



Global MINDS Fellowship Program 2019-20

A. WHO WE ARE:

Global Mental Health INcubator for Disruptive Solutions (Global MINDS) pioneers mindful social innovation practices to catalyze the development, implementation, mobilization and evaluation of disruptive solutions for the wicked problem of reducing the global burden of mental and substance use disorders and related issues. Global MINDS is focused on innovating with and for low resource settings in low- /middle-income countries and with and for local communities facing mental health inequities. Through transdisciplinary collaboration, inspired community partnerships, and innovative pedagogy, we support building a network of system leaders capable of making a lasting impact starting *now*.

The Global MINDS Fellowship Program (GMFP) 2019-20 is a year-long opportunity for triad-teams (Student-Faculty-Community Partner) to catalyze a social innovation to a complex mental health system challenge co-determined by the triad-team in their local or global setting.

Highly qualified, self-directed students with diverse academic backgrounds and skills (undergraduate, graduate and post-graduate students) will facilitate changemaking processes for their triad-teams in creating a disruptive solution. Faculty and Community Partners will become champions at their institution and organization by grounding work in radical collaboration and collective wisdom values – requirements for shaping the next century for meaningful and impactful change.

The GMFP 2019-20 will be hosted at Western University, in London, Ontario, Canada.

B. OUR APPROACH

The GMFP is carried out through three stages:

1. Pre-Summer Institute Orientation

June 18, 2018: This half-day, online-based Pre-Summer Institute Orientation prepares triad-teams (Fellow-Faculty-Community Partner) for the journey that they will soon embark on and welcomes them to the Global MINDS family. Through team-building activities, storytelling and an exploration of skills and competencies, triad-teams are introduced to the Philosophy of Global MINDS, to the Global MINDS Faculty and Mentors (2017-18 and/or 2018-19 Fellow alumni from Western University and Kenya; renowned academic and community coaches), and to each other, while beginning to conceptualize and reflect on their unique and individual strengths, and those that make up the larger GMFP community.

2. Summer Institute

July 15 – 24, 2019 at Western University (London, Canada): Over an intensive ten-day period, Fellows will be tasked to develop a “disruptive solution” for their complex mental health system challenge. Fellows will engage in an immersive curriculum of sense-making exercises (system mapping, stakeholder analysis), developing iterative complex challenge questions and briefs, determining personal and team impact statements, and designing implementation, evaluation and sustainability strategies. Professional capacity building opportunities are integrated into the curriculum, including daily mindfulness and reflection sessions, cultural exchange, larger

group and team-building activities, and focused, interactive learning on topics such as public speaking and system leadership development. Fellows will have opportunities to connect online with their Faculty and Community Partner throughout the Summer Institute.

The Summer Institute ends with a “Disruptive Solutions Final Pitch Event,” where Fellows will pitch their triad-team’s final solution to the Global MINDS faculty and staff for rapid feedback. Faculty and Community Partners will be welcome to attend this session virtually. The Summer Institute will conclude with a “Showcase & Networking Celebration Event,” which will include alumni, faculty, university leadership and public officials, and other members of the community.

TRIAD-TEAM ADVANTAGE

At Global MINDS, we believe in constantly deepening our insights and practices, to better spark innovation and collaboration. Thus, we are always identifying new tools and processes, and providing Knowledge & Professional Development Events and Coaching to support our partners in their innovation journey.

Throughout the GMFP 2019-20 year, triad-teams will have the option to participate in these **Knowledge & Professional Development Events** (e.g. training on implementation, measures of impact, sustainability/scalability, triad-team building and leadership) and **Coaching** at a reduced price.

Global MINDS will be hosting a 3-day, in-person **Experiential Learning Lab – May 2020** (i.e. a professional institute), for Faculty and Community Leaders around the world to convene and learn about the Global MINDS Social Innovation Curriculum. Through strategy- and strengths-based workshops, participants will be welcomed into a testing ground to envision and create curricular and educational opportunities in their own contexts for global mental health system innovation.

As drivers of mindful social innovation, Global MINDS aims to work alongside to enable and empower change agents across our impact sites.

All GMFP Faculty and Community Partners will be invited to attend at a reduced cost.

