AUSTRALIAN UNIVERSITY MENTAL HEALTH FRAMEWORK
ORYGEN

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FRAMEWORK DEVELOPMENT

Research – similar initiatives, evidence of what works

Stakeholder consultation

Framework development

Launch Dec 2020

CONSULTATION

Mental health, universities and students

Advisory group

Expert working groups

Workshops with various groups

Focus groups with students

Surveys

Feedback on draft Framework

WHAT WE HEARD: STUDENT VOICE

- consistent promotional and preventative activities spread throughout the year;

- increased availability of mental health services, and increased accessibility of services;

- an integrated triage system for mental health services within a 'service hub';

- the continuation and expansion of initiatives targeting holistic development;

- the creation and maintenance of safe spaces, both physically and within learning environments;

- increased mental health literacy among both students and staff; and

- mentoring opportunities, including academic and non-academic supports

WHAT WE HEARD: AGREEMENT ON….

Stakeholders wanted a framework that would:

- Support a whole of university approach

- Be pragmatic and realistic

- Be student-centred

- Share responsibility within and across sectors

- Build on existing work

- Build capacity

- Be flexible and able to be tailored

WHAT WE HEARD: DIVERGENT VIEWS ON…

Document format, structure and language.

There were preferences for both:

- the final Framework to be a detailed document, providing evidence, examples, resources.

- a simpler, shorter, more accessible document.

There were preferences for both:

- a more directive, authoritative approach to set expectations.

- a less directive approach which showed respect for the significant efforts, work and good practice that was already occurring to support student wellbeing.

WHAT WE HEARD: DIVERGENT VIEWS ON…

Service provision roles and responsibilities

- the Framework should not be prescriptive and allow individual institutions to decide what services they will provide.

- the Framework should articulate a clear demarcation of what was in the remit and duty of care of universities and what was the mental health sectors' responsibility..
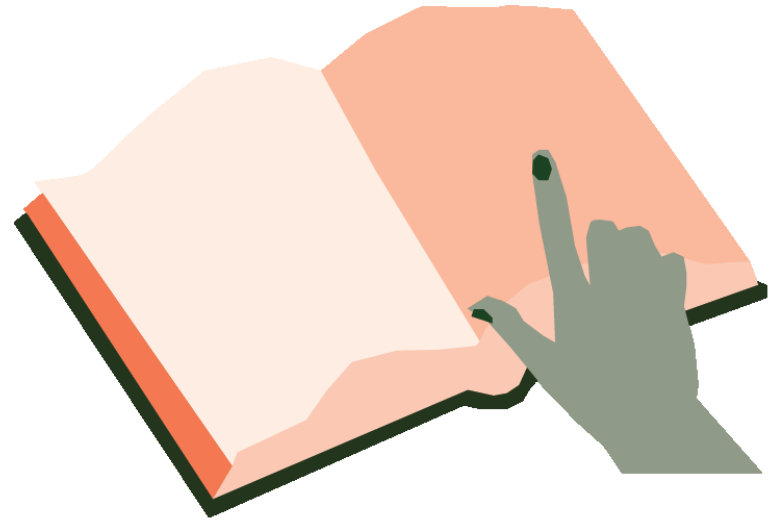
WHAT WE HEARD: DIVERGENT VIEWS ON…

Accountability:

- Accountability and reporting against activities and action in student mental health and wellbeing should be determined by the individual institution.

- Accountability should be provided through a publicly transparent line of to a government agency or statutory body

THE FRAMEWORK

The Australian University Mental Health Framework **provides guidance for mentally healthy university settings** that support students to thrive educationally and personally.

The framework includes **guidance for the mental health sector** to strengthen its engagement with universities to support student mental health and wellbeing.

PRINCIPLES

1. The student experience is enhanced through mental health and wellbeing approaches that are informed by students' needs, perspectives and the reality of their experiences.

2. All members of the university community contribute to learning environments that enhance student mental health and wellbeing.

3. Mentally healthy university communities encourage participation; foster a diverse, inclusive environment; promote connectedness; and support academic and personal achievement.

PRINCIPLES

4. The response to mental health and wellbeing is strengthened through collaboration and coordinated actions.

5. Students are able to access appropriate, effective, timely services and supports to meet their mental health and wellbeing needs.

6. Continuous improvement and innovation is informed by evidence and helps build an understanding of what works for student mental health and wellbeing.

SUPPORTING DOCUMENTS

The framework is supported by:

- a report, which provides further information on suggested practices and the evidence base informing the framework

- detailed case studies, which highlight examples of good practice currently underway to support student mental health and wellbeing

- https://www.orygen.org.au/Policy/University-Mental-Health-Framework

WHERE TO FROM HERE?

Key drivers that will support future take-up and implementation of the framework:

Policy and authorising environment

Access to data and evidence as it develops

Adequate funding

Workforce capacity and capabilities

KEEP IN TOUCH

https://www.orygen.org.au/Policy/University-Mental-Health-Framework

Contact us at

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REVOLUTION IN MIND *orygen*

THANK YOU