SGPS FEE REFERENDUM PACKAGE
STUDENT WELLNESS SERVICES

PART A – CONTACT INFORMATION

1. Name of Group: Student Wellness Services
2. Campaign Manager Information
   a. Ellie Sadinsky, Executive Director (Interim)
   b. n/a
   c. Mitchell Hall, 69 Union St., Queen’s University, Kingston, ON, K7L 3N6
   d. 
   e. wellness.services@queensu.ca
   f. Division of Student Affairs
   g. n/a

PART B – GROUP DESCRIPTION

Student Wellness Services (SWS) provides a wide range of professional and peer-led supports to help meet the health and wellness needs of all students, including specific services for graduate and professional students, such as counsellors based in the School of Graduate Studies, and a psychotherapy group for graduate students.

Now located in a highly visible and accessible location on the main floor of Mitchell Hall, SWS provides more than 40,000 medical, mental health and accessibility-related appointments annually. In addition to weekday medical, mental health and accessibility appointments offered year-round, urgent care walk-in health clinics run most weekdays and evenings during the fall and winter academic terms.

Medical services are provided by physicians and nurses regarding acute and chronic physical, mental and reproductive/sexual health issues. Students come to SWS for everything from a cough or sore throat to the management of a complex illness. Services include immunizations, allergy shots, prescription renewals, contraceptives, sexually transmitted infection testing, and mental health assessments and treatment. SWS professionals also include Occupational Therapists, who provide educational, clinical and consultative supports to students with injuries, illness, disabilities and extenuating circumstances. In addition, through referrals from physicians, students can access on-site psychiatry, and GP psychotherapy support.

Demand for mental health services continues to rise at Queen’s, and across the post-secondary education sector. Counselling appointments primarily provide short-term, solution-focused support, and are booked same-day, with follow up appointments scheduled by the counsellor. Positions have been
added over the past several years, primarily embedded across campus, including in the School of Graduate Studies, several Faculties/Schools, and the Four Direction Indigenous Student Centre. The central mental health team includes expertise to support an increasingly culturally diverse student population, and students who identify as LGBTQ2S, as well as expertise working with students experiencing eating disorders. SWS also provides services and programming for students who have experienced trauma, and works with partners across campus to provide crisis intervention for students at risk of self-harm or harm to others. Recently, SWS has increased the number of therapy and support groups to expand options including a psychotherapy group for graduate students.

Queen’s Student Accessibility Services (QSAS) provides services related to academic accommodations for students with disabilities to ensure equitable access to learning opportunities and the academic environment. The number of registered students has been rising annually, reaching 2,163 in 2018-19, a 17% increase. In addition to developing accommodation plans for students, QSAS advises faculty and staff on the implementation of academic accommodations, and advocates for students on access and accommodation matters.

Health Promotion staff and peer health educators develop and offer programming to promote physical, mental and social health and wellbeing, and improve health practices through evidence-informed wellness work. Using Queen’s-specific and national survey data, sector and demographic trends, and in response to an evolving societal context, the team organizes diverse education-based activities, and works one-on-one with students, and campus and community partners to foster knowledge and skills, and support an environment that enables students to engage in safer, healthier lifestyles. (496 words)

PART C – BUDGETARY BREAKDOWN

The SGPS student fee is an important source of revenue that supports the increasing costs of providing direct, on-campus, year-round, health and wellness services to students. The financial support provided through the SGPS fee contributes to the operations of all aspects of the service, including staffing, programming, supplies and equipment.

PART D – STUDENT FEE QUESTIONNAIRE

150 words per answer

1. Why is your group seeking a fee?

SWS relies on the support of graduate and professional students, as well as undergraduate students, to contribute to the operations of all aspects of its services. The student fee is an important and valued source of revenue that allows the service to continue to respond to evolving needs and ever-increasing demand. We would not be able to maintain the level of services we provide to students without this fee. (69 words)

2. What direct benefit will SPGS members derive from granting your group a fee?
The fee helps to maximize access to services and options for students to get the health and wellness information, programming and service they need to thrive at Queen's 12 months of the year. Through appointments and follow-up contacts, workshops, documentation, programming and one-on-one interactions and service provision, we strive to enhance the health and well-being of every student who connects with us. (62 words)

3. How is the dollar value of the fee related to the benefit you are proposing to provide?

The fee represents a portion of the revenue received by SWS that allows it to offer a wide range of services to Queen’s students, including specific services for graduate and professional students. It is one funding source that contributes to the resources required to offer campus-based comprehensive health and wellness supports to an evolving student population. (56 words)

4. When was your group established?

Wellness services have been a part of the university’s student services network for several decades.

5. If you have collected a fee in the past, what initiatives and/or opportunities have you provided the Queen’s Community with the collected funds?

The annual fees maximize access to a range of services for all students, including graduate and professional student-specific programming and supports.

PART E – SIGNATURES FROM CURRENT SGPS MEMBERS