OPSEU Job Description

Job Title: **Mental Health & Wellness Strategist**Job Number: **A-344**
NOC: **4153**
Band: **10**
Department: **Student Affairs**Supervisor Title: **Director of the Student Wellness Centre**
Last Reviewed: **December 4, 2017**

## Job Purpose

The Mental Health Strategist will coordinate efforts to develop a strategic framework for student mental health and well-being for both the Trent Peterborough and Durham campuses. The Strategist will consult and collaborate with a wide range of campus and community stakeholders to produce long-lasting direction and initiatives to support student mental health.

Works in close partnership with the Associate Vice President Students and the Director of Student Wellness to develop, implement and evaluate a comprehensive strategy that considers the full range of student experiences, including domestic and international, graduate and undergraduate, Indigenous, LGBTQ, resident and commuter, and discipline-specific needs.

Provides leadership to achieve the goals and vision of wellness services which requires working on cross-functional teams with staff in other related areas to provide low-barrier access to student mental health services within the context of the collaborative stepped care model. The Strategist is responsible for the full cycle of program development including the theoretical and strategic planning, program design, implementation, and assessment to support student success and wellbeing.

## Key Activities

### Develop a strategic mental health framework

* Consults with Department Heads, Directors and other administrators in assessing student mental health and wellness needs of their particular units.
* Liaises with campus professional staff responsible for direct service provision to understand the needs and presenting issues of students (SWC staff, Housing, Academic Advisors, Colleges staff, Trent International, First People’s House of Learning Centre for Teaching and Learning)
* Consults with students and student leaders
* Designs and adjusts appropriate interventions tailored to the ongoing assessment.
* Facilitates a situational assessment, framework development and implement plan for a comprehensive mental health strategic framework

### Building Campus Capacity

* Liaises with, advises, enhances the capacity of, and builds partnerships with student leaders, groups and clubs focused on student mental health and wellness.
* Provides leadership for the systematic and sustainable creation of opportunities, building coalitions and connections and removing systemic barriers for students to actualize ideas and leverage required support and resources (materials, funding and/or assets) from the Trent community.
* Participates on and/or provides leadership for University and departmental committees focused on student wellbeing.
* Provides regular educational events for staff, faculty, student leaders & student staff on issues related to student mental health and wellness (i.e.: Student Support Certificate)
* Develops and disseminates concrete strategies and approaches for peers supporting students’ wellbeing (how to help a friend, referrals, supporting disclosures).

### Promoting Student Wellness

* Works collaboratively with colleagues to support research, planning and implementation of prevention activities, including, but not limited to, psychoeducational supports as part of the collaborative stepped care model for student mental health (e.g., self-help technologies, peer wellness support, group programs, etc.).
* Develops and implements strategies that focus on prevention/early intervention/self-efficacy.
* Develops or maintains partnerships and liaises with external community agencies providing support to students (CMHA, PRHC, PARN, CCRC, 4CAST, 4CC)

## Education

* Master's degree in Psychology, Education, Counselling, Social Work or an equivalent and relevant course of study.

## Experience Required

* Minimum of five years’ experience or the equivalent combination of education and experience.
* Experience working in higher education. Experience working with graduate students an asset.
* Experience with writing reports and proposals.
* Experience developing sustainable partnerships.
* Ability to communicate effectively verbally and in writing.
* Ability to work effectively independently and in a team environment
* Working knowledge of existing landscape/mental health and wellness needs of university students
* An in-depth understanding of the intersectionality between prevention and intervention
* Demonstrated commitment to diversity, social justice, and cultural competence and the ability to work in a multicultural environment