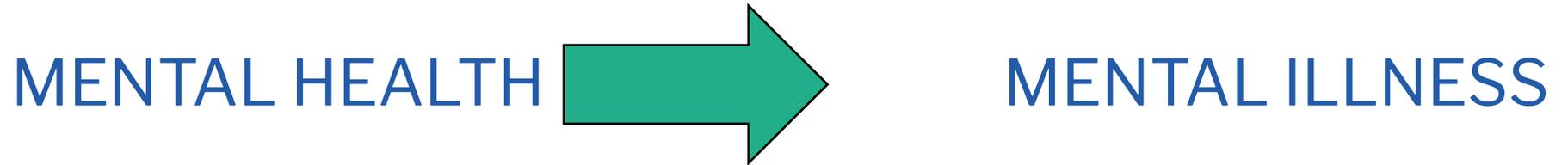
Dr. Elizabeth Cawley

Director, National Mental Health
Strategy

Studentcare | ASEQ



WHAT IS MENTAL HEALTH?



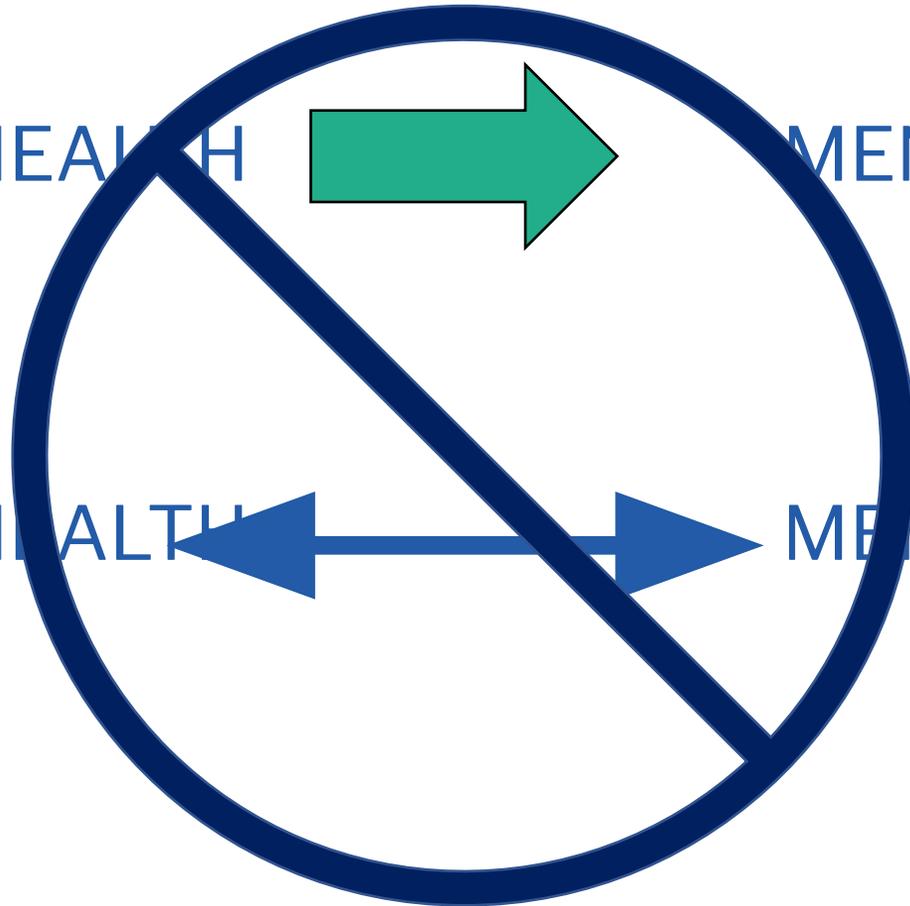
WHAT IS MENTAL HEALTH?

“A state of complete physical, mental, and social well-being, and not merely the absence of disease” (World Health Organization, 2006)

