



# Mental Health Survey Results

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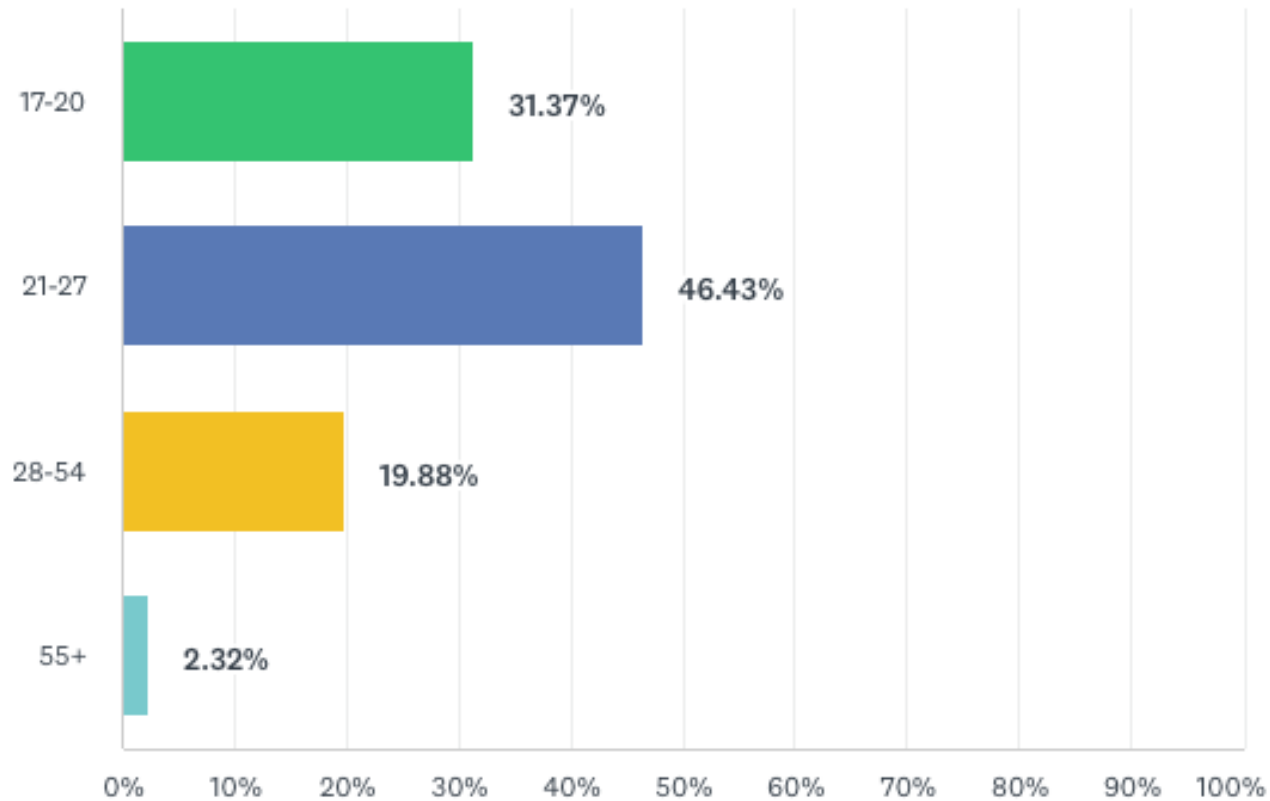
# Mental Health Survey

On January 24th, 2022 a mental health survey was released via email to the students and faculty of St. Clair College. The survey consisted of 25 questions, ranging from multiple choice to free range answers.

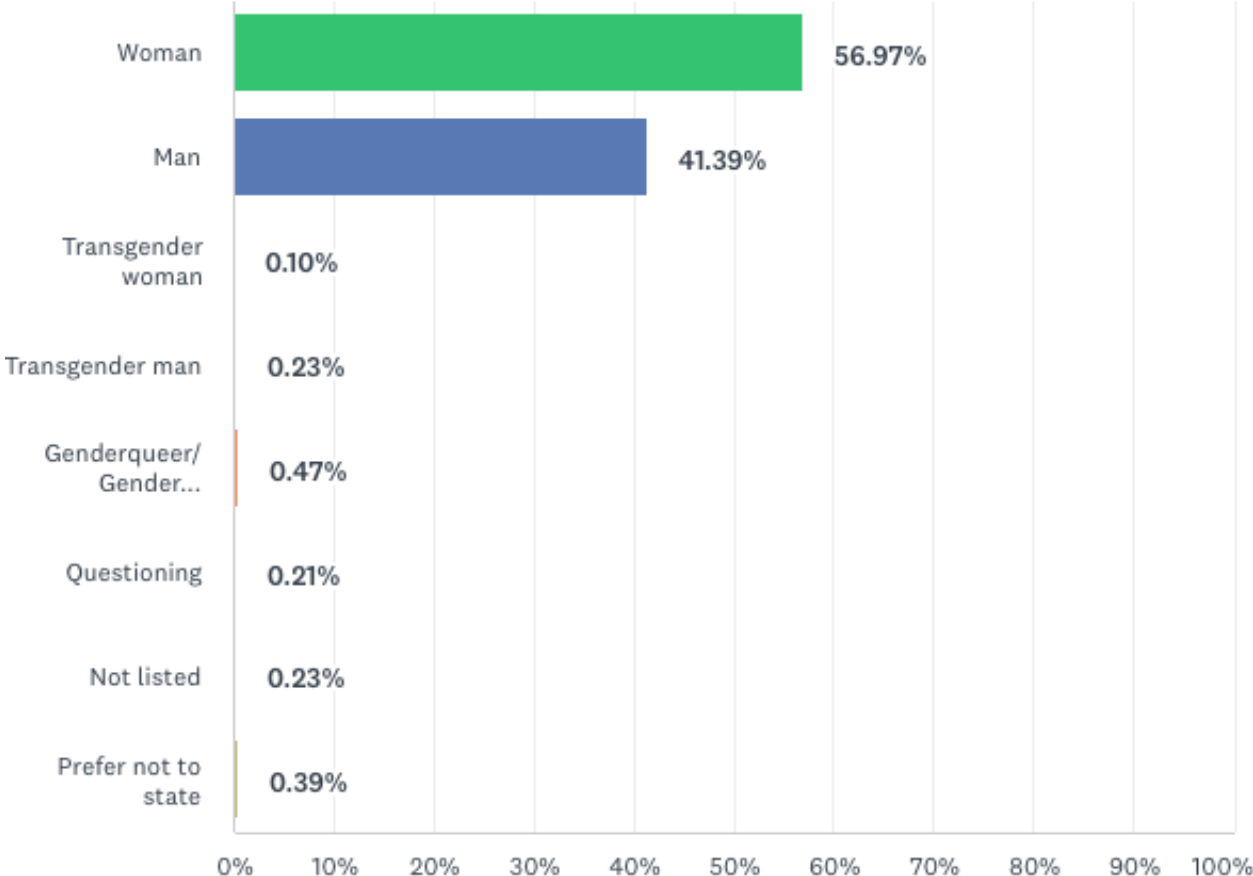
The purpose of the survey was to gather data about St. Clair College including accessibility and knowledge of the services provided, safety on campus, and overall mental wellbeing of students and faculty.

The Mental Health survey closed February 13<sup>th</sup> 2022 with a total of 3838 responses with a 72% completion rate.

## Q1: What is your age group?



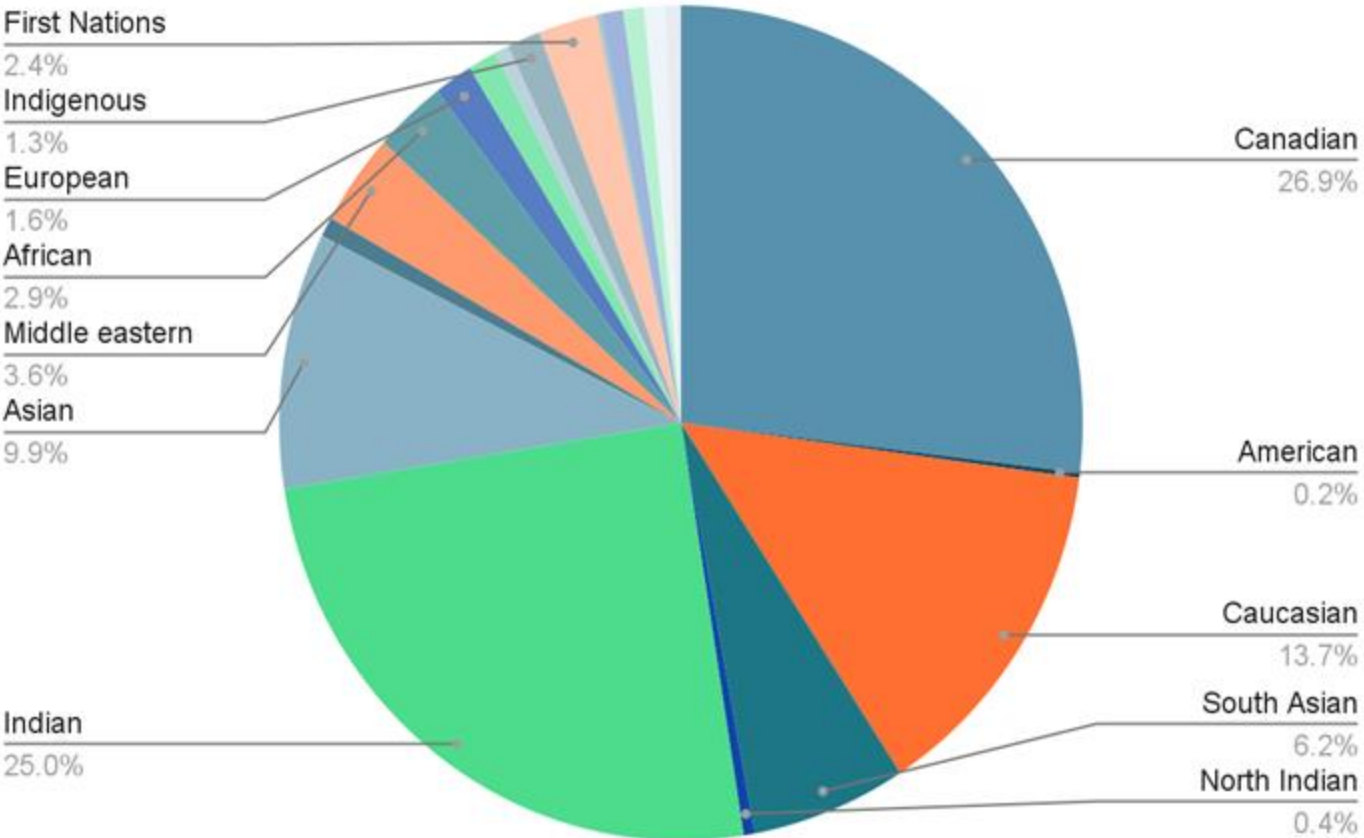
# Q2: What best describes your gender identity?



