



Faculty toolkit:  
**Supporting Mental Health and Survivors of Dating, Domestic and Sexual Violence on Campus**

November 2020

**\*OVER  
50%**

Over 50% of students reported that they are **NOT** flourishing in regards to their mental health. This is a statistically significant increase from the 2016 data.

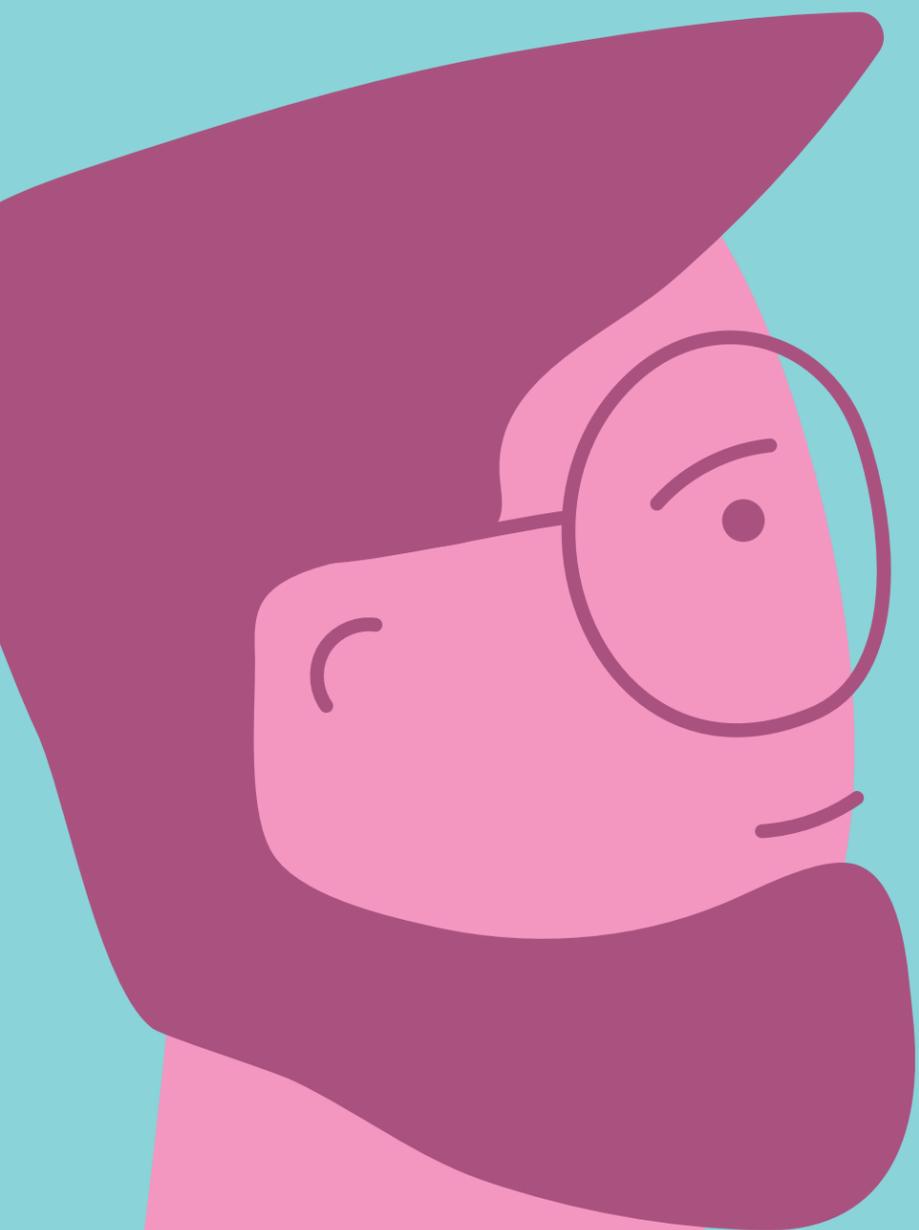
In January - February 2019, MRU took part in the National College Health Assessment (NCHA) survey. The NCHA survey is a valid and reliable, web-based, survey created by the American College Health Association. It collects data on students' habits, behaviours, and perceptions of various health topics. MRU takes part in the survey every three years. In 2019, 1,319 students responded to the survey (a 33% response rate).

