



## SUMMARY OF CENTENNIAL'S MENTAL HEALTH POLICY

UPDATED DECEMBER 12, 2022

***Note: To access the full Policy, please consult the Centennial College Website.***

***The French version of the Policy available on the Website is the official version.***

### INTRODUCTION

The Centennial College's Mental Health Policy (PISME) is based on the following government's documents: the *Cadre de référence sur la santé mentale étudiante* and the *Plan d'action sur la santé mentale étudiante en enseignement supérieur 2021-2026*.

Centennial College's mission is directly related to the goals and orientations expressed in these two documents: to develop the autonomy and resilience in all students. The collaboration of all staff and the use of responsive teaching practices are the basis for achieving this mission.

This Policy also includes the Centennial Mental Health Action Plan, its mental health protocol and its postvention protocol.

It was developed from the template provided by the ministère de l'Enseignement supérieur.

### DEFINITIONS

**Mental health:** A state of well-being that enables each person to recognize his or her own abilities, to achieve self-actualization, to overcome the normal stresses of life, to do productive and successful work, and to contribute to the life of the community.<sup>1</sup>

### OBJECTIVE

The objective of the Policy is to outline the broad directions that promote wellness and support thriving mental health. Thus, the college intends to:

- Provide students with an environment that supports student retention and success through the implementation of measures that promote wellness and mental health.

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<sup>1</sup> Organisation mondiale de la Santé, *Santé mentale : renforcer notre action*, [En ligne], 2018.  
<https://www.who.int/fr/news-room/fact-sheets/detail/mental-health-strengthening-our-response> (Consulté le 2 mai 2022). Translation in English by Centennial.

- Create conditions that foster accountability for mental health among all stakeholders in the College.
- Participate in the improvement of students' well-being and mental health.

## **SCOPE OF THE POLICY**

The Policy involves all members of the Centennial College community, including students and staff members.

## **RESPONSIBILITIES**

**Board:** Adopt the Policy and any further updates.

**Director General:** Ensure the implementation of the Policy; Ensure the application of the policy and its compliance with other Centennial policies; Allocate the human, financial and material resources required to implement the Action Plan; Ensure that the Policy is consistent with and complementary to other Centennial policies, including those aimed at preventing and addressing sexual violence in higher education, discrimination, harassment, violence, and the *Code of Conduct*.

**Wellness & Learning Strategies Coach and Student Success Team:** Promote the Policy and ensure that it is accessible to the entire student community, including posting it on the college website; Ensure that mental health support, accompaniment, awareness, promotion and prevention services are in place and that information about these services is accessible; Encourage interdisciplinary collaborations with community agencies to complement the College's service offerings; Accompanying students with special needs and implementing the required accommodations; Guide students to available mental health resources; Follow the training offered on mental health; Encourage initiatives that promote student involvement in their institution.

**Staff Members:** Attend proposed trainings related to mental health; Respect the model of inclusive educational practices at Centennial College: Universal Design for Learning (UDL); Implementing evidence-based mental health conditions; Refer students to services available at the College and not substitute for other specialists (counselors, professional resources, etc.) when a student confides difficulties and concerns requiring support.

**Students:** Participate in activities organized by the Wellness and Learning Strategies Coach and the Student Success Team, primarily themed workshops; Participate in the follow-up of their intervention plan as agreed upon with the Student Success Team; Become informed, seek services as needed, and when appropriate, communicate relevant information to professional resources in order to receive the necessary support.

## **COLLEGE COUNCIL**

The College Council is the focal point for consultation on all College policies and procedures. Consequently, regarding the Policy, it automatically assumes the role of a standing institutional committee (required by the Ministry).

Composed of a faculty member, a member of the Student Success team, student representatives and the Wellness and Learning Strategies Coach, its mandate with respect to mental health is to: Create a supportive and non-judgmental climate for both students and other staff members; Plan and assist in the implementation of actions to support student mental health, including the promotion of positive mental health; Make recommendations to the Director General to improve the support offered to the student population; Propose promotion, prevention, awareness and training activities in mental health; Evaluate the actions carried out by the committee, based on the minutes of these meetings and surveys, and/or other things; Evaluate the implementation of the Policy.

### **SERVICES**

The services offered under this policy are directly related to the College's mission and the UDL pedagogical model, which ensures follow-up adapted to the specific needs of students. The means put in place and the actions taken to ensure that students benefit from optimal support to succeed in their studies, while developing their autonomy and resilience, are complementary to those found in other policies or action plans, notably the Institutional Success Plan (PIR).

This complementarity and the unique model at Centennial contribute to a healthy environment on all levels, including mental health.

### **FOR MORE INFORMATION**

Regarding the Policy, the Centennial Action Plan, the protocol and the services in mental health, contact:

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