

2018 HEALTH PROMOTION PROGRAMS ANNUAL REPORT





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GROWTH

YEAR IN REVIEW



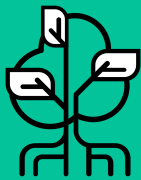
BUILDING STUDENT CAPACITY

STUDENT RESILIENCE AND GROWTH



BUILDING COMMUNITY CAPACITY

IT TAKES A VILLAGE

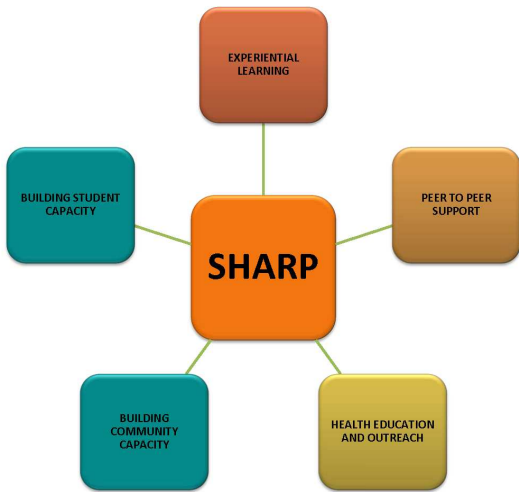


The Road So Far

Our journey would not have been possible without our dedicated placement and work-study students, valued partners and the many professional who help us succeed at supporting Ryerson students . Together we provided individualized support to countless students experiencing challenges, coordinated a number of events, and raised awareness of Student Health and Wellness and the broader Ryerson community services.

GROWTH

YEAR IN REVIEW



SHARP Ambassadors largely consist of twelve 3rd year nursing students who are on a full year placement with Health Promotion Programs. A five week College Workers strike in the Fall semester resulted in seven students from the college site not attending placement for the duration of that strike.

Looking Back at 2017/18...

Dispute reduced staffing we were able to deliver impactful services, initiate some meaningful partnerships and support many students.

OUTREACH



INTENTIONAL COLLABORATIONS

7 Internal
6 Nurses - Toronto Public Health



INTRODUCED CLASSROOM WORKSHOPS

6 Workshops
211 Students



INTRODUCED STUDENT LEADER WORKSHOPS

5 Workshops
48 Student Leaders

ENGAGEMENT



1:1 MEETINGS

111



1:1 FOLLOW UP MEETINGS

105 up from <10



1 GREAT YEAR-END PARTY

AWARENESS



HEALTH EDUCATION & OUTREACH EVENTS

10 Events
470 Active Participants



CROSS CAMPUS BOOTHS

~65 for the year



INCREASE IN SOCIAL MEDIA PRESENCE



BUILDING STUDENT CAPACITY

STUDENT RESILIENCE AND GROWTH

Interactions 2017/18

Interactions lasting 3 or more minutes whose content is in some way related to student health and well-being

989

SHARPER Student Workshop

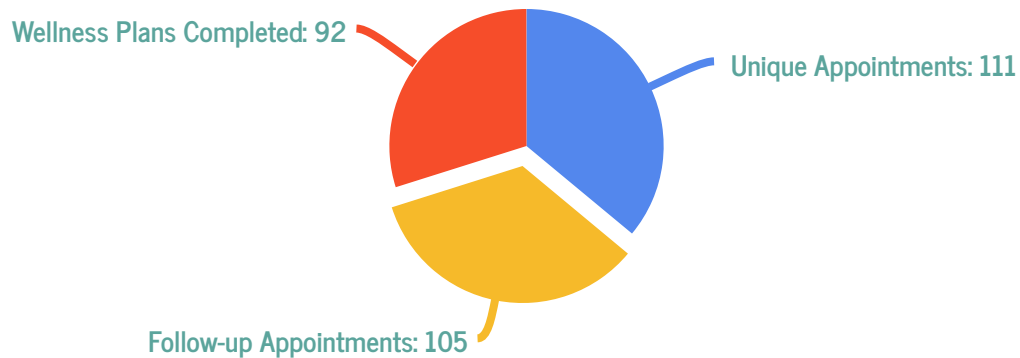
Peer facilitated to increase student capacity to notice, engage and respond to health and wellbeing challenges

2 Workshops

22 students

Individualized Support

The follow-up appointments were one of our greatest successes this past year. Students valued being able to meet with their SHARP Ambassadors on a regular basis.



Going to SHARP was the best thing I did this year. They changed my life!!

