

BC Healthy Minds/Healthy Campuses



Summer Conference
June 21-22, 2009 - University of Victoria

Post Conference Report

Thank you for your participation in the first provincial BC Healthy Minds/Healthy Campuses Conference in Victoria, BC!

This first-of-its-kind conference for BC marked a unique opportunity to bring together students, counsellors, staff, faculty and administrators from across the province to engage in dialogue, share promising practices, and learn from each other in an effort to advance a vision of mentally healthy campus communities for BC.

The conference was a striking example of partnership and co-action. The Post-Secondary Counsellors' Association of BC and the BC Healthy Minds/Healthy Campuses Initiative, a project led by the Canadian Mental Health Association - BC Division and supported by the BC Partners, joined forces to organize and implement a conference designed to inspire change in how we think about campus mental health promotion efforts. The conference provided an opportunity to not only feature the many examples of practice excellence that currently exist on campuses throughout BC, but it also provided a chance to imagine a future of campus mental health that actively invites and engages a broad cross-section of campus constituencies. In many ways this conference offered up space for a nexus of exciting and lively conversations about campus mental health between campus community members who may not have had opportunity to interact with each other before about these issues. And it is clear that these conversations have lent momentum for moving

forward together to navigate the complex terrain of campus mental health and substance use.

This post-conference report offers a snap shot of two days full of networking, innovation, learning, knowledge exchange, and laughter. It includes a synopsis of each of the keynotes and workshop presentations, an overview of the conference delegation, highlights of the mental health fair and Stand Up For Mental Health event, and feedback from conference attendees. It is my hope that this report will help continue the conversation and will serve as a point of reference for our next planned provincial conference in Fall 2010.

Thank you to all of you who made this conference a huge success! And to the UVic/Camosun Working Group of Rita Knodel, June Saracuse and Chris Balmer - without you this would not have been possible. See you all in Fall 2010!

Handwritten signature of Jonny Morris.

**Jonny Morris - CMHA-BC Division
Conference Program Chair
Healthy Minds/Healthy Campuses Project
Coordinator**

Overview of the Healthy Minds/ Healthy Campuses Initiative

The BC Healthy Minds/Healthy Campuses Initiative serves as a site for communication towards action within and between colleges and universities in BC, their communities and researchers. The overall goal is to support the mental health of post-secondary students and healthier relationships with alcohol and other substances. The initiative is applying a *community of practice* approach to its efforts with campus community members coming together to learn about and work toward the support of mentally

healthy campus communities. Fourteen BC post-secondary campuses are actively involved in the initiative as of Fall 2009. This involvement includes membership of the community web site or serving as consultants and leaders on the initiative's *design team*. The initiative is focused upon five areas of campus mental health: policy development, gatekeeper training, professional development, mental health promotion, and fostering campus partnerships.



Summary of Workshops

Day One

Promoting Health Literacy to BC Youth through YouTube Videos – Dr. Brian Chittock (Jessie's Hope Society)

This workshop explored one way of engaging with young people through social media like YouTube. In particular, the workshop highlighted a contest that asked young people to produce healthy and positive peer messaging through online videos.

A College's Journey Toward Creating a Safer Environment – Pervez Ditta, Carter MacDonald, Chris Balmer (Camosun College)

Workshop participants learned about Camosun's development of a collaborative, multidisciplinary, early intervention approach to promoting college safety on campus.

“Breaking the Silence – Stigma as a Roadblock to Student Engagement” – Students for Mental Wellness @ SFU – Taylor Kagel, Celeste Loewe, Christina Chen (SFU Students) & Meaghan Beattie (The Lowdown)

This panel presentation featured students and young people speaking about the challenges of speaking up

about mental illness and highlighted some of their exciting efforts to make change on the campuses.

Self Care is Caring for Campus Wellness – Wendy Lum (University of Victoria)

Wendy explored the impacts of stress upon self and other, with a particular emphasis on how campus professionals can incorporate self-care both into practice and as a foundation for living well.