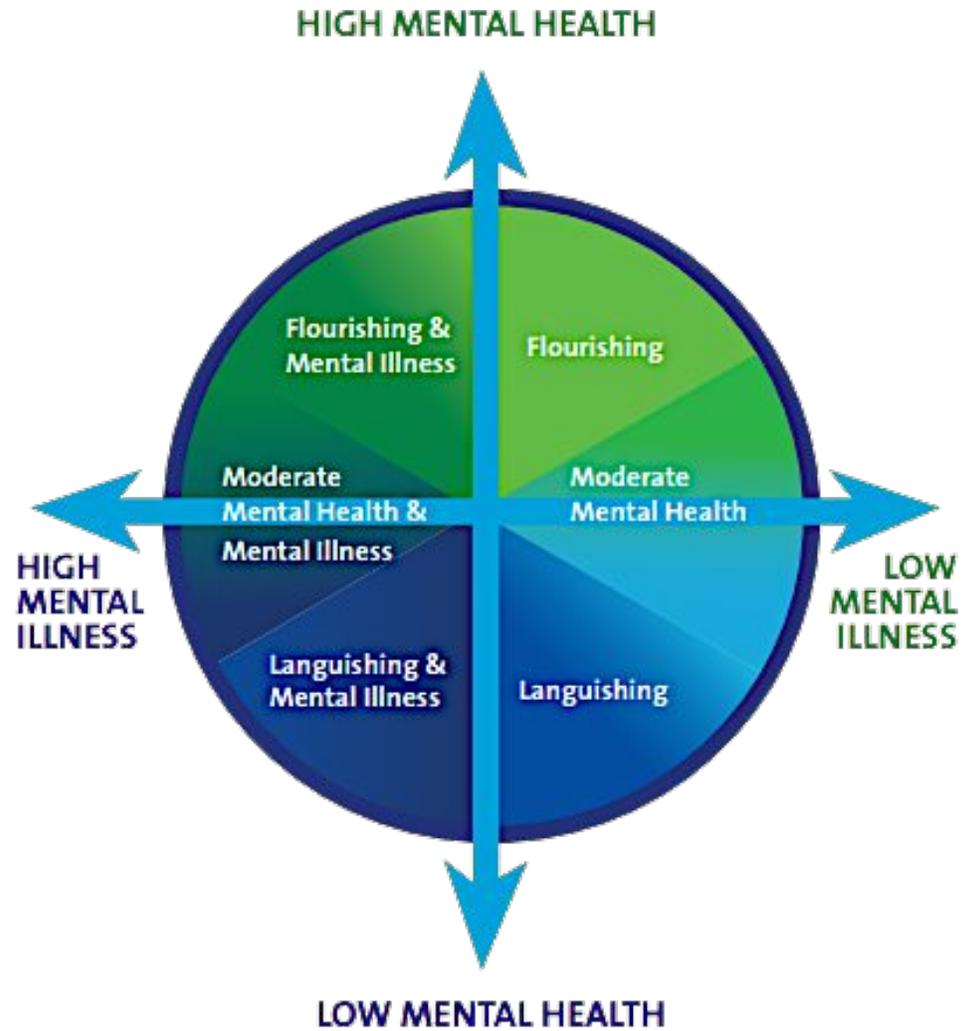
WHAT IS MENTAL HEALTH?

MENTAL HEALTH → MENTAL ILLNESS

MENTAL HEALTH ← MENTAL ILLNESS



WHAT IS MENTAL HEALTH?



WHY FOCUS ON MENTAL HEALTH?

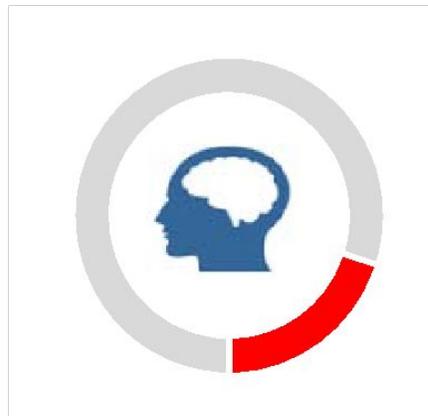
- **75%** of people who receive a mental health disorder diagnosis are first diagnosed between the ages of **16-24**¹
- Canada has over **2 million** post-secondary students
- Need for **mentally healthy environments** where students can maximize their abilities
- Post-secondary institutions have an incredible and unique opportunity for communication and intervention

FACT

The highest risk for mental illnesses and substance dependence:

16 to 24

Mental Health
1 in 5 diagnosed or treated within the last year



Academic Impacts

Conditions experienced by most students with >50% negative impact : **Stress , Anxiety, Sleep, Depression**



Feeling Overwhelmed

90% felt overwhelmed by all they had to do within the last year



Fewer
than

50

of students who need mental
health support get it

%

Top 3 reasons for not getting
help:

- "It's
too far away on its
own"
- "I
don't have
time"



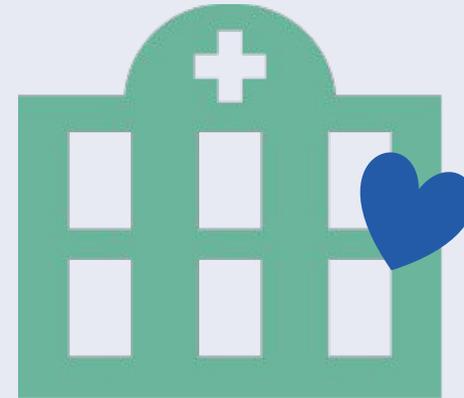
BENEFITS OF SEEKING HELP



Enhance
s
patient
wellness



Increases
speed of
recovery



Increases
health-car
e
capacity

“Finally, people are interested in mental health and everyone is running to get in the door. But we only have one door, and there’s a long lineup. We need multiple doors.”

- Dr. Peter Cornish, Memorial University

EMPOWER ME
BY STUDENTCARE

WELL-BEING RESOURCES

Powered by Optima Global Health

WHAT IS EMPOWER ME?

- ▶ A short-term, solution-focused counselling service
- ▶ Confidential
- ▶ Designed specifically to address issues faced by today's students
- ▶ Powered by Optima Global Health

WHAT IS EMPOWER ME?

- ▶ In person
- ▶ Telephone (24/7/365 toll-free)
- ▶ 24/7/365 Crisis Support
- ▶ Video counselling
- ▶ Triage via the new app

WHAT DOES EMPOWER ME



Expanded **new** services – Fall 2020

OFFER?

- ◉ International access – Students will be able to receive counselling services from over 20 countries. They will be able to connect via telemedicine mediums.
- ◉ Uncapped model – Solution focused model
- ◉ Matching – Solution that offer more chances of comfort and success (e.g. faith based, LGBTQ2+)
- ◉ App medium – Live in-app texting will be a new medium to connect with the service

**THANK YOU!
QUESTIONS?**