

students
in mind



conference
package

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LETTER FROM THE CHAIR

Dear friends,

Welcome to Students in Mind, and thank you for investing in this day.

As fellow students, you've recognized the growing mental health burden overwhelming our campus. There are the numbers – a 25 percent increase in cases handled by the Mental Health service in the last two years – and then there are the people: your classmates, your best friend, yourself. Personal encounters with mental health and illness underscore the severity of this situation in a way that statistics cannot. Too many of us have been stifled by a university culture that downplays the importance of mental well-being: we are trained to make extraordinary demands of the mind, but not to care for it at the most basic level.

Still, this is an exciting time for mental health at McGill. In early September, the SSMU Legislative Council passed a motion to draft a 5-year mental health policy, the first of its kind, by the end of this year. Several new student-led initiatives – including the Peer Support Network (PSN), Unleash the Noise (UTN) McGill, and the Inclusive Mental Health Collective (IMHC) – have launched this fall, aiming to serve and discuss our diverse mental health needs. And on this day, you are among 120 attendees who have committed their time and energy to McGill's first conference on student mental health.

The Students in Mind team has designed a program to address mental health on three levels: within ourselves, among our peers, and across our campus. Everyone you meet today will share your passion for the mental well-being of this campus, so know that you are among friends. With this in mind, I encourage you to fully engage in our training workshops, panel discussions, and keynote speeches, and take advantage of the confluence of unique perspectives you'll encounter today.

We hope that Students in Mind 2013 will inspire you to make mental health your priority and its advocacy your passion, well beyond October 5th. Go deeper, engage further, and set a new idea in motion that will allow the brilliant minds of this campus to reach their full potential. This is just the beginning.

Here's to a mentally healthy McGill,

Clara Lu

Students in Mind Chair

WHO WE ARE



Kristen Bailey
VP Internal (Club Fair)



Brittany Barbeau
VP Internal (Volunteers)



Tara Campbell
VP Logistics



Nadia Demko
VP External (Speakers)



Kimberly Dossett
VP Sponsorship



Sarah Hanafi
VP External (Workshops)



Shinae Lee
VP Internal (Publicity)

