



2025-2026

Brock University

Bill 166: Strengthening Accountability and Student Supports Act - Mental Health Report

Minister's Directive on Student Mental Health

This directive sets clear expectations for post-secondary institutions to place student mental health and well-being at the forefront. Institutions must develop and implement comprehensive, evidence-based approaches that promote mental wellness, ensure timely access to supports, and cultivate inclusive, supportive campus environments. It calls for a whole-campus approach that connects academic and support services to enhance student success. The directive also underscores the need for equitable access to culturally responsive care, a focus on early intervention and prevention, and active student involvement in shaping and evaluating services. Institutions are required to track progress, demonstrate measurable results, and report transparently on ongoing improvements aligned with provincial priorities.

Mental Health Updates

The Student Wellness and Accessibility Centre (SWAC) continues to align its programs, services, and support provincial mental health directives and legislative expectations. Through ongoing review and quality improvement processes, SWAC has confirmed that Brock University's student mental health framework reflects a comprehensive, evidence-informed, and student-centred approach. An annual compliance report, including a review of the policy centrally located on the [website](#), is prepared for the Board of Trustees.

To enhance transparency and accessibility, the Student Wellness and Accessibility website was expanded to include a dedicated Student Mental Health Policies and Services section. This initiative is part of a broader strategy to improve the structure, clarity, and usability of digital resources. Continued analysis of student engagement data informs iterative enhancements to ensure students can efficiently access relevant information and support.

SWAC maintains a responsive and adaptive service model grounded in evidence-informed practice. A multi-channel communication approach ensures broad awareness of available services, while strong collaboration across Brock University and the Niagara region strengthens coordinated care. These partnerships enable a continuum of support that addresses diverse student needs across both campus-based and community settings.

SWAC remains passionately committed to a data-informed and evidence-driven approach to service planning, delivery, and continuous quality improvement. Decision-making is guided by a comprehensive analysis of service utilization data, student feedback, and population-level insights to ensure resources are aligned with demonstrated need and emerging trends. The following statistics highlight three key dimensions of service delivery: Service and clinical capacity (psychotherapy access; acuity and intensity of care across mental health programming), and Student Engagement (health promotion and psychoeducation).

Clinical Services and Capacity

- 2534 referrals represent 14% of student population
- 81% percent actively seen or in service at the end of the year.
- 81% report very good to excellent outcomes
- 89% percent being treated with respect and dignity
- Student counselling referrals were assessed as follows: 51% low | 23% moderate | 26% high acuity.
- 22.1 sessions/week (avg.) per therapist
- Broad spectrum of care needs

Student Engagement

- 1,999 students reached
- This represents 21% of student population
- High levels of satisfaction across all scheduled events

As the statistics above illustrate that in 2024–2025, SWAC continued to extend its reach in mental health services across the student population, supporting a wide range of clinical needs from lower to more complex levels of acuity. The diversity of presentations highlights the breadth and complexity of student mental health concerns. Clinical service capacity remained strong, enabling timely access to care and ensuring that most referred students were provided service by end of the school year. In parallel, SWAC continued to expand its population-level impact through prevention and education initiatives.

A total of 988 students participated in drug and alcohol awareness programming, while 1,999 students attended mental wellness presentations, representing approximately twenty percent of the student population. In addition, we launched both a wellness navigator program which strategically located four staff in areas where they would be in a position, to be the first point of contact for students with emerging mental wellness issues. In parallel, we also launched an innovative Ambassadors of Well-being program, which trained and provided supports to one hundred student-facing positions. The program provides education and strategies on mental wellness, to aid staff in their support of students within their departments or programs. These efforts reflect a dual focus on both early intervention and broader health promotion.

