



# Innis College

## Innis College Council

### 326<sup>th</sup> Meeting

Friday, March 11, 2022 at 12 pm

## Minutes

**Present:** Larry Afun, Holly Andrews, James Cahill, Martin Calcaterra, Curtis Chambers, Jannie Chien, Lauren Cramer, Jason Daye, Madi Frost, Mira Ghosh, Rhea Gosain, Henry Hill, Sana Imran, Eva-Lynn Jagoe (assessor), Kate Johnson (assessor), Charlie Keil, Claudia Li Tang, Suzanne Macintyre (assessor), Steve Masse (assessor), Cynthia Messenger, Mukti Patel, Emma Paulus, Jake Pereira, Tony Pi, Amisha Punja, Ceta Ramkhalawansingh, David Roberts, Noel Simpson, Kevin Wang, Ben Weststrate (secretary), Andrea Williams, Carol Ye

**Regrets:** Ennis Blentic, Donald Boere, Chloe Chau, Jocelyn Chen, Ria Gupta, Welna He, Tony Hu, Nina Huang, Sophie Liu, Jenna Renders, Scott Richmond, Ayaka Teshirogi, Joanne Uyede, Patrick Woodstock

### 1. Speaker's remarks

Student speaker Amisha Punja chaired the meeting.

### 2. Minutes of the previous meeting

A motion to approve [the December 15, 2021 meeting minutes](#) was moved (Punja), seconded (Ramkhalawansingh), and carried.

### 3. Business arising from the minutes

None reported

### 4. Principal's report

#### A. Staffing updates:

Keil noted that following changes within the College's faculty and staff.

- **Eva-Lynn Jagoe**, vice principal, began at the start of the Winter session. Her term ends June 2026.
- **Daniela Pirraglia**, associate registrar, returned from parental leave on January 3.
- **Shabnam Ibrahim**, business services coordinator, started on January 17.
- **Shpresa Bace**, finance and payroll assistant, left on February 18.

- **Kathleen McCarthy**, audio-visual coordinator, left on March 4. Kathleen started at a work study student at Innis College in 2008.
- **Amanda Spallacci**, a sessional instructor affiliated with U of T's Transitional Year Programme, joined the Writing & Rhetoric Program for the Winter session.

## B. Student award recipients

Keil congratulated Innis's ten U of T Student Leadership Awards (UTSLA) and thanked them for their hard, valuable work.

1. **Shivani Baldeo**
2. **Janet Cho**
3. **Nana Koomson**
4. **Ella Ma**
5. **Michelle Nurse**
6. **Mukti Patel**
7. **Amisha Punja**
8. **Emma Paulus**
9. **Andrew Yin**
10. **Nancy Zhao**

Recipients will receive award certificates by the end of March. The College will host a celebration in April.

Keil further congratulated **Mukti Patel** on being named a 2022 UTAA Scholar — one of the most prestigious awards at the University.

## C. *Innis Alumni & Friends* magazine

The latest edition of the alumni magazine is now available in print and [online](#). The names, faces, and contributions of 158 alumni, students, staff, and friends are featured, including several members of ICC: **Lauren Cramer, Jason Daye, Steve Masse, Cynthia Messenger, Ceta Ramkhalawansingh, Scott Richmond, and Bart Testa.**

Keil extended special congratulations to recent graduate/ICC member **Paul Kaita** for his great work on the cover illustration.

## D. COVID-19 measures update

Keil invited CAO Suzanne Macintyre to share an update on the status of COVID-19-related safety protocols at the College.

Macintyre reported that physical distancing restrictions are no longer in effect at the College, but masks and the UCheck verification at the Innis Café dining area still are.

Keil encouraged members to continue exercising care as scientific consensus is that the pandemic is not yet over.

## E. Convocation update

Keil reported that the June convocation will be in person, and the College will host a post-ceremony reception and awards ceremony. A college-nominated honorary degree recipient will deliver the address in Convocation Hall: community leader **Winston LaRose**.

## F. Student Wellness at Innis with Sana Imran

Keil introduced Sana Imran, Innis's assistant dean – community wellness, to speak about some of the recent developments within the new community wellness portfolio in the Office of Student Life. This is the first in a two-part presentation to ICC.

