MAY 2018
Manager hired to develop Mental Health and Well-being Strategic Plan

Why is this so important at Georgian?

AUGUST 2018
Mental Health and Well-being committee (MHWC)

Mental Health and Well-being champions responsible for implementing strategic plan

Internal environmental scan organized around the medicine wheel in partnership with Indigenous community

MARCH 2018
SOAR analysis based on environmental scan and best practices review

Conduct an inclusive, creative and impactful consultation using appreciative inquiry

OCTOBER 2018
Mental Health and Well-being Strategic Planning Group (MHW-SPG)

Key stakeholders responsible for developing strategic plan

Review of best practices and recommendations from CACUSS and McLean & Co.

OCTOBER 2019
Consultation

783 Georgian community members from all campuses

Data analysis

9 key themes emerged from qualitative feedback

NOVEMBER 2019
Draft Mental Health and Well-being Strategic Plan written. Pillars focus on:

- institutional structure
- mental health literacy promoting well-being
- self-management
- supports and services
- crisis management

NOVEMBER 2018
Partnered with Waypoint to ensure students and employees can access IASP Therapist

JANUARY - APRIL 2019
Research analyst students study the Mindfulness Ambassador Program

FEBRUARY - MAY 2019
Mental Health and Well-being sites developed on student and employee portals

Georgian joins the Simcoe Muskoka Opioid Strategy, Jennifer Lloyd co chair of Prevention Pillar

MAY 2019
Georgian hosted Simcoe Muskoka Opioid Strategy conference “Preventing Harmful Substance Use through Promoting Healthy Brain Development”

MAY 2018
In house ASIST and SafeTalk trainers and 24 employees trained in ASIST

Georgian’s response

1/5 experience serious mental health distress and 5/5 of us are impacted

1/5 experience serious mental health distress and 5/5 of us are impacted

LEGEND & DEFINITIONS
- Positive emotions and psycho-social functioning, most of the time - related to building resilience

SOAR: Strengths, Opportunities, Aspirations, Results
- IASP: Increasing Access to Structured Psychotherapy


A ROAD MAP TO A FLOURISHING GEORGIAN COMMUNITY

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