\* Students were asked 14 questions to determine a diagnosis of positive mental health. The measurement tool was developed by Corey L. Keyes to measure emotional, psychological and social well-being. Responses to the 14 questions are summarized into 3 categories to describe mental health-- languishing, moderate, and flourishing.

## Why are faculty important in this conversation?

Time and time again when students are asked where they heard about the Wellness Centre or a mental health resource, the top answer is "from a faculty member".





There have been significant increases from 2016 student data about the impact of anxiety, stress and sleep on academic performance.

# Sleep

**46%**

Students reported that **stress** affected their academic performance within the last 12 months

**38%**

Students reported that **anxiety** affected their academic performance within the last 12 months

**33%**

Students reported that **sleep** affected their academic performance within the last 12 months

# Stress

# Anxiety



# Supporting Students

## [mru.ca/Mentalhealth](https://mru.ca/Mentalhealth)

On-campus mental health resources offered by Wellness Services are showcased here, including Psychologists, Social Workers, Mental Health Nurses, Physicians, and a Psychiatrist.

### Course Syllabus Statement

Support student mental health by incorporating the following statement into your course syllabus:

#### *Your Mental Health*

*At Mount Royal University, we care about your mental health and supporting your well-being.*

*There are a variety of resources to support you. Visit [mru.ca/Mentalhealth](https://mru.ca/Mentalhealth) for more information on everything mental health at MRU.*

### 'Mental Health at MRU' Video

This video provides a snapshot of where students can go for mental health support on campus. Add this link to your Blackboard site and/or play it during class time.

### MRU Early Support Program

The Early Support Program helps to ensure students are connected to resources and supports as early as possible. If you are concerned about a student, refer them to this program through the completion of an [online referral form](#).

### Accessibility Services

Accessibility Services assists the University in creating an accessible learning environment that encourages full participation in academic courses for students experiencing disabilities. Reasonable accommodations are tailored to the individual, flexible, and are determined by considering the barriers within the unique environment of a post-secondary institution.

### Blackboard Mental Health Module

This module provides more information about mental health at MRU and the resources available and it is an easy upload to the Blackboard site. Encourage students in your class to access the modules, or integrate the modules into your course.

### In-Classroom Presentations

Invite a representative from Wellness Services into your classroom to discuss the NCHA data and provide a more in-depth overview of mental health at MRU.

### BreathingRoom

An 8-module online program that supports students in building their coping and resiliency skills. Integrate this program into your course, if appropriate.

### Workshops for Students

A variety of mental health workshops are available including those that support mental health literacy, suicide prevention, and harm reduction. Certification is awarded upon completion. Integrate a workshop into your course by [submitting a request here](#).

# Building Your Own Capacity To Support Others

## On-campus resources:

### [Mental Help Folder](#)

This quick resource guide is designed to assist faculty and others to support students in distress.

### [Workshops for staff and faculty](#)

Take a workshop to build your mental health literacy and/or capacity to support others.

## External resources:

### [Community Resources](#)

Mental Health resources that can be accessed in the wider community.

### [Jack.org - 'Be There' Campaign](#)

Information on how to recognize when someone might be struggling with their mental health and ways that you can support them.

### [Centre for Innovation in Campus Mental Health - 'More Feet on the Ground'](#)

This online resource is intended to be a one-stop shop for any campus professional looking to understand more about mental health and refer a student to relevant programs or departments.

# Supporting Yourself

## [Employee Wellness Brochure](#)

Learn about all of the wellness-related offerings available to MRU faculty and staff.

## [Mental Health Offerings](#)

MRU recognizes the importance of employee mental health and offers a number of activities, services, and subject matter that maintains and promotes employee mental health.