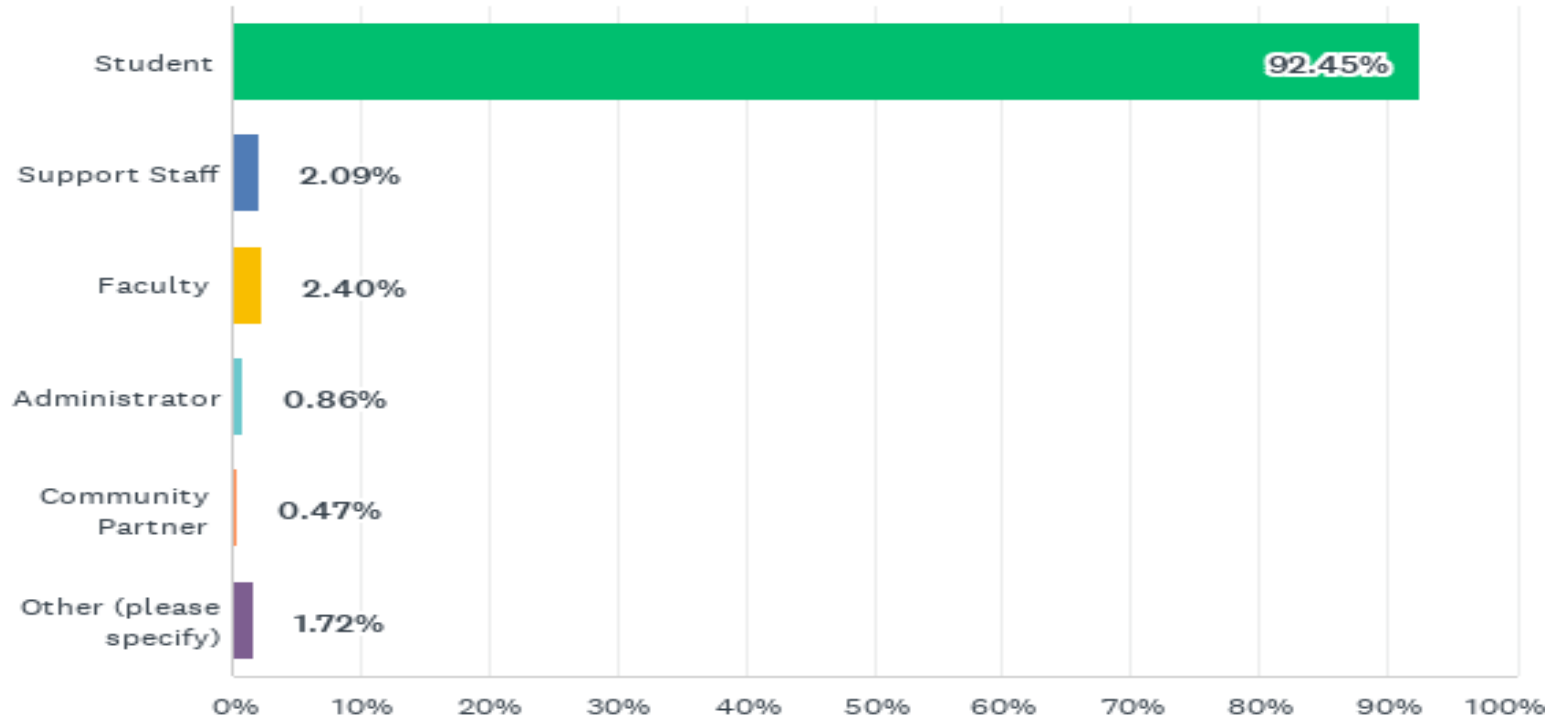
# Q2: Which best describes your gender identity?

ANSWER CHOICES	RESPONSES	
Woman	56.97%	2,186
Man	41.39%	1,588
Transgender woman	0.10%	4
Transgender man	0.23%	9
Genderqueer/ Gender non-conforming	0.47%	18
Questioning	0.21%	8
Not listed	0.23%	9
Prefer not to state	0.39%	15
TOTAL		3,837

Q3: Please write down how you self-identify. This self-identification is not intended as a sign of one's place of origin, citizenship, language, or culture and recognizes that there are differences both between and among subgroups of persons of colour.



Q4: Please indicate which group you are a member of:

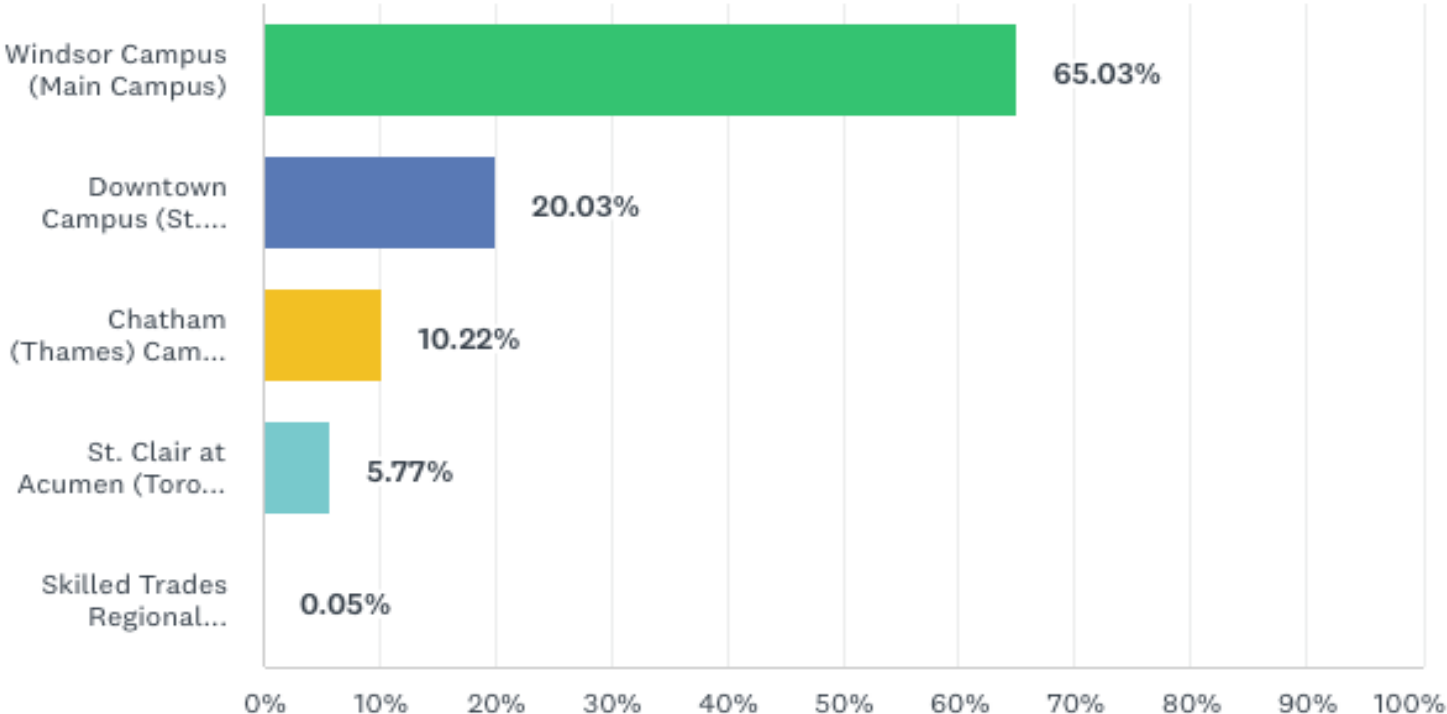


# Q4: Please indicate which group you are a member of:

ANSWER CHOICES	RESPONSES	
Student	92.45%	3,539
Support Staff	2.09%	80
Faculty	2.40%	92
Administrator	0.86%	33
Community Partner	0.47%	18
Other (please specify)	1.72%	66
TOTAL		3,828



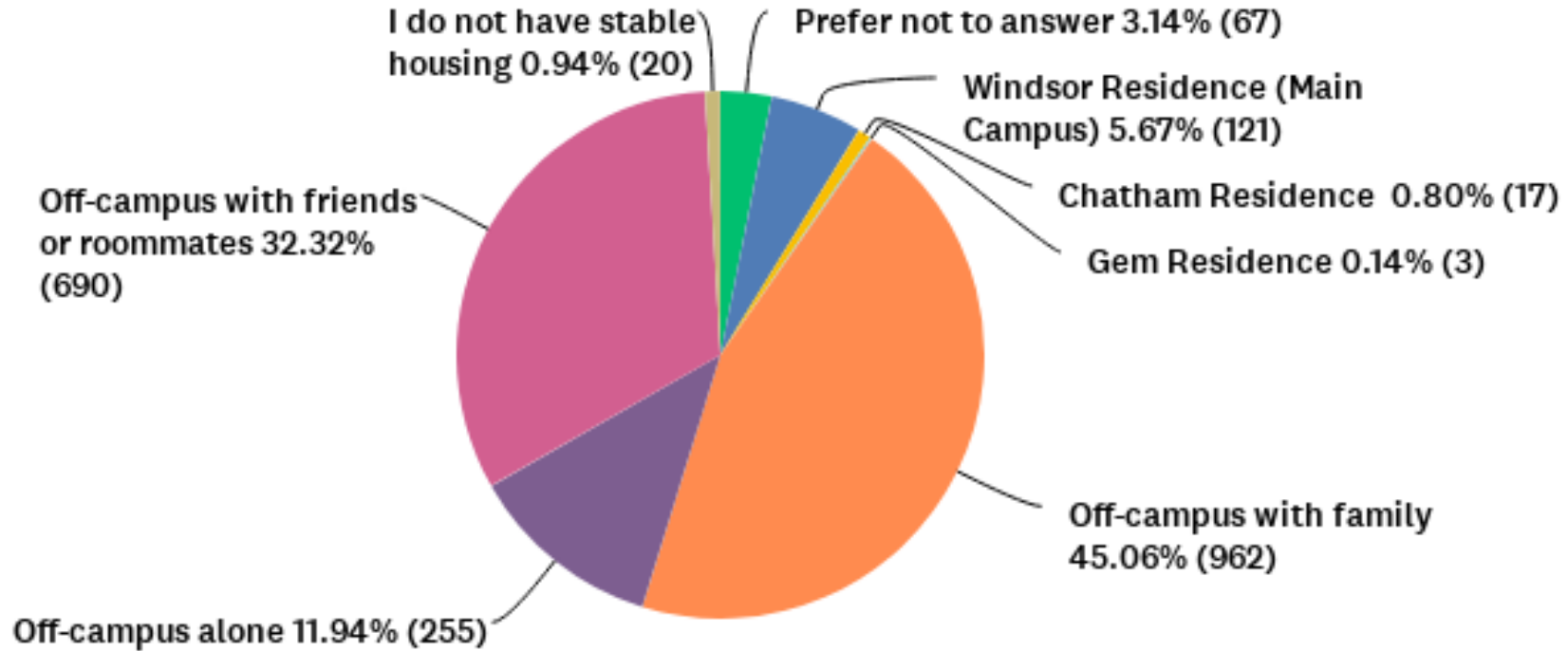
# Q5: Please tell us what campus you currently attend?



