Student Counselling, Health & Well-Being

Brought to you by:
HEALTH EDUCATION & PROMOTION
STUDENT COUNSELLING, HEALTH & WELL-BEING
What is Health
Health & Wellbeing in Post Secondary
Introduce Student Counselling, Health & Well-being
Student Counselling
• Individual Counselling
• Short-Term Counselling
• Support Groups
• Partnerships & After-hours Supports
Health Education & Promotion
• Peer Health Educators
• Public Health Nurses
The Well-being Strategy
"Health is a state of complete physical, mental, and social well-being and note merely the absence of disease or infirmity" - WHO, 2023

- Multifaceted
- Impacted by individual, social, and structural determinants
- Exists on a continuum

(Baldwin et al., 2017)
Health Belief Model:
Mental Health of Post Secondary Students

(Zaidlin et al., 2022)

(NCHA, 2019)
York University

Mental Wellbeing

- High Mental Wellbeing: 41.09%
- Average Mental Wellbeing: 51.91%
- Low Mental Wellbeing: 7.01%

Sleep

- Meeting Sleep Guidelines: 38.28%
- Not Meeting Sleep Guidelines: 60.72%
Student Barriers to Seeking Mental Health Support

- **Structural Barriers:** cost of services, transportation, student accessibility
- **Social stigma** surrounding mental health
- **Difficulty finding, choosing and accessing the right support**

(Salaheddin & Mason, 2016; Brainline, 2021)
Student Counselling, Health, and Well-being (SCHW)

Aim: "Our purpose is to support students in realizing, developing, and fulfilling their personal potential in order to maximally benefit from their university experience and manage the challenges of university life."

Location: N110 Bennett Centre for Student Services

Contact: (416)-736-5297

Department Email: schw@yorku.ca

https://counselling.students.yorku.ca
Student Counselling
Students Come to Counselling For…

Based on data collected from January 1 to December 31, 2022
## Student Counselling, Health & Well-being

- Same-day individual counselling provides students timely access to a qualified counselling professional
- Meet with the counsellor for approximately 50 minutes
- Services are offered both in-person & virtually Monday to Friday from 9:00AM to 3:00PM

<table>
<thead>
<tr>
<th>In-Person Walk-In Counselling</th>
<th>Same-Day Virtual Counselling</th>
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</table>
| • Located at the Bennett Centre for Student Success:  
  **99 Ian MacDonald Blvd.**  
  **Room N110**  
  • No appointment necessary, students must arrive in person | • Book online  
  [https://counselling.students.yorku.ca/](https://counselling.students.yorku.ca/)  
  • Counsellor availability posted daily at 8:45AM  
  • Students are to ensure they have a private space and access to a strong internet connection |
Short Term Counselling

- Accessed via Walk-in/Same-day Virtual Counselling sessions
- Meet with a counsellor for approximately 50 minutes for up to 8 sessions
- Work with counsellor to set relevant and achievable goals and co-create plan for coping strategies.
- Preference for a counsellor of a particular background (e.g. gender, race, sexual orientation) can be discussed with the counsellor during the initial walk-in.

[This Photo by Unknown author is licensed under CC BY-ND.]
Support Groups

- Led by SCHW counsellors
- A safe space for students to reflect on specific experiences that impact their well-being
- Examples of support groups:
  - 2SLGBTQIA+
  - Racialized Student Support Group

https://counselling.students.yorku.ca/group-counselling-schw
SCHW Partnerships & After-hours Supports

Access to free, unlimited, real-time and appointment-based support from anywhere in the world in any language.
keep.meSAFE (keepmesafe.org)
Download the App: Telus Health Student Support Service

Convenient access to healthcare providers between classes, during your lunch break, and from the comfort of home or residency
York University | Virtual Health Clinic
Booking Code: YORKU2023
CBT-based services within a Stepped Care Framework.

