

Committee Title	Student Voice					
Date of Meeting	12 th February 2018					
Item Number and Title/Subject	DRAFT Student Mental Health Partnership Agreement					
Paper Presenter	Rachel Simpson, Vice President GSBS					
Brief Summary of Issues/Topic	<p>In November 2017 work commenced by VP GSBS to establish the first partnership agreement at GCU between the Students' Association and University in regards to student mental health.</p> <p>The agreement is part of a wider NUS and Think Positive initiative which aims to bring students' associations and universities together to work holistically and in collaboration for student mental wellbeing.</p> <p>Although the draft has received student feedback and consultation, Student Voice is asked to read through the proposed agreement in the first draft, and feedback at this stage.</p> <p>The policy has yet to be completed and this should be taken into consideration when reviewing the document and providing feedback.</p>					
Recommendation(s)	Information		Discussion	X	Approval	
	<p><i>Any member can ask a question by raising their voting card and being recognised by the Chair to speak.</i></p> <p>Student Voice is asked to consider and feedback on the DRAFT Student Mental Health Partnership Agreement.</p>					
Who have you consulted when developing the paper?	Executive Committee Equality and Diversity Committee GCU Wellbeing Team/Campus Life NUS					
Staff/Student Protocol	Yes	X	No		N/A	
Will any decision approved directly affect the work of staff?	Relevant staff have been consulted.					
Should the paper be submitted to any other committee following its consideration/approval at this meeting?	The paper will be brought back in a final draft to the fourth meeting of Student Voice for approval. Trustee Board.					
If yes, please state the committee and proposed date of submission.	It will also progress through the GCU University Structure.					

Student Mental Health Partnership Agreement

By
GCU Students' Association
&
Glasgow Caledonian University



Overview of Policy Agreement

This report has been produced to outline the working areas that GCU Students' Association (Students' Association) and Glasgow Caledonian University (GCU) agreed to develop as part of the Student Mental Health Agreement (SMHA), to positively benefit GCU Students.

SMHA is a project led by Think Positive, which aims to bring students' associations and universities together to help support student mental health.

The plan will be reviewed, and work completed will be evidenced in another document produced at the end of the academic 2017/18 year.

Three areas were chosen from a selection of criteria produced by NUS Scotland in line with their Mental Health Agreement initiative; this being a part of Think Positive about Student Mental Health.

These are:

1. Support Services Promotion
2. Tackling Stigma
3. Peer Support

Action Plan

Support Services Promotion

Within both the Students' Association and University there is a wealth of student facing support services which aim to positively impact upon the lives of students and their wellbeing. It is therefore essential that the current services which are available to GCU students are effectively highlighted so students know where to go for support.

The hope is that by focusing on this objective, we can not only see an increase in student wellbeing at GCU, but also an increase in appropriate support service contact.

1. Support Booklet

Produce a booklet which outlines every support service available to GCU students on campus, as well as out of hours contacts, in one easily accessible and understandable booklet. The booklet would then be implemented on a tab on GCU Learn. This would make the information visible, and accessible to all students.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none"> 1. Endorsement from the relevant departments to be included in booklet. 2. Design booklet. 3. Student consultation on information in booklet. 4. Construction of booklet. 5. Booklet printed and distributed 6. Booklet uploaded in online version to make it more accessible 	<ul style="list-style-type: none"> • Time allocation to construction of booklet, consultations, and endorsements. • Funding to print the booklet • Booklet uploaded across GCU Learn in all academic schools at GCU.

2. Nightline Publicity Campaign

The Nightline service is currently advertised through Plasma Screens around campus, and on the university and association websites. The service itself has a publicity officer who helps to organise Nightline Awareness Week in Trimester 1; and publicity campaigns throughout the academic year. By introducing a campaign which is supported and organised with the Sabbatical Officer Policy Lead a greater awareness of, and engagement with, the service can hopefully be observed.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none"> 1. Work with current nightline committee to develop and run a campaign in collaboration with the association and university to highlight the service to students. 2. Follow associations' campaigns toolkit to measure effectiveness of this campaign. 	<ul style="list-style-type: none"> • Campaigns toolkit to be filled out. • Resources for the campaign will vary depending upon which kind of campaign the Nightline Committee wish to progress with

3. Continuing ongoing advertisement of Advice Centre & Wellbeing Service

Currently, there is a focus from the University and the Students' Association to continue effectively advertising these services to students. This occurs in several ways – such as leaflets, through online webpages, in all student emails and in social media. These methods, and more, will be demonstrated in the final report for the 2017-18 Agreement Document.

It is hoped that these advertisement methods could be expanded in ways such as Sabbatical Officer social media posts, lecture shouts, the support booklet and GCU learn support tab.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none"> 1. Endorsement from the relevant departments for promotion to occur 	<ul style="list-style-type: none"> • Current materials are distributed and made available to students

<ul style="list-style-type: none"> 2. Promotional materials kept up-to-date and accessible by students 3. Distribution of physical materials 4. Time allocated by sabbatical officers to construct social media posts, partake in lecture shout outs, and promote services actively to students 5. Actions mentioned under the support booklet and GCU learn tab section 	<ul style="list-style-type: none"> • Sabbatical officers partake in lecture shout outs, social media advertisement, etc. • Actions mentioned under the support booklet and GCU learn tab are implemented.
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Tackling Stigma

The university and association also recognise the importance of challenging societal stigma which currently surrounds mental health. It is important that this is challenged as research has previously shown that negative and stigmatising attitudes may lead to discrimination, prejudice, or self-stigma and this can have a further negative impact on individuals' mental health.

