

Constitution of “Mizzle of Rain”

1. Name

The official name of this recognized campus group is “Mizzle of Rain”

The acronym or abbreviation of this group is: Mizzle

2. Purpose and Objectives

The purpose, objectives, mission and/or mandate of organization is outlined here:

There are common systemic issues in the way we view mental health. Whether it may be in a clinical setting (e.g. therapy) or personal setting (e.g. family), there are times where we confide in an individual about our struggles and we are met with a lack of understanding as to how these issues affect us. This lack of understanding contributes to an environment where your emotional needs are not met, and consequently, may slow down the progress made towards your mental well-being. Moreover, this lack of understanding is especially harmful in a clinical setting as the approach or care that is needed for your betterment is not being provided by professionals of the field. In a familial or platonic setting, this lack of understanding may present itself in the form of insensitivity. An example of this may be harmful comments regarding the impact of your mental well-being on your life, such as behavioral habits. However, this may solely be produced by a lack of insight into the issue at hand.

At Mizzle, we believe there is a vital difference between AWARENESS and INSIGHT regarding mental health. Simply acknowledging the presence of an issue does not mean that you fully understand the gravity of it. We are encouraging a more visceral sense of understanding as opposed to a surface level tolerance that is often advocated for in clinical and personal settings. Therefore, this initiative was started to bridge the gap between this pivotal lack of understanding and provide more insight towards mental-health related issues, such as mental health disorders, self-image issues, and addiction. Providing resources and support for individuals undergoing these issues will allow people to learn how to support their loved ones while being mindful of their struggles. In a clinical setting, this insight may allow for professionals in the field of mental health to not always take a “by-the-book” or systemic approach to complex, abstract, and sensitive problems, which will indefinitely improve the trajectory of mental health care. If this issue affects you on a personal level, imagine it on a wider scale. In addressing this, we intend to create an understanding and safe environment for those who suffer with mental health related struggles, while also giving them many opportunities to share their stories and feel heard through our myriad platforms, such as through hosted podcasts, written stories, or visual art displays.

3. Membership

Membership to the group is open to all registered student members of the University of Toronto across the tri-campuses. Non-voting membership may be extended to interested staff, faculty, and alumni, or persons from outside the University.

U of T members are permitted to run, nominate, and vote in elections and constitutional amendments. The group is open to non-U of T members. However, these members do not hold the aforementioned

rights. Members must register with a designated executive by submitting their full name and a valid email address.

The membership fee will be \$0 per year.

Any member of the club may apply for a refund within one (1) month of becoming a member. No refunds are permitted 30 days after the election periods.

4. Executive List and Duties

The executive committee shall be comprised of four (4) elected officers. These include a [President, Vice President, Research Officer, and Outreach Officer].

The President shall:

- Oversee the operations, management and success of the group
- Be the spokesperson for the group
- Preside overboard meetings as well as general meetings
- Ensure transition of office to the future Executives

Additional responsibilities may include:

- Establishing relationships with mental-health related clubs along the tri-campuses to increase general membership and capacity of Mizzle podcast guests
- Create posters to promote the organizational mission to increase capacity of general membership
- Regularly coordinate informative and creative posts on social media platforms, such as Instagram
- Primary individual responsible to obtaining potential CCR for executive members
- Being the primary voice and face of the Mizzle podcast
- Answers all questions and concerns regarding club affairs on social media platforms

The Vice-President shall:

- Assume duties of the President in their absence
- Work with the President to establish relationships with mental-health related clubs along the tri-campuses to increase general membership and capacity of Mizzle podcast guests
- Ensure that all the activities of the club meet regulations and policies of the University of Toronto
- Coordinate organizational recruitment efforts

Additional responsibilities may include:

- Curate detailed and informative notes of executive meetings to share with the rest of the executive team
- Oversees the recruitment general members by obtaining contact information, and dismissal of general members due to failure of attendance during the annual meeting
- Oversees the recruitment executive members alongside the President, and dismissal of executive members due to failure of attendance of three consecutive meetings
- Co-host the Mizzle Podcast alongside the President

The Outreach Coordinator shall:

- Pose new, novel, and innovative marketing techniques to increase club engagement during outreach events
- Be responsible for coordinating fundraising, and charity events

