

# Mindflow

*Inspiration. Movement. Transformation.*

Three Concepts Driving a Wellness Initiative in UWindsor's EAP  
Pathway Program

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University  
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# Outline

- Student mental health- what do we know?
- Academic impact
- Mental health initiatives
- Mindflow – Inspiration. Movement. Transformation
- Fall 2019 feedback
- Mindflow – Next step
- Q & A

## 2016 (%)

Seriously considered  
suicide

M = 11.5

F = 12.9

## 2019 (%)

Seriously considered  
suicide

M = 13.7

F = 16.7

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# 2015

Attempted suicide

M = 1.8

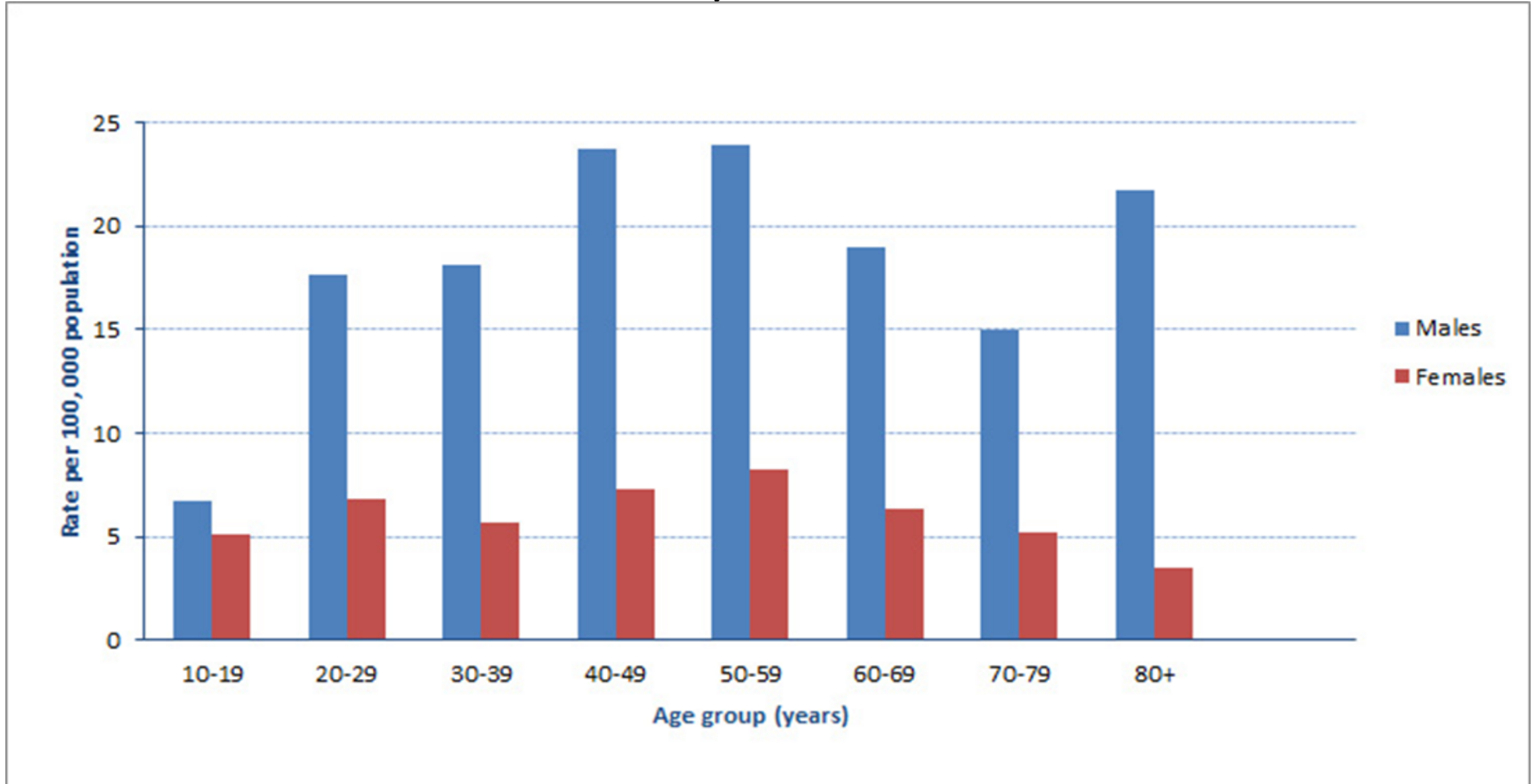
F = 2.0

Attempted suicide

M = 2.4

F = 2.8

# Suicide in Canada- Key Statistics





## Canadian Reference Group

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### Executive Summary

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### Spring 2016

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



## Canadian Reference Group

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### Executive Summary

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### Spring 2019

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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# National Context

Reported	2016 (%)	2019 (%)
Attention Deficit and Hyperactivity Disorder	5.6	7.9
Chronic illness	5.3	6.0
Deafness/ Hearing loss	2.0	2.3
Learning disability	5.2	6.6
Mobility/ Dexterity disability	1.1	1.5
Partial sightedness/ Blindness	2.2	2.6
Psychiatric condition	7.4	8.9
Speech or language disorder	2.8	1.3

# National Context – Mental Health

Any time within the last 12 months	Male 2016 (%)	Male 2019 (%)	Female 2016 (%)	Female 2019 (%)
Felt things were hopeless	51.3	54	62.7	67.3
Felt overwhelmed by all you had to do	80.5	78.3	93.3	92.6
Felt exhausted (not from physical activity)	80.4	78.5	91.6	91.6
Felt very lonely	59.1	60.9	69.5	73
Felt very sad	62.6	64.8	78.2	81.1
Felt overwhelming anxiety	51.4	53.9	69.6	75.1
Felt so depressed that it was difficult to function	37.9	42	46.4	55
Felt overwhelming anger	41.0	43.1	49.6	54.1

# National Context – Academic Impacts

Factors affecting individual performance:

Reported	2016 (%)	2019 (%)
Relationship difficulties	13.0	12.2
Concern for a troubled friend or family member	15.6	15.8
Cold/ Flu/ Sore throat	20.6	19.6
Depression	20.9	24.2
Sleep difficulties	28.4	29
Anxiety	32.5	34.6
Stress	42.2	41.9



# In It Together

## Taking Action on Student Mental Health (2017)

### Principle 1

*Improving student mental health requires a “whole community” approach ...*

### Principle 2

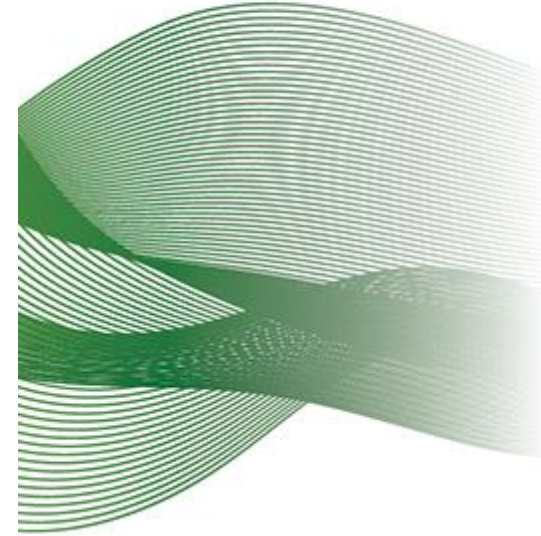
*...students should be able to access gender and culturally sensitive mental health services and supports that are timely, effective and flexible*

### Principle 3

*Prevention and harm reduction are important elements of mental health priorities*

It Together

Taking Action on  
Student Mental Health



November 2017

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# Institutional Context – University of Windsor

## Student Mental Health Strategy

- *To implement actions to prevent mental illness in students who are at risk ...*
- *To improve upon the University's existing commitment to counselling service ...*
- *To place greater emphasis on promoting student mental health through a range of proactive and preventative mental health and wellness activities.*



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# EAP Context – Mindflow

**2015-2016**

Vocabulary Yoga

**2015**

Devastation

**2017**

Mindflow

# EAP Context – Mindflow

## **Principle 3**

*Prevention and harm reduction are important elements of mental health priorities*

