

STOMP



STOMP is a transition program that supports students with mental health disorders or difficulties in preparing for post-secondary!

- Planning on going to college or university next fall?
- Have mental health difficulties?
- Want to get to learn about strategies and supports you can use while at post-secondary?



The Northern Ontario Assessment and Resource Centre (NOARC) at Cambrian College is running an exciting new program for local high school students. The **Successful Transitions Online and Mentoring Program (STOMP)** is a transition program for high school students in their final year of high school with mental health disorders who plan to attend college or university.



NOARC/CÉRNO

Northern Ontario Assessment and Resource Centre
at Cambrian College
1400 Barrydowne Road
Sudbury, On P3A 3V8
Telephone: 705 566-8101, ext. 7643

ONLINE COURSE

Students complete an 8-week, online course that guides them through various activities and assignments designed to prepare them for challenges they may face in post-secondary school. The course focuses not only on stress management and advocacy skills, but also on how we each learn best and how to use our individual strengths to overcome personal challenges. The course is facilitated by teacher candidates from the Laurentian University Faculty of Education who act as moderators during the course—providing grades and feedback.

PEER MENTORING

As part of STOMP, students will also be paired with a peer mentor at their college or university during their first year. Their peer mentor will be able to help them navigate the support services and campus environment. Mentors act as student advocates, and are a resource that can lead new students to the help they need, and towards the goals they wish

COURSE SCHEDULE

There are 4 components to the course:

- ◆ **Opening Days—February 26, March 4, 2016:** Students attend full day course overview and orientation sessions at Laurentian University
- ◆ **On-Line Modules—March 5 – end of April, 2016:** Students complete the online course work. It is expected to take 48 hours to complete.
- ◆ **Closing Day—1 day during week of April 25-29, 2016 (TBD):** Students attend a full day of workshops, student presentations and course wrap-up at Cambrian College.
- ◆ **Mentorship—September 2016 – April 2017:** Students will be matched with a trained peer mentor at their post-secondary school.



Registration & More Information

There is no cost for this program. The deadline for registration is January 22, 2016. For more information please see the attached information letter or contact Rafiq Rahemtulla at 705-566-8101 ext. 7643 or rafiq.rahemtulla@cambriancollege.ca.



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Dear Student and Parent/Guardian,

Thank you for your interest in the **Successful Transitions Online and Mentoring Program (STOMP)**. The following is an information letter regarding the program, its intent and history, the course schedule and curriculum. STOMP is a new transition program for students with mental health disorders in their final year of high school who plan on attending post-secondary school beginning in September 2016. This program is available for students in the Greater Sudbury and surrounding area.

STOMP is run by the Northern Ontario Assessment and Resource Centre (NOARC) at Cambrian College and is funded through a grant from the Mental Health Innovation Fund, provided by the Ministry of Training, Colleges and Universities. There is no cost to participants.

ELIGIBILITY

To be eligible, students must:

- Be in their final year of high school (Grade 12, or an extra year of high school)
- Be diagnosed or self-identify with a mental health disorder
- Plan to attend college or university in September 2016
- Attend Opening Days on February 26 and March 4 at Laurentian University
- Attend Closing Day during the week of April 25 - April 29 (TBD) at Cambrian College
- Have daily access to a computer and the internet

DISCLOSURE & CONFIDENTIALITY

Eligible students should have been diagnosed with, or self-identify with, a mental health disorder. If students are able to provide details of their disorder (including diagnosis, specific concerns, and relevant history) with the STOMP program staff, it will be beneficial, but not required for registration and participation in this program. However, in order to participate fully in the STOMP program, students will be expected to undergo self-exploration, including identifying their strengths, challenges, and useful strategies. As part of the program, students will be encouraged to share their own experiences with their peers and course moderators. Disclosure is always voluntary, throughout all aspects of the course. Full confidentiality cannot be guaranteed, as students will be interacting with peers during the course, and submitting course work and discussion online, which cannot be guaranteed as 100% secure. However, we do use the trusted web-based learning management system, Desire 2 Learn (D2L) and instruct all participants to maintain confidentiality of the students in the program. STOMP staff will maintain the confidentiality of the participants, and information (including diagnoses) will not be shared with the school without consent. However, STOMP team members have a duty to disclose information in the following cases:

- If an individual is at significant risk of harming self or other
- If an individual discloses abuse by a health care professional

- If an individual discloses abuse of a minor

HISTORY OF STOMP

STOMP is a new transition program that has been funded by the Mental Health Innovation Fund as a pilot project and aims to support students with mental health disorders as they transition to post-secondary. The program is based on the existing On-Line to Success (OLTS) program, which currently supports students with learning disabilities, ADHD and ASD as they transition from secondary to post-secondary school. The OLTS program has been successfully run by the Regional Assessment and Resource Centre, for more than 10 years. The OLTS program is an evidence-based program that is shown to increase students' success at post-secondary, with higher grades and lower drop-out rates than peers who did not participate in a transition program.

The STOMP program has been developed with several partnerships, including the Regional Assessment and Resource Centre (RARC), the Northern Ontario Assessment and Resource Centre (NOARC), and the National Educational Association of Disabled Students (NEADS). The programming and content has been developed based on current literature, industry best practices, and following several focus groups conducted with students with mental health disorders and service providers in the field.

