

Summary of the Mental Health Needs Assessment Projects

Year	2012–2013	2013–2014	2014–2015		
			Faculty and Staff	Undergraduate Students	International Students
Aim	To learn about student perceptions of stress and its impact on mental health while attending academic programs	To describe how UBC students perceive and experience mental health stigma on campus	To gather faculty and staff perceptions of student mental health and the suggestions proposed by students	To examine undergraduate students' priorities for the changes on campus to support their mental health	To learn about the mental health needs and concerns of first-year international students at UBC
Design	Participatory Action Research; qualitative inquiry	Participatory Action Research; qualitative inquiry	Qualitative inquiry	Cross-sectional; quantitative method	Participatory Action Research; qualitative inquiry
Participants	18 students	24 students	40 faculty and staff members	185 undergraduate students	12 first-year international students
Findings	<ol style="list-style-type: none"> 1. Sense of community 2. Academic pressure: 3. Services 4. Personal context 	<ol style="list-style-type: none"> 1. Understanding mental health stigma on campus 2. Consequences of mental health stigma 3. Breaking down mental health stigma 	<ol style="list-style-type: none"> 1. Aspects of university life that affect student mental health 2. Limited mental health literacy among faculty, staff, and students 3. Under-utilization of some resources 	<ol style="list-style-type: none"> 1. Distributing information about mental health resources 2. Changes to the learning environment 3. Changes to the campus environment 4. Enabling faculty and staff to support student mental health 	<ol style="list-style-type: none"> 1. Challenges in transitioning to UBC 2. Student approaches to challenges 3. Student perceptions of mental health 4. Student perceptions of current campus resources
Suggestions	<ol style="list-style-type: none"> 1. Develop a survey that examines university students' stress 2. Investigate international students' mental health concerns and needs 	<ol style="list-style-type: none"> 1. Promote UBC mental health services 2. Orient, educate, and train faculty and staff about mental health 3. Advance mental health services on campus 4. Normalize mental health on campus 5. Explore faculty and staff's perceptions of student mental health 	<ol style="list-style-type: none"> 1. Develop a survey that examines UBC undergraduate students' priorities for changes on campus to support their mental health 	<ol style="list-style-type: none"> 1. Promote mental health resource and services 2. Provide healthy and affordable food 3. Expand lounge and study space 4. Standardize course syllabi 5. Create opportunities for faculty and staff to know students 6. Provide support and training to faculty and staff 7. Explore how teaching practices influence student mental health and well-being 	<ol style="list-style-type: none"> 1. Increase an awareness among faculty and staff of the acculturation process and how it creates stress for international students 2. Improve support for both the students' mental health and their academic pursuits 3. Explore how teaching practices influence international students mental health and well-being
Actions Taken or Underway	<ol style="list-style-type: none"> 1. University Stress Sources Scale (U-StreSS) was developed (2013–present). 2. International students' mental health concerns and needs were explored (2014–2015). 	<ol style="list-style-type: none"> 1. Faculty and staff perceptions of student mental health were investigated (2014–2015). 	<ol style="list-style-type: none"> 1. A survey was developed and conducted to investigate students' priorities for changes to promote student mental health (2014–2015). 	<ol style="list-style-type: none"> 1. A new project has launched to explore how teaching practices influence university student mental health and well-being (2015–present). 	