Imran described key observations from past survey data and the Presidential and Provostial Task Force on Student Mental Health and findings from a summer 2021 needs assessment of Innis faculty and staff. [See appendix 1.](#)

One such finding was a desire for more support to facilitate student referrals to wellness resources. This finding motivated the development of three new wellness guides for students, developed by Imran and her community wellness team: [Guide to Accessing Therapy](#) off campus, [Reimbursement Guide](#), and [Guide to Wellness Resources](#) within the U of T community.

The guides are available on the College website and will be the topic of a March 11 virtual information session (to be recorded for future viewing). A fourth guide that focuses on OHIP will be developed over the summer. Imran noted that the guides are not static; they will be updated as needed.

Keil thanked Imran for these valuable resources and noted that funding for Innis's community wellness portfolio became possible through a special student experience fund at the faculty level.

Gosain attested to the value of these guides. Student members discussed ways to circulate them to the student community via IRC, ICSS, and student life channels.

## 5. Board reports

### A. Academic Affairs

Punja reported that the board approved a new Innis One course, proposed by Andrea Williams, titled INI105H1 "Nature and the City." Williams added that this course has potential tie-ins with both the Urban Studies and Writing & Rhetoric Programs.

On the topic of first-year, college-based courses, Cahill added that Nic Sammond will teach a new FYF@Innis seminar, titled "School Days," about cinema and education. Andrea Williams will reprise her FYF@Innis seminar, "Environmental Writing," alongside with 11 other new and returning instructors.

### B. Equity, Diversity, Inclusion, and Accessibility Committee

Gosain reported the following highlights from [a January 12, 2022 meeting](#):

- Previewed the slate of Black History Month programs across the College (e.g., four screenings, social media campaign, book club)
- Reviewed the updated 2021/22 U of T Equity Census questions
- Recommended the Black Student Experience Working Group continue to meet annually
- Reviewed new student-focused webpages for equity-deserving populations
- Discussed potential expansion of September orientation programming for Black students
- Discussed recruitment strategies for historically underrepresented populations at Innis

## **6. Other business**

### **A. Harold Innis Foundation**

Ramkhalawansingh reported that the Harold Innis Foundation held its annual meeting on March 3 and confirmed that the 2022 Harold Innis Lecture will be delivered by lawyer, environmental, and Inuit activist **Aaju Peter**.

## **7. Adjournment**

A motion to adjourn the meeting was moved (Punja) and carried. The meeting adjourned at 1:08 pm.

# **Innis College Community Wellness Needs Assessment & Initiatives**



Innis College

Date: March 11, 2022  
Presented to Innis College Council

# Past Survey Data

## Canadian Campus Wellbeing Survey (2020) key results:

- Wellbeing needs to continue being positioned as a priority at UofT
- Less than half of Innis College students said they knew where to go and how to seek mental health supports off-campus (which is lower than students at other colleges)

One of the key areas of recommendation identified by the Presidential and Provostial Task Force on Student Mental Health: "review the coordination of student supports relate to mental health across the University's three campuses and make recommendations for **improving internal coordination.**"



# Innis College Needs Assessment (Staff & Faculty)

## Goals of the Innis College Needs Assessment for Staff & Faculty (IC-NASF):

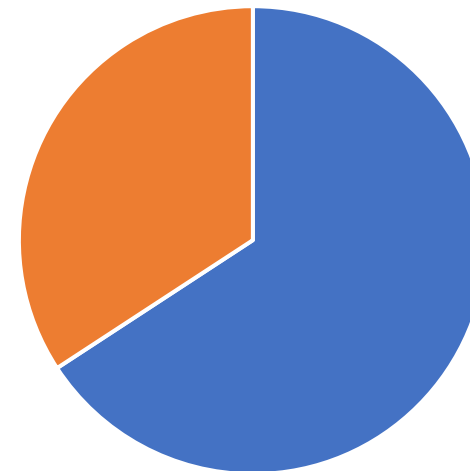
- Assess community members awareness of various support services.
- Assess comfort of community members in referring to various support services.