SHARP Mentee

I cannot believe more students don't use SHARP - they are so nice and always there to help. My ambassadors were the best

SHARP Mentee

This is my second year with SHARP and I am still learning. Thank you for supporting students like me.

SHARP Mentee

It was great talking to someone who understood what I was going through and didn't judge me for it.

SHARP Mentee

PARTNERSHIPS

RYERSON

- Daphne Cockwell School of Nursing - Placement Students
- RULeadership - LevelUp and Leadership Training
- Tri-Mentoring - Training, Pilot with Nursing

- Simon Finn - SAFETalk Suicide Training
- Student Life - #14DaysDry
- Consent Comes First Office - Sexual Health Events and Awareness
- Student Learning Centre - LNAP

TORONTO PUBLIC HEALTH

- 2 Nurses from Healthy Schools and Substance Misuse Division - #14DaysDry
- 4 Nurses from Healthy Communities Division - Training





Building Community

Capacity

IT TAKES A VILLAGE

Evidence suggests a correlation between student's health and academic performance and we know that students who perform well academically tend to be students who are healthier. It takes a village to raise and support our next generation and so we called on our village to help us to deliver our services and our message. We introduced a number of workshops this year and made them available to our village of staff, faculty and student leaders to use as needed. We also collaborated with Tri-Mentoring, Daphne Cockwell School of Nursing and Counselling Centre on a number of pilot projects.

Supporting Students in Placement

3rd Year Nursing, Tri-Mentoring, SHARP, Nursing Course Union Collaboration developed to support 3rd year nursing students experiencing challenges.



3 Meetings
24 students
8 repeat attendees



3 Workshops
24 students

Counselling – SHARP Referral Pilot

Pilot to explore feasibility and effectiveness of student referrals from CSDC to SHARP Ambassadors as part of the CSDC stepped care model and Student Health and Wellness Harmonious Health and Well-Being Experience.



14 Referrals



8 Unique Appointments
5 Follow-up Appointments
6 No Show

SHARPER Student Workshops

Health Promotion Programs Coordinator facilitated 1 hour in class transitions and self awareness workshop designed to increase student capacity to appropriately notice, engage and respond to health and well-being challenges.



IN CLASS
6 Workshops
211 students

WORK-STUDY STAFF TRAINING
3 Workshops
26 students

- ✓ 10 SHARPER Student Workshops (6 In class)
- ✓ 218 students participated in SHARPER Student Workshop
- ✓ 5 SHARPER Leader Workshops
- ✓ 48 student leaders participated in SHARPER Leader Workshops
- ✓ 10 Total Health Education and Outreach Events
- ✓ 470 Participants in Health Education Events

Thank you for acknowledging the stress of students outside of school (work, bills, etc)

Student: In Class SHARPER Student Workshop

great presentation, good reminders for self awareness. happy to have been able to attend. important in reducing stigma. very educational.

Student: In Class SHARPER Student Workshop

Very good to know that others are going through what I am going through as well. The meetings were amazing

**Student: SHARPER Student Workshop
TMP/NSG/SHARP Pilot**

They were so kind and never made me feel bad for struggling like I was. They helped me gain some confidence.

CSDC/SHARP Pilot Mentee

Experiential Learning

The Placement Experience



As we embark on our final year in nursing, the foundational skills of community health and health promotion obtained through this placement, will continue to be an asset that we possess and carry forth to bettering our nursing profession.

Nursing Students



SHARP enhanced our understanding of community health nursing through outreach sessions, events, and peer-to-peer interactions.

Nursing Students

Implementing and planning events allowed us to understand the complexity of promoting health amongst the community.

Nursing Students

...the reflections illuminate the application of my progress and growth throughout the year at placement.

Nursing Students



I always thought I was struggling alone. Its good to know that its not just me.

Student: TMP/NSG/SHARP Pilot

I never knew this existed at Ryerson. I wish I knew about it last years ago. I'm really thankful it exists.

Student: SHARPER Student Workshop TMP/NSG/SHARP Pilot

The sessions really helped me significantly and I always feel better than how I felt walking into the session. Thanks for everything

CDSDC/SHARP Pilot Mentee

It was great to have someone to encourage me and keep me on track

CDSDC/SHARP Pilot Mentee

It was really helpful and should be mandatory for students to attend one of these sessions.

Student: In Class SHARPER Student Workshop

It should be presented at the beginning of the semester. The main people who could benefit have stopped coming to class.

Student: In Class SHARPER Student Workshop

Made mental health/well-being information very accessible

Student: In Class SHARPER Student Workshop

Great stuff. Would've been great for first year students (plz try to talk to them)

Student: In Class SHARPER Student Workshop