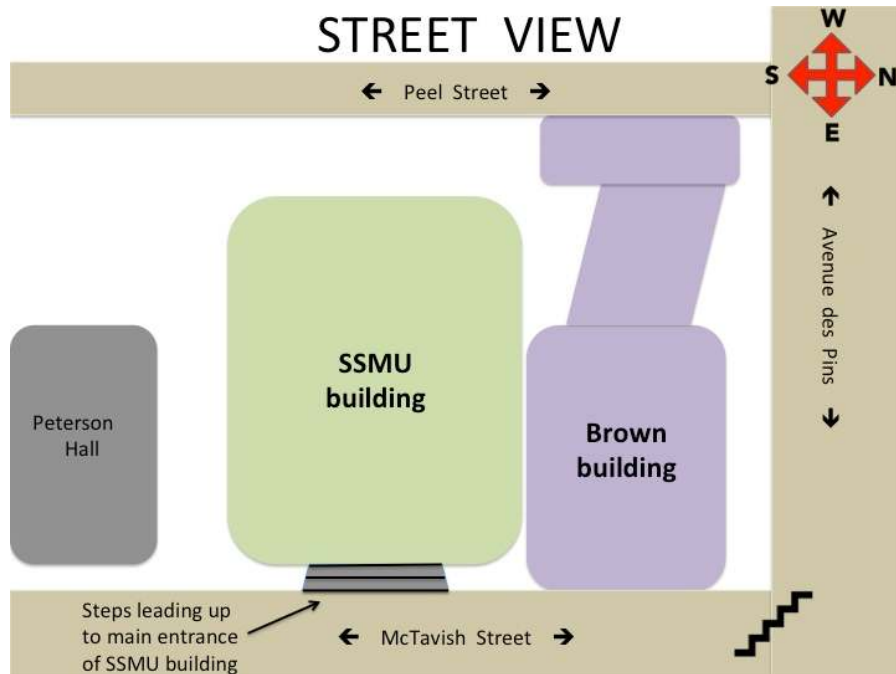


Clara Lu
Committee Chair

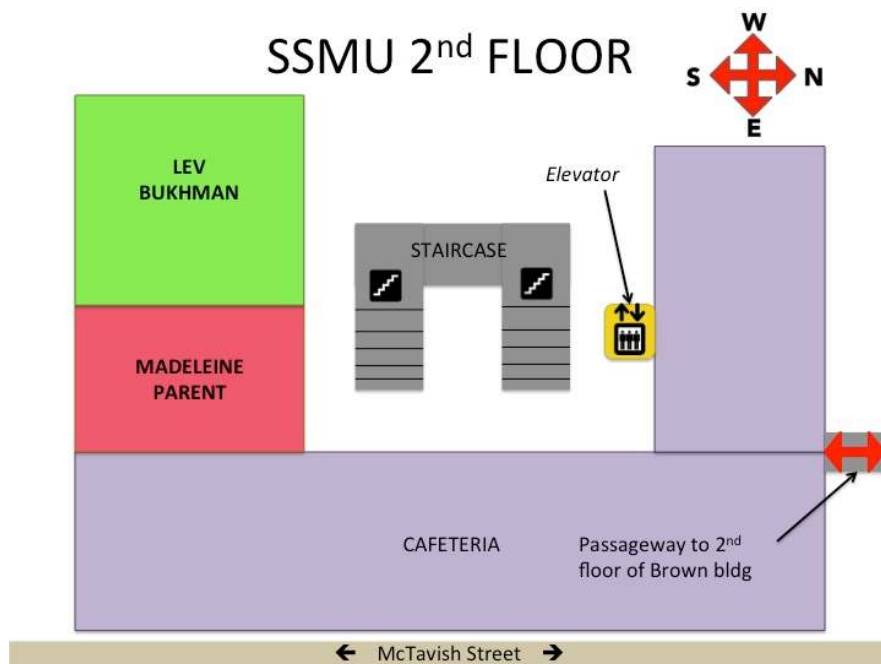
CONFERENCE PROGRAM

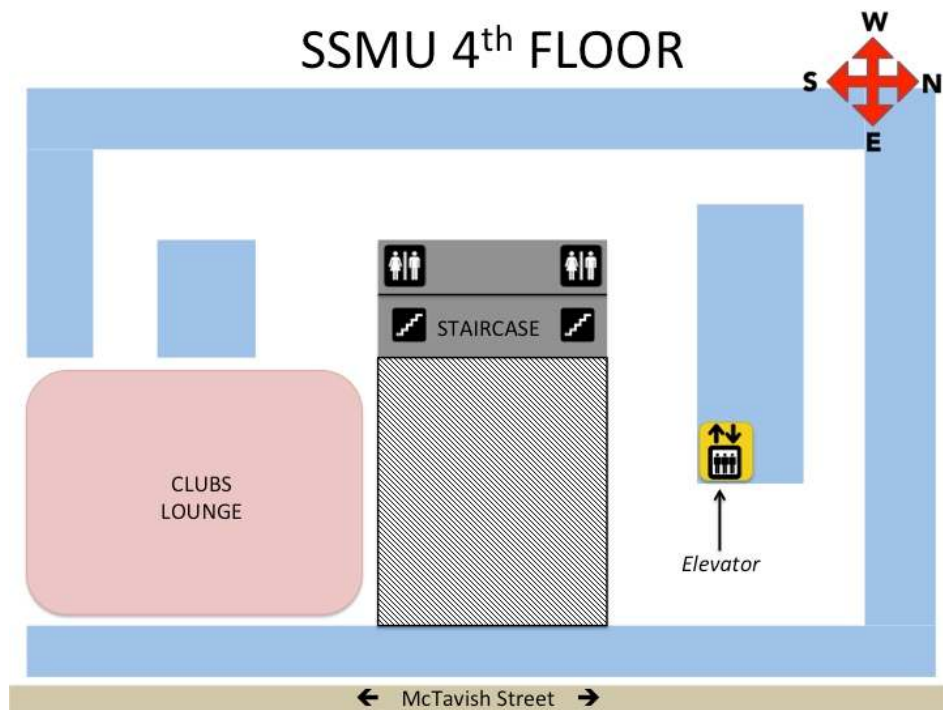
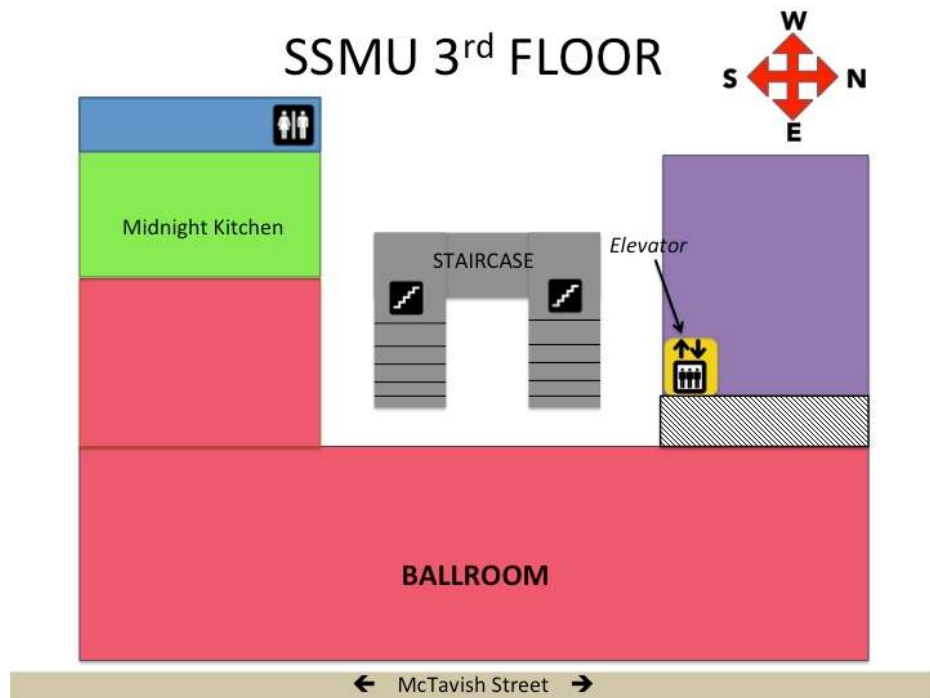
TIME	ACTIVITY	VENUE
8:30-9:00	Registration	SSMU Ballroom
9:00-10:00	Welcome and Opening Keynote	SSMU Ballroom
10:00-10:15	Break 1	<i>Please make your way to the next activity.</i>
10:15-11:30	Workshop 1: Self-Care <ul style="list-style-type: none"> • Group A • Group B • Group C • Group D 	Madeleine Parent Lev Bukhman Brown 3001 Brown 5001
11:30-12:45	Lunch <ul style="list-style-type: none"> • Mind Spaces Club Fair • Laughter Yoga • Meditation 	SSMU Ballroom SSMU Ballroom Cafeteria Clubs Lounge
12:45-2:00	Panel Discussions <ol style="list-style-type: none"> 1. Designing a Supportive Campus Environment 2. Building Campus Resources 3. Advocating for Mental Health on Campus 	Madeleine Parent SSMU Ballroom Lev Bukhman
2:00-2:15	Break 2	<i>Please make your way to the next activity.</i>
2:15-3:30	Workshop 2: Peer Support <ul style="list-style-type: none"> • Group A • Group B • Group C • Group D 	Madeleine Parent Lev Bukhman Brown 3001 Brown 5001
3:30-4:30	Closing Keynote and Closing Remarks	SSMU Ballroom