## Designed on Campus Labs and disseminated via email to 88 recipients in July 2021.

- Staff: 41
- Faculty: 47

## Response rate: 38 responses (43.2 per cent)

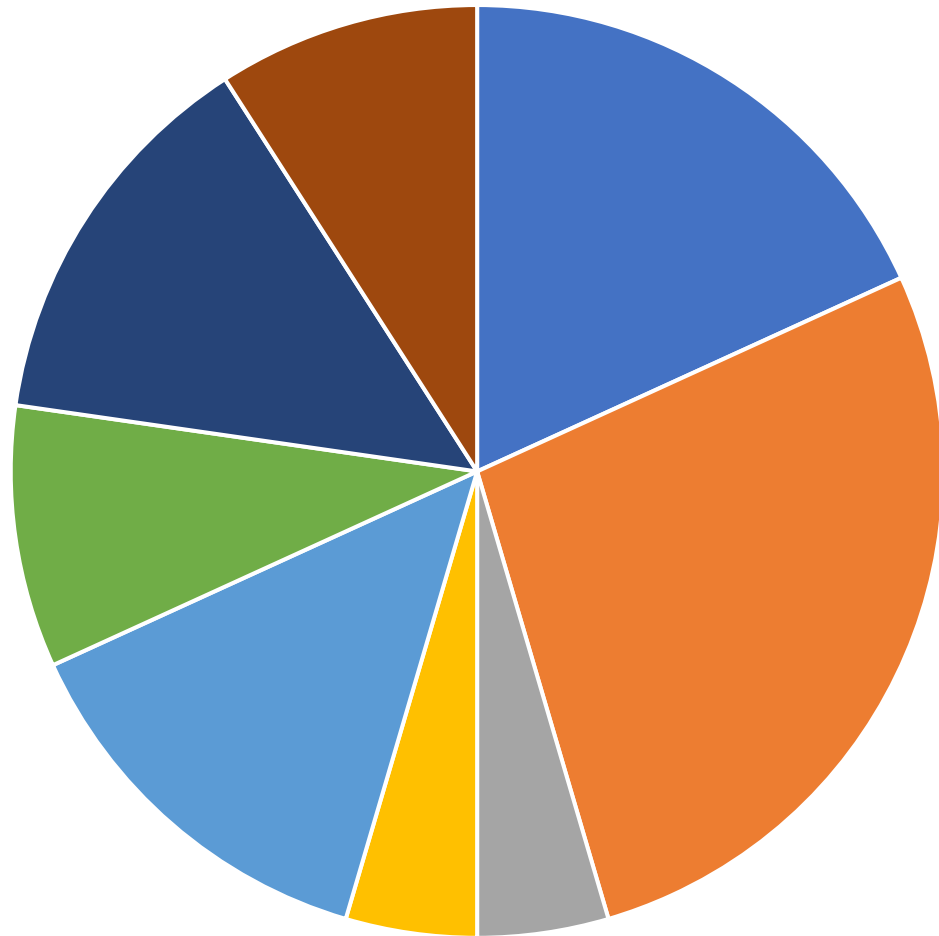
- Staff: 65.8 per cent
- Faculty: 34.2 per cent