Canadian Campus Wellbeing Survey (CCWS) Highlights

Findings from the Canadian Campus Wellbeing Survey (CCWS) demonstrate that Brock University is advancing a comprehensive, whole-campus mental health system that supports student wellbeing, promotes help-seeking, and strengthens protective factors across the student population. Although the survey does not capture outcome data it does examine several population outcomes which are anchored to optimal mental health and wellbeing

Wellbeing

- 65.18% report at least average well being
- 7.2 % report high wellbeing
- Majority of students are functioning in normative or positive rates, which indicates a stable and supportive campus.

Mental Health Awareness

- 63.66 students are aware and can effectively navigate the mental health system
- Brock's health promotion and outreach strategies are effective.
- 63% will seek services if needed
- This indicates limited stigma, strong trust in services, and readiness to engage if needed

Campus Culture

- Students report that Brock prioritizes mental health, and the campus environment supports psychological safety. This strongly indicates that Brock's campus culture is well-aligned with the Okanagan Charter.

Continuous Quality Improvement

Ongoing monitoring and analysis of these key indicators enables SWAC to identify service gaps, optimize care pathways, and enhance system responsiveness. This commitment ensures that mental health services at Brock University remain accessible, effective, and aligned with leading practices in post-secondary mental health care. Over the past year, SWAC has expanded its clinical and wellness programming to address emerging trends in student mental health. This includes the introduction and enhancement of targeted group interventions focused on ADHD, disordered eating, anxiety, and stress management, alongside skills-based programming such as Toolbox for Success. Clinical capacity has also been strengthened through expanded specialization in key areas, including ADHD, disordered eating, and anxiety-related care.

At the population level, SWAC has further developed its universal and targeted wellness programming, informed by data garnered from the 2024 Canadian Campus Wellbeing Survey (CCWS). We have subsequently administered a second CCWS in February 2026. Although participation was voluntary and not based on a formal representative sampling strategy, approximately 3,000 respondents reflected a well-distributed cross-section of key demographics (e.g., gender, year of study, and immigration status), providing confidence, that approached typical survey reliability benchmarks (e.g., confidence with a modest margin of error). Further, the results broadly capture diverse voices within the larger population. Thus, the findings provided actionable insights into student well-being, service utilization, and priority areas for intervention, enabling a more data-driven approach to program development. The ongoing commitment to administering the survey will routinely support benchmarking, trend analysis, and continuous service refinement. In addition, our services are informed via student satisfaction surveys and student focus groups. Together, these qualitative and quantitative approaches to data collections illustrate our commitment to effectively evaluating our mental health services.

Service Paradigm Shift

Looking ahead, SWAC has developed a structured Stepped Care model to enhance service delivery and system coordination. Informed by service data, focus groups, and stakeholder consultations, this model introduces a five-level continuum of care, with defined steps within each level to ensure that students receive the right intensity of support at the right time. The model emphasizes resource utilization, in Fall 2026. We are confident that this shift will vastly improve timely access to care while reducing barriers for students with varying levels of need. It also supports clearer pathways for referral and escalation, ensuring a more coordinated and responsive system overall. Ongoing evaluation and data monitoring will be built into the model to support continuous improvement and adaptation over time.



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Summary

SWAC continues to advance an integrated, responsive mental health system that prioritizes student wellbeing and supports academic success. This work reflects Brock's commitment to a whole-campus approach, embedding mental health and wellbeing across academic and student support environments. Guided by provincial expectations, SWAC emphasizes equitable, timely access to evidence-informed services and culturally responsive care. Ongoing evaluation and collaboration with campus and community partners ensures accountability, measurable outcomes, and continuous improvement in support of student success.

Brock University continues to demonstrate strong adherence to the Minister's Directive on Campus Mental Health; specifically with the directive's emphasis on a whole-campus approach by intentionally connecting academic and support services to enhance student success. The institution continues to prioritize equitable access to culturally responsive care, while advancing early intervention and prevention efforts that support student wellbeing.

Through this integrated and student-centred approach, Brock ensures that mental health remains embedded across the campus experience, reinforcing its commitment to inclusive, accessible, and responsive support for all students.