## **Student Mental Health Strategy**

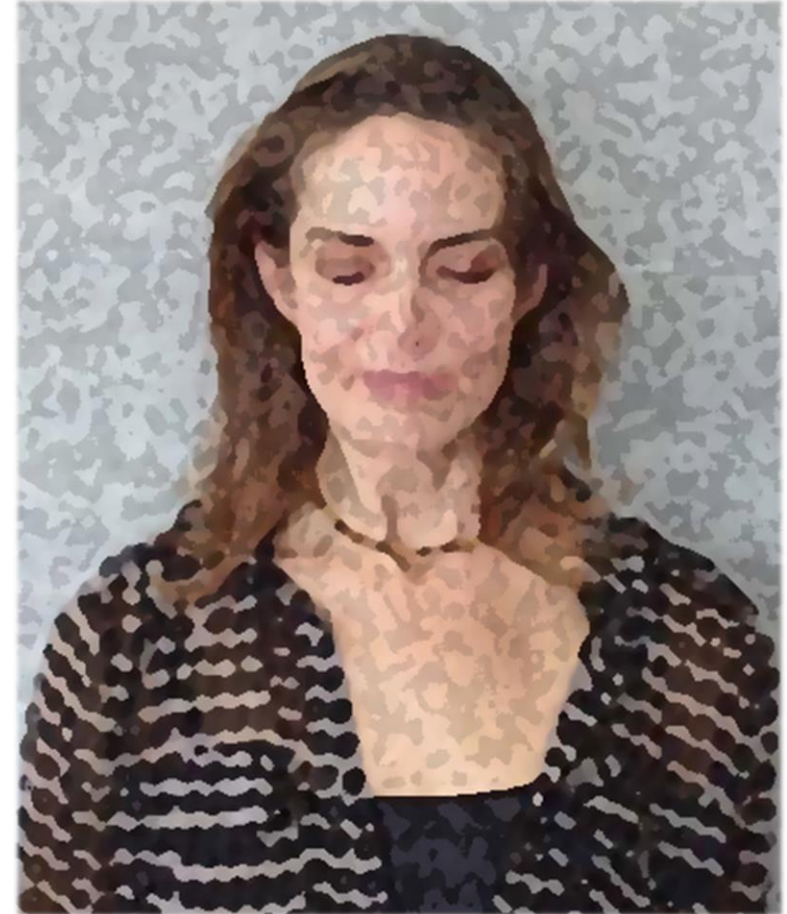
*To place greater emphasis on promoting student mental health through a range of proactive and preventative mental health and wellness activities*

## **Framework**

Length – 10 weeks  
Sessions – 1/ week  
Session length – 30 minutes  
Flexible curriculum

# Mindflow – Inspiration

- A moment to settle the mind
- Acknowledge the pain, stress, worry, frustration, anger, joy, surrounding, senses
- Appreciate the moment



