

Healthy Campus

Case Study

HEALTHY CAMPUS CASE STUDY	
Name of Institution	Atlantic Technological University - Donegal
Who leads the initiative?	Mental Health & Wellbeing Working Group
Date and timeframe of the initiative	October 2022 – Healthy Campus Day
What was the reach of the initiative?	All Students
Initiative Title	What is a Mental Health & Wellbeing Priority for you
Aims/ Objectives	To hear the student voice To communicate directly with students on their priorities
The rationale for the action, including any identified health needs	National Student Mental Health & Suicide Prevention Framework Theme 9 - Improve: Frequent data collection and analysis to ensure an effective improvement in student mental health. Regular collection, evaluation and strategic auditing of data is vital to ensure policies and interventions remain effective and allow prompt action to improve student mental health.
Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)	Healthy Campus Framework Aim 3: To generate and disseminate knowledge for promoting health and wellbeing in Higher Education Institutions. Principle 1: Participation - Where students, staff and the wider campus community are actively engaged in deciding on and implementing health and wellbeing promotion actions. National Student Mental Health & Suicide Prevention Framework Theme 9 - Improve: Frequent data collection and analysis to ensure an effective improvement in student mental health.

Summary / Overview	<p>As part of Healthy Campus Day October 2022, and to build on data collected as part of the baseline assessment of current practices pertaining to Mental Health & Wellbeing across the campus, it was important to have students participate in and give feedback on what are Mental Health & Wellbeing priorities for them.</p> <p>In collaboration with the Students Union and Design Students it was decided to create a feedback wall for students to have their say. A Mental Health & Wellbeing stand was part of the Healthy Campus event on the main corridor to engage with students. Students were encouraged to record anonymously on post it notes what was a Mental Health & Wellbeing Priority for them. Design students captured this feedback to create a mural.</p> <p>The main themes emerging from this were</p> <ol style="list-style-type: none">1. Mental Health Awareness - More variety of workshops and talks on Mental Health in person. Talks should include balancing, managing stress, anxiety, coping skills. Monthly mandatory wellbeing classes are also recommended. More LGBTQ+ facilities/support. More openness about the facilities available to students. Normalise reaching out for help2. Environment – more stress-free rooms for students to go3. Reaching out – smile & say hello, be a good person, make sure kids sitting on their own are alright & find out if they need company4. Fun activities– bingo, raffle, outdoor activities <p>Recommendations arising from this initiative are as follows for implementation by Mental Health Task Force:</p> <ul style="list-style-type: none">• Framing & display of mural in consultation with Students Union, Design Students, International Student Ambassadors & Estates

	<ul style="list-style-type: none"> • Continuing to create clear communication pathways for all students with ongoing campaigns and initiatives giving cognisance to feedback on specific workshops for students • Liaise with estates on the provision of spaces for students • Continue to support Student Led Wellness Cafés based on Donegal Wellness Café model • In partnership with Students Union, International Student Ambassadors, Clubs & Societies and staff continue to support fun activities on campus.
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>Students Union & Design Students</p>
<p>How was the initiative organised?</p>	<p>Small working group established through Mental Health & Wellbeing Project Officer as part of Healthy Campus Day</p>
<p>What resources did you need?</p>	<p>Student designers</p>
<p>Has it been evaluated? How successful has it been?</p>	<p>The main themes emerging from this were</p> <ol style="list-style-type: none"> 1. Mental Health Awareness - More variety of workshops and talks on Mental Health in person. Talks should include balancing, managing stress, anxiety, coping skills. Monthly mandatory wellbeing classes also recommended. More LGBTQ+ facilities/support. More openness about the facilities available to students. Normalise reaching out for help 2. Environment – more stress-free rooms for students to go 3. Reaching out – smile & say hello, be a good person, make sure kids sitting on their own are alright & find out if they need company 4. Fun activities– bingo, raffle, outdoor activities <p>Recommendations arising from this initiative are as follows for implementation by Mental Health Task Force:</p>

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Any future plans, including the sustainability of the initiative?	Wellness Café launched led by Students Union
Key Learning Points	The adoption of a Whole Campus approach to improve the Mental Health & Wellbeing of all Students and Staff

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input checked="" type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input checked="" type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input checked="" type="checkbox"/>	Campus Culture & Communications <input checked="" type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>

Create <input checked="" type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input checked="" type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	
		Physical Activity / Active Transport <input type="checkbox"/>	
		Wellbeing on the Curriculum <input type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

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