3. Post-Summer Institute Activities, August 2019 – May 2020:

Following the Summer Institute, triad-teams will engage in self-directed processes to implement, evaluate and disseminate their project solutions over the year. To support this work, Coaching will be available in the following manner:

- i. Coaching between Aug – Dec 2019 (1 hour with the Director of Global MINDS and another Global MINDS Faculty; 1 hour with triad-team’s Mentor)
- ii. Coaching between Jan – April 2020: (1 hour with triad-team’s Mentor; 1 hour with Global MINDS Faculty).

Furthermore, all triad-teams will be paired with another triad-team who is working on a similar complex challenge and/or based in a similar region. In these Kin Teams, a model for peer-to-peer coaching will emerge to create an environment of mutual learning and to encourage dialogue and reflexivity. This “mutual mentoring” creates a space for reciprocal learning *from* and *with* one another, ultimately to support triad-teams in progress and achievement of innovation goals.

In addition, a 2-hour online webinar in January 2020 will also be held to bring all triad-teams together, to discuss progress and provide information on a content area, as determined by the majority of triad-teams. Finally, a 1-hour online webinar in late April 2020 will celebrate the learnings and impact of the GMFP triad-teams!



GMFP 2019-20 Certificate

To receive the GMFP 2019-20 Certificate, Fellows should submit a one-page reflective paper about their experience and a one-page report on the innovation by April 2020 (details to be announced at a later time). As well, between August 2019 and April 2020, triad-teams should co-write a blog-post or co-produce a podcast on our Global MINDS platform,

C. COST

Program Fee: \$2500.00 CAD

Fees Include: all teaching and learning materials for the year; targeted coaching sessions and mentorship for the year; breakfast, lunch and accommodation at [Ontario Hall](#), Western University for the Fellow over the course of the Summer Institute (accommodation provided from July 14th night to mid-day July 24th); two dinners; site visits to settings of innovation and impact (e.g. InnovationWorks, Biigajiiskaan: Indigenous Pathways to Mental Wellness); transportation for Summer Institute activities, including any trip); networking with global thought leaders in social innovation, global mental health, systems change, and transformative education.

This price also includes harmonized sales tax (HST), which is a consumption tax of 13% in Canada. The University of Western Ontario HST# R10816 2587 RT0001

Payment should be made by a bank draft or a certified cheque.

Does not include: local and/or international flights; transportation to and from the airport-Ontario Hall, Western University; costs for dinner (aside from the two group events); miscellaneous (e.g. entry fees for extra-curricular activities); Knowledge & Professional Development Activities that are beyond the scope of the GMFP.

Installments*:

First installment (\$1250.00 CAD): Due within one week of acceptance to the program (April 2019).

Second installment (\$1250.00 CAD): Due June 1st, 2019.

*Please note: Any international-related banking fees (e.g. conversion fees) must be covered by the triad-team. Under the circumstance that the selected triad-team can no longer participate, a full refund will be provided for the first installment within one week of acceptance. Following that (until May 30th, 2019), 25% of the first installment will be returned. Thereafter, the first installment is non-refundable. The second installment is non-refundable.

Financial Need:

We will work with triad-teams that demonstrate significant financial need to identify options to reduce and/or offset the program fee on a case-by-case basis. To further explore this option, please connect with Raksha Sule (rsule@uwo.ca).

D. ELIGIBILITY

Students: Students must either be:

- **Current Students:** senior undergraduate students, professional degree undergraduate students, graduate students, or postgraduate trainees.
- **Recent Graduates:** who have successfully completed their most recent degree within the past year and/or plan to graduate within the 2019 year.

Individuals from any academic discipline are welcome to apply (e.g. education, psychology, humanities, social sciences, math and science, engineering, business, medicine, law, information and media studies etc.).

Faculty: Faculty should be, at minimum, at the level of a Lecturer at a recognized and accredited university.

Community Partner: The Community Partner should be an organization (i.e. not-for-profit or for-profit), policy or practice leader (e.g. government) or social business (i.e. social enterprise or a corporation with a strong social accountability mandate).

Triad-Team: Is composed of a Student, Faculty and one representative from the Community Partner.

Eligible triad-teams are required to:

- a. Demonstrate strong interest in mental health and social innovation
- b. Demonstrate academic excellence (student)
- c. Commit to all GMFP activities: The Pre-Summer Institute orientation and learning objectives (June 18th, 2019), the intensive Summer Institute (July 15 – 24, 2019), and participation in Post-Summer Institute Activities (August 2019 – May 2020), for a total of one-year engagement.
- d. Commit to the work & deliver on triad-team innovation during and following the Summer Institute.

