



EMC Community Forum

Tuesday, February 4, 2020

Lorretta Neebar

Registrar and Director of Enrolment Management

University of Toronto Mississauga



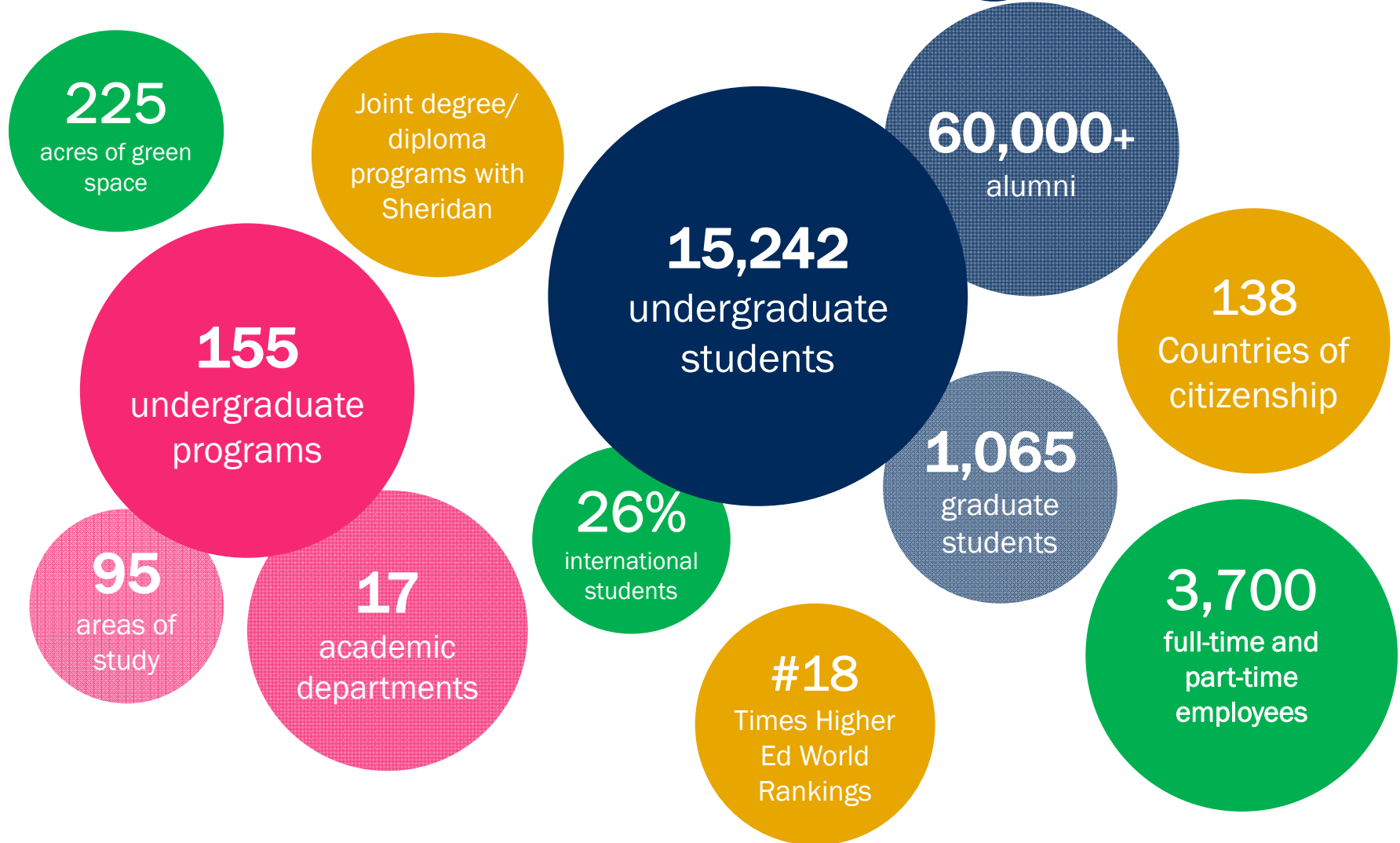
Agenda



UNIVERSITY OF
TORONTO
MISSISSAUGA

- About UofT Mississauga
- Mental Health Task Force
- Stepped Care Model
- HCC & RAWC Partnership
- Research on Campus
- Q&A

About UofT Mississauga



Mental Health Task Force

“The success and wellbeing of our students – mental and physical – is the University’s highest priority. Students are at the heart of our mission as an academic institution.”

