

| HEALTHY CAMPUS CASE STUDY | |
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| Name of Institution | CCT College Dublin |
| Who led the initiative? | Healthy Campus Working Group, led by College President & Head of Student Services |
| Date and timeframe of the initiative | In place since 2017 |
| What was the reach of the initiative? | It was communicated to and engaged with by our whole College community, over the last 6 years. Approximately 100 students and 8 staff have availed of the services provided. |
| Initiative Title | ‘Your mental health’ Providing CCT subsidised access for all to professional mental health counselling services. |
| Aims / Objectives | The main aim of this initiative is to provide free access for all full and part time students, graduates and staff of the CCT community, to professional and fully accredited counselling services where applicable. |
| The rationale for the action, including any identified health needs | <p>The mission of Irish education is to deliver a ‘high-quality education that will enable individuals to achieve their full potential and to participate fully as members of society; and contribute to Ireland’s social, cultural and economic development’ (Department of Education, 2019). Based on this, CCT recognized that for many of our students to reach their full potential they need to have access to services that would ensure good overall mental health and well being.</p> <p>As the college has grown and evolved, and as the number, type and level of CCT programmes have increased, particularly since 2015, we noticed a small surge in students presenting for help with general mental health issues. While our student services staff are trained in counselling techniques, the College felt it would be in the best interest of the student to look at formulating partnerships / collaborations with suitably qualified external expert counselling psychology organisations who could provide sessions for students and staff with a minimal wait period. The college did notice a sharp rise in the need for this service over the period of COVID where online counselling was crucial in helping some of our community through lockdown. Providing this service for free was very important for all students</p> |

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| | to ensure barriers to counselling regardless of race, background, status in Ireland (visa seeking or otherwise), learning style etc., were broken down. |
| Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national) | <p>The mission of Irish education is to deliver a ‘high-quality education that will enable individuals to achieve their full potential and to participate fully as members of society; and contribute to Ireland’s social, cultural and economic development’ (Department of Education, 2019).</p> <ul style="list-style-type: none"> • The National Forum <i>Seven C’s for Embedding Student Success</i> • HEA <i>National Student Mental Health and Suicide Prevention Framework</i> • USI and the National Forum’s <i>Embedding wellbeing across the curriculum in higher education</i> • Embedding mental health questions into the annual student services survey. |
| Summary | We refer the reader to other sections for an apt summary of this important initiative to the College. |
| Did you collaborate with internal and/or external stakeholders to deliver? | <ul style="list-style-type: none"> - General student population through scheduled focus groups hosted by the Institution Head and Head of Student Services - Class representatives of CCT - Registered counselling psychologists of the Elmwood Centre (https://elmwoodcentre.com/), with regard to the collaboration between CCT and this Centre - Registered counselling psychologists from mymind.org - CCT full and part time staff cohort. |
| How was the initiative organised? | <p>Initially there were meetings held between the President and Student Services staff to brainstorm how we might best provide services to support for overall mental health and wellbeing. The President has always been very committed to supporting mental health and suggested that we fully subsidise counselling for students who are in need. The President connected the Head of Student Services with the management and lead counsellor from Elmwood Counselling Centre and a relationship was established with them.</p> <p>A pilot programme was in place for one semester which provided very important feedback from students and the counselling centre. Essentially it was determined that when students set the appointments themselves and</p> |

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| | <p>pay for the sessions up front (and are reimbursed by the college) that they were more invested in the appointment and more likely to show up for the appointment. We also received feedback from some of our international students asking if it was possible to receive counselling in their native language. The Head of Student Services did some research and discovered that MyMind had an array of counselling staff that allowed students to select preferred language. Thus, CCT College Dublin was now able to refer students to two different services and have been using them both for many years with great success.</p> |
| What resources did you need? | <ul style="list-style-type: none"> - President led the initiative to ensure a responsive approach and to ensure free access to the service - At least two student services personnel - Collaborations with at least two counselling led organisations who provide fully accredited and qualified counselling psychologists and therapists in Ireland - Financial resources budget for this initiative which is averaging around €55k per year |
| Has it been evaluated? How successful has it been? | <p>This initiative has been evaluated by users of the service, mainly students and some staff. Scheduled feedback by way of informal meetings, class rep meetings, focus groups, end of semester and mid semester feedback forms, staff meetings. Additionally, many students have individually shared stories saying they could not have completed their semester without access to the counselling. We know it has been successful because of how the sessions with registered counsellors in Ireland have positively impacted lives. The fact that it is all fully subsidized by the College means students and staff can access the counselling for free, and they can discuss their needs and schedule all sessions directly and confidentially with their counselling therapist.</p> |
| Any future plans, including the sustainability of the initiative? | <p>Future plan for this initiative is to budget accordingly each financial year and keep the service open and free to access indefinitely into the future.</p> |
| Key Learning Points | <p>The main key learning point is that this has become a critical service for the community of the College, and that we will keep looking for other suitable collaborators to ensure we have a number of organisations to link up with to continue to provide this service to our students.</p> |

Healthy Campus Framework Categories (please tick all that apply)

| Healthy Campus Process | Whole Campus Approach | Topic | Population Group |
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| Commit <input checked="" type="checkbox"/> | Leadership, Strategy & Governance <input checked="" type="checkbox"/> | Alcohol <input type="checkbox"/> | Students <input checked="" type="checkbox"/> |
| Coordinate <input checked="" type="checkbox"/> | Campus Environment (Facilities & Services) <input checked="" type="checkbox"/> | Substance Misuse <input type="checkbox"/> | Staff <input checked="" type="checkbox"/> |
| Consult <input type="checkbox"/> | Campus Culture & Communications <input checked="" type="checkbox"/> | Healthy Eating / Food <input type="checkbox"/> | Wider community <input type="checkbox"/> |
| Create <input type="checkbox"/> | Personal & Professional Development <input checked="" type="checkbox"/> | Mental Health & Wellbeing <input checked="" type="checkbox"/> | Other <input type="checkbox"/> |
| Celebrate & Continue <input type="checkbox"/> | | Sexual Health & Wellbeing <input checked="" 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 checked="" type="checkbox"/> | |
| | | Other <input type="checkbox"/> | |

Contact Details

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| Date | |

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