# Mindflow – Movement

- Breathing
- Stretching
- Facilitating circulation

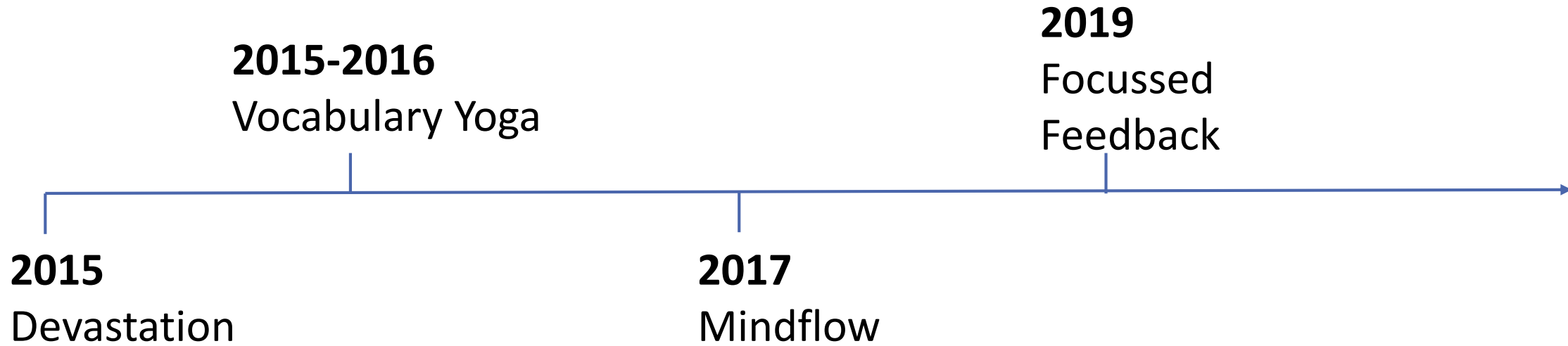


# Mindflow – Transformation

- Thoughts
- Feelings
- Actions



# EAP Context – Mindflow





# Mindflow – Fall 2019

Number of Students	
131	

Sex		
Male	64	49%
Female	67	51%

Level of Study		
Undergrad	52	40%
Grad	74	56%
Not Confirmed	5	4%

Program of Study		
BA - Family Studies	1	1%
BFS - Forensics Biology Spec	1	1%
Business	15	11%
Communication Studies	5	4%
Computer Science	7	5%
Economics	3	2%
Engineering	16	12%
MAC	5	4%
MAcSc Actuarial Science	2	2%
MA-Economics	1	1%
MAEP	6	5%
Mathmetics	1	1%
MED Domestic	2	2%
MED International	7	5%
MEng	14	11%
MMB	2	2%
MM - HR	6	5%
MM - IAF	23	18%
MM - LSCM	6	5%
Not Confirmed	5	4%
Social Work	1	1%
Undeclared	1	1%
Visual Arts	1	1%

Funding Source		
Self	131	100%
Other	0	0%

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# Mindflow – Fall 2019

## Did you find Mindflow enjoyable?

Level 1 (N= 10)	Level 2 (N= 41)	Level 3 (N= 47)
Agreed = 60%	Agreed = 22%	Agreed = 32%
Strongly agreed = 30%	Strongly agreed = 61%	Strongly agreed = 60%
Neither agreed or disagreed = 10%	Neither agreed or disagreed = 7%	Neither agreed or disagreed = 4%
	Disagreed = 10%	Disagreed = 2%
		Strongly disagreed = 2%

## How did Mindflow help you?

Level 1 (N= 10)	Level 2 (N= 41)	Level 3 (N= 47)
Improved focus = --	Improved focus = 5%	Improved focus = 15%
Improved sleep = 50 %	Improved sleep = 20%	Improved sleep = 17%
Decreased stress = 20%	Decreased stress = 61%	Decreased stress = 62%
Decreased anger = 20%	Decreased anger = 10%	Decreased anger = --

# Look Back National Context – Academic Impacts

Factors affecting individual performance:

Reported	2016 %	2019 %	% experienced a decrease
Depression	20.9	24.2	---
Sleep difficulties	28.4	29	21%
Anxiety	32.5	34.6	---
Stress	42.2	41.9	57%

# Look Back - National Context

*(American College Health Association National College Health Assessment)*

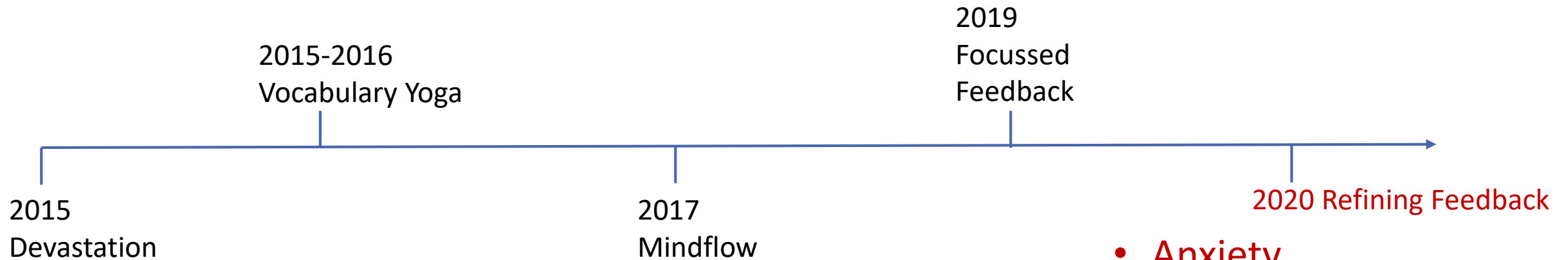
Reported	2016 (%)	2019 (%)	% experienced a decrease
Attention Deficit and Hyperactivity Disorder	5.6	7.9	10
Psychiatric condition	7.4	8.9	