## Q5: Please tell us which campus you currently attend:

ANSWER CHOICES	RESPONSES	
Windsor Campus (Main Campus)	65.03%	1,419
Downtown Campus	20.03%	437
Chatham (Thames) Campus	10.22%	223
St. Clair at Acumen	5.77%	126
Skilled Trades Regional Training Centre	0.05%	1
Total Respondents: 2,182		

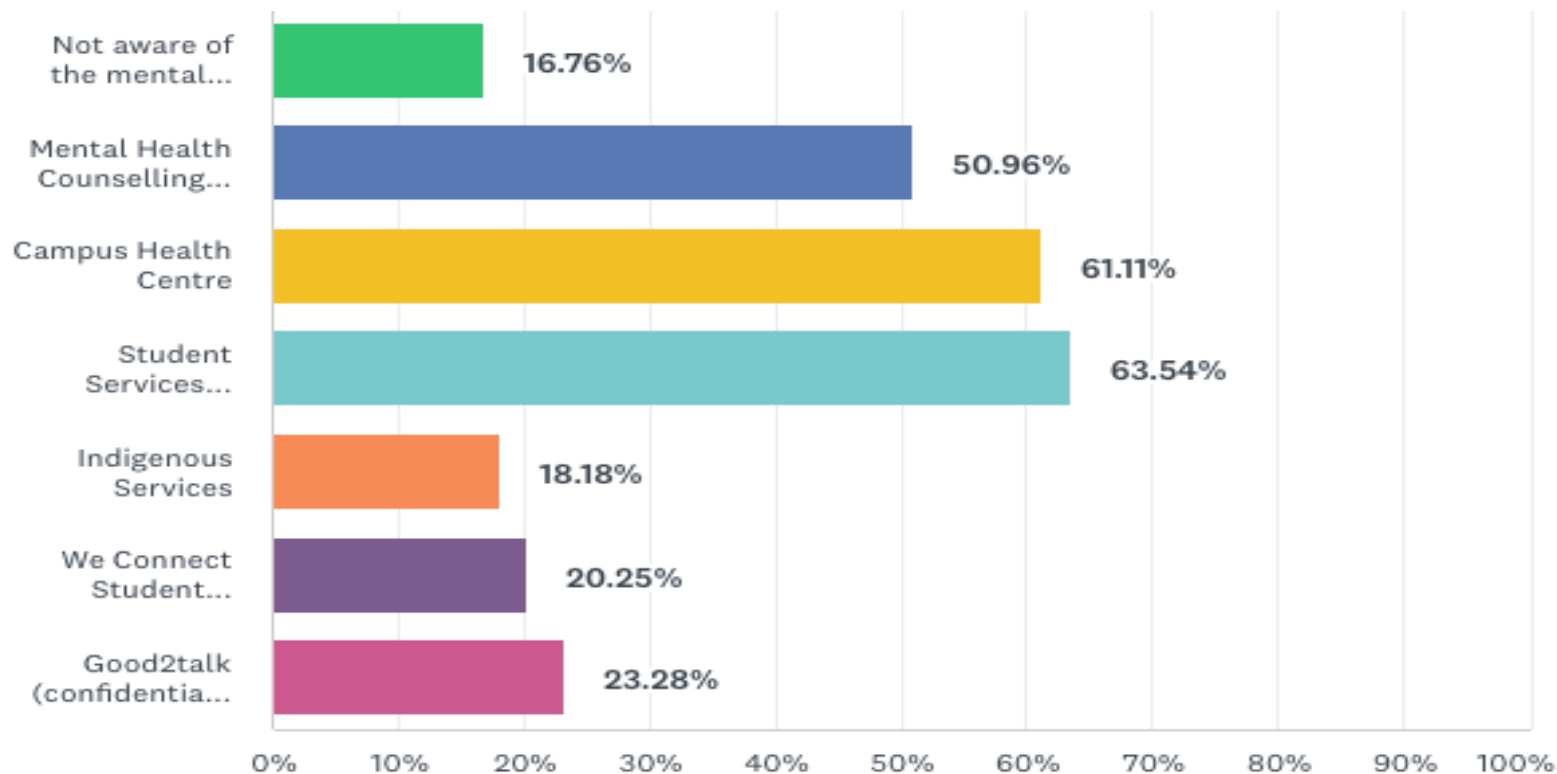
Q6: Please indicate your current living arrangements:



## Q6: Please indicate your current living arrangements:

ANSWER CHOICES	RESPONSES	
Prefer not to answer	3.14%	67
Windsor Residence (Main Campus)	5.67%	121
Chatham Residence	0.80%	17
Gem Residence	0.14%	3
Off-campus with family	45.06%	962
Off-campus alone	11.94%	255
Off-campus with friends or roommates	32.32%	690
I do not have stable housing	0.94%	20
TOTAL		2,135

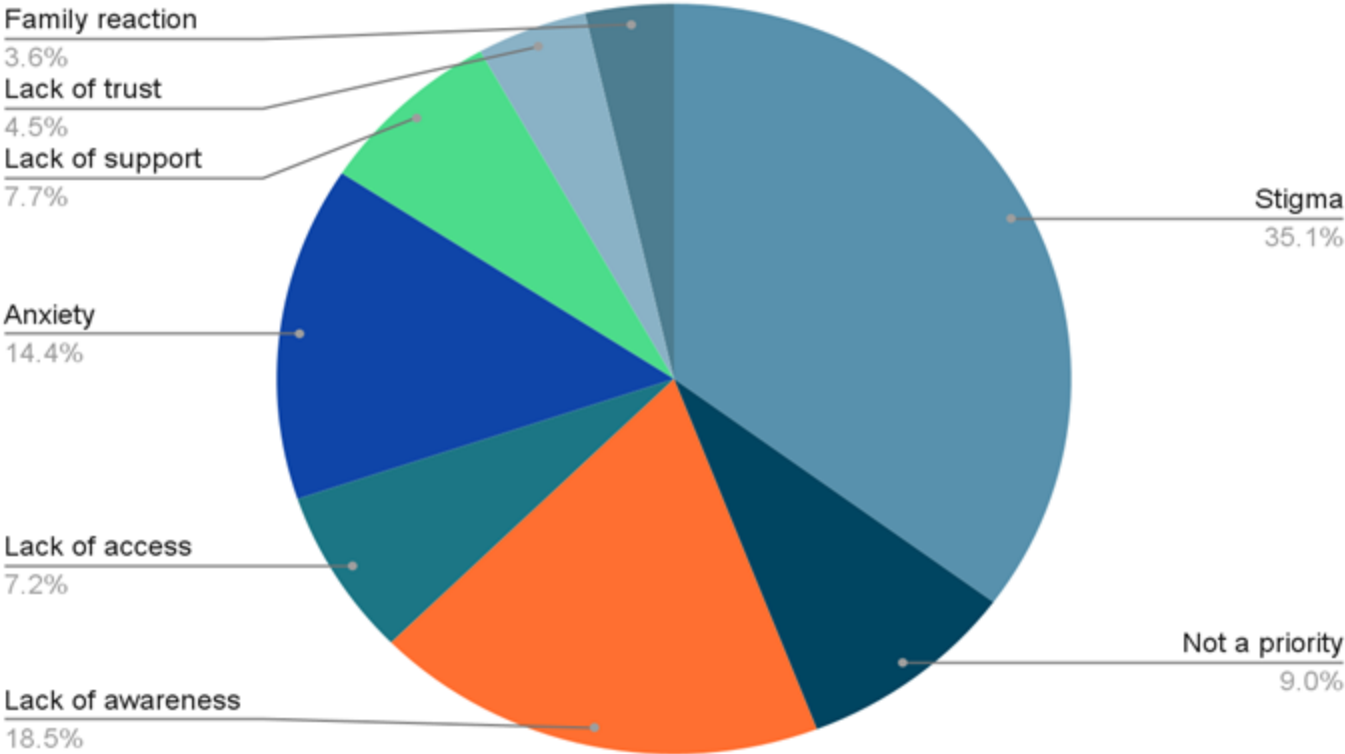
Q7: I am aware of the following mental health supports currently available to me (check all that apply).