1. Mental Health Campaign – Wellbeing Volunteering

GCU Students' Association currently host a range of campaigns aimed at improving student wellbeing. The campaigns always reference the university wellbeing department, and Students' Association Advice Centre. The campaigns are usually championed by the Wellbeing Volunteers, who are registered GCU students.

Each year the association and full time sabbatical officer policy lead decide on the topics which will be covered in the campaign, and in November 2017 a topic surrounding mental health will be delivered in collaboration with SeeMe to address societal stigma. Through this campaign we aim to normalise discussing mental health issues and decreasing stigma.

SeeMe Scotland will then be invited to participate in the annual Wellbeing Fayre, further precipitating the message. Breathing Space will also be invited to attend the Wellbeing Fayre.

Actions to achieve outcome	Resources required
<ul style="list-style-type: none"> 1. Volunteers are recruited and trained. 2. Campaign schedule is decided. 3. External organisations approached when necessary. 4. Materials secured for campaigns. 5. Stall and campaigns occur on set dates 	<ul style="list-style-type: none"> • Volunteers recruited, trained, and delivering campaigns. • Materials to promote on campus support services to students. • Resources for each campaign

2. Mental Health Themed Student Summit Event

The Student Experience Summit is an annual event at GCU, where students and staff discuss issues surrounding the University's commitment to deliver a 'truly outstanding' student experience. This year, the summit is focused on the theme of Mental Health; with the title being "Mental Wealth; Enhancing GCU Student well-being".

The focus of this is to inform the development of an action plan to enhance student mental health and well-being at GCU. Aside from informing this action plan, we hope that the conversations which arise from the summit event, as well as the active promotion will challenge stigma in regards to Mental Health.

Actions to achieve outcome	Resources required
<ul style="list-style-type: none"> 1. A working group has been established to co-ordinate the event in which all the sabbatical officers and various university departments are represented. The action points which arise from this group should be completed to ensure the event is successful. 2. Student and staff participation in event. 	<ul style="list-style-type: none"> • Time allocation to attend working group, effectively plan and promote event. • Ensure feedback from event is incorporated into the final Action Plan to enhance Student Mental Health and Wellbeing.

3. Anti-Stigma Speaker on Campus

To educate students on the topic of mental health stigma, the idea of having a speaker come onto campus to speak on Mental Health was discussed.

This has been incorporated into one of the sabbatical officer's individual objectives (Rachel Simpson, VP GSBS).

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Active communication, promotion and attendance by students2. Speaker to partake in event and speak on topic of mental health stigma	<ul style="list-style-type: none">• Venue, speaker, and time allocation from sabbatical officer to plan event.

4. World Mental Health Day (10th October)

Mental health in the workplace was the theme of World Mental Health Day in 2017. World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues and mobilizing efforts in support of better mental health.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Promotion of the event in the run up to the awareness day and on the day on social media, posters etc2. Stand in the Campus Lounge staffed by the Wellbeing team	<ul style="list-style-type: none">• Wellbeing Team staff time to deliver campaign

5. University Mental Health Day (1st March)

University Mental Health Day is the national campaign to focus efforts on promoting the mental health of people who live, work and study in Higher Education settings run jointly by Student Minds and The University Mental Health Advisers Network.

The theme this year is community. Whether you're a student, a member of support staff, an academic, or a senior university leader, we all have a part to play to cultivate a positive mental health community at university.

Within this, we hope to:

- Improve students' and staff's awareness of support and promote a sense of belonging.
- Improve understanding among students and staff of the role the environment and community can play in protecting student mental health.
- Raise awareness of the specific challenges students face with regards to support for their mental health and influence education institutions and health providers to work collaboratively so all in higher education can thrive.
- Improve students' and staff's awareness of support and promote a sense of belonging.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Promotion of the event in the run up to the awareness day and on the day on social media, posters etc2. Stand in the Campus Lounge staffed by the Wellbeing team	<ul style="list-style-type: none">• Materials from Student Minds• Wellbeing Team staff time to deliver campaign

6. Encourage Participation in SMHFA Course for Student facing staff

The Scottish Mental Health First Aid Award is a course which aims to equip students with the skills to help an individual in distress – in the same way a first aid certificate can help educate those in assisting those in physical distress.

The skills and abilities taught in the course may assist student facing staff in supporting distressed students.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Secure SMHFA Sessions for staff to attend2. Staff to attend training courses and gain accreditation	<ul style="list-style-type: none">• Training session• Time/resources from staff members to attend

Peer Support Networks

Alongside services provided by the university and Students' Association, the aspect of enabling peer support within the GCU community is another working area both parties would like to develop this academic year.

