



Lambton College

Annual Student Mental Health Report

Status: Complete – Final

Institution: Lambton College

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Executive Summary

This report outlines Lambton College’s comprehensive and evolving approach to student mental health and well-being during the 2025–2026 reporting period, in alignment with Bill 166 and the Minister’s Directive. Grounded in a whole-campus, equity-driven framework, Lambton integrates prevention, early intervention, clinical care, and post-crisis support across academic, student service, and community systems.

Key achievements during the reporting period include expanded counselling capacity, full implementation of the Stepped Care 2.0 model, strengthened cross-departmental coordination, and enhanced partnerships with local and regional mental health providers. Data from service utilization and longitudinal student surveys indicate increased awareness of available supports, improved perceptions of Lambton’s mental health culture, and a reduction in the proportion of students reporting poor mental health outcomes.

As student needs continue to increase in both volume and complexity, Lambton College remains committed to continuous improvement, evidence-informed practice, and transparent accountability to ensure timely, accessible, and effective mental health supports for all students.

Introduction

On May 16, 2024, Bill 166 – *The Strengthening Accountability and Student Support Act, 2024* – was passed, amending the *Ministry of Training, Colleges and Universities Act*. This legislation reinforces the requirement for publicly assisted colleges and universities to maintain a student mental health policy detailing the supports, services, and protocols available to students.

Lambton College remains deeply committed to understanding and responding to the evolving needs of its student population. Mental health and well-being are recognized as foundational to student success, retention, and community safety. Through a holistic, collaborative, and equity-informed approach, the College works to reduce service fragmentation, enhance access, and embed wellness across the student experience.

This report highlights Lambton College’s achievements, progress, and ongoing commitment to strengthening student mental health supports in compliance with provincial requirements.

Institutional Commitment to Student Mental Health

Lambton College prioritizes a campus environment where well-being is foundational to learning and engagement. Our commitment is informed by the Okanagan Charter and

anchored in a whole-campus approach to wellness—addressing emotional, physical, social, intellectual, spiritual, environmental, financial, and occupational dimensions.

Key Actions in 2025-26

- Completed a full internal audit of the National Standard for Mental Health and Well-Being for Post-Secondary Students, identifying strengths, gaps, and priority action plans.
- Increased collaboration across Counselling & Wellness, Accessibility Services, Student Success Navigators, Indigenous Student Services, International Student Services, Athletics, and Residence Life.
- Strengthened response pathways from promotion and prevention through to intervention, crisis support, and post-crisis care.
- Ongoing alignment with Stepped Care 2.0 to ensure timely, accessible, and appropriate levels of support for all students.

Programs, Services, and Supports

Lambton College expanded and strengthened mental health programs and services during the reporting period.

Clinical Supports: Counselling & Wellness Services

Guided by Stepped Care 2.0, Counselling & Wellness delivers a full continuum of mental health care emphasizing early intervention, equitable access, evidence-based practice, and integrated case management.

Service Components include:

- Crisis Counselling (same-day response for urgent distress)
- OAAT Sessions (One-At-A-Time counselling for accessible, low-barrier support)
- Short-term Personal Counselling
- Group Counselling & Psychoeducational Workshops
- Counselling Consultations (students, faculty, staff)
- Behavioural Response Team (BRT) integrated case management
- Clinical collaboration with community mental health partners

Key Figures (2025-26)

- Crisis Counselling Appointments: 46
- Crisis Consultations: 53
- Behavioural Response Team Cases: 52 (moderate–high complexity)
- Personal Counselling Appointments: 963
- Drop-In Personal Counselling Contacts: 595
- Counselling Consultations: 321

Insight: Demand for mental health services remains high, with increasing case complexity requiring coordinated, multidisciplinary intervention.

Integrated Academic and Mental Health Support

- 76% of academic support needs include personal, psychological, or emotional factors.
- 1,920 total academic appointments and drop-ins involved counselling, problem-solving, crisis stabilization, or safety planning.

Insight: Integration between academic and mental health supports is critical to early intervention and student retention.

Proactive & Preventative Wellness: Lions Mind Program

Proactive wellness support through workshops, peer programming, and community building.

- 4,200 student contacts in Lions Mind space
- 470 engaged in mental health education/awareness
- 545 participated in wellness events
- Expanded peer-led support and trauma-informed, culturally affirming activities

Basic Needs & Social Determinants of Health: Lions Heart

The Lions Heart Food Bank and Clothing Closet address food insecurity and basic needs.

- 1,188 student interactions providing food hampers, clothing, and essential supports
- Expanded culturally diverse food options and seasonal clothing availability

Navigation & Case Coordination: Student Success Navigators

- Students Supported: 2,640
- Referrals Provided: 1,040

Impact: Essential bridge between student-facing departments, improving access and reducing barriers.

Health & Wellness Centre

Clinical Activity:

- Physical Health Appointments: 1,803
- Mental Health Appointments: 62
- Immunizations: 1,959

Integration with counselling for crisis response and chronic conditions.

Accessibility Services

- 665 registered students; 62.5% identify with a mental health disability

Supports include accommodations, assistive technology, and learning strategies

Community Partnerships

Key partners: CMHA Lambton-Kent, Youth Wellness Hubs Ontario, Bluewater Health, M-Heart Mobile Crisis Team, The Centre, Victim Services, Family Counselling Centre, St. Joseph's Hospice, and others.

These partnerships ensure smooth referral pathways and culturally safe supports.

Data and Impact Analysis

Service utilization data and longitudinal survey results indicate both growing demand and improving outcomes.

- Growing use of OAAT and drop-in options
- Increased acuity and complexity of Behavioral Response Team cases
- Positive student feedback on wait times and counselling experience
- Clear correlation between mental health concerns and academic struggles

Student Mental Health Surveys (3,322 responses over 9 semesters):

- Mental Health Status: 66% of students reported very good or excellent mental health compared to 61% in 2023.
- Top Stressors: Future 65%, Finances at 63%, School Work
- 5% increase in knowing how to access on campus support and 6% increase in knowing how to access off campus supports
- Positive perception of mental health culture: 4.1 out of 5

Overall: Lambton has made positive strides in addressing student mental health over the last 3 years.

- Students report increasing knowledge of how to access on and off campus supports
- A growing number of students strongly agree that Lambton College provides good mental health supports
- The proportion of students reporting poor mental health has decreased

Training & Compliance

- Delivered *More Feet on the Ground* and *Recognizing & Responding to a Person in Distress* professional development sessions
- Over 180 faculty and staff trained, with 90% reporting increased confidence in supporting students
- Average course rating: 9.5 out of 10
- Full implementation of Stepped Care 2.0

Impact: Reduced wait times, improved access to services, and strengthened campus-wide capacity for early identification and response.

Student Testimonials

“I am going through a rough patch in my life right now. And I can proudly say this with experience now, that Lambton College takes mental health very seriously. From Lions Mind to Wellness Centre, all the three ladies I am in touch with are doing everything they can, from my personal life to housing and to academics, to get me back up in my life again. I am eternally grateful for having them at a point where I have literally no one.”

“I have been a beneficiary of Lambton College counselling service, and it has been very helpful.”

“It's so nice of you to ask about our mental status and survey about this. And the services you are providing for counselling are so useful. Thank you.”

“Thank you for caring.”

Compliance Statement

Lambton College confirms full compliance with Bill 166 and the Minister’s Directive. The Student Mental Health Policy is publicly available, regularly reviewed, and supported by transparent reporting and governance oversight.