



Small TLEF Project – Final Report

*To be completed for Small Projects upon completion of the project.
Please limit this report to a maximum of 2 pages.*

Project Title:

Building Synergy in Promoting Mental Health Awareness
Across Campus Using a Student-Led Participatory Action
Approach

Report Submission Date:

2016-03-29

Principal Investigator:

Michael Lee

Project Initiation Date:

2014/04/01

Report Submitted By:

Michael Lee

Project Completion Date:

2016/03/21

Summary of Work Accomplished

Describe if and how the project has significantly contributed to the enhancement of teaching and learning, as well as if and how the project outcomes constitute sustainable benefits to students.

The 2014-15 proposal was funded for the following areas:

1. further enhance the Mental Health Awareness Club (MHAC) infrastructure
2. further develop and implement training and development activities
3. implement MHAC events to draw awareness to campus mental health
4. develop and implement mental health needs assessment for international students (INT-MHNA), as learning opportunity for international students and to understand their mental health needs
5. develop and implement mental health needs assessment for domestic students (DOM-MHNA), as learning opportunity for domestic students to identify actions in enhancing campus mental health
6. develop infrastructure to integrate MHNA into existing curricula
7. evaluate outcomes of the events and the project overall

In 2014-15, we have successfully achieved areas 1-3 that ensure MHAC sustainability & areas 4-6 for MHNA sustainability.

In 2015 -16 We continue with the remaining activities of the MHNA. We also completed our outcome evaluation as well as compiled a full MHNA report based on the work we have done since 2012. The summary report can be downloaded from our Mental Health Needs Assessment website (<http://mhna.ubc.ca/>).

Evaluation of Project Outcomes

Describe the outcome-based criteria used to evaluate the project's success or performance.

In addition to completing all identified objectives as the outcomes to indicate the success of the project, program evaluation, using program logic model, was conducted to reflect the effectiveness of the project as well as ways to further improve the implementation even beyond the funding cycle. Besides ensuring the two MHNA projects generated findings as identified in the proposal (details, see report above), three distinct events that are implemented by MHAC were selected & evaluated as a way to reflect the



outcome of the MHAC. Those events focused on 1) career-related information (Careers Night), 2) information on a specific mental disorder delivered by a presenter who had lived with and recovered from the illness (Lived Experiences), and 3) fundraising for the Club itself (Defeat Depression Run). These events represent the three different clustered of events offered through this project. An event satisfaction survey was distributed to participants at each event and every effort was made to ensure that at least 40% of the participants completed the survey. Survey results were then collated to evaluate each event and generate recommendations for future MHAC events.

Participants found that all events were well organized and felt that the information provided to them at each event was timely and valuable. Participants found the Careers Night and Lived Experiences events to be especially informative as they dealt with issues and concerns that were topical and relevant to their own experiences. Participants' satisfaction with logistics (timing, duration, location) of each event was extremely high, reflecting the professionalism with which the Mental Health Awareness Club (MHAC) Executive team approaches programming delivered by the Club. Given these successes, there is also plenty of room for improvement as multiple participants suggested that future MHAC events should focus on solutions and resource-provision. Specifically, the student population would especially welcome workshop-style events that provide tips, advice, and resources on specific mental health concerns (e.g. mood disorders). In addition, careers-related programming should include information on how students can get involved with research and/or professional opportunities on campus (e.g. internships, research assistantships, etc.). Lastly, it is suggested that MHAC should treat fundraisers as a valuable opportunity to create awareness about the resources and opportunities available on campus for those who are seeking help with regards to their general state of mental wellbeing or specific mental concerns.

Findings from the evaluation were shared with the student executives of the MHAC, for them to learn from to the better position their on-going events, to ensure the self-sustainability of the campus mental health awareness initiative. The MHAC is now a self-sustainable student run club missioned to continue to advance campus mental health; as well as to collaborate with other interested stakeholders to host campus wide mental health awareness events, such as the annual Mental Health Symposium offered in early spring of each year.