

# Wendy Stanyon, PhD

Associate Professor, Faculty of Health Sciences at University of Ontario Institute of Technology

Oshawa, ON, CA

Researching new methods to promote a better understanding of mental illness

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With a global suicide rate of once every 40 seconds, there has never been a more pressing need for mental health awareness. A startling statistic that Wendy Stanyon, PhD, Associate Professor in the Faculty of Health Sciences, hopes to change through resources like Mindsight, a computer-based, interactive educational resource she created which examines nine of the most common mental health illnesses, the related signs and symptoms, self-help practices, and strategies to help others, as well as available community resources. Since its launch in 2010, over 2,000 people have completed the Mindsight module program and quiz, and received a certificate of achievement from UOIT.

Dr. Stanyon subscribes to the philosophy that mental health awareness is a required life skill and equally as important as knowing CPR and basic first aid. With the increasing prevalence of mental illness in society, and the undeniable discrimination and stigma associated with it, She believes that everyone needs a basic understanding of mental illness and how they can help themselves and others. She is a noted authority on the development of learning strategies to educate students, health practitioners, service-based community groups and law enforcement officials to interact effectively with individuals who are challenged by mental illness.

Prior to joining UOIT in 2004, Dr. Stanyon worked for 20 years as a nursing professor in the Department of Health and Human Studies at Durham College in Oshawa, Ontario. Previous experience includes serving as a public health nurse for North York in Toronto, Ontario and a professor in the Nursing department of CEGEP John Abbott in Montreal, Quebec. Early in her career she began to see colleagues and family members affected by mental illness, and their struggles are what motivated her to take an active role in promoting greater mental health awareness and understanding.

Dr. Stanyon obtained her Bachelor of Nursing at McGill University in Montreal, Quebec in 1974. She received her Master of Arts in Education from Central Michigan University in Mount Pleasant, Michigan in 1989; and she completed her Doctor of Education at the University of Toronto in 2003.

She continues to serve as a Registered Nurse (on a casual basis) on the Forensic Assessment Unit at Ontario Shores Centre for Mental Health Sciences (Ontario Shores), as part of her commitment to professional development and maintaining her clinical competency.

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Corporate Training, Program Development, Mental Health Care, Health Care - Services, Health and Wellness, Training and Development, Education/Learning, Research

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Enhancing Mental Health Literacy, Facilitating Mental Health/Illness Awareness, Simulation, Training and Education On Mental Health Issues in the Community, Mindfulness, Community Based Research, Community Engagement, Mental Health, Mental Illness, Vulnerable Populations

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College of Nurses of Ontario, Registered Nurses Association of Ontario, Professional Nurse Educators Interest Group

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### **Approaches to Mindfulness in Education**

Canadian Society for the Study in Education Conference, Brock University

### **From Knowledge to Real World Practice: Are Online Simulations a Source of Authentic Learning for Frontline Police Officers?**

33rd International Congress on Law and Mental Health

### **Unique Partnership between an Educational Institution, a Mental Health Facility, Police Services and a Regional Municipality: Using Simulation to Educate Frontline Police Officers**

CU Expo 2013 Engaging Shared Worlds, Community University Partnerships

### **Using Simulation to Engage Police in Learning about Mental Illness**

Advancing Recovery in Mental Health: Research Across the Continuum. Second Annual Research Day, Ontario Shores Centre for Mental Health Sciences

### **Mindsight: An Online Mental Illness Resource**

Provincial Human Service Justice Coordinating Conference

### **Using Simulation to Educate Police about Mental Illness: Impact of Realism on the Learning Process**

32nd International Congress on Law and Mental Health

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### **University of Toronto**

EdD Department of Theory and Policy Studies

### **Central Michigan University**

MAEd Education

### **McGill University**

BN Teaching/Public Health

### **Montreal General Hospital**

RN Nursing Diploma

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### **Author, Mindsight**

The Council of Ontario Universities selected Mindsight as a key mental health awareness resource for student leaders at universities across the province. The program will be implemented at Ontario universities in fall 2014.

### **Associate Professor, Faculty of Health Sciences, UOIT**

Since 2004, Dr. Stanyon has taught undergraduate courses specializing in mental health in UOIT's Bachelor of Science in Nursing program. She was previously nominated for the Canadian Association Schools of Nursing (CASN) Nursing Education Excellence Award.

## **Mental Health Educator and Advocate for Mental Health Awareness, Police Services and Community Organizations**

Dr. Stanyon shares her mental health expertise in the development of simulations, and provides front-line officers and other service providers with the knowledge and skills to interact effectively with persons challenged by mental illness. Dr. Stanyon regularly conducts seminars in the community, and is a strong advocate for expanding the use of simulation to other jurisdictions.

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