**Referral**
- Accepts Practitioner referral and Self-referral
- No OHIP required
- Primary Care Provider attachment not required

**Clinical Intake & Triage Assessment**
- 60 minutes with RN or MSW
- Identify most appropriate stream within Stepped Care model

**Stepped Care Framework**
- Self-administered strategies
- Weekly 1:1 or groups Psychotherapy
- In-person and Virtual options

https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program
Health Services, Health Education & Promotion
Public Health Nurses

**Aim:** To improve the health of students, reduce health inequities, and empower students to make informed choices regarding their health.

**Services:** Provision of health services and education to students including blog posts, health consultations, systems navigation, vaccine program, health fairs, etc.

**Email:** shealth@yorku.ca

https://students.yorku.ca/health
Health Education and Promotion

Aim: Create proactive approaches to well-being on campus.

Services: Offers active programming in different areas of health including workshops related to resiliency, coping, and stress reduction.

Department Email: schwhep@yorku.ca

https://counselling.students.yorku.ca/workshops
Overview of Health Ed Workshops

**Substance Use**
- Vaping: misconceptions & safer practices
- Cannabis: misconceptions & safer practices
- Introduction to Substance Use & Harm Reduction

**Sleep & Physical Health**
- Guide to improving sleep
- Guide to physical activity

**Nutrition**
- Food & mood
- Student guide to meal planning
- Plant-based nutrition

**Self compassion**
- Guide for perfectionism & procrastination
- Coping with winter blues
- Taking effective breaks
- Improving your relationship with social media

**Sexual Health**
- Sexual health foundations
- STI's, STD's & safer practices
- Reproductive health 101

**Mental Health**
- Supporting peers in distress
- Exam anxiety

**Navigating series**
- Navigating mental health resources
- Navigating physical health resources
- Navigating Queer Resources
Engagement Activities

- NEW This Year!
  - Dance Fitness
  - Yoga Sessions
  - Painting Events
  - Knitting Events
  - Wellness Events
  - Fitness Bootcamp
Well-being
Well-being

Well-being Strategy:
• Create a Pan University Well-being Strategy
• Complete evidence based/informed assessments on York’s campuses
• Implemented student based Canadian Campus Well-being Survey
• Community engagement

Well-being & YU:
• Student led Well-being Podcast
• go.yorku.ca/wbpodcast

https://www.yorku.ca/well-being/
Intro to living in Residence on Campus at York
Everything you should know

Brought to you by:
RESIDENCE LIFE
MEAGHAN MORRIS, ASSISTANT DIRECTOR RESIDENCE LIFE
What is Residence Life?

Our undergraduate residence communities function under two teams: Housing Services (building operations and maintenance, residence admissions, custodial services) and Residence Life (student experience and support).

Residence Life’s focus is on how to best support students during their time living on campus; this support includes:

- Community building and fostering connection
- Mediating conflict and difference
- Building security and safety through the Residence Services Assistants and Dons on Duty
- Provision of learning and development opportunities
- Addressing misconduct
- Emotional and mental support
- Referrals to appropriate resources on campus and in the broader community
Who works in Residence Life?

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<thead>
<tr>
<th>RESIDENCE DONs</th>
<th>RESIDENCE SERVICES ASSISTANTS</th>
<th>RESIDENCE LIFE MANAGEMENT TEAM</th>
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</thead>
<tbody>
<tr>
<td>Upper-year students</td>
<td>Upper-year students</td>
<td>8 Full-time professional staff</td>
</tr>
<tr>
<td>Peer mentoring</td>
<td>Guest policy enforcement</td>
<td>Residence Life Coordinator</td>
</tr>
<tr>
<td>Don on Duty shifts every night (and 24/7 on weekends)</td>
<td>Referrals to supports</td>
<td>Oversight of Residence Life</td>
</tr>
<tr>
<td>Community builders</td>
<td>Equipment rentals</td>
<td>24/7 on-call support</td>
</tr>
<tr>
<td>Educational programming</td>
<td></td>
<td>Student support (mental, emotional, etc.)</td>
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<tr>
<td>Referrals to supports</td>
<td></td>
<td>Referrals to resources</td>
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<tr>
<td>First Aid response</td>
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<td>Student conduct</td>
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<tr>
<td>Mental and emotional support</td>
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</tbody>
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29
Introduction to Residence Curriculum

Residence Life is committed to fostering residents’ learning and development outside of the classroom; we do this through what we call our Residence Curriculum.