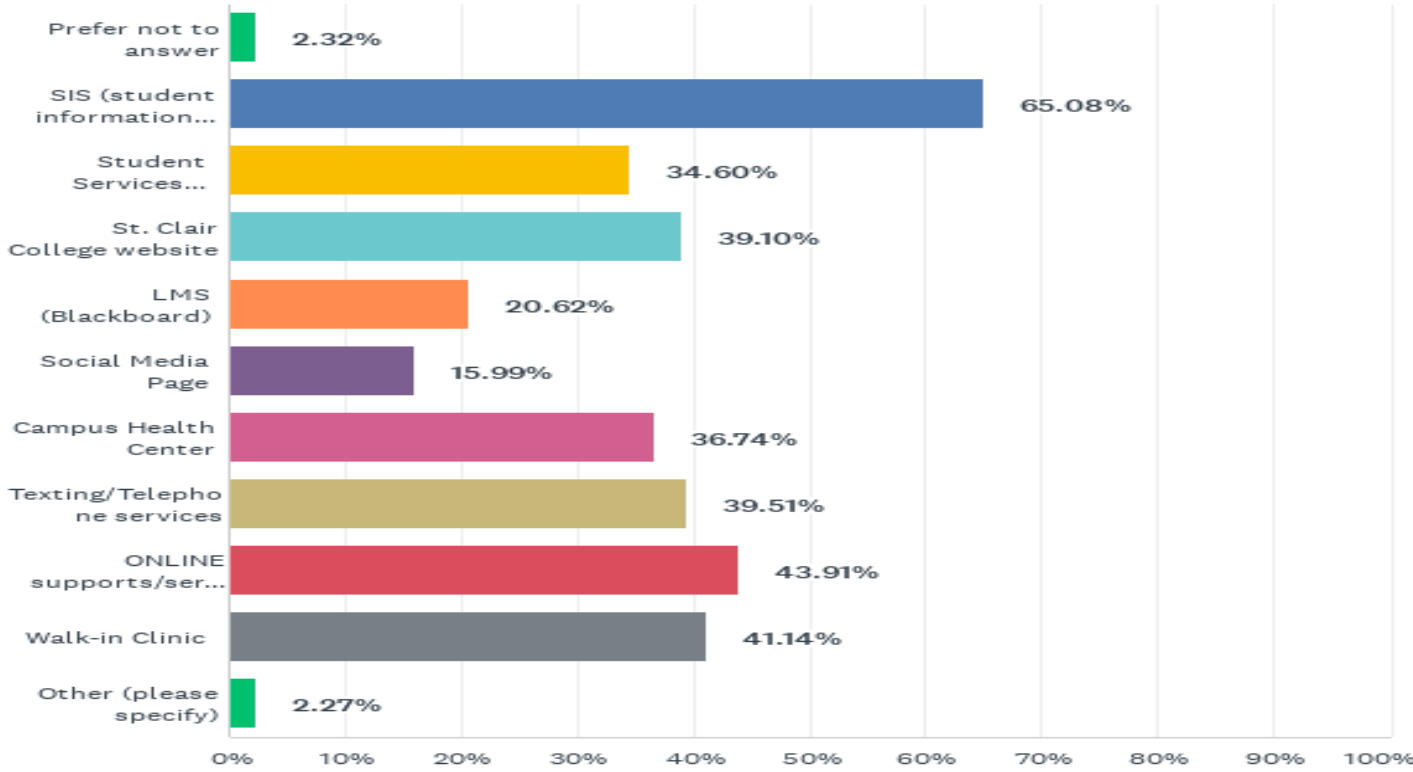
Q7: I am aware of the following Mental Health supports currently available to me at St. Clair College (check all that apply).

ANSWER CHOICES	RESPONSES	
Not aware of supports	17%	365
Therapy Services CMHA	51%	1,110
Campus Health Centre	61%	1,331
Counselling Services	64%	1,384
Indigenous Services	18%	396
We Connect Student Assistance Program	20%	441
Good2talk	23%	507
Total Respondents: 2,178		

Q8: It can be difficult to ask for help. If this is applicable to you, please help us to better understand what prevented/stopped you from seeking out services/support



Q9: What would be your preferred way of accessing mental health supports, services and information at St. Clair College? (check all that apply)

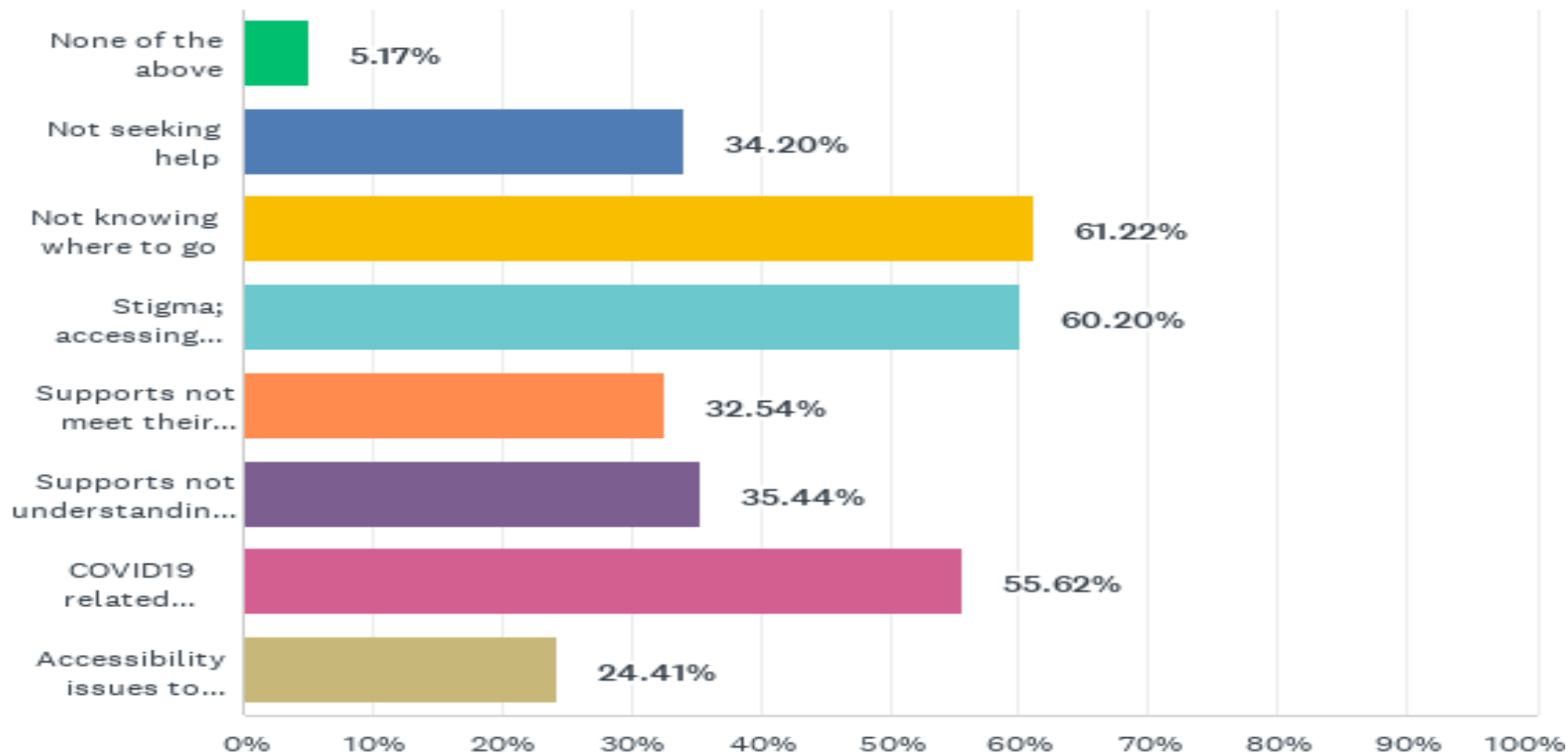




Q9: What would be your preferred way of accessing mental health supports, services and information at St. Clair College? (check all that apply)

ANSWER CHOICES	RESPONSES	
Prefer not to answer	2.32%	51
SIS (student information system)	65.08%	1,433
Student Services website	34.60%	762
St. Clair College website	39.10%	861
LMS (Blackboard)	20.62%	454
Social Media Page	15.99%	352
Campus Health Center	36.74%	809
Texting/Telephone services	39.51%	870
ONLINE supports/services	43.91%	967
Walk-in Clinic	41.14%	906
Other (please specify)	2.27%	50
Total Respondents: 2,202		

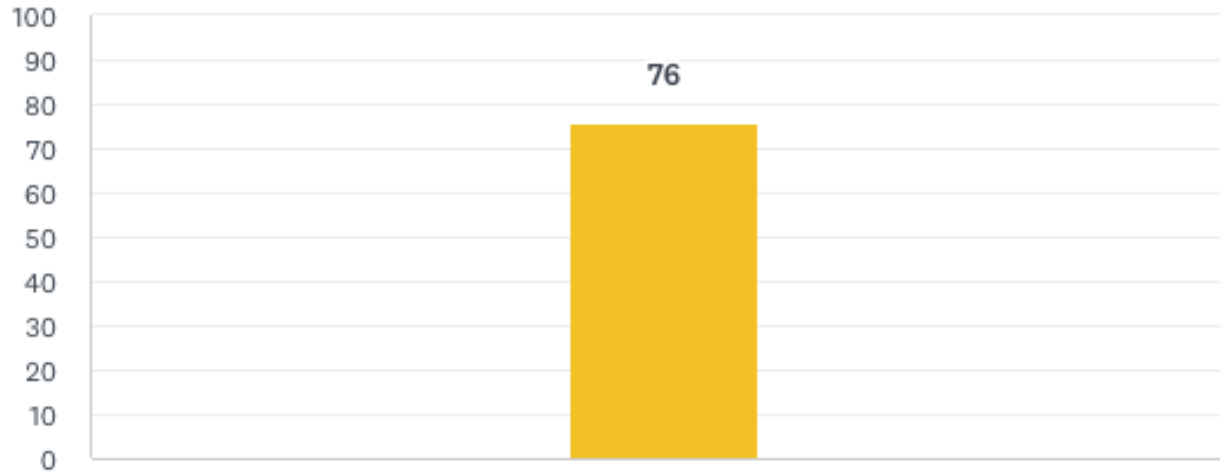
Q10: College students may experience barriers accessing supports for mental health and/or addiction issues. What are some of the most prevalent barriers to service on your campus that students may face? (Check all that apply)