Building Capacities for Providing Culturally Responsive Services to International Students: Sharing Experiences and Creating Vision across University Campuses – Dr. Ai-Lan Chia (University of Victoria), Brian Herron (Camosun), Dr. Natalee Popadiuk (Simon Fraser University), Tia Robertson (University of Victoria), Yukari Tanji (University of Victoria), Iris Thomson-Glen (Camosun)

This panel provided an overview of topics related to service delivery for international student populations, including information-sharing about services, factors that impede/enhance service utilization, and an exploration of strengthening institutional capacity to be culturally responsive.

Summary of Workshops

Day One Continued

Faculty and Staff Issues When Supporting Students With Mental Health Issues - Dr. Beverly Kort (Vancouver), Heather Hyde (BCIT), Martine Conway (UVic), Darryl Gorrie (UVic)

The focus of this workshop was an examination of the essential need for professional development for faculty and staff to best support students experiencing mental health problems in the classroom.

Simon Fraser's Mental Health Strategy - Dr. Erika Horwitz & Martin Mroz (Simon Fraser University)

Participants in this workshop were able to learn about SFU's development and implementation of a university-wide mental health strategy. Visioning, stakeholders, available frameworks, and the strategy itself were covered during the session.

Promising promotion around reducing alcohol-related harm in the campus community - Kristina Brache, Dr. Tim Dyck, and Kara Murray (Centre for Addictions Research BC), Dave O'Brien & Paweena Sukhawathanakul (University of Victoria), and Cathy Tetarenko (Interior Health Authority/Thompson Rivers University)

The development of a comprehensive health promotion response to alcohol use in the campus context was the topic of this panel workshop. A selection of materials was presented including a promising toolkit, methods of engaging with stakeholders, and the design of interactive strategies for conveying prevention messaging.

UBC Okanagan VOICES a healthy campus! - Robyn Wiebe & Tracey Sutton (UBC-Okanagan)

The VOICES study is designed to discover a community's vision of a healthy campus and to create sustainable change through campus partnerships. Participants learned how a community-based participatory action research project has been used to engage the UBC-O campus community in creating a healthier campus and healthier relationships between campus partners.

Mental Health Literacy Projects of the Sun Life Financial Research Chair in Adolescent Health - Magdalena Szumilas (Dalhousie University/IWK Health Centre)

This presentation showcased several of the mental health literacy projects developed and distributed across college campuses by the Sun Life Financial in Adolescent Health Team. Projects explored included "Transitions-Student Reality Check" and the "Adolescent Depression & Suicide Training Program."



Cathy Tetarenko (Interior Health Authority) & David Lidster (Thompson Rivers University)

Summary of Workshops

Day Two

Working with International Students: A look at the intersection of cultural transition, relationality, and mental health – Dr. Natalee Popadiuk, Evangeline Ng, Laura M. Botero-Ramirez, P.J. Lewis, Rohene Ishmael, Dr. Michel Joffres (Simon Fraser University)

Participants attending this workshop had the opportunity to learn about how Relational-Cultural Theory can provide a useful lens for conceptualizing international student transitions. The remaining panelists covered the unique needs of mature international students, international students from Latin America, relationality and suicide, peer programming, and implications for faculty.

Interior Health (IH) and Thompson Rivers University (TRU): A Collaborative Partnership – David Lidster & Mary Ann Mochizuki (Thompson Rivers University) & Cathy Tetarenko (Interior Health Authority/Thompson Rivers University)

This workshop provided an overview of the innovative partnership between Interior Health's Mental Health & Addiction Services with Thompson Rivers University's Counselling Services and the subsequent creation of a broader continuum of services and supports for students & community members.

