

You Got

TRUST ISSUES!



SNOW, FAMILY, AND FUN

What a wonderful time of year!

Winter's beauty unfolds as snow gently blankets trees, glistening under the sun's soft glow. Families gather for festive traditions, sharing feasts and creating lasting memories. Embrace the chill by a warm fire with indulgent hot chocolate, and revel in the season's delights—snow angels, snowmen, and spirited snowball fights. Winter offers a magical canvas; seize the moment and savor its unique charm!

JOIN THE STRATEGIC PLANNING COMMITTEE!

We're assembling a dynamic team for our Strategic Plan Sub-Committee and would love for you to join us.

If you're ready to make a meaningful impact, please confirm your interest by emailing Paul Tucker at paul.tucker@pbas.ca!

In this newsletter:

Introduction

Page 01

Board of Trustees

Page 02

Committee Updates

Page 03

Prioritizing Post-Secondary
Student Mental Health-
Article

Page 04

Student Wellness Benefit

Page 05

The 2023-24 Board Representatives



Melly Pack
Student Trustee-NWPSA



Patti Gentile
**Management Trustee-
MSVUSU**



Lily Schaerer
Student Trustee-SAMHC



Tina Iannarilli
Management Trustee-STUSU



Colton Burke
Student Trustee-CBUSU



Dawn MacDougall
Management Trustee-CBUSU



Marc Stromme
**Management Trustee-
SAITSA**



Ahmik Burneo
**Student Trustee-
STUSU**



Jatin Joshi
**Student Trustee-
SAITSA**



Melissa Morrow
**Management Trustee-
UPEISU**

What's New?

BOARD OF TRUSTEES

Met on June 21 (APO), August 2, and October 18

- *Approved updates to the data retention and destruction policy, participation agreement, and committees' resolution documents*
- *Elected Melly Pack as Student Chair, Tina Iannarilli as Management Chair, and Lily Schaerer as Secretary*
- *Approve 2023/24 operating budget*
- *Approved PBAS's 2023/24 consulting rates*

COMMUNICATIONS COMMITTEE

Met on July 26 and October 10

- *Elected Candice Heigh as Chair*
- *Discussed marketing for the Campus Trust*
- *Approved sponsorship of the Student Union Development Summit*

GOVERNANCE COMMITTEE

Met on July 25 and October 12

- *Elected Tahnia Getson as Management Chair and Lily Schaerer as Student Chair*
- *Reviewed drafts of a code of conduct and EDI policy*
- *Finalized a termination letter for review by the Board of Trustees*
- *Created the Strategic Plan sub-committee*
- *Completed the 2024 AGM annual governance review*

FINANCE COMMITTEE

Met on July 27, October 11, and November 8

- *Elected Rebeca Rothfus as Management Chair and Lily Schaerer as Student Chair*
- *Approved Trustee reimbursements related to the 2023 APO conference*
- *Approved PBAS administration invoices*
- *Approved PBAS consulting invoices*



Prioritizing Post-Secondary Student Mental Health

By: Julie Holden

Julie Holden, representing Carelogix, delivered a presentation titled "Maintaining Positive Mental Health" at the Campus Trust APO on June 22, 2023. Inspired by the valuable insights shared during her talk, it was suggested that she contribute an article discussing the impact of mental health on post-secondary students throughout Canada.

Mental health is a critical issue affecting individuals worldwide, including Canada. In recent years, there has been a growing awareness and understanding of the importance of mental well-being. Canadian post-secondary institutions are recognizing the impact mental health has on student success, and have emphasized supporting their students' mental health needs.

The prevalence of mental health issues among students in these institutions, including those in Eastern Canada, is a growing concern. According to a 2019 National College Health Assessment survey, 65% of Canadian university students reported experiencing overwhelming anxiety, while 46% reported feeling so depressed that it was difficult to function. Additionally, the survey found that 13% of students seriously considered suicide, and 2.1% had attempted suicide in the prior year. These statistics highlight the urgent need for mental health support and intervention within the student population.

Mental health encompasses an individual's emotional, psychological, and social well-being. It plays a pivotal role in how people think, feel, and act, affecting every aspect of their lives, including academic performance and personal relationships. Recognizing the significance of mental health, these institutions have acknowledged the need to create a supportive environment for their students. They understand that students facing mental health challenges may struggle to reach their full potential and succeed academically.

Despite the progress made in raising awareness about mental health, there remains a stigma surrounding it. Many individuals hesitate to seek help due to fear of judgment or discrimination. The good news is that universities, colleges and polytechnics alike are actively working to dismantle this stigma and promote open conversations about mental health. They are implementing initiatives like mental health awareness campaigns, stress management workshops, peer support groups and counselling services. This encourages students to seek support without fear of stigma. By fostering a safe and inclusive environment, these institutions aim to normalize discussions about mental health and ensure students feel comfortable seeking help.



Institutions are also collaborating with student organizations to create safe spaces and support networks. This aims to foster community and belonging, enhancing students' mental health and campus experience.

Students can focus on their mental health by taking advantage of on-campus resources and incorporating well-being activities into their daily lives. Prioritizing self-care through hobbies, exercise, sleep, and nutrition can positively impact mental health. Connecting with others through social activities, clubs, and meaningful relationships provides comfort and encouragement. Practicing mindfulness and effective stress management, like meditation and time management, promotes balance and control. Seeking help from counselling or trusted individuals when struggling is very important.

Mental health is integral to student well-being, and post-secondary institutions are actively prioritizing it. By breaking down stigma, providing services, and promoting prevention, they aim to create an environment where students can thrive. However, continuous efforts are needed by all members to progress towards fully inclusive mental health.

Together, we can build a culture that values well-being and ensures students get the support they need to succeed.



STUDENT WELLNESS

Student Wellness provides students with free, confidential access to a professional counsellor any time, anywhere, via phone or internet.

Staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, employment issues and much more.

In Canada 1-833-549-3281

Direct Dial Outside of Canada 416-956-2963
studentbenefits.ca/studentwellness

Reminder!