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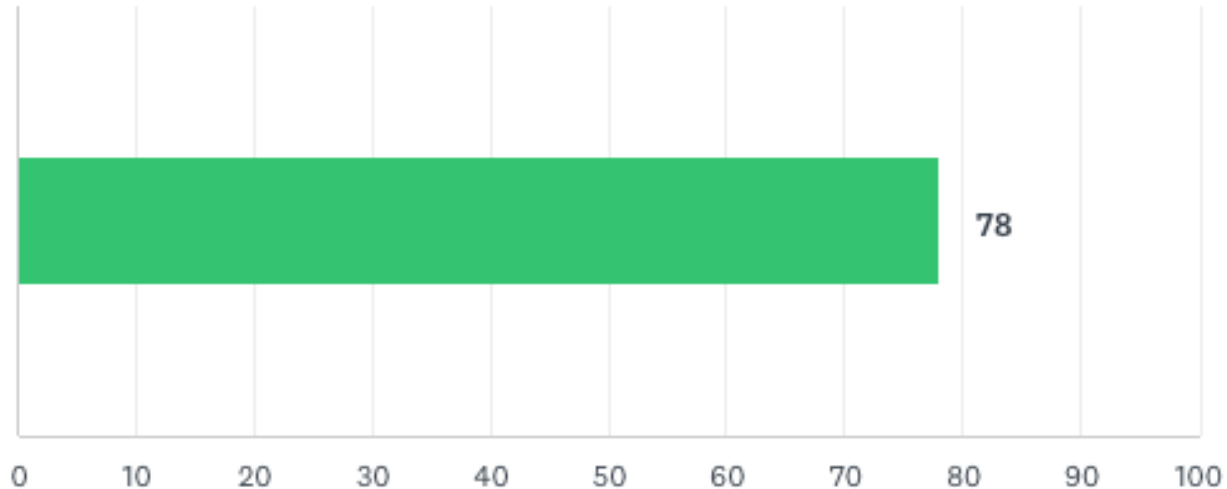
ANSWER CHOICES	RESPONSES	
None of the above	5.17%	121
Not seeking help	34.20%	800
Not knowing where to go	61.22%	1,432
Stigma; accessing support	60.20%	1,408
Supports not meet their needs	32.54%	761
Supports not understanding their experiences	35.44%	829
COVID19 related barriers	55.62%	1,301
Accessibility issues to service	24.41%	571
Total Respondents: 2,339		

Q11: How safe or unsafe do you feel on campus? 100 being safest, and 0 being completely unsafe.



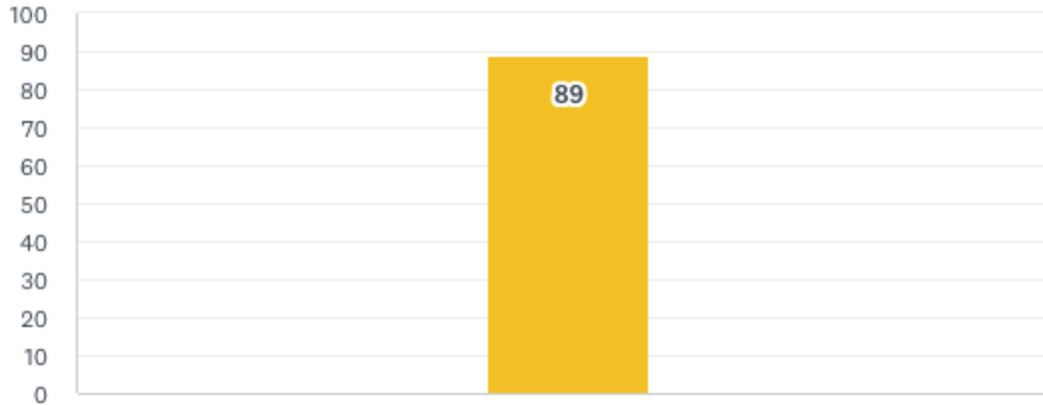
On average, students at St. Clair College feel **76%** safe on campus.

Q12: St. Clair College's school climate is inclusive, safe, and welcoming.



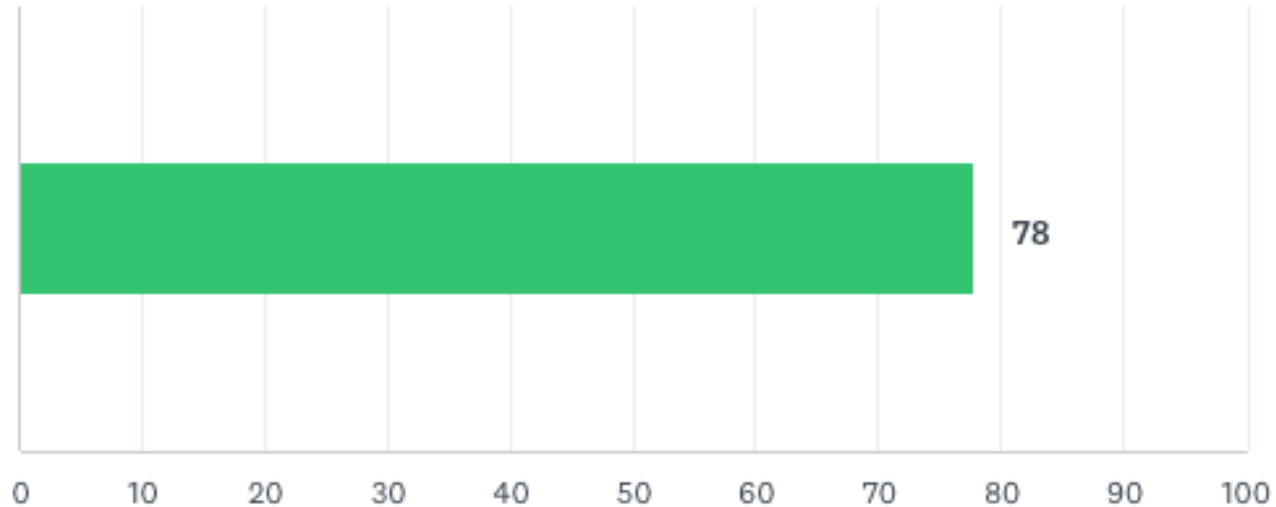
Survey participants stated on average that the climate at St. Clair College is **78%** inclusive, safe and welcoming.

Q13: How important is it to you that St. Clair College offers mental health awareness activities, events, education sessions or trainings as it relates to equity, diversity, and inclusion in mental health & addictions?



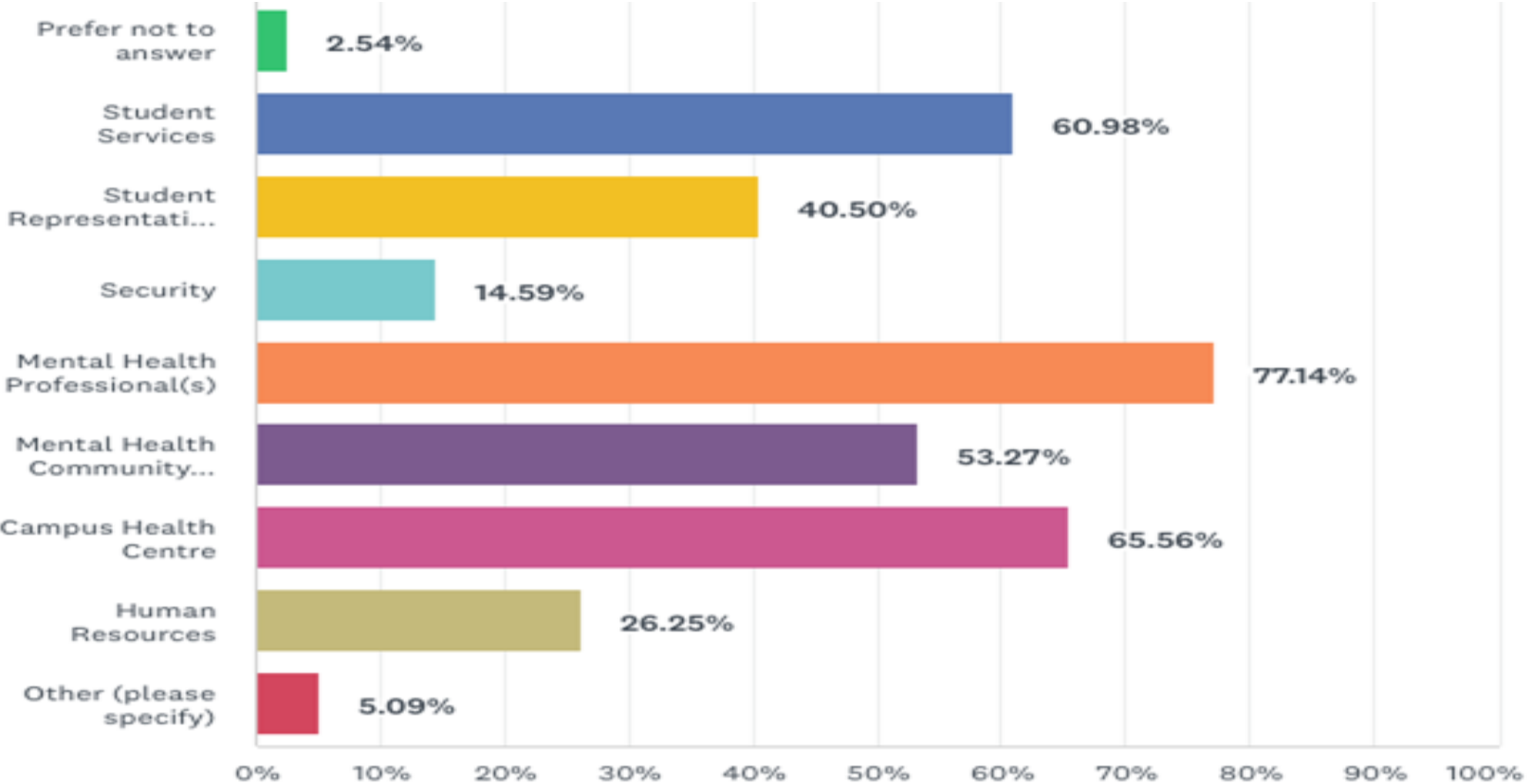
On average, survey participants rated the importance of mental health awareness, events, and education sessions relating to equity, diversity and inclusion on mental health & addictions **89%**.

Q14: St. Clair College encourages free and open discussion about mental and emotional health.



On average, survey participants feel that it is **78%** true that St. Clair College encourages free and open discussion about mental and emotional health.

Q15: On campus, who do you believe should be responsible for supporting student mental health (please check all that apply).