MAP OF CONFERENCE VENUES

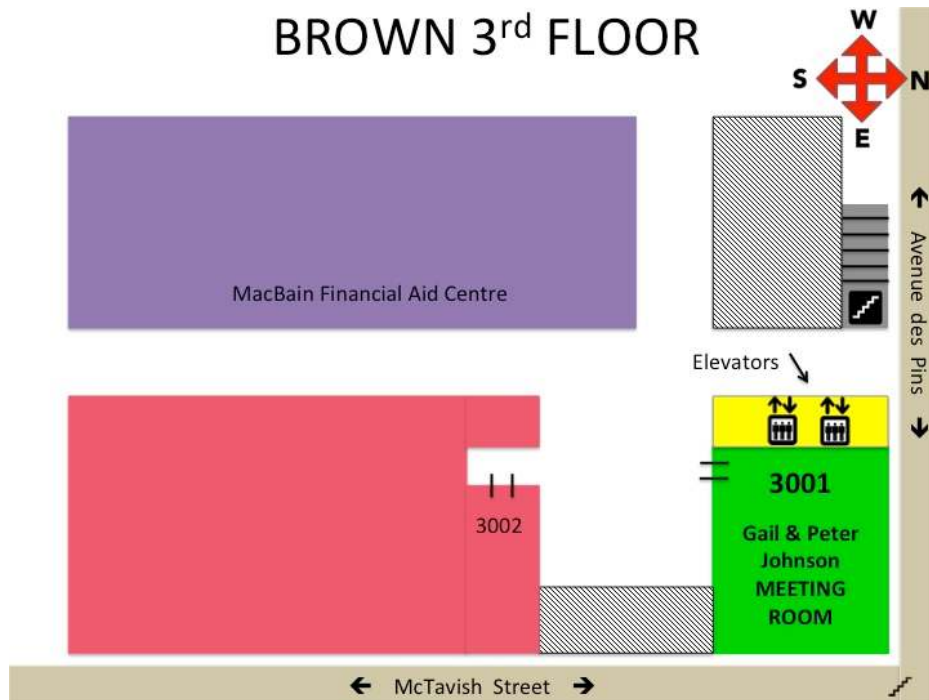


NOTE: In the SSMU Building, washrooms are on the following floors: basement, 1 (RC), 3 & 4