■ Staff ■ Faculty

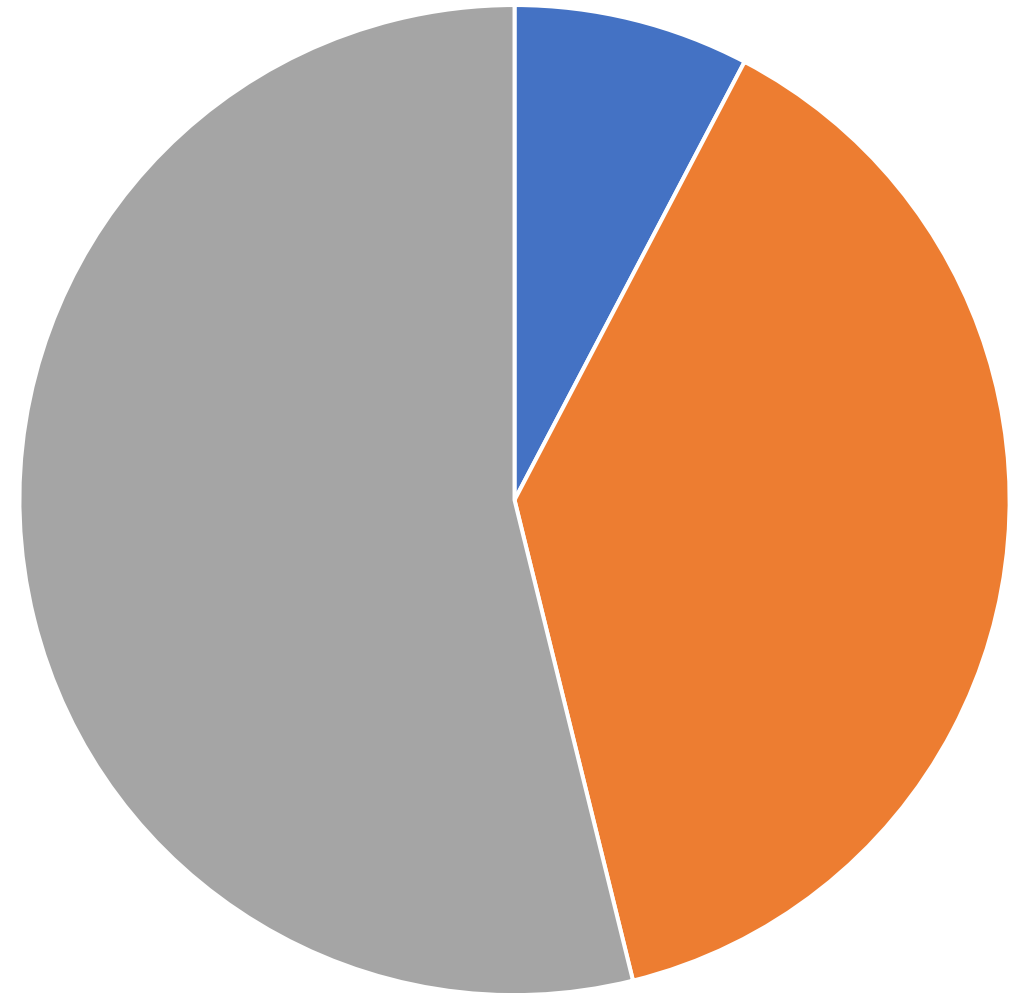


Staff Groups



- Office of Student Life
- Office of the Registrar
- Innis Library
- Advancement
- Program Support
- Writing Centre
- Innis Town Hall / AV
- Office of the CAO

Faculty Groups



- Urban Studies
- Writing & Rhetoric
- Cinema Studies



# Exploration

**Familiarity and rates of referral for different services of support for students**

**Perceived barriers to accessing services of support (by students)**

**Personal levels of comfort and confidence in supporting and referring students**

# Findings

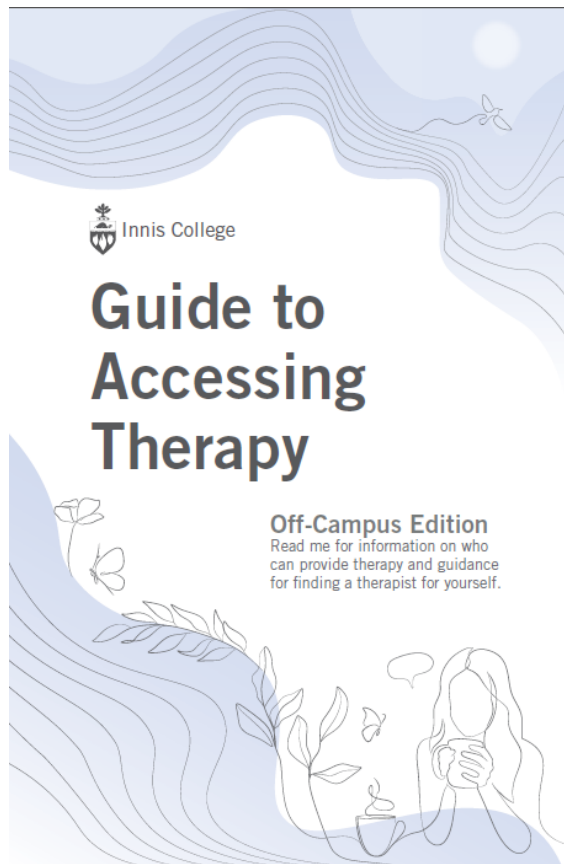
**Opportunities to facilitate more effective referrals, with a high desire from staff and faculty to increase knowledge on wellness supports to facilitate referrals.**

**Request from staff and faculty for information on resources, services, and contextual information to support intentional and safe referrals.**

