

Transitions: Student Reality Check (for Postsecondary Education)

ORGANIZATION	Sun Life Chair in Adolescent Mental Health at the IWK Health Center and Dalhousie University
PROGRAM TYPE	School-based mental health literacy and promotion materials
AREA OF FOCUS	MENTAL HEALTH – PROMOTION (FOR SENIOR HIGH SCHOOLS AND POSTSECONDARY EDUCATIONAL INSTITUTIONS)
BACKGROUND	<i>Transitions: Student Reality Check</i> is an original program developed to address the high rates of mental health disorders in Canadian post-secondary institutions. It was created in consult with student service providers at various universities and colleges, and provides evidence-based information for students transitioning from high school to post-secondary schooling. The package has been in circulation since December 2007.
TARGET AUDIENCE	The target audience is grade 12 students and first-year university and college students across Canada.
FUNDING SUPPORT	Funding support comes from individual post-secondary institution funds.
PROGRAM OBJECTIVES	<i>Transitions: Student Reality Check</i> aims to increase mental health literacy and reduce stigma surrounding mental illness in order to normalize discussions of mental health and increase help-seeking behaviors and peer helping in post-secondary students.
LOCATION	The package is currently being delivered in over 25 Canadian post-secondary institutions.
KEY COMPONENTS	The package is delivered as a 131-page booklet full of evidence-based information related to first-year students. Post-secondary institutions purchase the license for <i>Transitions</i> and then distribute it to counseling centers and student service centers on campus as well as making it directly available to students.. <i>Transitions</i> covers a wide variety of topics from stress management and learning strategies to relationships, sexuality, depression, anxiety, psychosis, addictions, eating disorders, building resilience, coping strategies and suicide. It also provides information on further resources, treatment centers and emergency contacts tailored to each particular school. Additionally, a pocket sized 44-page booklet provides similar information, and is distributed to all students in frosh packs and online. This material is the first of its kind in Canada Negotiations to make the second edition of this resource freely available across Canada are currently underway,
EVALUATION DESIGN	Evaluation included three student focus groups to assess relevance and student preferences. Online student surveys evaluated the booklet following initial distribution. Evaluations were assessing whether the package is effective, and it was found that over 95% of students felt it was relevant and readable and 40% of students discussed the content with friends. Results have been published in an educational journal.
RESOURCES	Website: http://teenmentalhealth.org/index.php/resources/entries/transitions/
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