Equity, Diversity & Inclusion Statement

Diversity and inclusion of multiple perspectives is what makes Global MINDS who we are and enables what we do: disrupting global and local mental health inequities. We strongly encourage Fellowship applications from people of diverse backgrounds and/or from diverse communities.

E. APPLICATION PROCESS

Step-One: Required Documents:

The following documents should be sent as one PDF package to Raksha Sule (rsule@uwo.ca) by April 15th, 2019 5:00pm EST.

NOTE: A *triad-team (Student-Faculty-Community Partner)* must be created at the time of the application process, and must have already identified a complex mental health system challenge.

Student

1. Personal Statement (limit 750 words) that includes:
 - a. Why are you applying to the GMFP?
 - b. How have your personal, academic and/or professional background(s) prepared you for this opportunity?
 - c. What would you bring to the GMFP?
2. Complex Challenge Statement (limit 250 words) that includes:
 - a. What is the complex mental health system challenge that you, your Faculty and Community Partner would like to tackle?
 - b. Why is this an important challenge to address?
3. A copy of your CV/resume
4. A copy of a non-official transcript(s) of academic work completed to date at all post-secondary institutions. Upon acceptance, official transcript(s) will be required. A copy of certificates relevant to this opportunity may also be shared.

Faculty

1. Statement of Intent (limit 750 words), describe: i) your work related to mental health, ii) your interest and commitment to the GMFP, iii) your understanding of the student's capability to successfully engage in the GMFP, and iv) and the academic and financial support(s) that you can provide as part of the triad-team to pilot the innovation over the year.
2. A copy of your CV/resume

Community Partner

1. Statement of Intent (limit 750 words), describe: i) your organization's work related to mental health, ii) your interest and commitment to the GMFP, and iii) and the organizational and financial support(s) that you can provide as part of the triad-team to pilot the innovation over the year.
2. A copy of your CV/resume

Step Two: Interview

Selected applicants will move into the final stage, which is the interview process. This will occur over Skype and/or in person with two Global MINDS faculty members from Western University. Interviews will only be with the student. Interviews will not take longer than 30 minutes.

Deadlines & Timeline:

1. Submission deadline for Step One: Required Document: April 15th, 2019 at 5:00pm EST. Triad-teams selected for an interview will be notified on a rolling basis.
2. Step Two: Interviews will take place on a rolling basis until end-April.
3. Offers of acceptance will follow shortly after. Triad-teams are expected to respond with their intent of acceptance within a week.



F. FAQs

Is this a competitive Fellowship?

As space is limited, this is a competitive process.

My academic institution is in country “x”, but my Community Partner is in country “y”, can I still work with this Community Partner?

Yes! As long as the student, the faculty member and community partner representative are able to stay committed for the entirety of the GMFP, any sort of collaboration between regions/countries is welcome.

I am a Western University international student. Am I eligible?

Yes, you are!

Can I receive credit for the GMFP?

The GMFP is not a course credit at Western University.

We are happy to provide information to your university and/or department. Approval as a course credit will be at the discretion of your institution.

Where can I learn more?

YouTube Videos/In the News

1. GMFP 2017-18 (Machakos, Kenya) Summer Institute Recap Video: [HERE](#)
2. GMFP 2017-18 (Machakos, Kenya) Innovations Implementation & Year-End Recap Video: [HERE](#)
3. In August 2018, Global MINDS Director Dr. Arlene MacDougall and GMFP 2017-18 Fellow and GMFP 2018-19 Fellow As Mentor, Dr. Mumbi Chege, sat down with CBC’s Julianne Hazelwood to discuss the GMFP. You can hear the full interview: [HERE](#)
4. We were LIVE for a special edition of the SchulichMedDent Live series in recognition of #BellLetsTalk Day. Hear Dr. Arlene MacDougall and Raksha Sule talk about Global MINDS; and Amanda Kennedy (GMFP Community Coach & C.E.O./Founder of Yotuni) and Team Hamou talk about their social innovation in collaboration with Yotuni, a First Nation, grassroots Enterprise to empower at-risk Indigenous children and youth. You can hear the full talk: [HERE](#)

Other inquiries can be directed to Raksha Sule: rsule@uwo.ca. Finally, see below to get a sneak-peek at our curriculum.