There are multiple benefits to this – including allowing students to gain confidence to engage with university and association support services; as well as providing a safe and inclusive environment in which students may seek support.

By developing this network, we hope to provide a more holistic approach to providing student support. This will be through the introduction and development of various support networks currently.

1. Scottish Mental Health First Aid Award (Students)

The course, as explained above, is recognised by the NHS, and would be a great opportunity for students to learn how to greater support their peers at university.

The aim is that the course will be introduced to the GCU Glasgow Campus free of charge to students. This would be incorporated into the already existing Student Leaders Programme, and is included in one of the individual objectives of the full time sabbatical officers, Rachel Simpson, VP GSBS.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Secure funding for training to occur2. Secure a trainer to come to the GCU Glasgow Campus3. Liaise with the SLP Co-Ordinator to incorporate training to the programme4. Promote this opportunity to students	<ul style="list-style-type: none">• Funding for training• Venue, printed materials, etc.• Materials to promote training

2. Preventing and Responding to Gender Based Violence

In the past year the university and association have been working to develop a programme for students which aims to challenge sexual violence. Students will be trained and supported to deliver workshops in which issues such as consent, how the media portrays gender-based violence, and others will be discussed with other students in a safe environment.

These workshops would be free to students; and will be available from September 2017. The idea is that the workshops will be free, and frequent to allow it to be as accessible as possible to students within the GCU population.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Develop training with RCS/ GU/ GCU/ SRC/ GCU Students' Association2. Deliver train the trainer training to Students3. Facilitate students delivering training to other	<ul style="list-style-type: none">• Funding for training• Venue, printed materials, etc.• Materials to promote training

students

3. Nightline Service

Nightline is a confidential listening and information service run by and for students of Glasgow Strathclyde and Caledonian Universities. The service operates from 7pm-7am, Monday-Friday during terms time.

The service requires student volunteers each year, who the Students' Association trains and supports in both trimester 1 and 2, and then help to facilitate a rota in which students can sign up to support their peers. We are committed to continuing this service throughout the 2017/18 academic year, and increase student awareness of this.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Dedicated Association staff member to assist with operational aspects of running the service2. Student volunteers3. Training of new volunteers4. Rota coverage5. Promotion of service	<ul style="list-style-type: none">• Staff time• Funding for training• Venue, printed materials, etc.• Materials to promote training• Volunteer time

4. Gender and Sexuality Safe Space

The Students' Association currently hosts a Gender and Sexuality Safe Space. The space was established to provide a safe space for students to find community regarding gender and sexuality, as well as seeking peer support. The room is open to any student and is located on the second floor of the Association, in NH205.

The space is also used by the LGBT+ and the Women's Liberation Group as a base as per the original idea to Student Voice. This has enabled the groups to have a space in which to host discussion groups, establish pin boards and information bases; and more.

It is our ambition to increase the current knowledge of the space, and encourage more students to make use of the supportive environment. This will be done by the sabbatical officer policy lead for Equality and Diversity, publishing an article on the space, and the inclusion of the space in the support booklet.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Support booklet actions completed2. Article constructed and distributed	<ul style="list-style-type: none">• Support Booklet resources• Time allocation to construct, publish and promote awareness of an article

5. 8 Week Mindfulness Based Stress Reduction Course

Mindfulness can help us to learn to cope better with the pressures we are under, recognise the thoughts and judgements we make, often subconsciously, that generate more stress and find balance and a sense of calm.

The Mindfulness-Based Stress Reduction (MBSR) Course is a recognised and established mindfulness course, proven to help people cope better with stress, depression and anxiety. This eight-week life-skills course combines experiential mindfulness practices and includes mindfulness meditation practices, gentle stretching and movement, group dialogue and discussion and individually tailored instructions.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Promotion, awareness raising of the training2. Deliver training	<ul style="list-style-type: none">• Staff time• Venue, yoga mats etc.

6. 6 Week My Recovery Action Plan (My Rap) Workshop

MyRAP is the work of a multi-agency group whose aim was to produce a self-management tool to support people in taking control over their own wellbeing and recovery. It is an enabling tool to assist people identify their strengths and build on them. There may be a number of reasons why people come to MyRAP workshops, for example they may be mentally well and simply wish to learn more about staying well or they may be currently unwell and being supported by mental health services but would like to take more control over their own recovery through self-management.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Promotion, awareness raising of the training2. Deliver training	<ul style="list-style-type: none">• Staff time• Venue, printed materials, etc.

7. Look After Your Mate Workshops

This is a student peer to peer support group for mental health which has been developed by Student Minds. It is a 2-3 hour interactive workshop for students who may be supporting a friend experiencing mental health difficulties or would like to know more about mental health, the support available for university students, and how to look after your own wellbeing whilst at university.

The workshop is delivered through trainer presentation, group discussion and individual and group activities.

Actions to achieve outcome	Resources required
<ol style="list-style-type: none">1. Promotion, awareness raising of the training2. Staff training supplied by Student Minds3. Deliver training	<ul style="list-style-type: none">• Materials supplied by Student Minds• Staff time• Funding for training• Venue, printed materials, etc.