



Healthy Campus Case Study



Exploring definitions of Mental Health & Establishing Validated Assessment Tools for a Mental Health Situational Analysis amongst Student Populations within the 3rd Level Setting

Name of institution and initiative lead	Aims and Objectives (Contd.)	Aligned frameworks, policies, or strategies
<p>Atlantic Technological University (ATU)</p> <p>UCD, Healthy UCD – Margaret Mc Loone (PI) – Lecturer in Department of Health & Nutritional Sciences, Faculty of Science, ATU Sligo Campus</p> <p>Machailla Mc Cabe – Postgraduate Researcher in Department of Health & Nutritional Sciences, Faculty of Science, ATU Sligo Campus</p> <p>Dr Gail Cummins – Lecturer in Faculty of Science and Health, ATU, Donegal Campus</p> <p>Renagh Linnane – Student Counsellor, Student Services, ATU Galway</p>	<p>Students’ perceptions on potential supports and challenges they face in relation to their mental health.</p> <p>An understanding of identified key staffs’ perceptions of student mental health supports and services and to seek clarity on the best approach for implementation of mental health supports by Higher Education Institutes (HEIs).</p>	<p>Mental Health Specific</p> <p>Sharing the Vision: A Mental Health Policy for Everyone (DOH, 2020)</p> <p>Connecting for Life: The National Strategy (DOH, 2015)</p> <p>This research aligns with the recently published document known as the National Student Mental Health and Suicide Prevention Framework (Dept of Further and Higher & Education, Research, Innovation & Science (DFHERIS), (2020).</p>
<p>Date and timeframe</p> <p>Jan 2022 - ongoing</p>	<p>Aligned frameworks, policies, or strategies</p> <p>General</p> <p>The Healthy Ireland Framework</p> <p>The National Implementation Plan for Healthy Ireland</p> <p>Sláintecare Implementation Strategy (DOH, 2018) and Sláintecare Action Plan (DOH, 2019)</p> <p>Project Ireland 2040, National Planning Framework (Government of Ireland, 2018) This proposed project aligns well with strategic area 6 entitled ‘People, Homes & Communities’ and specifically, Quality of Life & Place, Healthy Communities and Childcare, Education and Lifelong Learning.</p>	<p>Project Collaborators</p> <p>ATU Staff and Students</p> <p>St. Angela’s College, Sligo Staff and Students</p> <p>ATU Student Unions</p> <p>St. Angela’s College, Sligo Student Unions</p> <p>Special Interest Working Group in Mental Health specifically within the Association of Health Promotion Ireland (AHPI).</p>
<p>What was the reach?</p> <p>Invited students from across all 8 ATU campus sites and St Angela’s College, Sligo to participate in this mental health research project</p>		<p>Key Learning Points</p> <p>An integrated approach is needed for student mental health and wellbeing within the third level sector.</p> <p>Including the overall ethos, culture, community, facilities, support, and services within an institution as well as staff training for dealing with potential student challenges.</p>
<p>Aims and Objectives</p> <p>This research aimed to gather:</p> <p>A baseline for establishing students’ views and perceptions on what they perceive mental health is.</p>		

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Campus Environment (Facilities & Services)	Mental Health & Wellbeing	Students
Coordinate	Campus Culture & Communications		Staff
Consult			
Create			
Celebrate & Continue			