SOCIAL INNOVATION PILLARS

Our Guiding Principles are exemplified through our **Social Innovation Pillars**. These Pillars are grounded in an understanding that social innovation is a *process*, requiring an *equilibrium of growth for the “system” and “self”* in order to create long-lasting and impactful change. The four Pillars are constant threads weaved throughout Global MINDS offerings.

- **Collective wisdom**
- **Social & emotional competencies through mindfulness**
- **Personal impact**

BEING & BECOMING

- **Challenging the status quo**
- **Impact-driven**
- **Sense-making, ideate, prototype, implement & evaluate, disseminate**

DISRUPTION

TRANSFORMATIONAL LEARNING

- **Community-based, experiential learning**
- **Facilitative coaching & mentorship**
- **Deep learning practices**

SYSTEM LEADERSHIP

- **Professional development**
- **Systems thinking**
- **Radical collaboration**

SOCIAL INNOVATION CYCLE

The **Global MINDS Social Innovation System Cycle** engages high-performing teams (students, academic and community coaches, community partner representatives) to critically engage in the process of sense-making, ideating, prototyping, implementation and evaluation, and dissemination activities (Fig 1, 2).

This intentional process welcomes rapid experimentation with iterative feedback cycles, in order to wholly embrace the complex challenge, accelerate collaborative creativity, and enhance impactful and meaningful innovation outcomes.

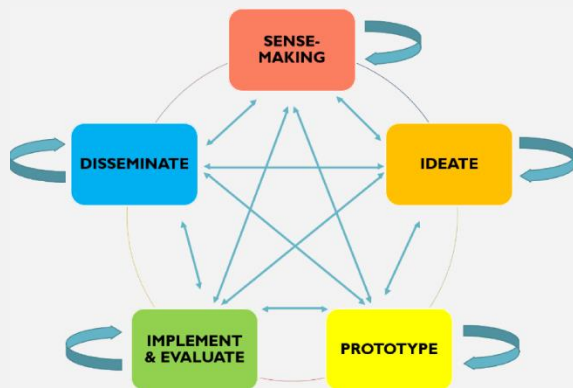


Fig 1. Social Innovation System Cycle.

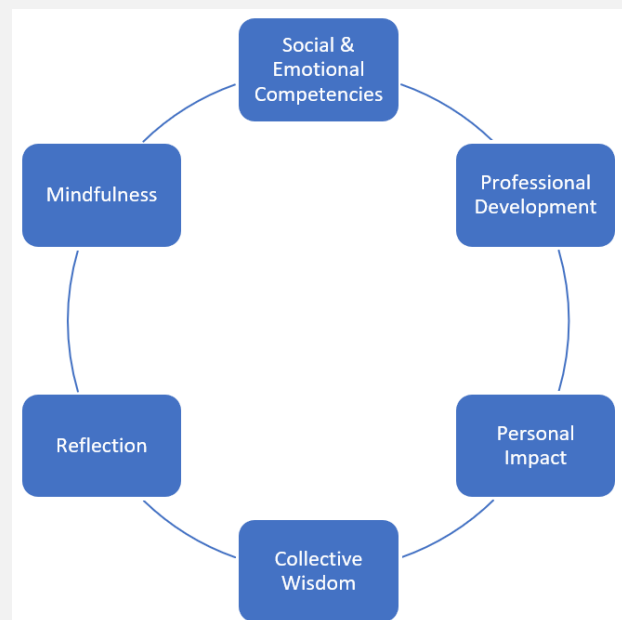


Fig 2. Fellows from the Global MINDS Fellowship Program 2017-18 cohort engaging in sense-making techniques with Western University faculty and community partner representative (Africa Mental Health Research and Training Foundation) in Machakos, Kenya.

SOCIAL INNOVATION & SELF

Being a changemaker is both a deeply personal and highly social undertaking. It requires a belief in oneself to be an agent of change. It entails a deep understanding of what the current state *is*, but also an unwavering optimism and commitment to imagining and striving to achieve what *could be*. It involves an intentional practice of being open to learn from multiple perspectives. It necessitates an ability to embrace uncertainty and failure as opportunities for growth. Above all, it demands compassion and authenticity, including a profound acceptance of and connection to the self, to others and to what is ‘bigger than ourselves’.

To foster these in our leadership team, collaborators and partners, students and faculty, and communities, in the collective work we do, we use and integrate components of “self” (see below).



Together, these components support an individual’s transformative self-growth, including a commitment to life-long learning, professionalism, advocacy, scholarly excellence, resilience and collaboration.