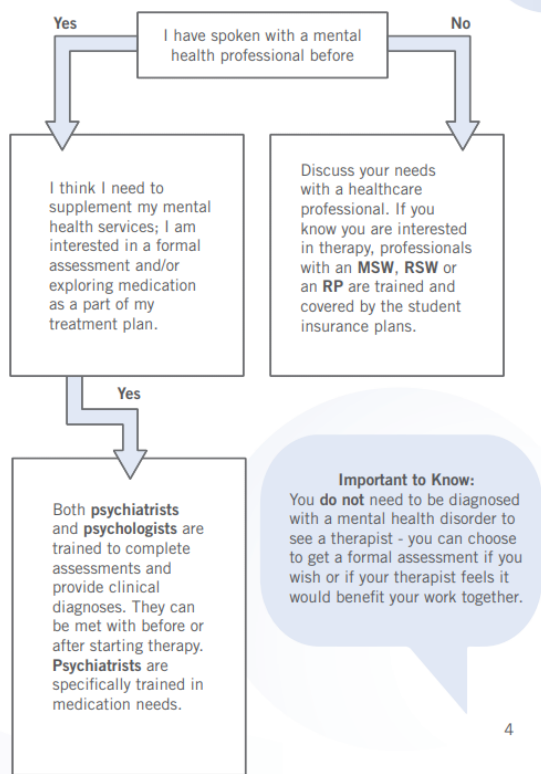


# Guide to Accessing Therapy

**Off-Campus Edition**  
Read me for information on who can provide therapy and guidance for finding a therapist for yourself.



## Which Professional is Right for You?



## How to Find a Therapist

### 1. Some Websites you can use to search:

**Umbrella Health Network:**  
A Network of Queer and Trans-identified mental health professionals who serve the 2SLGBTQIA Community.

**Psychology Today:**  
Largest online directory of therapists internationally; click on Find A Therapist.

**Healing in Colour:**  
A directory of Black, Indigenous, & Persons of Color therapists who are committed to supporting intersectional wellness

**Black Therapist List:**  
A directory of black therapists practicing in Canada of many different designations and expertise.

**Asian Mental Health Collective:**  
A directory of Asian therapists, normalizing mental health within the Asian community.

### 2. Request to Book a Consultation

Most therapists provide a **free** phone or video consultation before booking a session.

Consultations are an opportunity for you to ask the therapist questions to assess if they're a good fit for you.

Book consultations with a few therapists, then book a full session with whom you feel most comfortable.

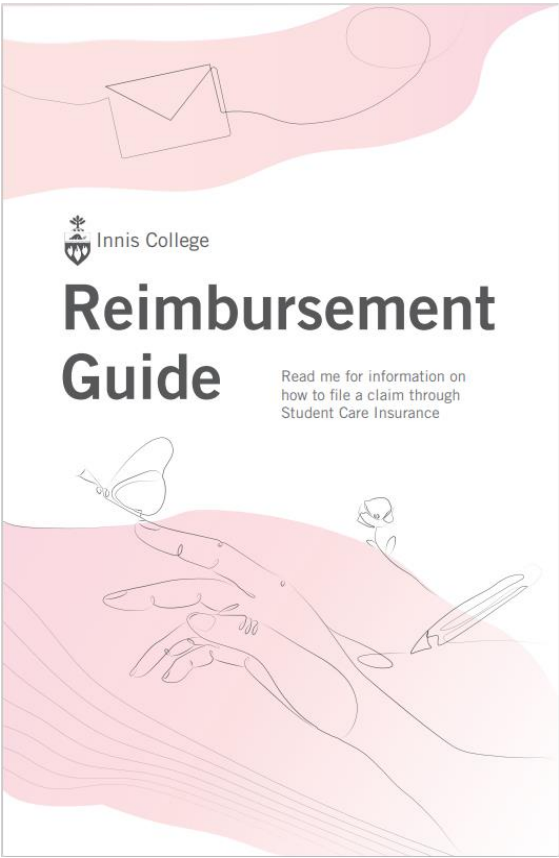
**Pro Tip:** you can refine your search by location, languages spoken, trainings, experience, specialty, etc.

During your search, ensure the therapists you select to move forward with are either **"MSW, RSW"** or an **"RP."**

## Before you begin sessions, ensure the following:

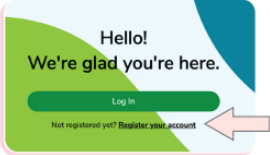
- ✓ They have the designation of either **MSW, RSW** or **RP**.
- ✓ You are able to meet their cost per session.  
*Remember: you will be covered for \$100 per session, so if their rate is higher, the balance is paid for by yourself.*  
*Some therapists may offer sessions at a reduced rate. You can inquire if they are able to offer you a lower rate to meet your financial needs.*
- ✓ They are able to provide a receipt per session, detailing their licensing information, session date and length, and the amount paid. You will need this receipt to get reimbursed if using your insurance plan.
- ✓ If you are feeling unsure, connect with the insurance company and confirm that this therapist will be covered under your plan, and that you will be reimbursed for sessions (and how much per session!).  
*For guidance on how to get reimbursed, please refer to the Getting Reimbursed Guide.*

**Have questions?**  
Our Innis College Assistant Dean, Community Wellness can help! Email **Sana** at [sana.imran@utoronto.ca](mailto:sana.imran@utoronto.ca)



### How to Submit a Claim:

1. Go to <https://gsceverywhere.ca/login>



2. If you have not made one already, click on "Register your account."

#### Register Your Account

Your member ID


Your date of birth

Number of other people (dependents) on your plan.  
 Enter "0" if you have no dependents.

