

Backgrounder

LIST (Learn, Identify, Support & Treat): A Comprehensive Mental Health Development and Pathway through Mental Health Care for Postsecondary Settings

Population Awareness Building: The first step on the Pathway through Care is the development of awareness among students, faculty and administration about how to obtain and maintain good mental and physical health, and how to raise youth focused awareness about mental health and mental disorders. Nationally, initial positive approaches to this step are currently underway through the Jack Project (Jack.org) and its student-led approach to addressing mental health awareness through on-campus activities. This project will build on and not attempt to re-create an already existing approach.

Mental Health Literacy: Good mental health literacy is the foundational component of the Pathway through Care, and constitutes the second step in this pathway. This project will apply *Transitions*, a mental health literacy resource designed with - and for - postsecondary campuses that has evidence to support its impact on improving mental health literacy of students on Canadian campuses. *Transitions* embeds mental health literacy into a life skills resource that addresses student challenges such as finances, study skills, dealing with stress, relationships and violence, STIs, sexuality, suicide risk management, depression/anxiety that need to be addressed to optimize success in postsecondary education. The resource is freely available online and as well in hard copy, eBook and iPhone App formats.

Identification, Referral and Support: The third step on the Pathway through Care is the enhancement of capacity within postsecondary settings to identify students who are showing signs/symptoms of a mental disorder, refer to evidence-based mental health care, and support students in their campus experience. Using an evidence-based intervention training model previously applied in secondary school settings and redesigned for campus populations, “Go To” Educators will build on enhancing the capacity of faculty to whom young people naturally “go to” for help with problems. This includes training for teaching faculty, student services providers, residence supervisors, peer health mentors, etc. in the identification of young people who may require referral for care and then direct them to where care is available on their campus.

Diagnosis and Evidence-Based Treatment of Common Mental Disorders in Primary Care: Enhanced capacity in primary health care is recognized by the World Health Organization as one of the most important developments needed to improve access to quality mental health care. On postsecondary campuses this includes all health providers practicing in student health care settings and counselling offices. Pathway through Care will provide competency enhancement training experiences in the diagnosis and treatment of the most common high volume/low intensity mental disorders of this age group: depression, anxiety disorders, and attention deficit hyperactivity disorder. It will do this through available programs, including an Executive Primary Care Training Program and a certified, online education resource that addresses depression in this age group.

Evaluation: The first year of the project will focus on modification of existing resources, development of new resources and field-testing of interventions as part of the development cycle. The second and third years will focus on application and evaluation of the interventions on the chosen campuses.