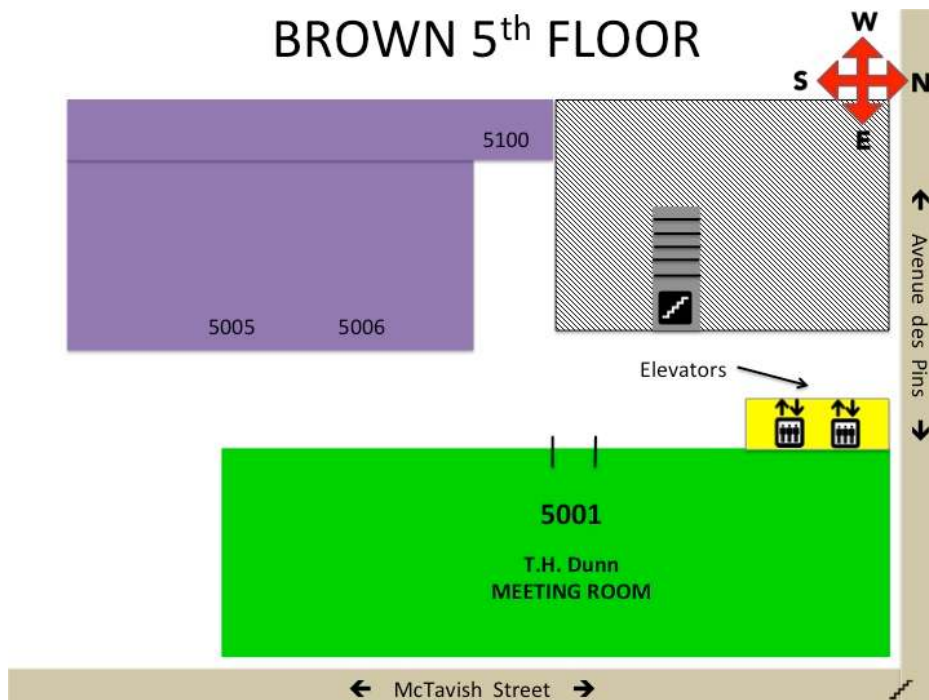




BROWN 3rd FLOOR



BROWN 5th FLOOR



CONFERENCE ACTIVITIES

OPENING KEYNOTE

Dr. Joseph Rochford, our opening keynote speaker, will provide an introduction to the basics of mental health, specifically addressing on the associated stigmas and myths. As a professor in Psychiatry at McGill and a director of various programs, he will hone in on current trends in mental health on our campus.

WORKSHOPS

As a registered attendee, you will have the opportunity to attend two workshops on the day of the conference. During these sessions you will gain the knowledge and skills to manage your personal mental health, support peers who may be dealing with mental health problems, and potentially get involved in mental health initiatives both on- and off-campus. Our workshops have been developed in collaboration with existing McGill student services: Counselling Services, Mental Health Services, the Office for Students with Disabilities, and Student Health Services. The workshops will centre on the two themes of self-care and peer support.

1. SELF-CARE

The self-care workshop will focus on mental health education and specific self-care methods. You will:

- strengthen your knowledge of the mental health basics
- learn about resources available both at McGill and in Montreal
- discover essential methods for caring for your own mental health amid the demands of university life

2. PEER SUPPORT

The peer support workshop will train you to engage with your peers in a way that encourages both help-seeking and helping behaviour. You will:

- gain new support skills and reinforce existing ones
- be challenged to apply new skills in real-life scenarios
- learn how to talk to a peer in distress and develop active listening skills

It is our hope that, through these workshops, you will leave the Students in Mind conference with tangible skills to promote mental wellness for yourself and amongst your peers!

LUNCH BREAK

Vegetarian options will be available for the complimentary lunch. The following *optional* activities are offered during the lunch period:

MIND SPACES CLUB FAIR

Various clubs and organizations related to mental health will be tabling during the lunch period. You can take this opportunity to learn more about how to get involved in mental health initiatives at McGill and in the wider Montreal community.

LAUGHTER YOGA

Laughter yoga combines the benefits of your average yoga class and a comedy sketch. Offered by *Happy McGill*, this session will give you a quick test-run of this newly popular practice.

MEDITATION SITTING

Meditation is no longer just for monks! A seasoned student meditator will teach you the basics of using mindfulness practice to cultivate attention, awareness and compassion.

PANEL DISCUSSIONS

“WHAT DOES A MENTALLY HEALTHY CAMPUS LOOK LIKE?”

Prepare to engage in discussions aimed at answering this question! You will have the chance to participate in one of three panels, each consisting of panelists from a wide range of backgrounds, including advocates, student leaders, representatives from mental health organizations, individuals with lived experience, and mental health care professionals from McGill student services and the greater Montreal community.

1. DESIGNING A SUPPORTIVE CAMPUS ENVIRONMENT

This panel will directly address how to build a more supportive and inclusive campus environment that facilitates connection and meaningful engagement inside and outside the classroom.

- i. *Dr. Ridha Joobar*, researcher at the Douglas Institute of Mental Health and professor in the Department of Psychiatry
- ii. *Sara Houshmand*, former Post-Graduate Students' Society (PGSS) Equity Commissioner and a PhD student in Counselling Psychology at McGill
- iii. *Keven Joyal-Desmarais*, Anxiety Support and Awareness Community (ASAC), Association for Well-Being and Enrichment (AWE), and recent graduate with an Honours Bachelor's in Psychology at McGill
- iv. *Dr. Nancy Low*, Clinician-researcher in the Mood Disorders Program of the MUHC and Assistant Professor in the Department of Psychiatry at McGill University

2. BUILDING CAMPUS RESOURCES

This panel will examine current Mental Health Services on campus, discuss ways in which these services can be made more accessible to students, and define its unique role

among the range of other services - including other campus, peer-run and community initiatives.

