
Report Number: BOG-2025-93

To: Board of Governors

From: Dr. Jean Choi, Vice President, Academic and Students

Date of Report: November 24, 2025

Date of Meeting: December 10, 2025

Subject: Update on the Mental Health Action Plan

1. Purpose

The purpose of this report is to provide the Board of Governors with an update on Durham College's efforts to date related to the Mental Health Action Plan Grant.

2. Recommendation

This report is being presented for information only.

3. Background

On May 16, 2024, the Strengthening Accountability and Student Supports Act, 2024 received Royal Assent. The legislation amended the Ministry of Training, Colleges, and Universities Act (MTCU Act), requiring all publicly assisted colleges and universities to:

- Have a student mental health policy that describes the related programs, policies, services and supports available at the college or university;
- Report annually on implementation to the institution's Board of Governors; and
- Review the policy at least once every five years.

On September 9, 2024, the Minister's Directive on Student Mental Health was released to publicly assisted colleges and universities. This directive, issued by the Minister pursuant to subsection 19(4) of the MTCU Act, took effect as of that date and all requirements must be implemented by January 31, 2025. The directive remains in effect until it is revoked or replaced.

The purpose of the Mental Health Action Plan (MHAP) Grant is to provide support for publicly assisted colleges and universities to implement the legislative and directive requirements and to administer a student mental health survey.

4. Discussion/Options

Preliminary work for the Canadian Campus Wellbeing Survey (CCWS) is underway in preparation for its deployment during the Winter 2026 semester. Durham College submitted a Research Ethics Board (REB) application.

Funding for the survey has been sent to and received by University of British Columbia. The College will collaborate closely with our campus partner, Ontario Tech University, to aim for a simultaneous launch and aligned promotional strategies for the survey. Planning related to the survey launch, including marketing, promotional materials, and coordination with the Office of Research Services, Innovation and Entrepreneurship (ORSIE) and the Registrar's Office, is ongoing to ensure student invitations are ready for timely distribution.

Mental Health Policy Update:

Following the August 8, 2025, memorandum from The Honourable Nolan Quinn, Minister of Colleges, Universities, Research Excellence and Security, the College has taken steps to implement and promote the new Mental Health Policy. The policy was emailed directly to students the first week of the September semester and remains accessible to the public via a dedicated webpage, [Are You Okay?](#) as well as on the internal Durham College intranet portal for employees to access in supporting student mental health.

5. Financial/Human Resource Implications

There are no financial or human resources implications.

6. Implications for the Joint Campus Master Plan

There are no implications for the joint campus master plan.

7. Implications for Ontario Tech University

There are no implications for Ontario Tech University.

8. Relationship to the Strategic Plan/Business Plan

Implementation of the Mental Health Action Plan Grant is aligned with many of the goals and objectives of the 2030 strategic vision, including:

Goal 1 – Future-Focused

By creating a formal mental health policy, DC strengthens its “outstanding services” commitment under its Future-Focused goal. Mental health is a core support service contributing directly to student retention, well-being, engagement, and academic success.

Goal 3 – People-Centred

A comprehensive mental health policy signals the College’s commitment to prioritizing student well-being, helping to foster a culture of care, respect, and inclusion. This directly supports DC’s People-Centred goal of creating an environment where everyone feels supported and truly belongs.

Through annual reporting, policy review, and the meaningful inclusion of student voices gathered through surveys, DC can identify equity gaps and refine mental health supports to better meet diverse needs. This directly advances Objective 3.3, which focuses on enhancing practices to address inequities across the College.

Goal 4 – Community-Connected

Strengthening mental health supports naturally deepens Durham College’s connections with the community, as effective initiatives often rely on partnerships with local mental health agencies and health services. By developing a robust policy, action plan, and student mental health survey, DC can better understand student needs and collaborate with community-based partners on co-developed programs, referral pathways, and shared resources.