## [Academic Development Centre](#)

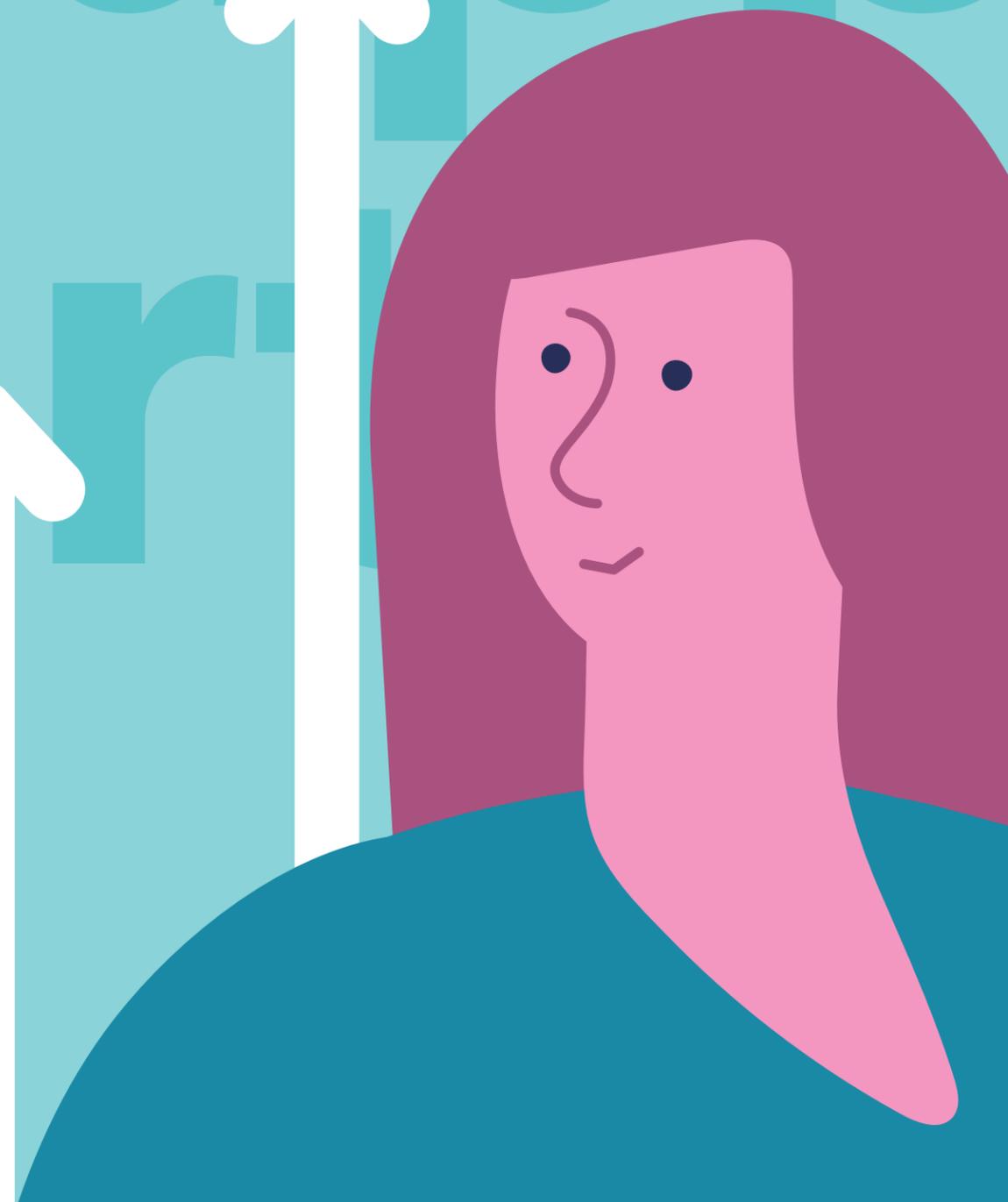
Initiatives including the “Triad Program”, “Mentorship Program”, and “New Faculty Orientation” exist to help reduce stress and support new and existing faculty on their journey here at MRU.