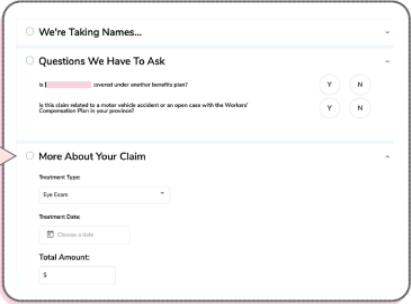
Please confirm the date of birth of one of your dependents

3. Your member ID necessary to register is "UTS" + your student number (e.g. UTS11122233). Fill out the rest of the form and click "Next!" at the bottom of the page.

6. Search for the service or item you want to submit a claim for. Then type in either your health care provider's first and last name or the phone number of your provider's office in the section below.



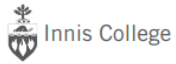
7. Once you have selected your provider, fill out the questions as they pertain to you. Check the receipt you received from your provider for information about your claim (date and amount).



**Fun Fact:** your student insurance also covers expenses such as physiotherapists, chiropractors, prescription drugs, so on. You can check what is covered and the amount covered here: <https://www.studentcare.ca/coveragemanager/summary/88-en.html>

Running out of funds in your studentcare insurance? There may be other options for funding support, such as bursaries or awards.

**If you have questions or to learn more,** email Sana, our Innis College Assistant Dean, Community Wellness at [sana.imran@utoronto.ca](mailto:sana.imran@utoronto.ca)



# Guide to Wellness Resources

**On-Campus Edition**  
Read me for health and wellness resources within the University of Toronto (St. George Campus).



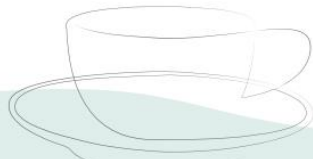
## Important to Know

The University of Toronto offers a wide range of services and programs related to health and wellness to support student needs. These include **workshops**, one to one counselling, **peer support groups**, and more. This guide is non-exhaustive, as there are always new programs and resources being created.

The services and resources listed in this guide are accessible to all full-time or part-time University of Toronto undergraduate or graduate students who have paid the appropriate incidental fees.

### Just a Reminder:

Many of the services listed in this guide have shifted to online since the COVID-19 pandemic and may shift back at any time. Check where your program/service takes place, and consider whether or not this is important to you.



## Counselling

Counselling is performed by a mental health professional who is certified and regulated in their field. This can include psychiatrists, psychologists, registered psychotherapists and registered social workers. They can help by assessing and treating your mental health condition/s.

### Health & Wellness Centre

Call 416-978-8030 (Monday – Friday, 9:00a.m. – 4:30 p.m.) to book an appointment. The **Health & Wellness Centre** will request the completion of an **intake form**, and can then help you connect with a counsellor.

### OISE Psychology Clinic

The **OISE Psychology Clinic** provides assessment and therapy services for emotional, interpersonal, and academic concerns, provided by graduate students under the supervision of psychologists and registered psychotherapists. To book an appointment, call 416-978-0654.

## Additional Information

If you are still unsure what service is best for your needs, try **Navi**, a U of T mental health resource wayfinder or the **U of T Mental Health Resource portal**.

### *In distress or need to talk to someone immediately?*

**My Student Support Program (MySPP):** Call 1-844-451-9700 or 001-416-380-6578 if you are outside of North America

**Good2Talk:** Call 1-866-925-5454 or Text GOOD2TALKON to 686868

For more contacts that address specific types of distress (academic, financial, housing, sexual assault, etc.) visit this **website**.

In case of an emergency, call emergency services at 911 (request ambulance for mental health), or go to your nearest hospital emergency room.

### *Looking for off-campus options?*

Take a look at our Guide to Accessing Therapy (off-campus edition!)

### Have questions?

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