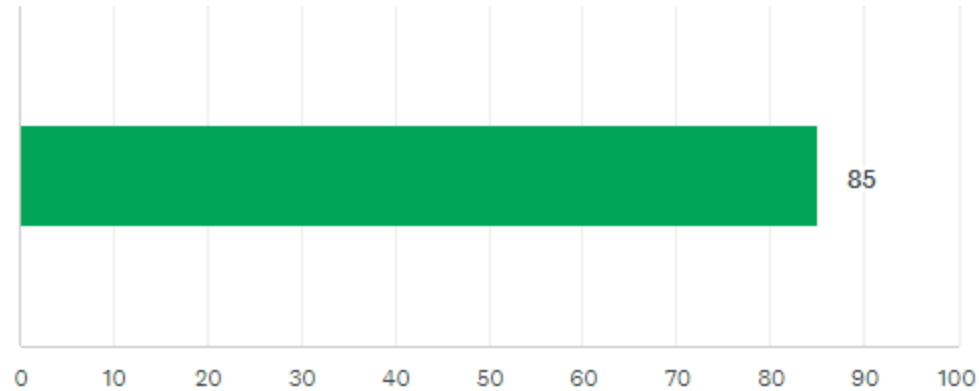




Q15: On campus, who do you believe should be responsible for supporting student mental health (please check all that apply).

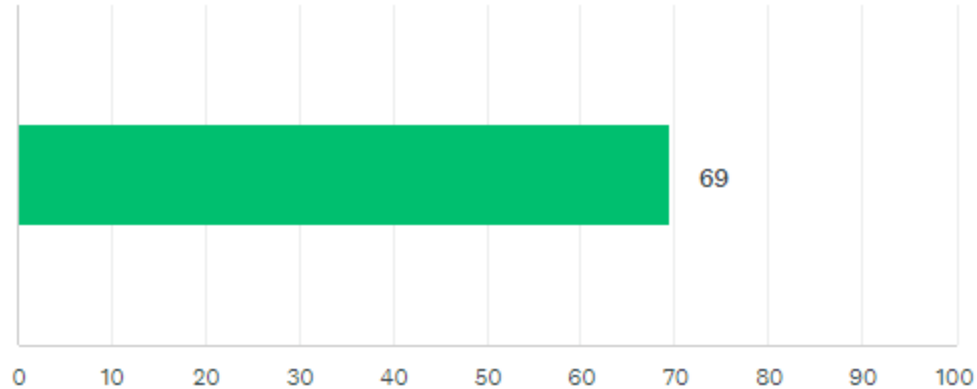
ANSWER CHOICES	RESPONSES	
Prefer not to answer	2.54%	60
Student Services	60.98%	1,438
Student Representative Council (SRC, TSI)	40.50%	955
Security	14.59%	344
Mental Health Professional(s)	77.14%	1,819
Mental Health Community Agency	53.27%	1,256
Campus Health Centre	65.56%	1,546
Human Resources	26.25%	619
Other (please specify)	5.09%	120
Total Respondents: 2,358		

Q16: Having dedicated physical space available for mental health & wellness is important to me.



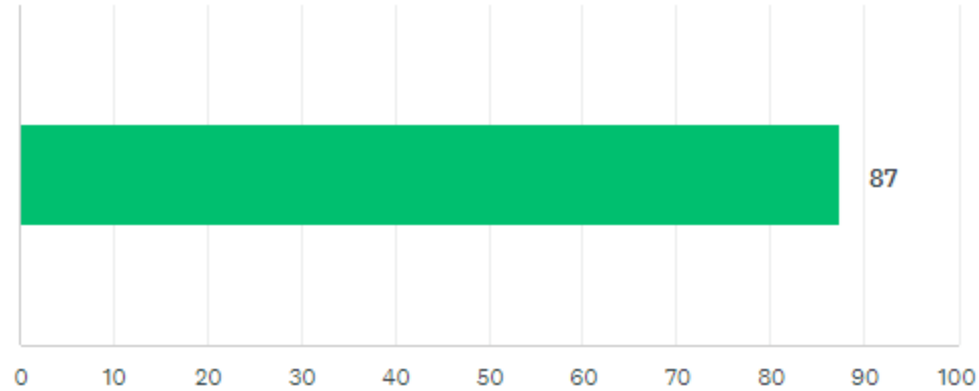
On a 0-100 scale, students rated dedicated physical space for mental health & wellness as an 85 in level of importance

Q17: Having physical dedicated space(s) available on campus for faith and spiritual purposes is important to me.



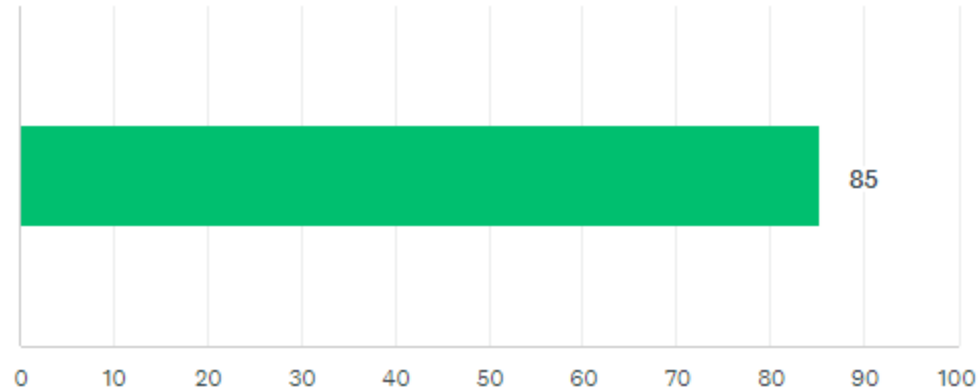
On a 0-100 scale, students rated physical dedicated spaces available on campus for faith and spiritual purposes as a 69 in level of importance

Q18: Having dedicated physical quiet spaces around the campus available for students is important to me.



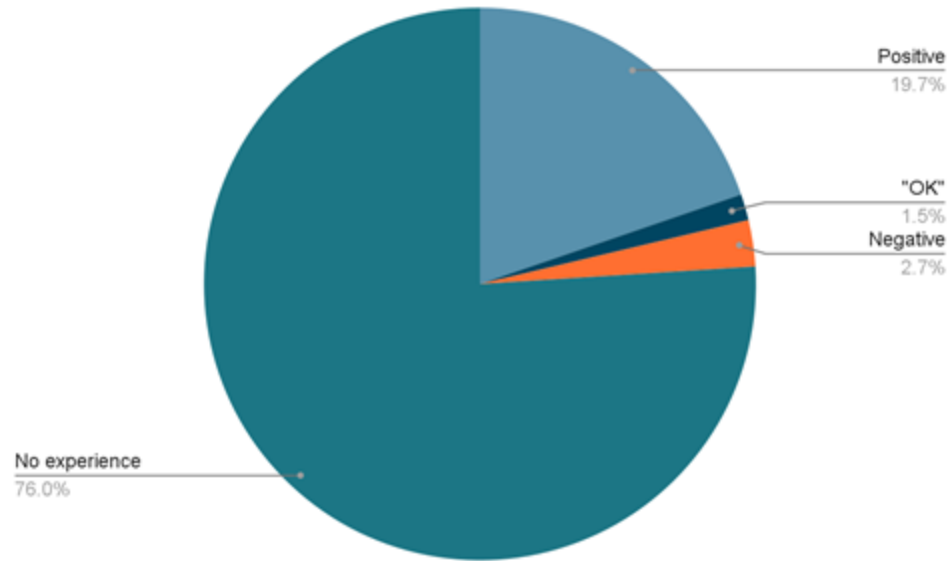
On a 0-100 scale, students rated quiet spaces as an 87 in level of importance

Q19: My participation and my feedback is important in the development of a student mental health strategy.



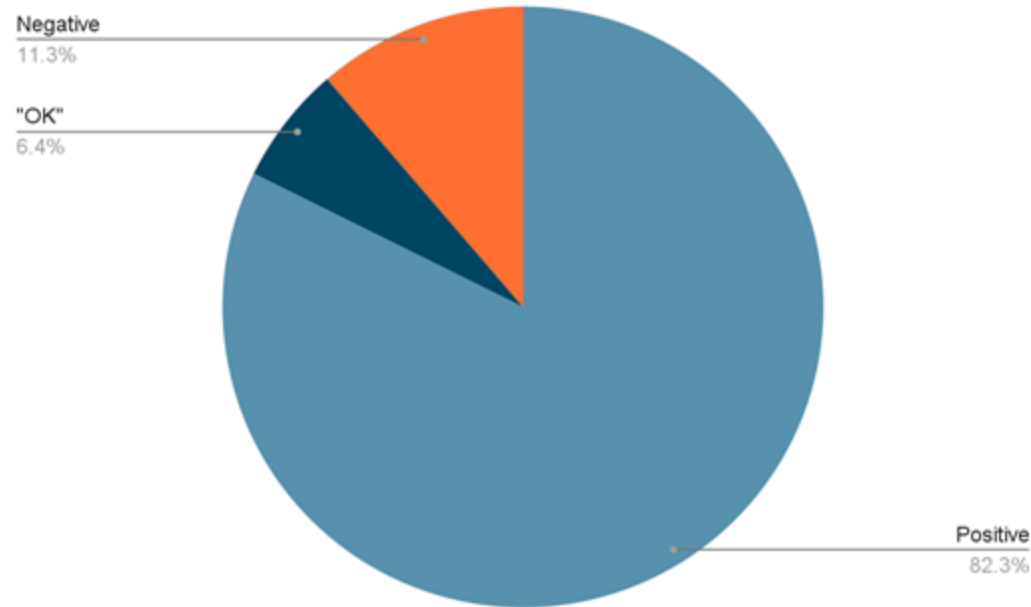
On a 0-100 scale, students rated their feedback in the development of a student mental health strategy as an 85 in level of importance

Q20: If you or someone you know has accessed or utilized services on campus as it relates to mental health, please tell us what that experience was like along with any recommendations.