## [MRFA](#)

The Mount Royal Faculty Association provides a collective voice for faculty, promotes tenure and academic freedom, advocates for the highest standards of professionalism in higher education, and upholds the values of diversity, equity and human rights.

Support

Orientation



OVER  
**20%**

Over 20% of students surveyed, reported being sexually assaulted within this past year.



## Within the past 12 months, students reported:

**5.4% Male | 16.9% Female**

Students reported being sexually touched without their consent.

**0.3% Male | 6.3% Female**

Students reported a sexual penetration attempt without their consent.

**0.3% Male | 4.2% Female**

Students reported being sexually penetrated without their consent.

**31.1% Male | 38.1% Female**

Students reported their intimate relationships have been traumatic or very difficult to handle.

**18%**

Students reported being in an emotionally, physically and/or sexually abusive relationship.

Due to lower responses from trans, non-binary and gender non-conforming people, they are not included in these numbers in an effort to protect their identity; however, other research indicates that this population is targeted by perpetrators of dating, domestic and sexual violence at significantly higher rates.

# Supporting Survivors of Dating, Domestic & Sexual Violence on Campus

## Why are faculty important in this conversation?

A significant number of students are adversely impacted by dating, domestic, and/or sexual violence. Usually the perpetrator is known to the survivor. It is therefore possible that they are both members of the campus community. Faculty are often the first professional that students will go to for support and are well-positioned to be a valuable resource to provide students with information about where help is available.

## On-campus resources:

### [DDSV Folder](#)

This resource is designed to assist faculty in providing supportive responses to students who disclose sexual violence.

## Workshops for staff and faculty:

Take a workshop to build your understanding of dating, domestic and sexual violence. Upcoming workshop can be seen on the workshop calendar at [mru.ca/wellness](http://mru.ca/wellness).

## External Resources:

### [Calgary Communities Against Sexual Abuse](#)

Provides free counselling, police and court support and education opportunities throughout the Calgary community.

Phone: 403.237.5888

[calgarycasa.com](http://calgarycasa.com)

### [Association of Alberta Sexual Assault Services](#)

Provides free counselling, police and court support and education opportunities throughout the Calgary community.

Alberta One-Line, call, chat or text: 1.866.403.8000

[aasas.ca](http://aasas.ca)

### [24-Hour Family Violence Help Line](#)

Provides support and information about resources available for people facing dating, domestic and family violence in Alberta.

403.234.7233

# Supporting Students

### [mru.ca/sexualviolence](http://mru.ca/sexualviolence)

A dating, domestic and sexual violence support advocate is available on campus. Appointments can be booked here.

### [Course Syllabus Statement](#)

Support student mental health by incorporating the following statement into your course syllabus:

#### *Your Mental Health*

*Mount Royal University is committed to providing community members a learning and working environment that is free from sexual harassment, sexual assault, dating violence, stalking and domestic violence. If you have experienced this type of violence, help is available. This information can be found at [mru.ca/sexualviolence](http://mru.ca/sexualviolence).*

### [Content Warning Statement](#)

If you are covering material that discusses sexual assault, sexual harassment, sexual abuse, stalking, domestic violence, or dating violence, giving students content warnings is encouraged so they can be empowered to make their own decisions around their psychological safety.

### [Campus Resource Slide](#)

This slide can be incorporated into your presentation if you are wanting to point students to a resource that is available.

### [In-Classroom Presentations](#)

Invite the Dating, Domestic, and Sexual Violence Response and Awareness Coordinator into your classroom for an in-depth conversation on consent, healthy relationships, and supportive ways to respond to disclosures of sexual violence. Presentations can be customized to reflect the needs of your course content. To book a presentation email [sexualviolence@mtroyal.ca](mailto:sexualviolence@mtroyal.ca)

### [Workshops for Students](#)

Workshops on consent, healthy relationships and responding to disclosures of sexual violence are available.

