

Okanagan Charter Commitments (ICM)

ICM's Commitments to the Okanagan Charter

The International of College of Manitoba (ICM) opened its doors in 2008 and has since seen over 6400 international students successfully complete their program. ICM is one of four Navitas colleges in Canada and is committed to providing an enriching experience for international students by providing holistic support throughout their experience with our college before they transition to the University of Manitoba.

ICM strives to prioritize the mental health of its community members. The transition to post-secondary life is a major milestone and can be very exciting but at the same time can be overwhelming. We understand that the college, staff, and student experience at ICM can greatly impact an individual's mental health. As such, ICM has established a Mental Health Framework Document that focuses on raising awareness, improving mental health literacy through formal training, creating a safe environment for students who choose to disclose mental health concerns, engaging with community partners to provide expertise, resources, and services to meet the needs of our community members, and finally developing programs, policies, and initiatives that ensure that mental health is considered and prioritized.

On behalf on the International College of Manitoba, our commitments to the Okanagan Charter are as follows:

Awareness Building- ICM strives to normalize talking about mental health and mental illness to remove the stigma of asking for help. ICM will raise the awareness of mental health and wellness through a targeted communications strategy, providing students with accessible resources to best support them with mental health needs throughout their time at ICM.

Formalized Training- To improve the mental health literacy of students, staff, and faculty through formal training, individuals will be able to properly respond to disclosures and, where appropriate, refer students to community resources for additional support and care. ICM commits to supporting students, staff, and faculty with specific training opportunities.

Disclosures- ICM will create a welcoming environment where students feel safe and cared for when sharing disclosures of mental health concerns.

Community Partner Engagement- ICM believes in a well-rounded student experience that encompasses not only the academic journey of a student but also their involvement in the on-campus and off-campus communities. To engage with community partners to provide expertise, resources, and services to optimize the students' experience, ICM commits to support students holistically and provide them with events and workshops delivered by external providers. In addition to this, ICM commits to strengthen our transition supports with the University of Manitoba to ensure a more cohesive transition to their second year of studies.

Development & Review of Programs, Policies, and Initiatives- ICM will develop and routinely assess the effectiveness of both emerging and existing programs, policies, and initiatives to ensure that mental health is considered and prioritized.



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