



## Mental Health & Wellbeing Policy

Version: 1<sup>st</sup>

**Responsible To:** Head of College & CEO – John XXIII College

**Pertains To:** Residents (Accommodation Agreement Holder) – John XXIII College

**Supported By:** Deputy Head of College – John XXIII College  
Staff – John XXIII College

Collegiate Team – John XXIII College

**Monitored By:** Head of College & CEO – John XXIII College

### **Purpose**

The positive mental health and wellbeing of the Residents contributes to their good health and their overall development. John XXIII College is committed to:

1. heightening awareness of and to increase understanding of mental health issues across the College community;
2. ensuring the College environment is safe, inclusive and empowering for the Residents;
3. having embed social and emotional learning in the College programmes;
4. ensuring the Residents and staff are key partners in mental health initiatives;
5. engaging in partnerships with community networks.

### **Definitions**

#### Mental Health and Well Being

Mental health can be understood as a Resident's ability to:

- a. experience, regulate and express emotions,
- b. form close and secure interpersonal relationships,
- c. discover new experiences safely and learn from their experiences,

in the context of their family, community and cultural expectations for young adults.

#### Mental Health Difficulties

Mental Health Difficulties are problems that affect a person's thoughts, body feelings, behaviour and ability to function. These may occur as a reaction to a painful event or external pressure.

#### Mental Illness

Mental illness is the term to refer to severe mental health difficulties. Mental illness includes conditions such as schizophrenia, bipolar disorder, depression, anxiety / panic disorders and attention-deficit / hyperactivity disorder.

#### Crisis Assessment and Treatment Team (CATT)

The Crisis Assessment and Treatment Team provides a 24-hour, seven days a week service for assessment and treatment of people with a possible mental illness in a crisis situation.

#### Resident

A Resident of the College is financial member of the College community who is residing at the College. This is the person who signs the Accommodation Agreement and lives at the College, it is not based on the person who is paying the fees (the Account Holder).

#### The Collegiate Team

The Collegiate Team at the College is the group of student leaders who have responsibility for supporting the Residents during their stay at College. It consists of two sub groups the Pastoral Team and the Academic Team. Both teams are led and supervised by the Deputy Head of College (DHOC).

#### Academic Team

The Academic team at the College is the group of student leaders who have responsibility for the academic support of the residents. This team consists of the Dean of Residents (Dean) and the Academic Advisors (AAs). This team is led and supervised by the Deputy Head of College (DHOC).



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### The Pastoral Team

The Pastoral team at the College is the group of student leaders who have responsibility for the wellbeing of the residents. This team consists of the Dean of Residents (Dean) and the Senior Residents (SRs). This team is led and supervised by the Deputy Head of College (DHOC).

### Resident Association

The John XXIII Resident Association (RA) is an incorporated student organisation within the College and run by elected student representatives. As such it is a separate legal identity to the College. The College has a Memorandum of Understanding with the RA which allows the RA to work alongside the College to provide social, cultural and sporting activities to the Residents of the College.

### Principles

1. Mental health and wellbeing for young adults is about their emotions, what they experience and how they learn to manage and express them; the relationships they form and their ability to engage in close and positive relationships.

It also covers their engagement with the world around them and their opportunities to have new experiences and learn. A strong sense of wellbeing and positive mental health provides people with confidence and optimism, which maximises their learning potential, gives them a greater chance of long-term success, and helps them build stronger relationships.

2. Learning at university level and a student's wellbeing are inextricably linked:
  - a. Students learn best when their wellbeing is optimised, and
  - b. Students develop a strong sense of wellbeing when they experience success in learning.
3. John XXIII College, as a collegiate College, plays a key role in promoting mental health and wellbeing in its Residents and can affect their long-term mental health, relationships and learning.
4. Every member of the College community (staff and Residents) impacts on the Resident's health and can contribute to creating an environment that promotes positive mental health.

### Policy

1. John XXIII College will promote and support the health and wellbeing of its Residents when at College and when involved in College and resident run activities.
2. John XXIII College will seek to create and develop an environment:
  - a. That supports and encourages academic achievement;
  - b. Where Residents are able to eat healthy and nourishing meals and engage in physical activity, sport, cultural and social activities;
  - c. That considers the social and emotional wellbeing of others and an appreciation of diversity and difference;
  - d. That helps to develop opportunities that support the development of self-awareness, social awareness, responsible decision making, self-management and relationship skills;
  - e. Where Residents can make choices, accept challenges as well as their responsibilities, take considered risks, manage change and cope with frustrations and the unexpected.

By accepting a John XXIII College Accommodation Agreement, Resident accepts and agrees to abide by all of the terms and conditions of John XXIII College's Policies and Procedures. Residents should contact the College for further clarification if required.