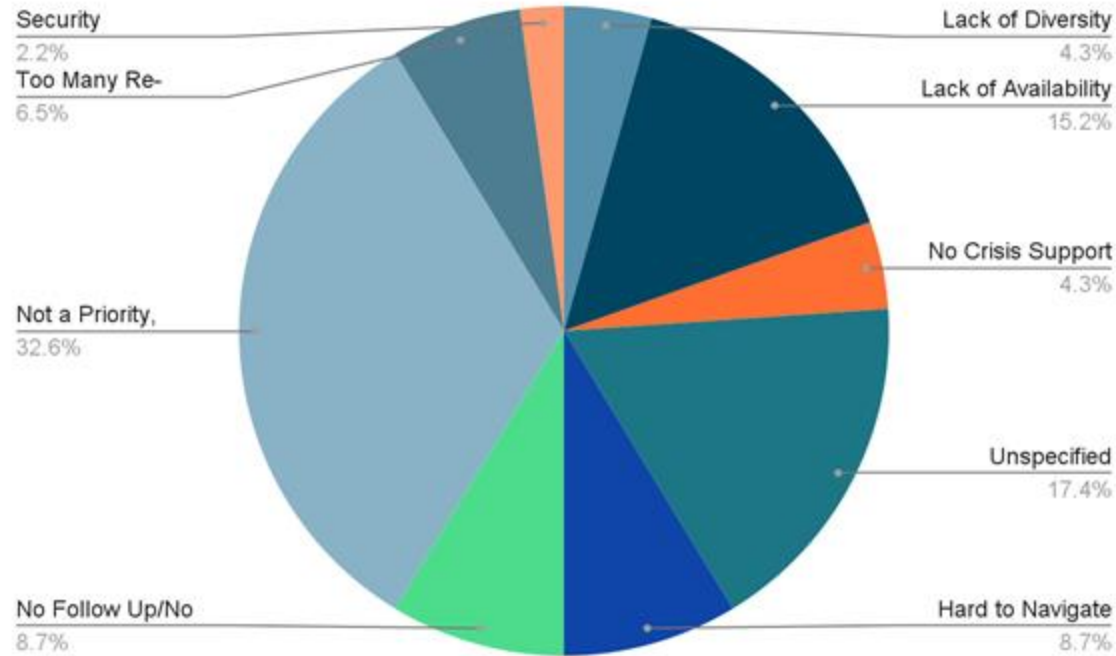
Including those who had "no relevant experience"

Q20: If you or someone you know has accessed or utilized services on campus as it relates to mental health, please tell us what that experience was like along with any recommendations.



Of those who had an experience personally or through a friend, 82.3% had a positive experience, 6.4% had an "OK" experience, and 11.3% had a negative experience

Q20: If you or someone you know has accessed or utilized services on campus as it relates to mental health, please tell us what that experience was like along with any recommendations.



Of the negative experiences, survey participants indicated what factors contributed to the dissatisfaction with the services provided.



# Q20: Barriers to Access Mental Health Services

Multiple barriers were identified, most commonly including:

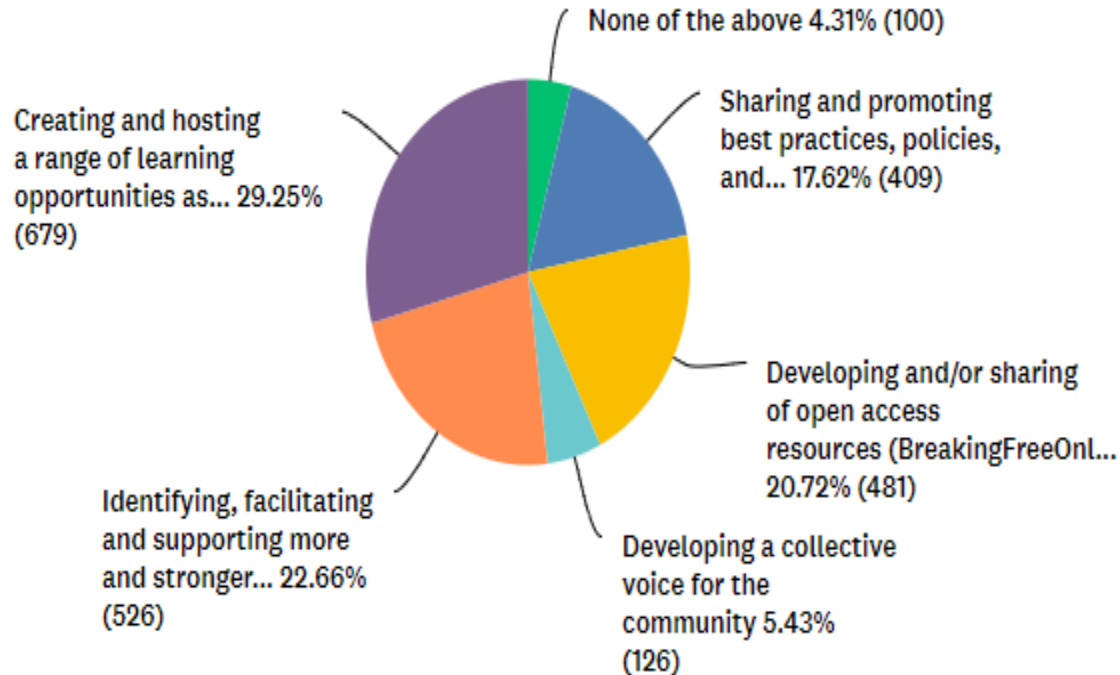
1. **Stigma:** Many students found it embarrassing to access mental health supports, felt ashamed, and continued to compare their struggles with those of others to diminish them.
2. **Mental Health Awareness:** Many students indicated that they were completely unaware that these services existed on campus or as it relates to supports offered on campus & in community as it relates to mental health. Students indicated lack of awareness and also lack of understanding in how to access and connect to these supports.
3. **Accessibility:** Students find it challenging to obtain an appointment for mental health services with long wait times, not enough counsellors, limited hours, limited availability from counsellors & therapists for 'walk-ins' or mental health crisis. Students indicated numerous forms to fill out overwhelming, and experience stigma, fear and at times embarrassments when having to disclose or share story to support start for appointment time in an area of high student traffic.
4. **Diversity in Counsellors:** Surveyed participants said that it is easier to communicate with someone each person can identify with, and feel understood by if they relate to them on a deeper level. Students identified the need for female counsellors, Indian counsellors, First Nations counsellors, etc.
5. **Language Barrier:** We have many international students at St. Clair college, and from the results, these students find it hard to communicate to someone who does not understand their culture, traditions, language, and transition to a new country.

## Q20: Recommendations

Some survey participants provided recommendations for the mental health program at St. Clair College and multiple barriers to access care were identified. The most common recommendations include:

- 1. Hiring more counsellors, therapists and the creation of peer support:** Surveyed participants indicated that it is difficult to access an appointment when in crisis or if requiring additional help. Participants expressed lack of support in downtown campus.
- 2. Diversity in Counsellors:** survey participants said that it is easier to communicate with someone each person can identify with, and feel understood by if they relate to them on a deeper level. Students identified the need for female counsellors, Indian counsellors, First Nations counsellors, etc.
- 3. Walk-In Services & Flexibility in hours:** students and faculty have identified that when crisis level is reached, there is often no one available for support, and appointment times are too long.
- 4. Less Formal Approach:** students find it easier to open up and talk to someone when they are less formal.

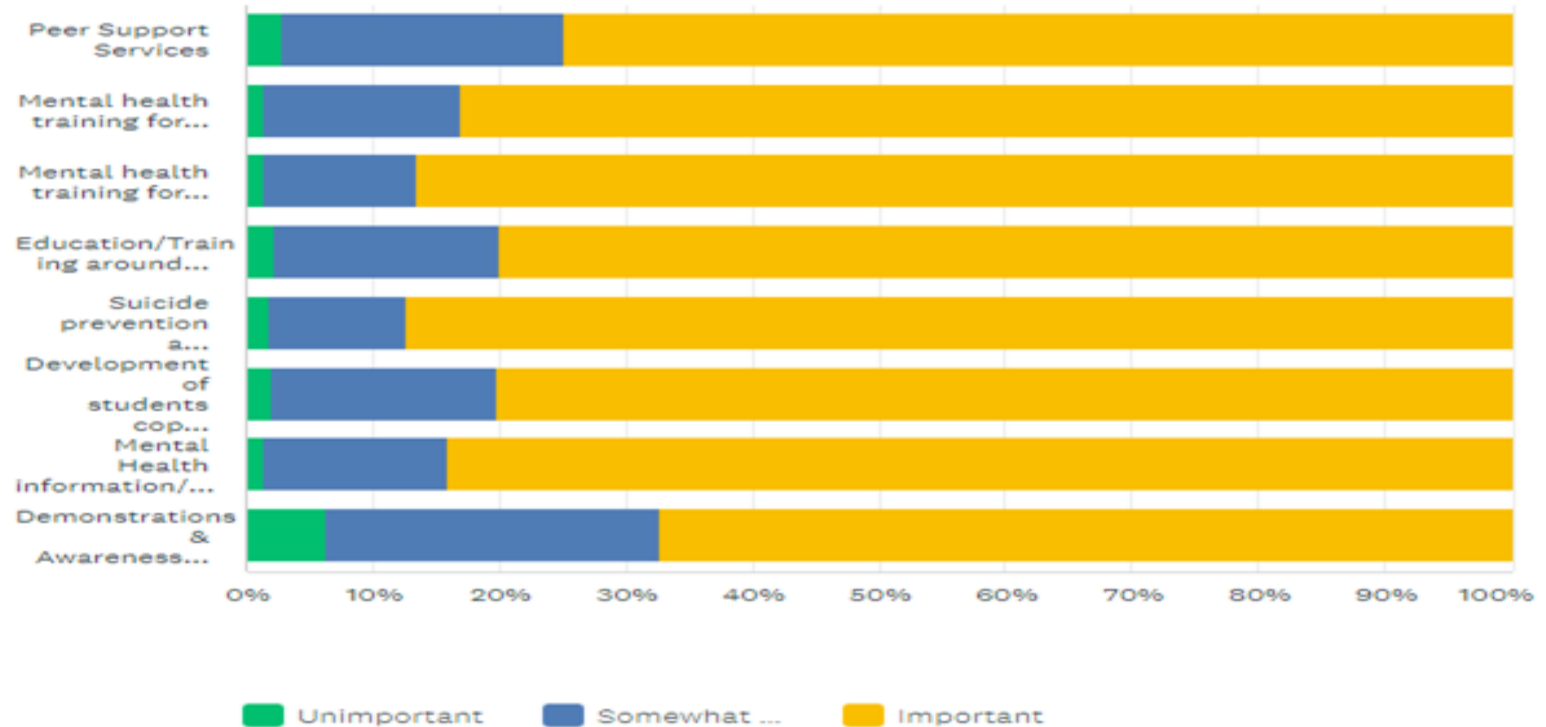
Q21: To better support you, what activities should be prioritized as at relates to Mental Health services here at St. Clair College?



