Building Support for Student Well-being. It takes a Village!

- Lori Weber
- Director, University of Lethbridge Health Centre
Let's Start a Conversation About *Health* . . .
and Not Talk About *Health Care* at All

**USER GUIDE**
University Health

1) Knowledge of Types of Distress
2) Knowledge of Youth Culture
3) Knowledge of Your Own Abilities to Assist
4) Knowledge of Services available on-campus
5) The Actual Interaction
6) The Follow-up
You don’t really need to look that hard to find students in distress...
What types of distress?
6 Aspects of HEALTH:

1. Mental Health
2. Physical Health
3. Emotional Health
4. Social Health
5. Spiritual Health
6. Environmental Health
So You have a Student in Distress - What do you do?

Do you go at this alone or ??????
Universities are working on this around North America

Supporting the creation of a campus community that is deeply conducive to transformative learning and health

- Institutional Structure: Organization, Planning, and Policy
- Supportive, Inclusive Campus Climate and Environment
- Health Awareness
- Community Capacity to Respond to Early Indications of Student Concern
- Self-Management Competences and Coping Skills
- Accessible Health Services
- Crisis Management
- Campus Engagement, Planning, and Action
Ideas for Assessing Youth Culture

- Who am I? What are my expectations of youth? For example, the STAR TREK thinking of an older generation
- What is happening in this age group’s culture?
KNOWLEDGE OF YOUTH CULTURE AND ITS EFFECT ON DEALING WITH LIFE AND ACADEMIC PURSUITS

Queen’s University Report
Does a good overview of university actions to improve mental health in the academic setting but does not include a lot on general health/primary care within university settings.
Know Thyself….

- We are all in different places for helping others.....
- Know your own capacity at this moment in time
- Be prepared for scenarios of student in distress
Where Can I get HELP?
OFF CAMPUS

If you are in crisis call the Distress Line of SW Alberta at 403.327.7905, or call 911
Campus Resources?

Academic Writing

Faculty of Arts & Sciences Academic Writing Centre (403) 329 2518

Advising

Arts and Science Advising (403) 329 5106
Native Student Advising (403) 394 3902

Academic Support

Recruitment & Student Life (403) 329-2762
Accommodated Learning Centre (403) 329-2766
Student Success Centre - Learning Strategies and Tutoring

Library

U of L Library (403) 329 2265

Career

Career & Co-op Services (403) 329 2000
Chaplain's Office
Ecumenical Campus Ministry is a ministry of the Anglican, Evangelical Lutheran, Presbyterian and United Churches to the students, staff and faculty of the University of Lethbridge. Chaplain Erin Phillips organizes social activities, provides spiritual support and hosts opportunities for study and worship. Chaplain's Office in M4054, by calling 403-382-0294, or by emailing her at phillips@uleth.ca. Father Roque holds Mass.

Finances
Scholarship & Student Finance (403) 329 2585

Health
Health Centre (403) 329 2484

Housing
Housing Services (403) 329 2584

International Students
International Centre for Students (403) 329 2053

Security
Security Services (403) 329 2345
Safewalk (403) 380 1888

Students Union
Students Union (403) 329 2222
Where Else Can I Find Information or help in regards to classroom well-being

https://www.sfu.ca/healthycampuscommunity/learningenvironments/WLE.html
PLAN before a Crisis.
What is on your Board or Computer to help you remember who is available for assistance at a moment’s notice?
Behavioural Incident Committee

- Who to call - When to call?
- What happens?
- Why is this important?
Health Centre - Mental Health Team

- Psychiatrists
- Physicians
- Physician Support Nurse (Mental health nurse)
- Behaviourist
- Dietitian
- Addictions Wellness Coordinator
- Administrative Support
On CAMPUS Resources

- Counselling Staff/ Disability Staff
- Student Success Centre
- Accommodated Learning Centre
- Security
- Housing
- Scholarship and student finance
- Faculty Advisors
How will these people ‘speak’ to each other?

- Confidentiality concerns need addressing first
  FOIP versus HIA
- Emergency Communications
- How will various departments deal with Emergencies?
- Behavioural Incident Committee
Constant Building of your Repertoire in Student Issues and Sharing the Structure that works for you....
Security Issues

- Room set-up
- Call system
- Red file system
- Phones in each room
- Working with Campus Safety for your security
The Reality

Okay, so you do a lot of planning and

THEN LIFE HAPPENS!

Get your own support (personal and professional) and keep going!
Questions

1) What is the presenting concern?
2) Have dealt with this before? Have you seen a professional for this concern before? IF so when and where?
3) Are you connected with any UofL services? Which ones?
4) Do have a family doctor, if so where? (if local GP, have they discussed this issue with that physician)
5) Is this a crisis situation? Safety or self harm concerns?
6) What Action is needed
Scenarios

- Mental Health – walls telling me to take over the world
- Physical Health – chronic disease causing inability to complete courses
- Emotional Health – not completing work assigned in class, crying and stating they are homesick
- Social Health – just broke up with ‘the love of my whole life’
- Spiritual Health – this class is leading me to question my beliefs
- Environmental health – I cannot attend class due to allergies
MentalHealthHumor.com

By: Chato B. Stewart

Wellness Plan 2009

1. Take my meds every day! [ ]
2. Lose 20 lbs again. [ ]
3. Get a Job!! [ ]
4. Keep a Job! [ ]
5. Get to bed before 3AM. [ ]
6. Go back to my support group. [ ]
7. Tell one friend about my illness. [ ]
8. Do not yell and scream! [ ]
9. Say thank you more! [ ]
10. Always finish what I

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Longterm Goals
Contact

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