- i. *Dr. Robert Franck*, clinical director of McGill's Student Mental Health Service
- ii. *Dr. David Dunkley*, professor in the Department of Psychiatry and researcher at the Jewish General Hospital
- iii. *Katrina Bartellas*, co-founder of the McGill chapter of Unleash the Noise and mental health student advocate
- iv. *Emily Yung*, Post-Graduate Students' Society (PGSS) Health and Wellness Committee and Chair of the Peer Support Network

3. ADVOCATING MENTAL HEALTH ON CAMPUS

This panel will discuss strategies to raise awareness about mental health on campus, including the reduction of stigma and discrimination among all students, faculty, and staff.

- i. *Dr. Sarah Berry*, course instructor at McGill and research associate for the Opening Minds Anti-Stigma Initiative of the Mental Health Commission of Canada
- ii. *Elizabeth Cawley*, Post-Graduate Students' Society (PGSS) Health and Wellness Committee and PGSS Member Services Officer
- iii. *Liette Desjardins*, psychiatric nurse at the Douglas Institute of Mental Health
- iv. *Patricia Lemoine*, Vice-President on the Board of the Montreal Walks for Mental Health Foundation and mental health advocate

CLOSING KEYNOTE

Dr. Camillo Zacchia, our closing keynote speaker, will provide his musings on anxiety, stigma, and the overall mental health of students. He will highlight future steps to prioritize your own mental health and advocate for the mental health of your peers and the campus!

SELF-CARE WORKSHOP SUMMARY

SELF-CARE IS...

- ... a set of habits, practices, and strategies for maximizing happiness, health, and well-being.
- ... different for every person.
- ... an evolving process, not an end goal.
- ... adaptation to modern life; more than just getting by.

There are things we need to *survive* (e.g. food, water, shelter, sleep) and things we need to *thrive* (self-care; e.g. rest and relaxation, physical health, social relationships, alone time, fun, purpose).

SELF-CARE IS IMPORTANT BECAUSE...

- ... you have *multiple roles*: student, worker, volunteer, friend, son/daughter, citizen/neighbor, partner.
- ... *stress* could have dire consequences on your health and mental health.

STEPS TOWARDS SELF-CARE:

1. Know your needs. Pay attention. How are you doing?
2. Find out what works for you, considering your interests, budget, schedule...
3. Do it! It takes practice to turn self-care activities into habits.

PEER SUPPORT WORKSHOP SUMMARY

WHAT IS A MENTAL DISORDER?

Dysfunctional pattern of behaviours and emotional responses leading to impairment in at least one major life domain.

EXAMPLES OF MENTAL DISORDERS

Depression

Panic Disorder

Generalized Anxiety Disorder

Specific Phobias

Social Phobias

Obsessive-Compulsive Disorder

Post-traumatic Stress Disorder

Bipolar Disorder

Schizophrenia

Anorexia

Bulimia

Binge Eating Disorder

WARNING SIGNS OF SUICIDE: IS PATH WARM

Ideas of suicide

Substance abuse

Purposelessness

Agitation

Trapped feeling

Hopelessness

Withdrawal

Anger

Recklessness

Mood Swings

KNOW YOUR LIMITS

- Encourage your friend to get help
- Don't take on the role of a therapist with a friend in need
- Avoid guaranteeing complete confidentiality

WHO TO CONTACT?

- At McGill, either *Counselling Services* or *Mental Health Services* (both located in the Brown Building)
- Call 911 if you feel your friend is in imminent danger

ACTIVE LISTENING

A style of listening designed to be particularly helpful when speaking to someone in distress.

