



WHAT IS THE TRACKER?



The Campus Mental Health Action Tracker is a free, bilingual, online tool to support student mental health and implementation of the Standard. It was developed by the Social Research & Demonstration Corporation (SRDC) with the collaboration and support of the Mental Health Commission of Canada and many different post-secondary institutions across Canada.

The Tracker is a practical way for you and other campus stakeholders to collaboratively self-assess and document how your institution's student mental health initiatives align with the Standard over time. Ultimately, the Tracker's goal is to guide and support institutions across Canada as they progress towards enhanced student mental health and well-being.



I found that... the Tracker really seems to shed so much light on [the Standard], it makes it much more concrete, much more tangible."

"It's as if the Standard is completely embedded to operationalize those values [the College's values regarding student mental health].

-- Collège de Bois-de-Boulogne



WHAT IS THE STANDARD?

The National Standard of Canada for Mental-Health and Well-Being for Post-Secondary Students— the first of its kind in the world — is a set of flexible, voluntary guidelines to help post-secondary institutions support the mental-health and well-being of their students. This Standard was championed by the Mental Health Commission of Canada (MHCC) in collaboration with the CSA Group (standards development organization), and informed by students, mental health experts and post-secondary partners across the country.

Since the Standard's release in 2020, Canadian campuses – whether big or small, rural or urban – are working with it to reaffirm their commitment to promoting and improving student mental health and well-being. The Standard provides a comprehensive framework and guidance to inform those efforts.

Download your own copy of the Standard, and for more information and resources that support implementation including a Starter Kit, please visit the MHCC website.



WHAT PRINCIPLES GUIDE THE STANDARD AND TRACKER?



- Student-centred
- Equity, diversity and inclusion
- Knowledge-informed
- Health promotion and reducing harm
- Thriving community and culture of well-being
- Continuous improvement



WHAT ARE SOME BENEFITS OF USING THE TRACKER?

IMPLEMENTATION SUPPORT

- Supports implementation of your plan to promote, and continually improve student mental health and well-being on your campus.
- Identify priority areas for individual users and institutions. Document rationale and sources used for informing stage of implementation decisions. Support identification of strengths and gaps in policy/program/practice.

VISUALIZE PROGRESS

- Tracks, assesses, and visualizes your campus' progress towards alignment with the Standard, providing actionable insights for continuous improvement.
- Deepens understanding of your institution's unique context and well-being, ensuring an inclusive, data-driven approach

FACILITATE COLLABORATION

Fosters collaboration with key campus stakeholders, facilitates cross-departmental communication, and strengthens the integration of student input to inform decision-making.



HOW DOES THE TRACKER SCORE ALIGN WITH THE STANDARD?

As the Standard is aspirational, the Tracker frames the work being done as a journey. Questions on the Tracker are rated using: Not Yet, Taking Steps, Good Progress and We're Close. Users choose the rating they think best reflects their institution's current stage.

As the Tracker gets populated, it provides a score for each of the five following dimensions: Institutional Factors; Planning; Socio-Ecological Framework; Evaluation and Reporting; and Continuous Improvement. These scores can be used to understand institutions' journey, prioritize areas of focus, and help monitor progress over time.



"The Tracker was seen as especially helpful because it:

- Provided a nice visual report for leadership, which helped build buy-in.
- Has made the ongoing assessment and reporting process user-friendly by giving an alternative simplified process with manageable sections."



-- Lambton College

HOW CAN MY INSTITUTION START USING THE TRACKER?



Interested post-secondary institutions (PSIs) will be given the opportunity to sign up for a 30-day trial account with the Tracker. A trial account provides an opportunity for PSI representatives to become familiar with the functions and features of the Tracker, and to assess the tool's suitability to PSI efforts in aligning with the Standard. A trial account can also help PSI representatives gain a better understanding of the Standard itself as each clause is broken down into questions using actionable language that supports future planning.



We are excited to share the platform with you! Please do not hesitate to contact us at info@mentalhealthtracker.ca if you have any questions.

The Tracker was developed by SRDC with the support of the Mental Health Commission of Canada. Financial support was provided by Bell Let's Talk, The Rossy Foundation, RBC Future Launch, and Health Canada.

