

Frequently Asked Questions (FAQ)

CSA Z2003:20 Mental Health and Well-Being for Post-Secondary Students Standard

If you are interested in student mental health and well-being and thinking about implementing the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students, answers to these frequently asked questions may help your campus get started.

What is the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students?

The Standard provides post-secondary institutions with a framework and guiding principles to support the development of policies, procedures and practices which promote student mental health and well-being. In collaboration with CSA group, the Mental Health Commission of Canada has championed the Standard. It was developed through extensive outreach, research and discussion with students, administrators, decision makers, governments and people with lived and living experience of mental illness. It seeks to build on the work that many post-secondary institutions have already started in this area while also inspiring further actions. It is essentially a roadmap to achieving a campus supportive of student mental health and well-being. A link to the Standard can be found below.

<https://www.csagroup.org/store/product/CSA%20Z2003%3A20/>

How can the Standard be implemented with a small or large team of staff?

Implementing the Standard is voluntary, and you can meet the Standard in many different ways considering the specific circumstances of your institution. If you are a small institution with limited resources and staffing, aspects of the Standard can be modified to reflect your situation. The Internal audit tool is a useful resource which can be modified to suit the complexity of your institution. It is possible for both a single person and/or a committee to work on the Standard. To ensure that work with the Standard remains a priority, it is recommended that a dedicated leader be appointed to this task. Throughout the process of implementation, community representatives that will be impacted by the Standard should be active participants. For larger institutions, it is especially important that representatives from the student and broader community remain actively involved.

What sources of funding are available to help us work with the Standard?

A major source of funding for the implementation of the Standard is the Bell Let's Talk Post-Secondary Fund. This includes two initiatives to help post-secondary institutions implement the Standard. One of these was the \$25,000 Kickoff Grant, which is now closed. The other initiative is the multi-year Implementation Grant of up to \$100,000 to fund programs identified by the institution to support their alignment with the guiding principles and models of the Standard. Applications for this grant close on August 27, 2021. Successful applicants will receive funding in early 2022. A link to this grant can be found below.

<https://letstalk.bell.ca/en/funding-opportunities>

What is the Internal Audit tool?

The internal audit tool is a resource which can be used by organizations to assess their situation. It can be modified to suit the size, nature and complexity of your organization. The objective of this tool is to highlight areas that are successful and those that need further work to meet the requirements of the Standard. Questions within the internal audit tool are divided into three levels: A, B, and C. Level A questions are considered requirements which are mandatory to implement the Standard. Level B questions are recommendations that are deemed valuable for full implementation of the Standard. Level C questions are optional and reflect best practices. Therefore, not every item within the audit tool needs to be implemented.

Where can I find a fillable version of the Internal Audit tool?

A link to the PDF fillable version of the Internal Audit tool can be found on page 13 of the Starter Kit. This format will allow for easier use of the Internal Audit tool. The Starter Kit is available on the Mental Health Commission of Canada website and a link can also be found below. The audit tool does not have to be completed all at once. To save this document so that it can be used multiple times, click the download symbol at the top right of the page, then click “With your changes”.

<https://www.mentalhealthcommission.ca/English/media/4397>

What are the desired outcomes from implementing the Standard?

By implementing the Standard, awareness can be raised, and stigma reduced around mental illness. It will help institutions improve student connection and belonging within their learning communities, increase access to student supports, promote life and resilience skills, provide healthier learning environments, and improve opportunities for student success. The COVID-19 pandemic has heightened many of the mental health problems of students, making it even more critical that institutions affirm their commitment to student mental health and well-being.

Where do I start?

The first step in the implementation process is to download and read the Standard to gain some familiarity. A shorter “Starter Kit” document is also available to support campus communities to begin this journey. Next, buy-in from decision makers and those who will champion the Standard at your institution needs to be obtained. This includes senior administrators, students and perhaps even members of the broader community. A highly visible champion with authority to make decisions and allocate resources can be a powerful asset in implementing the Standard.

How can Healthy Campus Saskatchewan (HCSK) help me with the Standard?

HCSK is hosting a series of webinars to support campus communities to learn about the Standard, explore the Guiding Principles, and learn from each other. HCSK is also completing a voluntary

environmental scan of our post-secondary institutions strengths and assets related to student mental health and well-being. This scan has been framed with the Standard in mind and will help campuses to 'collect' a list of their strengths and ultimately, to include them in the Audit Tool.

HCSK has formed a Standard Working Committee. This committee includes one or two representatives from each post-secondary institution committed to exploring and working toward meeting the Standard. Connect with Bev Drew bev@hcsk.ca to join the committee.

Collectively, we might identify some resources that HCSK can create that will support many campuses to meet certain requirements of the Standard. HCSK's work with the Standard will likely continue for a number of years to support our partner institutions as they come on board and work through the process.

References:

Mental Health Commission of Canada. [Internet]. Starter Kit: For the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students. Mental Health Commission of Canada; 2020 [cited 2021Jul27]. Available from: https://www.mentalhealthcommission.ca/sites/default/files/2020-10/PSSS_Starter_Package_eng.pdf