



# CENTRE FOR INNOVATION IN **CAMPUS MENTAL HEALTH**

Centre for Innovation in Campus Mental Health (CICMH)

## **Understanding how to improve mental health services for Indigenous post-secondary students from a student and staff perspective across Ontario campuses**

Lead Investigator: Megan VanEvery, Indigenous Knowledge and Research Lead

The Centre for Innovation in Campus Mental Health (CICMH) is a partnership of 5 organizations, including Colleges Ontario, the Council of Ontario Universities, the College Student Alliance, the Ontario Undergraduate Student Alliance, and the Canadian Mental Health Association- Ontario Division. Our mission is to engage and support Ontario colleges and universities in their commitment to supporting student mental health and well-being. Since our creation, we have worked in collaboration with public colleges and universities on topics related to campus mental health. CICMH takes a holistic view of campus mental health, and we feel strongly that Indigenous students' and staff's perspectives need to be embedded in any model of campus mental health.

The primary objective of this project is to identify gaps that exist in supporting Indigenous post-secondary student mental health and well-being across Ontario. Through the distribution of this needs assessment to Indigenous staff and students across Ontario, we hope to reach 200 participants and highlight existing inequities in campus mental health with the goal of creating mental health knowledge management products to support the development of frameworks, policies and programs for Indigenous staff and students within post-secondary institutions. We have worked closely with our Indigenous Advisory group and our Indigenous Post-Secondary community of practice to develop questions that will best capture these gaps and possible improvements, and they have been instrumental in guiding and shaping the work of this needs assessment. This community of practice is made up of members from both Ontario post-secondary institutions and community. A high-level summary report of the findings will be shared with our stakeholders and funder. The findings will also inform the future work of CICMH.

Recently, our needs assessment was hacked by a potential bot, to prevent this happening again we have implemented added safety measures. A new survey link has been issued along with a secure password. Only those with the password will be allowed to complete and fill out the survey. We apologize for any inconvenience.

Your participation in the needs assessment is voluntary. You may choose to stop the survey at any time, for any reason, without any explanation, and there is no consequence to withdrawing from the survey. Note, no questions are mandatory, and you can choose to fill in only those questions that you feel comfortable answering.

The survey should take approximately 15-20 minutes. The first 200 participants to complete the survey will receive a \$15 Tim Hortons gift card. We will only accept one survey response per person and only one gift card per person will be issued. Any duplicate responses or SPAM responses will be disqualified. To receive the gift card, participants will be provided with a link that will direct them to fill out a separate survey which will entail providing an email address. Note your survey responses will not be linked to your personal information provided in the survey. The \$15 Tim Horton gift card will be sent via email.

## Risks

Given the subject of this needs assessment, there is a possibility of psychological and emotional risk. For example, participants may face adverse/emotional risks when completing the needs assessment. Specifically, questions addressing access to services on campus may cause distress to participants. If you feel you may need to reach out for supports during/when you have completed the survey, we have provided contact information below. This survey will be completed on Survey Monkey, an American third-party survey company and personal IP addresses will be available to them. Information collected on this platform falls under American privacy legislation. As the survey is anonymous, once you have submitted the survey there is no method of withdrawing your responses.

## Confidentiality

Your responses will be made anonymous, and all information provided for the purposes of this study will be kept strictly confidential and used solely for the purposes of analysis. However, because the survey is being completed over the internet, confidentiality cannot be guaranteed. Responses will be stored in a laptop that is encrypted with Windows BitLocker and raw data will be accessible only to our Indigenous Knowledge and Research Lead, Megan VanEvery, and a third-party evaluator. Raw data will only be stored until March 31, 2023.

CICMH will host a webinar to present an overview of the needs assessment findings and a report will be shared. If you wish to attend the event, a link to register for the webinar will be made widely available on our website ([www.campusmentalhealth.ca](http://www.campusmentalhealth.ca)) in January.

## Contact

If you have questions at any time about the survey or the procedures, you may contact our Indigenous Knowledge and Research Lead, Megan VanEvery, at [mvanevery@campusmentalhealth.ca](mailto:mvanevery@campusmentalhealth.ca). This project has been reviewed and approved by the Community Research Ethics Board. If you feel you have not been treated according to the descriptions in our information, or your rights as a participant in research have been violated during the course of this project, you may contact the Chair, Community Research Ethics Board, at: Community Research Ethics Office (Canada) Corp. c/o Centre for Community Based Research, 190 Westmount Road North, Waterloo ON N2L 3G5; Email: [creo@communitybasedresearch.ca](mailto:creo@communitybasedresearch.ca)  
Telephone: 1-888-411- 2736.

If you experience any adverse effects as a result of participating in the survey, you may contact these support groups:

- Talk4Healing: 1-855-554-HEAL (4325)
- Crisis Line: 1-888-200-997
- Thunder Bay: 807-346-HELP (4357)
- Hope for Wellness Help line: 1-855-242-3310
- Ontario 211  
<http://www.211ontario.ca>
- Mental Health Helpline:  
1-866-531-2600  
[www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)
- Good2talk: 1-866-925-5454