FOUR CORE COMPONENTS

- Repeating
- Paraphrasing
- Reflecting
- Validation

SUPPORTING SKILLS

- Use simple facilitations (e.g. nodding, "go on", "tell me more")
- Ask open-ended questions

McGILL RESOURCES

Below you will find an outline of how to go about accessing *some* campus resources; however, there are many more resources available on campus! For a complete list, please consult our [website](#).

McGILL COUNSELLING SERVICE

Brown Student Services Building, Suite 4200, 3600 McTavish, Montreal

W: www.mcgill.ca/counselling/ T: 514.398.3601 E: counselling.service@mcgill.ca

Monday to Friday from 9:00 AM - 4:00 PM (Crisis Drop-In)

Counselling emphasizes awareness and prevention of mental health issues; supports the belief that efforts to deal with problems before they become unmanageable is the key to optimal health and wellness; and encourages a holistic approach to mind-body-environment issues. The McGill Counselling Service offers individual and couple counselling, as well as vocational testing. Students also have the opportunity to participate in a number of groups and workshops each semester. Other than modest cost-recovery charges for vocational testing material, all full- and part-time students who have paid student service fees are eligible for services free of charge. To make a counselling appointment, students first have an “intake” appointment. Intake operates on a first-come, first-served basis, starting at 11:30am during the academic year. Students meet briefly (20-30 minutes) with an intake counsellor to collaboratively discuss how the Counselling Service can be of assistance. The following options may be offered: a) attendance to one of the Counselling Service’s many workshops, b) referral to other Student Services or outside the University if concerns require specialized assistance, c) scheduling individual or couple counselling appointments with one of our counsellors.

McGILL EATING DISORDER PROGRAM

Brown Student Services Building, Suite 4200, 3600 McTavish, Montreal

W: www.mcgill.ca/mentalhealth/edp T: 514.398.3629 E: edpclerk.mentalhealth@mcgill.ca

Monday to Friday from 8:00 AM - 5:00 PM

Eating Disorders have the highest mortality rate of all mental health/ psychiatric disorders, at 20%. The prevalence of Eating Disorders is high amongst university students. The McGill Eating Disorder Program is a program available to McGill Students paying their student service fees. Anyone can refer himself or herself to the McGill EDP. When a student enters the program, they will have an initial full assessment with the team. After the assessment a treatment plan is put in place for the individual student. Their treatment may include any of the following services which are offered by our program: individual psychotherapy, medical follow-up, psychiatric follow-up, nutritional counseling, meal planning, weekly vitals and weigh-ins and group therapy: psychoeducation, meal support, general support, cognitive behavior therapy, nutrition groups. We offer family meetings when needed. We offer mini psychoeducation sessions with family, friends, roommates and floor fellows to help support them in supporting others and teaching loved ones what to say and what not

to say in their efforts to support students. We also offer workshops on how to eat normally, develop positive body image and help in the prevention of eating disorders.

MCGILL MENTAL HEALTH SERVICES CLINIC

Brown Student Services Building, Suite 5500, 3600 McTavish, Montreal

W: www.mcgill.ca/mentalhealth T: 514.398.6019 E: mentalhealth.stuserv@mcgill.ca

Monday to Friday from 8:30 AM - 5:00 PM

The focus at our service is to enable you to achieve psychological well-being and academic success. We provide a secure, non-judgmental and confidential space in which to pursue your mental health treatment. Our clinic consists of a team of psychiatrists, psychologists and psychotherapists whom are all available by appointment. Please note that for an appointment with a psychiatrist, you will first need a referral by a physician.

SKILLSETS

W: www.mcgill.ca/skillsets E: skillsets@mcgill.ca

SKILLSETS is a centrally-managed program that is jointly hosted by Graduate and Postdoctoral Studies and Teaching and Learning Services. We develop and promote interdisciplinary professional development offerings to all Graduate Students and Post-Doctoral Fellows.