COURSE SCHEDULE

There are 4 components to the course:

- **Opening Days– February 26, and March 4, 2016:** Students attend full day course overview and orientation sessions at Laurentian University. Students will miss 2 regular school days.
- **On-Line Modules-March 5 – end of April, 2016:** Students complete the online course work. The course consists of 3-5 modules to work through in the 8 weeks. It is expected to take 48 hours to complete.
- **Closing Day- April 29, 2016:** Students attend a full day of workshops, student presentations and course wrap-up at Cambrian College. Students will miss 1 school day.
- **Mentorship – September 2016 – April 2017:** Students will be matched with a trained peer mentor at their post-secondary school, to provide ongoing support throughout the first year of college or university

COURSE CURRICULUM

STOMP is primarily a web-based course developed by teams from RARC, NOARC and NEADS. It is designed specifically to target and address areas that research has shown are problematic for students with mental health disorders as they make the transition to post-secondary education. The program is moderated by trained teacher candidates at Laurentian University's Faculty of Education, and supervised by staff at the Northern Ontario Assessment and Resource Centre. Students will receive a certificate upon successful completion of the online course. Moderators will provide students with feedback regarding their assignments. Course activities include topics such as: identifying your strengths and challenges, managing stress and stressors at post-secondary, self-advocacy, and navigating the Office for Students with Disabilities.

Each student is required to do a **summative presentation** on Closing Day that expresses what they have learned throughout the course of the program. In previous years, students have expressed their learning in the form of songs, poetry, Power Point presentations, posters, and comic strips. The options are endless! Presentations are given in a supportive, small group setting and are consistently an empowering and rewarding exercise for all. We encourage students who are nervous to present in front of a group to keep an open mind and try to present in front of their fellow students, however exceptions can be made.

MENTORSHIP PROGRAM

As part of the STOMP program, students will receive mentorship during their first year of post-secondary school. The mentorship program will be a 24-week program where students are paired with a senior student at their local institution, who will be able to help them navigate the support services and campus environment. Mentors act as student advocates and are a resource that can lead new students to the help they need, and towards the goals they wish to achieve. Peer mentors will be senior students at the school (in university, 3rd or 4th year student, at college, 2nd or 3rd year student) and will receive training, with topics including: communication skills, crisis management, and advocacy.

PSYCHOLOGICAL ASSESSMENTS

As part of the STOMP program, students may be eligible to receive an updated, comprehensive psychological assessment free of charge, prior to beginning post-secondary school. Assessments would be provided by a registered clinical psychologist in partnership with the STOMP.

If you are interested in participating in STOMP, please complete the registration form, available from your child's school and submit it to the STOMP Coordinator (details included on registration form). The deadline for registration is January 22, 2016. Should you have any questions or concerns about the program, please contact the program coordinator.

Sincerely,

Rafiq Rahemtulla

Northern Ontario Assessment and Resource Centre at Cambrian College
1400 Barrydowne Road
Sudbury, On P3A 3V8
Office: 705 566-8101, ext. 7643
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Registration Form: STOMP 2016

Deadline for registration is January 22, 2016

STUDENT

First Name: _____ Last Name: _____

Date of Birth: _____ Current Grade: _____ Male Female

Address: _____

Phone Number: _____ Email: _____

Preferred Contact (*for registration and course information and updates*): Phone Email

The post-secondary school(s) I have applied to/plan to attend:

Have you been formally diagnosed with a mental health disorder? Yes No Unsure

Do you have any dietary restrictions (allergies, personal, religious, etc.)?

OPTIONAL:

If yes, what disorder(s)?: _____

If no or unsure, please describe your mental health concerns: _____

PARENT/GUARDIAN

Name(s): _____

Phone Number (if different): _____ Email: _____

Preferred Contact (*for registration and course information and updates*): Phone Email

UPDATED PSYCHOLOGICAL ASSESSMENT

As part of the STOMP program, students may be eligible to receive an updated, comprehensive psychological assessment, prior to beginning post-secondary school. Would you be interested in receiving an updated assessment? Yes No Unsure

CONSENT

I support my participation (or my son/daughter's participation) in the STOMP program for 2016. I understand that I (or my son/daughter) will be required to miss three days of school to attend STOMP Opening and Closing Days.

I understand that the information (including diagnosis) provided to the STOMP coordinator and STOMP team members is confidential, and will not be shared with the school without my consent. However, I understand the STOMP team members have a duty to disclose information in the following cases:

- If an individual presents a significant risk of harming self or other
- If an individual discloses abuse by a health care professional
- If an individual discloses abuse of a minor

Parent/Guardian Signature (if student is under 18): _____

Date: _____

Student Signature: _____

Date: _____

PLEASE RETURN COMPLETED REGISTRATION FORMS TO:

- Email: rafiq.rahemtulla@cambriancollege.ca
- Fax: 705-524-6779
- Mail: STOMP Coordinator
NOARC at Cambrian College
1400 Barrydowne Rd
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***Questions about the STOMP Program? Contact Rafiq Rahemtulla at
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