- Be responsible for organizing potential outreach endeavours with neighbouring schools and Universities to spread our mission statement
- Coordinate with outside organizations and discuss and set meetings for potential collaborations at both party's benefit.
- Organize fundraising and charity events in name of the club.
- Handle seasonal tabling events and pulling in new general membership.
- Actively looking for seminars relevant to the club's mission to benefit general members.
- Responsible for building and maintaining good public relations and reputation with other clubs and student body at large.
- Obtain feedback from general memberships on the quality of events to seek further club improvements

The Research Officer shall:

- Conduct research on topics on mental-health related issues, such as mental health disorders, self-image issues, and addiction, to provide more insight towards and scientific reputability to our research claims
- Present founded research during organizational outreach events

The group may appoint Directors or Coordinators for various committees such as social committee, publicity committee, and so on; however, such positions do not hold executive decision making authority.

Termination of Executives or General Members:

Any member of the club who commits an act negatively affecting the interests of the club and its members, including non-disclosure of a significant or continuing conflict of interest, may be given notice of removal.

The member up for removal shall have the right to defend his/her actions.

A two-thirds majority vote of the current members present in favor of removal is required. The member must have the right to an appeal before the general membership, and the majority vote of the general membership will have the final say on the matter.

The member will be removed from the club's membership and will lose any privileges associated with being a member of the club.

Executive members are subject to the same termination or impeachment process and, as determined by the vote, may lose their executive position along with their membership to the group.

5. Elections

The executive committee shall strike the Elections Committee and appoint one (1) Senior Election Officer (SEO) from the general members on the committee to conduct and hold elections in March. All members of the Elections Committee shall be non-biased in the results of the election and shall be required to disclose any and all conflicts of interest in the election.

The SEO Election Officer shall accept nominations only from group members that are also registered U of T members (staff, faculty, students and alumni) for candidacy of executive positions from the general membership before the **beginning of March**. Candidates have to be members in good standing and be part of the group for at least one month prior to the nomination period.

The SEO shall select **three (3) election dates before March 30th for the voting period**. These dates will be announced in a **minimum of two (2) weeks prior to elections dates** and must fall on weekdays.

The SEO shall provide each U of T member with a paper ballot on the voting dates and ask the member to place their ballot in an enclosed box.

In preparation for a tie, the SEO shall select an executive from amongst the executive committee, to cast their ballot and seal it in an envelope. In the event of a tie for an executive position, one of the two Scrutinizers shall break the seal and count the ballot in order to break the tie.

After the election is over, the SEO shall count the ballots. The candidate with the most votes shall be elected to the position. The SEO shall submit a report of the results of the elections to the Executive Committee and general members.

Registered U of T members may not vote by proxy. Non-U of T members may not nominate or vote in elections.

Only U of T members who have paid any applicable membership fees and have been a member in good standing for 30 days prior to election dates are eligible for voting.

Term of executive positions shall be from May 1st to April 30th.

6. Finances

The Treasurer shall keep records of all income and expenses. The Treasurer shall present the group's financial health at the annual general meetings. The Executive Committee will vote on expenditures of over \$100.00 by majority vote at an executive meeting.

The group's executive or members may not engage in activities that are essentially commercial in nature. This is not intended to preclude the collection of membership fees to cover the expenses of the group, or of charges for specific activities, programs or events, or to prohibit groups from engaging in legitimate fundraising. However, the group will not have as a major activity a function that makes it an on-campus part of a commercial organization, will not provide services and goods at a profit when that profit is used for purposes other than those of the organization, and will not pay salaries to some or all of its officers.

7. Meetings

A) Annual General Meetings (AGMs):

The group shall hold general meetings at least twice per year, i.e. once per academic term.

The Executive Committee will announce these dates two (2) weeks prior to holding the meetings. These meetings are intended to go over the group's annual activity plan, financial health and propose or vote on constitutional amendments, if any. Motions will require 2/3 majority of registered members in attendance for a vote to be cast. The motion with the most votes will be passed.

b) Executive Meetings:

The executive committee shall meet on a monthly basis where date and times are to be set by an executive. The quorum of executive meetings shall be 50%+1 of executives.

8. Amendments

Any registered U of T members may propose and vote on amendments to this constitution. The Executive Committee will administer the process of having amendments discussed at general meetings.

Constitutional amendments shall require a 2/3 majority to be passed at Annual General Meetings by registered U of T members in attendance.

The Executive Committee shall formally adopt the new constitution and submit the revised constitution to the respective University offices (i.e. Centre for Student Engagement, etc) within two (2) weeks of its approval by general members.