Q21: To better support you, what activities should be prioritized as it relates to Mental Health services here at St. Clair College?

ANSWER CHOICES	RESPONSES	
None of the above	4.31%	100
Sharing and promoting best practices, policies, and activities	17.62%	409
Developing and/or sharing of open access resources (BreakingFreeOnline, Good2Talk, BounceBack Ontario etc.)	20.72%	481
Developing a collective voice for the community	5.43%	126
Identifying, facilitating and supporting more and stronger connections among campus and community partners	22.66%	526
Creating and hosting a range of learning opportunities as it relates to mental health education and training	29.25%	679
<b>TOTAL</b>	<b>2,321</b>	

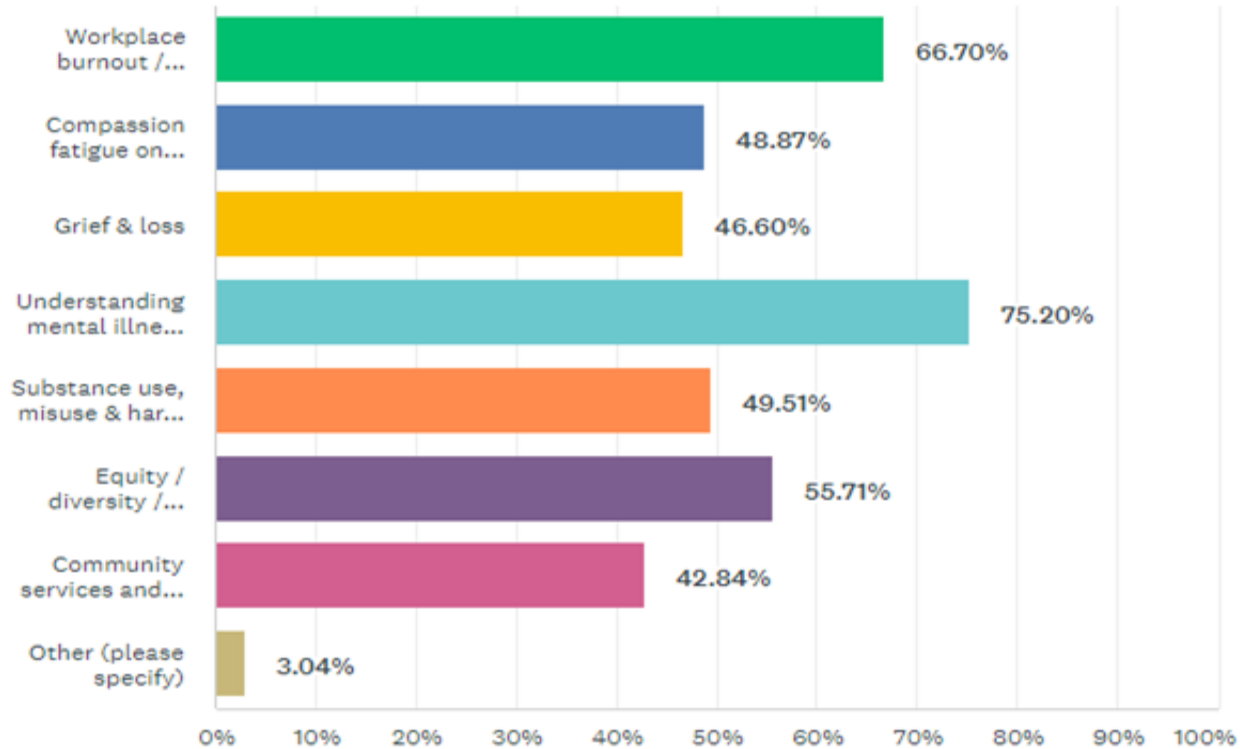
Q22: How important is it to you that St. Clair College offers the following Mental Health awareness activities/events/training and services?



Q22: How important is it to you that St. Clair College offers the following Mental Health awareness activities/events/training and services?

	UNIMPORTANT	SOMEWHAT UNIMPORTANT/SOMEWHAT IMPORTANT	IMPORTANT	TOTAL	WEIGHTED AVERAGE
Peer Support Services	2.93% 68	22.24% 516	74.83% 1,736	2,320	3.72
Mental health training for students (for example; Mental Health First Aid, etc.)	1.37% 32	15.64% 365	82.99% 1,937	2,334	3.82
Mental health training for faculty and staff (for example; Mental Health First Aid etc.)	1.46% 34	11.97% 278	86.57% 2,011	2,323	3.85
Education/Training around substance use, misuse & harm reduction	2.15% 50	17.89% 416	79.96% 1,859	2,325	3.78
Suicide prevention and intervention training	1.85% 43	10.73% 250	87.42% 2,036	2,329	3.86
Development of students coping & resiliency skills	1.98% 46	17.90% 417	80.12% 1,866	2,329	3.78
Mental Health information/resources during orientation	1.46% 34	14.54% 339	84.01% 1,959	2,332	3.83
Demonstrations & Awareness raising events (e.g., vigil, walks, concerts etc.)	6.35% 148	26.45% 616	67.20% 1,565	2,329	3.61

Q23: St. Clair College wants to learn about what kinds of training/professional development topics are most needed at St. Clair College when it comes to mental health and addictions (Please check all are of interest to you).



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ANSWER CHOICES	RESPONSES	
Workplace burnout / burnout on campus	66.70%	1,560
Compassion fatigue on campus (empathic strain)	48.87%	1,143
Grief & loss	46.60%	1,090
Understanding mental illness & how to support someone	75.20%	1,759
Substance use, misuse & harm reduction	49.51%	1,158
Equity / diversity / inclusion in mental health & addictions	55.71%	1,303
Community services and supports	42.84%	1,002
Other (please specify)	3.04%	71
Total Respondents: 2,339		



Q24: Have we missed anything? Please comment in the field below with additional ideas and/or suggestions as it relates to the creation of a student Mental Health Strategy at St. Clair College

Among participants, the most common suggestions include (in no order):

- Need more counselling services
- Consider incorporating mental health education i.e., in classroom setting or workshops or training set up outside of classroom hours
- Increased collaboration with Canadian Mental Health Association.
- Creation and permanent adoption of peer support.
- Workshops for faculty on how to help students with positive coping mechanisms and prevention strategies related to mental health breakdowns or anxiety/ stress induced experiences.
- Increased opportunities for psychoeducational classes such as CBT, DBT, and Social Skills groups for students with ASD.
- Continued professional development and guidelines keep up with best practices and support students with their academic success.
- Diversity amongst counsellors - female, people of colour, people with disabilities
- Informal Groups: less formal, inexpensive, and some students are more comfortable talking to other students

# Among participants, the most common suggestions include:

- Increased counselling services outside school hours (have no time)
- Increased access to health services from mental health professionals from all campuses.
- Mental Health Information during Orientation
- Decrease stigma around men's mental health
- Education around accessing Mental Health Supports on CAMPUS "fear of not being taken seriously' or problems not important
- Texting services – social anxiety; most difficult to reach out directly for help.
- Self-serve options for booking appointments for student services
- Online booking for mental health support appointments.
- Mental Health Check-ins by email sent to students
- Provide increased access to support and services during exam time
- Provide a brief introduction start of every semester to students (Counselling & Mental Health Supports)
- Increased medical professionals on campuses to address mental health needs of students.

# Among participants, the most common suggestions include:

- Support Groups
- Exploring the use of some type of chatbot to offer Q & A.
- Offer students Bonus marks (sometimes that can give someone an opportunity to even realize they need help. For example, the TAO learning app.)
- Walk-in mental health clinic
- Health Centre with access to variety of health services including pharmacy.
- Increased access to online mental health supports (self-paced, access on own time through SIS)
- Creation of a dedicated social media page for counselling and health services.
- Consideration of relocation of counselling to third floor or where it is more private (numerous students cited lack of privacy, stigma and shame).
- Hire more diverse counsellors and therapist (language and cultural diversity in available supports is lacking).
- Increased availability & use of Health Plex for mental health purposes.
- Dedicated space for Mental & Physical Health
- Walk-in hours for counselling for urgent matters
- Provide access to services in various languages (students may face difficulty because these services are only available in English. I know it is hard to provide these services in every mother language, but language barrier is somewhere an issue (huge or little depends on the student)).

# Among participants, the most common suggestions include:

- Consider the creation of a mental health coordinator role to assist with programming; specifically, peer support, mental health education, promotion and awareness.
- Lack of college involvement in substance use/misuse and supports for students
- (The college isn't involved in addiction issues, I'm currently a part of Ontario's rehabilitation system and go weekly to an addiction clinic I had to beg the college to get the benefits I payed for nobody is there I'm unsure why that part is specified.).
- Lack of services and mental health supports available to student's downtown campus'
- Increase counsellors and support staff at downtown location.
- Consider the relocation of student services in downtown campus (often students have no idea in basement).
- Consider the relocation of counselling, therapy & health services to align with best practices and standards as it relates to personal health information protection act (numerous students felt privacy breached while making appointments with support staff and waiting room directly across).
- Safe spaces across campus'
- Consider the creation of a sexual violence prevention lead, co-coordinator and a student safety liaison officer to provide support to members of all campus' who have been subjected to sexual misconduct, as well as provide educational experiences about sexual violence, consent, and support at St. Clair College (numerous students indicated they would like greater information, education and awareness as it relates to sexual assault, violence, and abuse).

# Among participants, the most common suggestions include:

- Training for instructors on identifying signs of crisis in students
- Increase awareness, easier accessibility to services via posters and seminars
- Designated student representative for mental health
- Designated quiet place for students to decompress
- Increased diversity and training regarding racism, sexism, and culture diversity
- Master directory to increase accessibility
- Virtual “one-click” counselling option for easy accessibility
- Physical health classes - including yoga and teaching mindfulness
- Increased number of counsellors, increasing hours of availability to outside of business hours
- Initial payment to prevent surprises after services are accessed - or FREE services

# Among participants, the most common suggestions include:

- Liaise with College instructors to offer extra credit for those students participating in webinars regarding mental health.
- Consider making ASIST mandatory for faculty and staff.
- Greater consideration as it relates to representation, diversity and inclusivity (i.e., Female student perspective: communication/cultural barriers).