- President Meric Gertler (March 28, 2019)

Mental Health Task Force



**Service Delivery
and Coordination
of Supports**



Partnerships



Physical Spaces

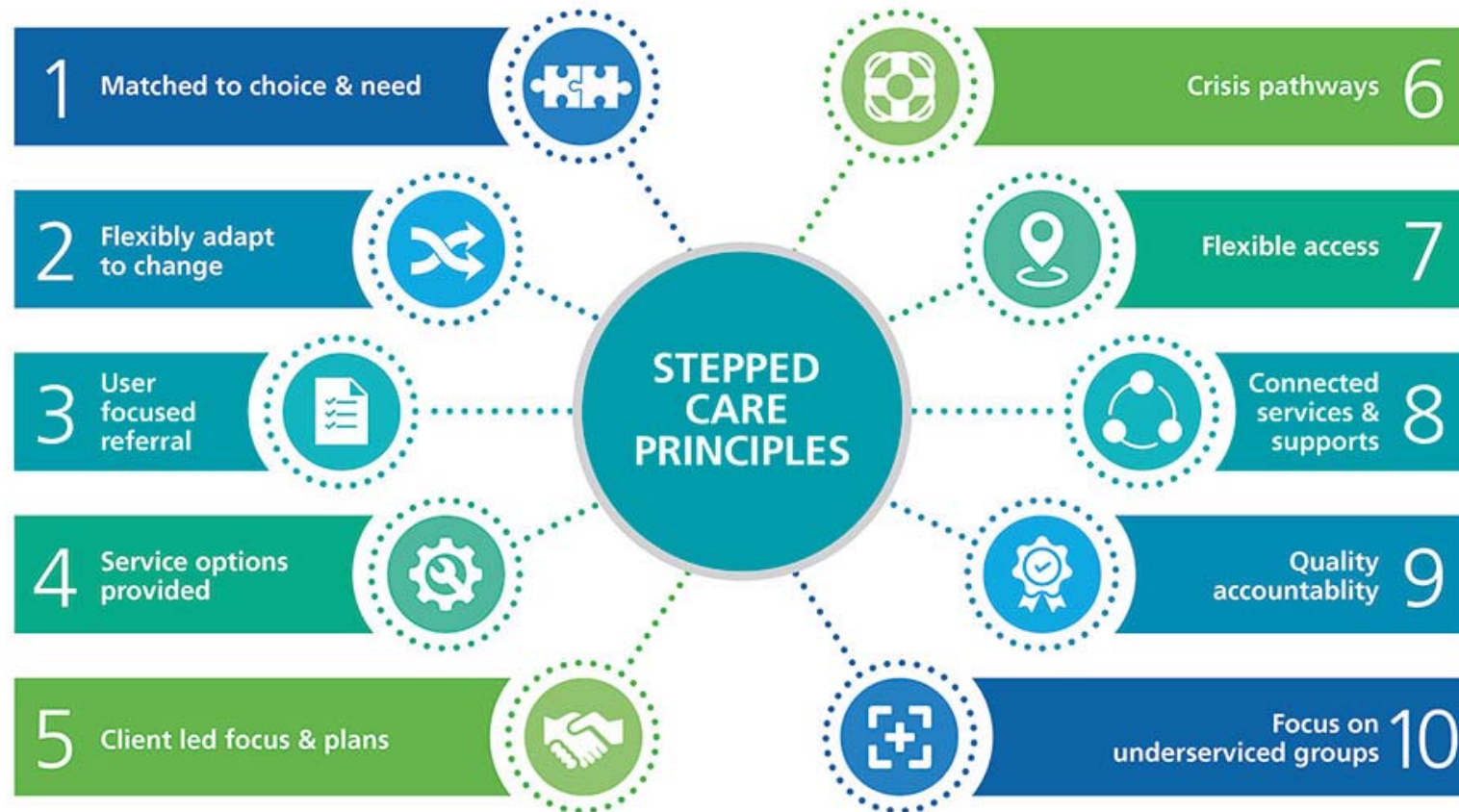


**Culture of Caring
and Excellence**



**Financial
Resources**

Stepped Care Model



Stepped Care diagram produced by Central and Eastern Sydney PHN, guided by the 2016 Australian Government framework, PHN Primary Mental Health Care Flexible Funding Pool Implementation
Guidance: Stepped Care, available from the Department of Health website at www.health.gov.au

HCC + RAWC Partnership



RECREATION, ATHLETICS & WELLNESS CENTRE

- Loneliness, stress, anxiety
- Low level, high impact intervention
- Education around physical exercise to alleviate symptoms and manage stress
- 3 x 1-hour sessions with personal trainer
- All trainers are canfitpro certified
Additional training in mental health
- High uptake on 10-20 referrals per week
- Reduced pressure on and waitlists for personal counselling
- Cost-effective
- Psychology researchers interested in studying impact of partnership

Research on Campus

“Our research strives to understand how we can best help children and adolescents become kinder, less aggressive and overcome traumatic stress. Given the high number of children and youth facing mental health challenges and environmental adversities, it is urgent to develop better approaches to identify and address children’s needs and positive development.”

- Tina Malti, PhD, Laboratory for Social Emotional Development and Intervention

Q&A



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