

Council Policies Amendments

Prepared by Dorian DiTommaso (Mental Wellness Commissioner)

Proposed Amendments

Chapter Six: Policies on Commissions, Commissioners and Co-Chairs

Section 12: The Mental Wellness Commissioner:

- a) Shall organize and conduct programming related to mental wellness at Victoria University. Such programming may include:
 - a. Events advocating for mental health support at Victoria College and the University of Toronto
 - b. Events related to wellness activities including but not limited to de-stressing, self-care, and holistic mental and physical health events
 - c. Events to disseminate information about mental health resources
 - d. Events to raise awareness about mental health issues at Victoria University and the University of Toronto
- b) Shall work with the Communications Coordinator to publish an annual review of in-person and online mental health services available to students.

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 - c. Events to disseminate information about mental health resources
 - d. Events to raise awareness about mental health issues at Victoria University and the University of Toronto
- b) Shall work with the Communications Coordinator to publish an annual review of in-person and online mental health services available to students.
- c) Shall work to keep up-to-date with student concerns surrounding mental wellness. This may include:**

- a. **Anonymously surveying students at Victoria University**
- b. **Connecting with other student groups at Victoria University and the the University of Toronto**
- c. **Relaying findings to the whole of VUSAC and/or administration staff of Victoria University**
- d. **Formulating programming based on student responses**

Section 13: The Academic Co-Chair

- a) Shall work in conjunction with the Academic Commissioner to highlight opportunities for professional engagement after graduation, including listening, responding to, and interacting with the voices of the Victoria College community.
- b) Shall assist the Commissioner in the planning of at least one (1) event in the Fall semester which aims to connect first year students to upper year students with similar interest and academic or professional goals.
- c) Shall assist the Commissioner in their work with the various administrative bodies at Victoria University to plan and run career development, networking, academic success, volunteer involvement, and wellness programming.
- d) Shall be a voting member of the Graduation Banquet Committee.

Section 14: The Mental Wellness Co-Chair

- a) **Shall work alongside the Mental Wellness Commissioner to organize and conduct programming related to mental wellness at Victoria University. Such programming may include:**

- A. **Events advocating for mental health support at Victoria College and the University of Toronto**
 - B. **Events related to wellness activities including but not limited to de-stressing, self-care, and holistic mental and physical health events**
 - C. **Events to disseminate information about mental health resources**
 - D. **Events to raise awareness about mental health issues at Victoria University and the University of Toronto**

- b) **Shall assist the Mental Wellness Commissioner in hosting at least one (1) event per semester with a focus on mental wellness, stress relief, or more holistic student health and wellbeing**

- c) **Shall assist the Mental Wellness Commissioner in hosting at least one (1) event per year with a focus on breaking down stigma regarding mental illness or to facilitate conversations about mental health**

- d) **Shall work to keep up-to-date with student concerns surrounding mental wellness. This may include:**

- A. **Anonymously surveying students at Victoria University**
 - B. **Connecting with other student groups at Victoria University and the the University of Toronto**
 - C. **Relaying findings to the whole of VUSAC and/or administration staff of Victoria University**

D. Formulating programming based on student responses

Rationale

Chapter Six, Section 12, Subsection C:

This amendment is designed to bring the Mental Wellness Commissioner section of the Council Policies document in-line with the Mental Wellness Commissioner section of the current constitution which in **Chapter VIII, Article 16, Section 5, Subsection C** states that the Mental Wellness Commissioner “**shall work with university administration, student societies, and other campus organizations to advocate for improvements to mental wellness services at Victoria College and the University of Toronto as a whole**”. Inputting this change will help outline the duties and responsibilities of the Mental Wellness Commissioner for those who hold the position in the future.

Chapter Six, Section 12, Subsection C, Subsection a:

Provides a method by which to keep up-to-date with the mental wellness concerns of students at Victoria University. This could be done in conjunction with the communications director as well as the equity commissioner to ensure proper survey methods are employed. I am open to suggestions on the wording and formulation of this subsection.

Chapter Six, Section 12, Subsection C, Subsection b:

This section advises that the Mental Wellness Commissioner reach out to student societies across Victoria University and the University of Toronto in order to garner an understanding of mental wellness issues on campus and potential solutions, activities, events, and collaborations regarding mental wellness.

Chapter Six, Section 12, Subsection C, Subsection c:

This amendment brings the duties of the Mental Wellness Commissioner in-line with what is written in **Chapter VIII, Article 16, Section 5, Subsection f** of the current VUSAC constitution, which states that the Mental Wellness Commissioner “**Shall ensure council is aware of the particular concerns students experiencing mental illness have with regards to VUSAC's programming and services**”. By including this amendment in the council policies the duties of the Mental Wellness Commissioner are more flushed out with regards to advising both VUSAC and the Administration of Victoria University.

Chapter Six, Section 12, Subsection C, Subsection d:

Once again, this amendment is to bring in-line the duties of the Mental Wellness Commissioner with what is written in the constitutions

Chapter Six, Section 14:

This entire section is designed to establish the roles and responsibilities of the Mental Wellness Co-chair.

Chapter Six, Section 14, Subsection A, Subsections a-d:

This section is essentially pulled directly from the duties of the Mental Wellness Commissioner. As the Mental Wellness Co-chair position is designed to be a supporting role, the responsibilities are largely the same. This section and subsections describes the type of programming that can be held by the Commissioner and Co-chair.

Chapter Six, Section 14, Subsections A & B:

This section mandates that the Co-chair assist the Commissioner in hosting events in each semester related to mental wellness.

Chapter Six, Section 14, Subsection D, Subsections a-d:

This section is the same as the proposed addition to **Chapter Six, Section 12, Subsection C, Subsections a-d**, it mandates that the Mental Wellness Co-chair also stay up-to-date with the mental wellness concerns of students at Victoria University and the University of Toronto as a whole.