

Champions for Mental Health Program Planning Guide

Vision:

The Champions for Mental Health program aims to integrate health promotion into academics and related campus environments to advance a culture of wellbeing at Queen's.

Mission:

The Champions for Mental Health aims to highlight those educators who are going above and beyond to support student mental health. This program is a collaborative initiative created by Queen's Student Mental Health Collective, a caucus of student who are working to advance student mental health. This program responds to the student feedback and research calling for increased mental health promotion in academics. This type of promotional program is necessary and aligns with Queen's Campus Wellbeing Framework, the institution's strategic goals and the university's support of the UN Sustainable Development Goals, including #3, Good Health and Wellbeing.

Goals:

Overall goal:

To better improve student wellbeing by demonstrating the integration of health promotion into teaching and related environments at Queen's University. This will be accomplished by identifying, celebrating, and promoting current best practices at Queen's and beyond.

Short term goal:

Increase the awareness of our faculties' leadership in mental health promotion.

Long term goal:

To identify and promote best practices in integrating health promotion into academics.

Who is involved?

The Champions for Mental Health program is a collaborative initiative created by Queen's Student Mental Health Collective (SMHC), a caucus of student leaders who are working to advance student mental health, with the support of Queen's Student Wellness Services and Queen's Campus Wellness Project.

- Student Mental Health Collective (SMHC)
 - The SMHC will spearhead this program
 - Key roles include:
 - Researching best practices
 - Developing the program
 - Promoting the program
 - Reviewing and choosing applications
- Queen's Student Wellness Services and Queen's Campus Wellness Project
 - Will support the SMHC where necessary
 - Key roles include
 - Developing the program
 - Promoting the program
 - Following up with applicants and nominees
 - Translating findings into practice
- Queen's Faculty and Staff
 - Will integrate the practices into their classroom and student support environments
 - Key roles include
 - Promoting the program
 - Participating in the program
 - Collaborating with SMHC to implement initiatives for wellbeing into academics
- Queen's community
 - Will provide feedback on the initiatives
 - Key roles include
 - Promoting the program
 - Participating in the program
 - Provide feedback on program and program outcomes

More information:

Contact the Campus Wellness Project at campuswellness@queensu.ca.