# Mindflow – Fall 2019

In the future, how often will you use any of the techniques learned

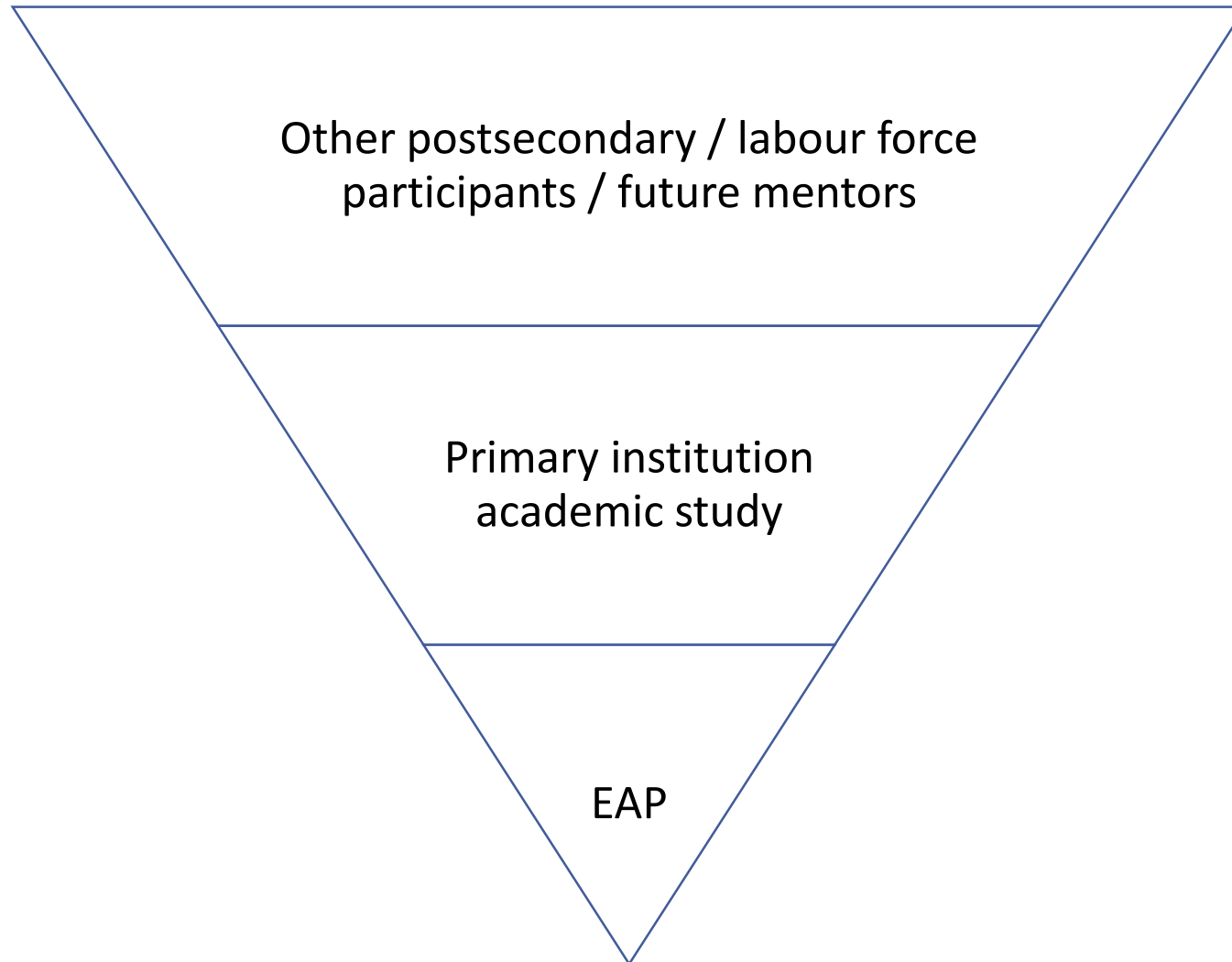
Level 1	Level 2	Level 3
A lot = 50%	A lot = 56%	A lot = 66%
A little = 30%	A little = 39%	A little = 28%
Not sure = 20%	Not sure = 5%	Not sure = 6%

# Mindflow – Next step



- Anxiety
- Depression
- Feeling overwhelmed
- Feeling exhausted (not physically)

# Why start at the EAP level?



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# Q & A

If you would like to further connect on this topic:

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