



STUDENT MENTAL HEALTH POLICY

1. DATE

Adopted by the Board of Governors on August 29, 2023.

2. PURPOSE AND OBJECTIVES

Marianopolis College is committed to fostering a dynamic and inclusive learning environment that is conducive to mental health as an essential dimension of student growth and success.

The College's approach to student mental health takes inspiration from its Student Success Profile, which centers on the student's own self-development as the focal point of their learning as emerging adults. In order to flourish and thrive in their Marianopolis studies and beyond, the student "seeks personal growth and fulfillment, pursues their educational goals in line with their interests and strengths, and builds character and confidence by confronting challenges with courage, determination and resilience."

Through this policy, the College affirms that the mental well-being of students is a shared priority of the entire Marianopolis community, through both individual and collective responsibility and concerted actions.

The purpose of this policy is to:

- contribute to the Plan d'action sur la santé mentale étudiante en enseignement supérieur (PASME) by the Ministry of Higher Education;
- establish an institutional framework for awareness, education, prevention, intervention and support for student mental health, taking into account the needs of the student community;
- define roles and responsibilities associated with student mental health;
- outline the mental health services provided to the student community.

3. SCOPE OF APPLICATION

This policy applies to all members of the Marianopolis community.

4. DEFINITIONS

College: Marianopolis College as a legal entity.

Employee: any person performing a service for the College for remuneration. This includes faculty, staff, managers, and interns employed by the College.

Marianopolis community: students, employees and board members of the College.

Mental health: as defined by the World Health Organization, a state of emotional, psychological and social well-being that enables a person to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Mental health exists on a complex continuum throughout a person's life, and is experienced differently from one person to the next.

On-campus resource persons: support staff, professional staff and managers who have particular responsibilities and expertise in relation to student mental health.

Policy: the Student Mental Health Policy.

Student: a person who is registered in one or more courses at the College or who has completed the previous semester at the College and is eligible to return in the following semester.

5. ROLES AND RESPONSIBILITIES

5.1. All members of the Marianopolis community are expected to:

- familiarize themselves with this policy;
- contribute to a campus culture that approaches student mental health with openness and respect.

5.2. Employees are expected to:

- refer students to on-campus resource persons or services as needed;
- consult one of the on-campus resources persons if there is a concern for a student's mental health;
- call the on-campus emergency phone extension (303) if a student is in immediate distress.

5.3. Students are encouraged to:

- take an active role in looking after their own mental health and well-being;
- seek information and support as needed;
- collaborate with on-campus resource persons to co-create support plans that meet their needs.

5.4. On-campus resource persons are responsible for:

- participating in the development and implementation of awareness, prevention, intervention and support measures;
- providing professional guidance to members of the Marianopolis community on matters of student mental health;
- assisting and advocating for students as they seek information and support;
- liaising with off-campus resources.

5.5. The Student Mental Health Advisory Committee, a standing committee composed of students, staff, faculty and managers, is responsible for:

- participating in the review of the policy;
- supporting the implementation of the policy by making recommendations on awareness, education, professional development, prevention, intervention and support measures;
- serving as a forum to which members of the Marianopolis community may bring forward suggestions and concerns related to this policy;
- producing and submitting an annual report of its activities to the Director General.

5.6. The Director General is responsible for:

- allocating the necessary resources to ensure that this policy is implemented and applied;
- ensuring that this policy aligns with other College policies;
- ensuring that this policy is reviewed periodically;
- ensuring that awareness, education, professional development, prevention, intervention and support measures are put in place.

5.7. The Board of Governors approves this policy and any revisions thereto.

6. AWARENESS, EDUCATION AND PREVENTION

6.1. On-campus resource persons provide psychoeducational and extracurricular initiatives addressing student mental health and the shared role that all members of the Marianopolis community play in enacting this policy, focusing on subjects such as:

- resources available on and off campus;
- how to seek support;
- practices and skills that foster emotional, psychological and social well-being.

6.2. Faculty members are encouraged to use pedagogical approaches that promote a supportive and inclusive learning environment in their classes and other academic settings.

6.3. In addition, faculty members may play a role in promoting student well-being, for example by:

- providing opportunities for students to stay active within and outside class;
- teaching theoretical knowledge and practical techniques related to mental health;
- offering learning activities in which students can discuss topics related to emotional, psychological and social well-being.

7. INTERVENTION AND SUPPORT

7.1. The College provides an on-campus counselling service that receives, evaluates and handles requests for intervention, support and referrals regarding student mental health. This service includes:

- crisis management when a student is in immediate distress;
- triage appointment with an on-campus resource person to assess the student's needs;
- short-term counselling or psychotherapy when indicated following the triage appointment;
- referral to other resources inside or outside the College as needed.

7.2. The College offers learning and testing accommodations to students with a documented mental health diagnosis who are registered with the AccessAbility Centre. These accommodations may include:

- a quiet room;
- extra time;
- use of adapted technological tools.

8. REVIEWING AND REVISING THE POLICY

The policy will be reviewed one (1) year after its initial implementation, then every five (5) years thereafter or at the request of the Director General or the Student Mental Health Advisory Committee.

9. RELATED POLICIES AND DOCUMENTS

The following College policies and documents may be useful in the application of this policy.

- Code of Employee Conduct
- Code of Student Conduct
- Institutional Policy on the Evaluation of Student Achievement (IPESA)
- Psychological Harassment Policy
- Sexual Violence Policy
- Student Success Plan

10. RELEVANT LEGISLATION

- Youth Protection Act (CQLR, c. P-34.1, art. 38)

11. OTHER RESOURCES

- Plan d'action sur la santé mentale étudiante en enseignement supérieur (PASME)