



# UNIVERSITY OF TORONTO

## FACULTY OF LAW

### **Summary of Initiatives 2017-2018 Academic Year in Accordance with Faculty of Law**

#### **Mental Health Strategic Plan**

##### **Mental health and wellness information and skill development opportunities for students**

- O-week Presentation for in-coming 1L class on “Successful Failure”
- Mental Health literacy training for Peer Mentorship Program
- “Working with students experiencing distress” training for upper year tutors
- OCI interview preparation session in collaboration with CDO
- 1L recruitment strategies in collaboration with CDO
- Exam preparation workshop in collaboration with Assistant Dean’s Office
- Presentation during Professionalism & Ethics training for entire 1L class on mental health and professional regulation
- New workshop for 3Ls on smooth transitions to articling and the profession

##### **Educational workshops for staff and faculty to increase mental health literacy and skills**

- Training for faculty on “Understanding and supporting students in distress”
- Training for student services staff on student distress
- Training for library staff on understanding and supporting students in high stress environments

##### **Suicide Prevention Training**

- Facilitated SafeTalk suicide prevention training for student mental health volunteers, student services staff and faculty

##### **New Trauma-Informed Lawyering program for students**

- In collaboration with Indigenous Initiates Office, developed and implemented a trauma-informed legal practice with Indigenous clients workshop for ILSA members and Indigenous alumni
- In collaboration with Office of Experiential Education, provided opportunity for clinical education students to participate in special facilitated workshop on Trauma-Informed Lawyering with expert facilitators from University of Windsor

##### **Full year launch of Peer Mental Health Support Program**

- 12 1L students matched with upper year peer mentors with lived experience and specially trained to provide peer mental health support
- Training on new peer support volunteers

**First annual Wellness Week event for Faculty of Law**

- Organized and implemented by Student Health & Wellness Committee, in partnership with other student groups including SLS and Intramurals Group
- Series of events and activities throughout week to promote community-building and health & wellness literacy and engagement
- Activities included a Running Event with students, staff, faculty and alumni, Mental Health Awareness Art Show, and Speaker Panel

**Launch Mindfulness Program for Faculty of Law**

- New Mindfulness Program at the law school, including two launch events and monthly follow-up session provided by expert facilitator and geared to topics relevant to law school student population
- Participation by students, staff and faculty members

**Direct counselling services to JD student body and service enhancements**

- Inclusion of advanced standing MSW practicum student into the Health & Wellness Office who, under direct supervision of Manager, has been supporting the health promotion activities of the Student Health & Wellness Committee and providing direct counselling services to students
- Manager, Academic/Personal Counselling & Wellness provided on-going clinical supports

**New Communication Plan re: health & wellness related activities, events, and opportunities at the Faculty of Law**

- Organized pro-active communication around issues of academic accommodations, health & wellness activities and supports provided on multiple platforms to increase awareness and participation by JD student body

**New graduate student mental health communications**

- Development and launch of a Graduate Health and Wellness page, which provides information about a wealth of supports and services available for graduate students at the University and beyond.

**Enhanced relationship with the Faculty of Kinesiology and Physical Education student health & wellness programs**

- Direct referral and service coordination relationship with the MoveU HappyU and S.P.A.R.K. programs allowing for facilitated access for law students to physical training and behavioral support programs.