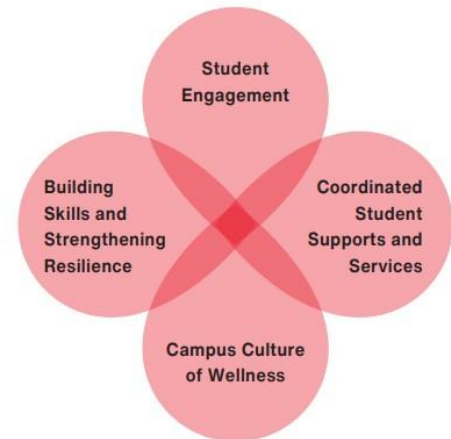


Office of the Vice President (Students and Enrolment)

Carleton University is committed to evolving mental health and wellness supports in an effort to highlight a holistic approach to student wellness. With the development and publication of our latest Student Mental Health Framework 2022-2026, we are continuing in our long history of making mental health and wellness a priority for our campus. Dating back to 2009, Carleton University has been a leader in mental health and wellness strategies in Canada, and our latest edition furthers our drive for wellness by incorporating spirituality, substance-use health, Indigenous ways of healing and pedagogy in addition to our continuously expanded counselling support.



Embedded in our [Student Mental Health Framework 2022-2026](#), under the area of focus *Campus Culture of Wellness*, Carleton University has pledged to sign and implement the Okanagan Charter. By signing the Okanagan Charter, Carleton University is committed to the following themes.

1. Creating Thriving and Supportive Communities

Carleton University is committed to proactive and intentional creation of an empowered community that fosters a community of wellness. Through the use of our Health Promotion and Wellness team, Carleton is expanding the knowledge of what holistic health and well-being looks like, including (but not limited to):

- the launch of the Okanagan Charter and Health Promotion webpage on our mental health and wellness website;
- embed discussion of health promotion into mental health and wellness workshops;
- the inclusion of the goals of the Okanagan Charter into trainings for student leaders, staff, and faculty; and
- creating more opportunities for students to be involved in the collaboration and community action of the university.

2. Supporting Personal and Social Development

Carleton University is committed to continuously supporting the personal and social development of our students, staff and faculty. We aim to include more workshops and opportunities to build resilience, competencies and life enhancing skills beyond our current workshop offerings. We aim to develop and implement workshops that focus on nutrition, physical health, finances, recognizing personal strengths in addition to encouraging overall health-seeking behaviours.

3. Embed a Campus Culture of Wellness

Tying in our Student Mental Health Framework 2022-2026, Carleton University is committed to creating and embedding a campus culture of wellness. We aim to increase overall awareness of the signs of mental health distress, strengthen institutional awareness of the impact of policies and practices that create unintended stress, and cultivate awareness of the importance of student mental health promotion including integration at all levels of the university. With a renewed commitment to continuous improvement and a particular emphasis on equity, diversity, inclusion and accessibility, we aim to ensure all of our services support equitable access, enhance health and wellness, and ultimately promote a supportive organizational culture.

4. Advance Teaching and Training While Integrating Health

Carleton University is striving to create opportunities for staff and faculty to work collaboratively and learn from each other while integrating mental health and wellness practices, seeking to integrate research and evidence-based practices inside and outside of the classroom. Included in this goal is the development and distribution of a mental health toolkit for faculty and staff that includes curriculum influence, how to recognize when a student may need support, and how to support their own mental health and wellness. This objective is multi-disciplinary and trans-disciplinary and will involve embedding an understanding and commitment to health and wellness. It will also lead to future training, learning, teaching and knowledge exchange.

Emphasis on Evaluation, Reporting, and Reviewing

At Carleton University, we understand that striving for wellness is an ongoing process that demands continuous growth and the input from our community. We are committed to seeking continuous feedback from all members of our community through our Student Mental Health Student Engagement Committee, our Student Mental Health Advisory Committee, as well as a general feedback submission form on our mental health and wellness website. With the signing of the Okanagan Charter, we aim to be transparent about our progress and recognize that to truly support the health of our community, we must not only be open and receptive to feedback, but also diligent in reviewing the feedback and implementing changes that meet the needs of our community.