## PROJECT TITLE:

Mindful and Compassionate McGill: promoting well-being and resilience among McGill University students

Please answer the following questions and return the completed form to the SPF Staff via e-mail.

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Actual Project Start Date	2018-08-31	Actual Project End Date	2019-01-07

## Questions

1. Please summarize the project and its key accomplishments to date in 1-2 sentences. (400 characters maximum)

Mindful and Compassionate Mcgill aimed at a) providing on-going mindfulness and self-compassion groups for students in need of mental health services, and b) supporting McGill staff in training to ensure the sustainability of group provision. On a separate mandate, the project also intented to support the Peer Support Centre with on-going mindfulness and self-compassion skills to strenghten the supporters capacity to help other students.

To date, the project ensured running one treatment- based mindfulness group (Mindfulness-based Cognitive Therapy, a.k.a MBCT) for 12 students on fall 2018. A total of 30 Students were screened prior to enroling the group. Also, an active team of three student volunteers from the Peer Support Centre joined the project as a promotions team, which were also supported by two hired research assistants who all supported the program's widespread. This five students were trained by the project lead for tactics on students screening (assesing elegibility) and best way to promote the groups on campus. A total of 50 sitting cushions, 50 yoga mats, and 30 blankets were purchased to facilitate the groups. Supporting materials including promotional banners (x2), posters, flyers, and print outs were also available on campus.

2. Your team listed the following goal in your project application:

To develop and offer sustainable mindfulness-based and self-compassion programs for university students in McGill University (Implementation of the 'Mindful and Compassionate McGill' service).

**behaviors/ perspectives/ habits on McGill campus(es).** (Unlimited characters, suggested minimum ½ page or approximately 250 words)

Our project did not reach the overall mandated role. Only 15 students were enrolled and participated in our first mindfulness therapy group. Students who were not eligible (15) were wait-listed or referred to other services, including the Peer Support Centre and Student Services. Nine clinicians from McGill Student Services (Counseling)

- 3. Please describe the key successes and challenges of your project. (Minimum of two examples for each) (Unlimited characters, suggested minimum ½ page or approximately 250 words)
- 4. What key points of advice or lessons learned would you give to other SPF teams either regarding your experience managing your project or the project itself? (Unlimited characters, suggested minimum ½ page or approximately 250 words)
- 5. What recommendations do you have for the future of this project to be continued and are there any

9. The following Key Success Indicators were indicated in your project application and selected for tracking. Please

Selected Key Success Indicators		Actual
# of McGill staff completing training program for mindfulness and self-compassion		9
# of once-weekly program sessions held throughout the course of the academic year		1
# of students participating in the sessions		30

If there is a significant difference in the target numbers and the actual numbers achieved, please explain. If you have any