

**PROJECT TITLE:**

Mindful and Compassionate McGill: promoting well-being and resilience among McGill University students

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Please answer the following questions and return the completed form to the [SPF Staff](#) via e-mail.

Final Report prepared by Angela Potes

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Actual Project Start Date 2018-08-31 Actual Project End Date 2019-01-07

**Questions**

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1. Please summarize the project and its key accomplishments to date in 1-2 sentences.  
(400 characters maximum)

Mindful and Compassionate McGill aimed at a) providing on-going mindfulness and self-compassion groups for students in need of mental health services, and b) supporting McGill staff in training to ensure the sustainability of group provision. On a separate mandate, the project also intended to support the Peer Support Centre with on-going mindfulness and self-compassion skills to strengthen the supporters capacity to help other students.

To date, the project ensured running one treatment-based mindfulness group (Mindfulness-based Cognitive Therapy, a.k.a MBCT) for 12 students on fall 2018. A total of 30 Students were screened prior to enrolling the group. Also, an active team of three student volunteers from the Peer Support Centre joined the project as a promotions team, which were also supported by two hired research assistants who all supported the program's widespread. This five students were trained by the project lead for tactics on students screening (assessing eligibility) and best way to promote the groups on campus. A total of 50 sitting cushions, 50 yoga mats, and 30 blankets were purchased to facilitate the groups. Supporting materials including promotional banners (x2), posters, flyers, and print outs were also available on campus.

2. Your team listed the following goal in your project application:

To develop and offer sustainable mindfulness-based and self-compassion programs for university students in McGill University (Implementation of the 'Mindful and Compassionate McGill' service).

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Did your team achieve your project's goal? In your answer, please describe the impact your project had on McGill's structures, processes, and/or systems. Also, please specify how this positively transformed people's behaviors/perspectives/habits on McGill campus(es).

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

Our project did not reach the overall mandated role. Only 15 students were enrolled and participated in our first mindfulness therapy group. Students who were not eligible (15) were wait-listed or referred to other services, including the Peer Support Centre and Student Services. Nine clinicians from McGill Student Services (Counseling) started their certification training in either mindfulness or compassion-based interventions for university students. This training is still ongoing, looking at one to three-year time frame to complete certification.

However, we were approached by several student organizations (i.e. PGSS members) and general students who reached out for personal interest and/or need of support. These students were highly motivated to hear about a new initiative supported by the University that would foster benefits in their mental health and general well-being. For instance, one student who participated in our fall 2018 group was interested in getting training information so that they may subsequently support their faculty department and implement similar innovations on mindfulness and self-compassion. This may have positively transformed people's behaviours, perspectives, and habits, as they were encouraged to reach the University for additional funding and/or organizational support. They were also very glad to hear the SPF exists as a venue to support students (i.e. as project leads) creative thinking in building a collective

collaboration to foster a better university environment.

3. Please describe the key successes and challenges of your project. (Minimum of two examples for each)  
*(Unlimited characters, suggested minimum ½ page or approximately 250 words)*

We identified that time and communication were our main constraints. In this case, the project scope was too large to be implemented in a year-frame timely fashion. The main collaborator was not able to support the project as intended due to limitations of infrastructure which posed extra unexpected demands on their end. This project would have required more time in order to be better suited in the University.

4. What key points of advice or *lessons learned* would you give to other SPF teams either regarding your experience managing your project or the project itself?  
*(Unlimited characters, suggested minimum ½ page or approximately 250 words)*

We take home as key lessons to emphasize on ways to strengthen communications, and narrowing the project's scope. We consider that having clear communication between all collaborative parties is essential, especially at the beginning phases so that all matters are clear, and that the project objectives can match accordingly to all collaborating parties.

5. What recommendations do you have for the future of this project to be continued and are there any opportunities for complementary projects? Who will take responsibility for the project's future and how can interested persons be in touch? The SPF team will also be in touch with this contact for updates on the project's progress in coming years, if ongoing.  
*(Unlimited characters, suggested minimum 1 paragraph)*

We suggest that the project continues by providing continuous support to staff training. This continuation will be lead by Mrs. Martine Gauthier and Dr. Vera Romano in Student Services.

6. Would you or your project team member(s) be willing to serve as a mentor to SPF project teams? Please choose one. If yes, SPF Staff will contact you with more information.  
*(800 characters maximum)*

Yes  No

7. In your application, you listed the following sources of funding:

McGill Student Services; \$37,600.00.

Please confirm if you received this funding in the space below. In your response, please list the actual amount (in dollars) that you received. Note: If you received funding from a McGill Department or Unit, please attach a letter from its Financial/Budget Officer confirming the actual amount of support.  
*(1,800 characters maximum)*

The project did not receive \$37,600 from Student Services.

8. Did you purchase equipment or make an installation on campus?  Yes  No  
If yes, please briefly describe how these items will be maintained and used in the future.  
*(1,800 characters maximum)*

These items are being kept in covered rolling carts at the McGill's campus. This material will remain safely guarded in Student Services. Student Services staff will use them appropriately on subsequent groups.

9. The following Key Success Indicators were indicated in your project application and selected for tracking. Please indicate the actual results that you have achieved in the “Actual” column.

Selected Key Success Indicators	Target	Actual
# of McGill staff completing training program for mindfulness and self-compassion	6	<b>9</b>
# of once-weekly program sessions held throughout the course of the academic year	5	<b>1</b>
# of students participating in the sessions	160	<b>30</b>

If there is a significant difference in the target numbers and the actual numbers achieved, please explain. If you have any additional information to share about these success indicators, please also include it below.

*(1,800 characters maximum)*

The project had to be cancelled due to lack of support and communication from all implicated parties. It was decided that the project lead will transfer the project to Student Services in order to explore continuation alternatives. In this case, the project scope was too large to be implemented in a year-frame timely fashion. The main collaborator was not able to support the project lead as intended due to limitations of infrastructure which posed extra unexpected demands on their end. A miscommunication between parties also led to the project termination in advance; the objectives were not meeting and matching our manpower to support the project as intended.

10. Please report on your progress with the standard SPF Key Success Indicators in the “Actual” column.

Standard SPF Key Success Indicators	Actual
# of volunteers directly or indirectly engaged in the project	3
# of people (student, staff, or other) trained in the context of the project	4
\$ raised for project activities subsequent to SPF funding	0
# of tons of GHG emissions reduced by your project	0
# of partnerships or collaborations developed between the project team and other McGill administrative units, student groups, community groups, other universities, and/or other groups/organizations.	5

Regarding the last Key Success Indicator, please list the groups and/or organizations that you counted.

*(Unlimited characters; point form acceptable.)*

PGSS, Psychology Undergraduate Student Association, Collaborative Mental Health, GSAP, and the WELL Office.

If you have any additional information to share about the Standard SPF Key Success Indicators, please include it below.

*(1,800 characters maximum)*

11. Please indicate the McGill stakeholder groups that were involved with your project as a team member or collaborator/partner. Choose all that apply.

Undergraduate  Postgraduate  Administrative Staff  Academic Staff  Alumni

12. Please rate your project team’s overall satisfaction with the support provided by the SPF Staff. Choose only one response.

Very Dissatisfied
  Dissatisfied
  Neither Satisfied Nor Dissatisfied
  Satisfied
  Very Satisfied

13. Please provide any feedback or recommendations regarding your team's experience with the SPF  
(Unlimited characters, suggested minimum 1 paragraph)

We felt greatly supported by the SPF team throughout the process. We find it important to have known to what extend the SPF would have been able to support our on-going limitations, despite all of our requests were answered (but not necessarily supported) in a timely fashion.

14. If there is additional information you would like to share about your project, please use the field below.  
(Unlimited characters)

15. Has involvement in this SPF project positively impacted your team in the area of professional growth? Please choose one. If you would like to elaborate, please use the field below.  
(800 characters maximum)

Yes
  No
  Prefer Not to Share

16. Has involvement in this SPF project positively impacted your team in the area of personal growth? Please choose one. If you would like to elaborate, please use the field below.  
(800 characters maximum)

Yes
  No
  Prefer Not to Share

17. Which of the following skills or attributes has your team improved through involvement in your SPF project?  
Choose all that apply.

- |   |  |   |
|---|--|---|
| <input checked="" type="checkbox"/> Budgeting           | <input checked="" type="checkbox"/> Networking             | <input type="checkbox"/> Systems Thinking         |
| <input checked="" type="checkbox"/> Communications      | <input checked="" type="checkbox"/> Planning               | <input checked="" type="checkbox"/> Teamwork      |
| <input checked="" type="checkbox"/> Conflict Resolution | <input checked="" type="checkbox"/> Problem Solving        | <input type="checkbox"/> Technology               |
| <input checked="" type="checkbox"/> Leadership          | <input checked="" type="checkbox"/> Project Management     | <input type="checkbox"/> Time Management          |
| <input checked="" type="checkbox"/> Listening           | <input checked="" type="checkbox"/> Public Speaking        | <input checked="" type="checkbox"/> Writing       |
| <input checked="" type="checkbox"/> Mentoring           | <input checked="" type="checkbox"/> Stakeholder Engagement | <input type="checkbox"/> Other (Please specify in |
| <input checked="" type="checkbox"/> Negotiating         | <input type="checkbox"/> Stakeholder Identification        | the field below)                                  |

Other:

18. Since starting your SPF project, has your team improved its knowledge of sustainability? Please choose one. If you would like to elaborate, please use the field below.  
(800 characters maximum)

Yes
  No
  Prefer Not to Share

19. (Optional) If applicable, please list the total number of team members voluntarily self-identifying as members of marginalized communities:

Please identify the represented communities below. (e.g. women, Indigenous people, people of colour, LGTBTTQI, student parents, members of ethnic minorities, immigrants, people with disabilities)  
*(1,800 characters maximum)*

**THANK YOU FOR COMPLETING YOUR FINAL REPORT!**

*Please e-mail your report to the [SPF Staff](#) attaching any additional information that you would like to share about your project (e.g. other reports, research, documents, photos, etc.). Please note that this Final Report will be shared publicly on your SPF project's webpage.*