We would like to respectfully acknowledge that our University and our Students’ Union are located on Treaty 6 Territory. We are grateful to be on Cree, Dene, Saulteaux, Métis, Blackfoot, and Nakota Sioux territory; specifically the ancestral space of the Papaschase Cree. These Nations are our family, friends, faculty, staff, students, and peers. As members of the University of Alberta Students’ Union we honour the nation-to-nation treaty relationship. We aspire for our learning, research, teaching, and governance to acknowledge and work towards the decolonization of Indigenous knowledges and traditions.

**LATE ADDITIONS (SC-2020-14)**

2020-14/1  **SPEAKERS BUSINESS**

Join Zoom Meeting  
https://us02web.zoom.us/j/86314784212  
Meeting ID: 863 1478 4212

2020-14/2  **PRESENTATIONS**

2020-14/3  **EXECUTIVE COMMITTEE REPORT**

2020-14/4  **BOARD AND COMMITTEE REPORT**

2020-14/5  **OPEN FORUM**

2020-14/6  **QUESTION PERIOD**

2020-14/7  **BOARD AND COMMITTEE BUSINESS**

2020-14/8  **GENERAL ORDERS**

2020-14/9  **INFORMATION ITEMS**

2020-14/9a  Presentations (Presentation attached for 2020-14/2a)

See SC-2020-14.15
## UASU Students' Council Agenda Submission

This form is intended to be used by members of Students' Council to submit items for Council meetings.

<table>
<thead>
<tr>
<th><strong>Council Meeting Date</strong></th>
<th>Tuesday, October 20, 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mover</strong></td>
<td>Kidd</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:katie.kidd@su.ualberta.ca">katie.kidd@su.ualberta.ca</a></td>
</tr>
<tr>
<td><strong>Action Requested</strong></td>
<td>Information Items</td>
</tr>
</tbody>
</table>

### Information Items

**Abstract**
Slideshow to accompany Dr. Elizabeth Cawley's Presentation

**Attachments**

[10202020_Presentation_ElizabethCawley_U...](#)
Post-Secondary Student Mental Health

Dr. Elizabeth Cawley
Director, National Mental Health Strategy
Studentcare|ASEQ
Dr. Elizabeth Cawley
Director, National Mental Health Strategy
Studentcare | ASEQ
WHAT IS MENTAL HEALTH?

MENTAL HEALTH  MENTAL ILLNESS

MENTAL HEALTH  MENTAL ILLNESS
WHAT IS MENTAL HEALTH?

“A state of complete physical, mental, and social well-being, and not merely the absence of disease”  (World Health Organization, 2006)
WHAT IS MENTAL HEALTH?
WHAT IS MENTAL HEALTH?
WHY FOCUS ON MENTAL HEALTH?

- 75% of people who receive a mental health disorder diagnosis are first diagnosed between the ages of 16-24\(^1\)
- Canada has over 2 million post-secondary students
- Need for **mentally healthy environments** where students can maximize their abilities
- Post-secondary institutions have an incredible and unique opportunity for communication and intervention

\(^1\)NIMH, June 2005
The highest risk for mental illnesses and substance dependence:

16 to 24
Fewer than 50% of students who need mental health support get it.

Top 3 reasons for not getting help:
- “It’s normal.”
- “It will go away on its own.”
- “I don’t have time.”
BENEFITS OF SEEKING HELP

Enhances patient wellness

Increases speed of recovery

Increases health-care capacity
“Finally, people are interested in mental health and everyone is running to get in the door. But we only have one door, and there’s a long lineup. We need multiple doors.”

- Dr. Peter Cornish, Memorial University
WHAT IS EMPOWER ME?

- A short-term, solution-focused counselling service
- Confidential
- Designed specifically to address issues faced by today’s students
- Powered by Optima Global Health
WHAT IS EMPOWER ME?

- In person
- Telephone (24/7/365 toll-free)
- 24/7/365 Crisis Support
- Video counselling
- Triage via the new app
EMPOWER ME TOPICS

- Abuse – bullying, harassment, physical, sexual
- Addictions – alcohol, drugs, gambling, gaming, sex
- Anxiety & stress – academic & personal
- Bereavement & grief
- Crisis or emergency situation
- Depression – academic & personal
- Family & single parenting
- Financial – debt & credit counselling, financial planning, budgeting
- Nutrition

Not an exhaustive list – no issue is too small
WHAT DOES EMPOWER ME OFFER?

- International access – Students will be able to receive counselling services from over 20 countries. They will be able to connect via telemedicine mediums.
- Uncapped model – Solution focused model
- Matching – Solution that offer more chances of comfort and success (e.g. faith based, LGTBQ2+)
- App medium – Live in-app texting will be a new medium to connect with the service
THANK YOU!
QUESTIONS?