

# Feeling bearish in the business library: making room for mental wellness through film

## University of Toronto Scarborough Library

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Taking a proactive approach to student wellness and self-care

### The BRIDGE FILM SERIES: EVENT RATIONALE

#### TRAGIC EVENTS ON MAIN CAMPUS

Affecting students in Computer Science and Management

#### DEPARTMENTAL SUPPORT

Academic departments' interest in addressing the problem

#### LIBRARY FUNDING

Grants available for innovative, inspiring projects, to act as pilots for longer term commitments

#### EXISTING INFRASTRUCTURE

- Mental health/self-help collection
- Streaming video collection
- Mindfulness space



#### AN OPPORTUNITY TO BE PROACTIVE

We established a project team consisting of a Liaison Librarian, Library Technician, Embedded Mental Health Counselor and Communications Assistant to design a library-supported co-curricular Film Series connected to the Management and Computer Science curricula

#### MAIN STEPS

- 1 SCAN INSTITUTION FOR RESOURCES, PARTNERSHIPS AND EXPERTISE
- 2 SCAN THE LITERATURE
- 3 DESIGN PROMOTIONAL MATERIALS AND EVALUATION SURVEY
- 4 PROMOTE AND RUN THE EVENT
- 5 ASSESS THE PROJECT



#### BIBLIOGRAPHY

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 Rose, C., Godfrey, K., & Rose, K. (2015). Supporting Student Wellness: De-Stressing Initiatives at Memorial University Libraries. *Canadian Journal of Library and Information Practice and Research* 10 (2).  
 University of Toronto Presidential & Provostial Task Force on Student Mental Health Final Report & Recommendations (2009). Retrieved from <https://www.provost.utoronto.ca/planning-policy/student-mental-health/>

### Purpose of the event:

- To encourage students to reflect on relevant films, and lecturettes by subject matter experts.
- To reduce the emotional stress load of students, and to empower them to take a proactive approach to their own mental health and self-care.
- To enable students in accessing mental health resources on-campus, free apps and other tools.
- To teach students to access the library's online film resources, mindfulness books and space.

### The speakers:

JUAN LIU, EMBEDDED MENTAL HEALTH COUNSELOR



DR. BRIAN HARRINGTON, PROFESSOR, COMPUTER SCIENCE



DR. SANDY BORINS, PROFESSOR, STRATEGIC MANAGEMENT

"I felt really relaxed and very comfortable. The environment was a social environment but at the same time a very calm and cool place to be at."

"I love these events, please do more! It doesn't even have to be finance related movies."

"The film series are awesome! Keep it going."

### Outcomes

- Student relaxation score for the event, on a scale from 1 to 10:
- Percentage of students who reported learning about mental health resources:
- Percentage of students who reported learning about library mindfulness resources and spaces:

7.83

67%

74%

### Successes

- Screening dates aligned with curricular downtime as well as Black History month and Mental Health month; avoided religious dates of significance
- Evidence-based decision-making to determine best screening time and student availability
- Reframing The BRIDGE not just as a space for academic activity, but also for community-building and comradery amongst students
- Event also attracted students outside targeted disciplines

### Future considerations

- Screen international films, representative of diverse student population
- Get speaker notes in advance to allow for warnings of triggering topics
- Run an event at the Campus Mental Health Fair
- Enlist support and partners to help broaden social media reach
- Find alternative means for student registration, and be able to accommodate walk-ins

### The films:

