

FLEXIBLE WELLNESS JOURNEY

Many models of care exist to respond to student mental health needs. Everyone's situation is unique and that's why we have adopted a model of care that can be customized to deliver the right care at the right time for each student. Our model is a comprehensive system that organizes treatments by intensity and by readiness to participate. Students can access services along any of the steps at any point in their journey and can try new things at any time.

FLEXIBLE WELLNESS JOURNEY

SELF-CARE



INFORMATION & EDUCATION

Resources can be accessed at any time and provide information that supports understanding mental health and wellness. These can be paper-based resources or accessed online through video, podcast, blogs, websites, and social media platforms.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



SELF-GUIDED ACTIVITIES

Participation in these activities is self-managed and can be done as preferred. Activities can include workbooks/sheets, informal drop-in groups, and drop-in fitness classes among others.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



PEER TO PEER SUPPORT

Support is provided through sharing and active listening, both formal (trained) and informal (not trained). Peer support can be mental health focused, or general support that provides opportunities for social connection.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



ORGANIZED WORKSHOPS

Educational workshops are facilitated by health care professionals and health promotion staff on various topics and themes, including mindfulness, sleep, coping with anxiety, skill-building, overall wellness and more.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



GUIDED LEARNING

These resources provide a blend of self-guided readings and activities with the opportunity to connect with a professional, either on-line or in person.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



GROUP PROGRAMS

Evidence-based, skill-building group therapy sessions involve a group of peers led by a mental health professional and require regular participation for a set number of sessions.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



ONE-ON-ONE SESSIONS

Confidential individual meetings with a health care professional take place on a routine, continuing basis, and most often involve talk therapy.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



SPECIALIST CARE

While remaining under the care of a primary care provider such as a physician or nurse, these resources give options to connect with a mental health specialist, such as a psychologist or a psychiatrist.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)



CRISIS SUPPORT & CARE TEAM PLANNING

These resources are for those in need of immediate crisis support. A team of health care professionals will help to facilitate treatment and recovery.

[VIEW SERVICES AND RESOURCES RELATED TO THIS CATEGORY](#)

CARE FROM OTHERS

CORE COMPONENTS

This flexible wellness journey has several core components that support a student-centred approach, providing responsiveness in how care is planned, delivered, and continuously improved. These components guide all aspects of the model and invite students to participate in their own care as desired.

STUDENT CARE EXPERIENCE



DAILY ACCESS

Same day access to multiple levels of care.



INDIVIDUALIZED INTERVENTION

Guided by one-at-a-time intervention approach.



ADAPTABLE TREATMENT PLANS

Treatment planning is flexible and responsive by strategically reviewing student data and making data-informed adjustments as needed.



PERSONALIZED CARE

Student-centric treatment planning.

APPROACH & PHILOSOPHY



STAKEHOLDER COLLABORATION

Co-designed with Key Stakeholders.



ACCESSIBLE SERVICES

Services populating the Flexible Wellness Journey model align to a variety of step levels, reflect various intensities, and include both formal and informal services.



EMPHASIZED RISK MANAGEMENT

Risk management is evidence-informed, distributed, and effectively addresses stigma inherent in the dominant risk paradigm.



ONGOING SERVICE IMPROVEMENT

Continuous service improvement is achieved through ongoing monitoring and improvement cycles.



RECOVERY-ORIENTED

Recovery-oriented practice is consistently and clearly demonstrated.