MCGILL CHAPLAINCY

Brown Student Services Building, Suite 2100, 3600 McTavish, Montreal

W: www.mcgill.ca/mentalhealth T: 514.398.4104 E: chaplaincy@mcgill.ca

Monday to Friday from 9:00 AM - 4:30 PM

Chaplaincy is dedicated to raising religious literacy and enhancing spiritual wellness at McGill. We are a student service you can turn to whether you want to connect with others who share your own religious roots or explore new and diverse religious and philosophical frameworks. We have a team of inter-faith chaplains, who are here to help, and are sworn to confidentiality.

GET INVOLVED!

1. CONNECT!

... on the Students in Mind [website](#):

- Peer Support Network launch
- Walk for Mental Health sign-up
- read our upcoming post-conference report
- watch videos of our keynote speeches
- check out links to other mental health organizations

2. GO!

- Oct. 6-12, 2013: [Mental Illness Awareness Week](#)
- Oct. 17-20, 2013: [Au Contraire Film Festival](#)
- Oct. 20, 2013: [McGill & Montreal Walks for Mental Health](#)
- Coordinated by [Unleash the Noise](#) McGill. Team Name: "The Jack Project"
- You can sign up to participate during the lunch break!
- Oct. 21, 2013: The McGill Health Promotion Team is giving away free de-stress kits!
- Feb. 28 - March 1, 2013: [Unleash the Noise](#) Conference (TORONTO)
- A national student mental health innovation summit.
- March 2014: [Clara's Big Ride](#) (Bell Let's Talk)

3. ENGAGE!

SELF-CARE

- practice techniques learnt during the workshop
- practice mindfulness and meditation
 - Zen Meditation (Fridays 8:30-9:30 AM), E: chaplaincy@mcgill.ca
 - Meditation Sitting Group, E: ishanwalpola@me.com
- drop-in at the Peer Support Network starting Dec. 2013 from 5:00-7:00 PM on Wednesdays & Thursdays
- refer to our online summary of resources available at McGill and in Montreal

PEER SUPPORT

- apply to join the Peer Support Network - applications run from Oct. 6-18
- volunteer for McGill Nightline
- volunteer for the Sexual Assault Centre of the McGill Students' Society (SACOMSS)

COMMUNITY

- Unleash the Noise: [McGill Chapter](#)

- Inclusive Mental Health Collective, E: inclusiveMH@gmail.com
- Volunteer within McGill: [Health Promotion](#) (Healthy McGill) / [Eating Disorders Program](#)
- Volunteer outside McGill: [Partners for Mental Health](#) / [Head&Hands](#) / [AMI-Quebec](#)

4. INITIATE!

- Within your own organization, present and organize an event around a free mental health workshop:
 - [Mental Health](#) (IFMSA Quebec)
 - [Depression](#) (Mental Illness Foundation)
- Advocate for a mental health policy on your student body council
- Write to your faculty, department, or administration asking that they bring [Mental Health First Aid](#) to McGill staff
- Start your own initiative and apply for funding!:
 - at McGill:
 - SSMU Campus Life Fund
 - Innovation Fund
 - Mary H. Brown Endowment Fund (April deadline)
 - in Canada:
 - [RBC Students Leading Change](#) (November deadline)
 - Bell Let's Talk Community Fund 2014 (January deadline)

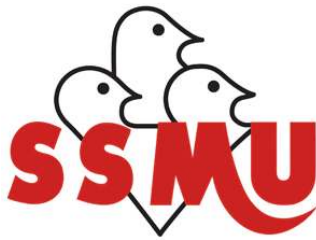
FEEDBACK: TELL US WHAT YOU THINK!

We would love to hear what you thought of the inaugural Students in Mind conference! You may provide us with feedback through our [online registration form](#). Alternatively, you may complete and submit a paper version during the conference. All comments and suggestions are welcome - we sincerely want to hear your thoughts so as to make Students in Mind 2014 a success!

THANK YOU

Thank you for joining us today in making mental health a priority on our campus.

Many thanks to our generous supporters:



MARY H.
BROWN
ENDOWMENT
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