Throughout the year, there will be plenty of opportunities for students to reflect and learn in your house meetings, active programs hosted by Dons, emails sent by the Residence Life Management Team, one-on-one conversations with your Don, and more!

Student Financial Services
The essentials going into a new semester

Brought to you by:
KAREN WARNER
MANAGER, SCHOLARSHIPS AND BURSARIES
Who We Are

Student Financial Services consists of three pillars:

- Financial Aid (including OSAP, Out of Province Aid and US Aid)
- Student Accounts
- Scholarships, Awards and Bursaries; Work/Study Program

**Mandate:** In accordance with the University mission, Student Financial Services strives to ensure that all undergraduate students have access to the financial assistance programs that they require to successfully complete their degree.
# Fall Dates and Activities

## September
- Students enrol and pay registration deposit
- Entrance awards are applied to student accounts
- First instalment of OSAP is released
- Fall fees due (Sept 10)
- Application deadline for Scholarships and Awards (Sept 15)

## November
- Last date to get a partial refund on Fall (F) or full year (Y) courses - Nov 7
- Recipients of in-course scholarships will be notified and funds will be posted to their student accounts
- York University will assess and post the first round of bursaries
- Financial blocks are mounted on accounts to prevent students from adding additional courses (Nov 1)

## December
- York University will report all funding issued to OSAP recipients to the Ministry of Colleges and Universities
- York University will confirm enrolment for OSAP students so that second instalment can be released; students can expect to receive funds in early January
- Students will be invoiced for their Winter fees
What’s to Come for Winter

**January**
- Winter fees due (January 10)
- Second instalment of OSAP released

**February**
- Deadline to apply for Work/Study consideration
- Second round of bursaries
- Students can access their tax forms online
  - T2202 Tuition and Enrolment Certificate
  - T4A (Statement of Pension, Retirement, Annuity, and Other Income)

**March**
- Last date to get a partial refund on Winter (W) courses – March 10
- Deadline to apply for Bursary program; final round of bursaries assessed
- York University will report all new funding issued to OSAP recipients to the Ministry of Colleges and Universities
- Financial blocks will be mounted for the summer session (March 1)

**April/May**
- Final round of award adjudication for those awards that are based on final academic results
- Student Financial Services will assess renewable scholarships and will notify students of their eligibility status (July)
Resources available to students

The Student Financial Profile (https://sfs.yorku.ca/aid/sfp) is a multi-purpose online application form that is used to apply for:

- Undergraduate Scholarships and Awards – Deadline has now passed
- York University Undergraduate Bursary program – Deadline to apply is March 15, 2024
- Work/Study, LEAP and RAY Programs - Deadline to apply is February 16, 2024
- Emergency Bursary Support (https://sfs.yorku.ca/scholarships/emergency-bursaries)

Apply once per session (Fall/Winter and Summer); Fall/Winter application is currently available

For more information about the Scholarships, Awards and the Undergraduate Bursary Program, please visit: https://sfs.yorku.ca/scholarships-awards-bursaries

For information about the Work/Study Program, please visit: https://sfs.yorku.ca/work-study-programs
Need Assistance?

Student Support & Advising (https://students.yorku.ca/ssa-contact)

We are here to help you:
▪ Understand your student account, tuition and fees;
▪ Assist with financial aid and OSAP inquiries;
▪ Resolve financial or admissions related issues;
▪ Provide guidance on university policies and guidelines

Ways to connect with us:
▪ Virtual and In-Person Appointments – visit https://students.yorku.ca/ssa-contact for appointment booking instructions
▪ By Email – recheck@yorku.ca; provide your student number, first name, last name, reason for your email in the subject line
▪ By Phone - 416-872-YORK (9675)
▪ For Scholarships, Awards and Bursaries – email bursary@yorku.ca