University of New South Wales Mind Smart Guides: A student partnership project to develop online resources to enrich student success and wellbeing
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Mental Health is a significant challenge facing many young people today. Given the current demand for services and the counsellor/student ratio, these needs are not going to be addressed with face to face counselling alone. The objective of this project was to develop engaging online learning resources in the area of Mental Health for students.

The MIND SMART Guides are a suite of psycho-educational online mini modules that cover topics relevant to the contemporary graduate, produced by Counselling and Psychological Services, [CAPS] in partnership with students. The inclusion of the student voice/perspective helps normalise common concerns and aims to inspire personal reflection amongst students. The collaboration has provided CAPS the opportunity to replace text-based content with video-animation content that captures both the student and expert perspective. Each of the modules are designed to enhance the graduate capabilities that are key to wellbeing and success across the personal, academic and professional domains both during enrolment and beyond graduation.

MIND SMART Guides are a core part of CAPS stepped care strategy for the delivery of online Mental Health resources campus wide, thus ensuring all UNSW students have access to high quality self-help resources that can be used as and when they are needed.

MIND SMART Guides are a win/win for both the student and the university. They help facilitate improved educational outcomes, build community, create a sense of belonging and help students develop the skills and abilities they needed to successfully navigate their way through university and into the future.

Learning outcomes

- Preventative programs should aim at reaching a wider group of students and should increase the potential for students to access help. This presentation will outline how MIND SMART guides facilitate the development of self-management skills and offer all students access to Mental Health resources.
- This project is transforming the way digital wellbeing resources are provided at UNSW. The underlying aim is to push boundaries and to find the most visually engaging way to bring messages to students. It will help participants to think outside of the square on how to deliver mental health information.
- We will talk about how you can set up a win-win partnership with students and support services and discuss the challenges of working in a student partnership.
Presenters
Laura Kampel, University of New South Wales

Laura currently holds a position as a Clinical Psychologist/Senior Counsellor at the University of New South Wales Counselling and Psychological Service (CAPS). She has worked at CAPS for over 24 years in individual therapy with clients, as well as running and designing groups, supervising students and in the development of self-management strategies and resources. She also has an interest in E-mental health and its application in the University setting and is part of the Mind Smart team at UNSW. She is currently enrolled in a PhD at the Black Dog Institute (UNSW) and is interested in looking at evaluating a mindfulness app in the university population. She also works part-time in private practice.

JH Venter, University of New South Wales

JH Venter is the Clinical Lead for the Counselling and Psychological Service (CAPS) at the University of New South Wales. He trained and worked in South Africa, the UK and Australia. He has extensive training and experience in using Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness and Systemic family work. He worked as Consultant Clinical Psychologist and Lead at Complex Care Psychology in South London and Maudsley NHS Foundation Trust, before resettling in Australia. He is part of the Mind Smart team and steering group to develop and evaluate E-mental health and self-management services at CAPS. He is also involved with training and supervising Clinician Psychologists in training. JH is a member of the Australian Psychological Society and Associate Fellow of the British Psychology Society (AFBPsS).