Group Programming for Counselling Services – Janet Sheppard, David Palmer-Stone, Dr. Rita Knodel (University of Victoria)

Participants attending this workshop explored the practice of group programming in a busy university counselling centre. A diverse range of groups was discussed including CBT for Depression, Career Exploration and Mindfulness for Stress & Anxiety. Panelists shared their philosophy for group programming, some of the potential obstacles, and strategies that have strengthened group programming efforts.

The Bounce Back Program – Jocelyn Montmorency & April Scott-Polson (Canadian Mental Health Assoc. – BC Division)

This workshop provided an overview of the "Bounceback: Reclaim Your Health" program led by CMHA-BC Division. It is a new program designed to help people experiencing symptoms of depression and anxiety. The program utilizes a DVD video providing practical tips on managing mood/healthy living in conjunction with a guided self-help program with telephone support.

Making a Campus Community Family Friendly – Barbara Whittington, Emma Chalifour, Janie Mai (University of Victoria)

This workshop explored the importance of supporting campus communities to be more family friendly. In particular, the workshop covered families' experiences living on/off campus, the current research/practice wisdom related to families on campus, and promising practices supporting the cultivation of family-friendly and healthy campus communities.

A Need to Know: Early Intervention in Mental Health and Addictions – Sandra Teeves (Fraser Health)

Fraser Health is developing an Early Intervention Strategy designed to improve health literacy in the young adult population. This presentation helped outline the procedures and main components of the project including a public awareness campaign, targeted education sessions, Mental Health First Aid Training, and presentations/briefings.

Promoting Wellness: Nurturing the Mind, Body, and Spirit – Debbie Bruckner (University of Calgary) & Jim Dunsdon (University of Victoria)

The University of Calgary launched a new Wellness Centre on its campus in 2008, integrating Health Services, Counselling, & the Chaplaincy. This workshop covered the initial planning processes, the development of an interdisciplinary framework and models of interprofessional collaboration.

Keynote Presentations

Three keynote presentations took place during our two day conference.



Creating a provincial vision for mentally healthy campus communities - Jonny Morris
(CMHA-BC Division)



Suicide prevention on-campus: The shoemaker's children finally get shoes - Bonny Ball
(Survivor Advocates, BC)



Meeting Ellie: Upstream prevention and alcohol use from multiple perspectives - Dr. Jennifer White*, Dr. Connie Coniglio⁺, Liisa Robinson*, Laura Hoag*, & Dave O'Brien* (*University of Victoria/⁺BC Mental Health and Addiction Services)

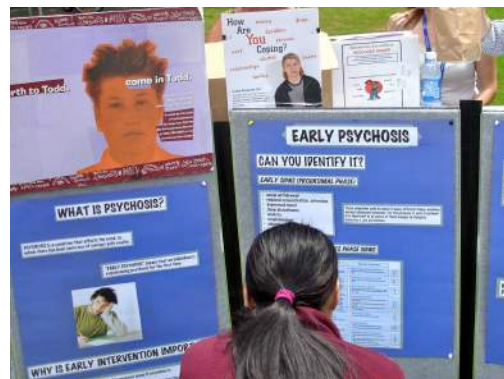
Featured Conference Events

Three innovative and exciting feature events helped augment the rich diversity of keynote and workshop presentations. In keeping with the conference theme of promising practices and collaboration, the University of Victoria's Mental Health Task Force/Equity & Human Rights Office partnered with the Healthy Minds/Healthy Campuses Initiative to stage **Out of the Shadows and Into the Sunshine**. This took the form of an open-air mental health fair in the stunning sunshine at the university's fountain, attracting a large number of both campus- and community-based service providers and advocacy groups for individuals and families living with the effects of mental illness and addiction.

After an evening reception of delicious appetizers, conference participants were treated to an amazing performance of stand up comedy from the recent graduates of David Granirer's **Stand Up For Mental Health** program. Granirer's program teaches stand up comedy to people with mental illness in an effort to enhance their confidence and fight stigma and

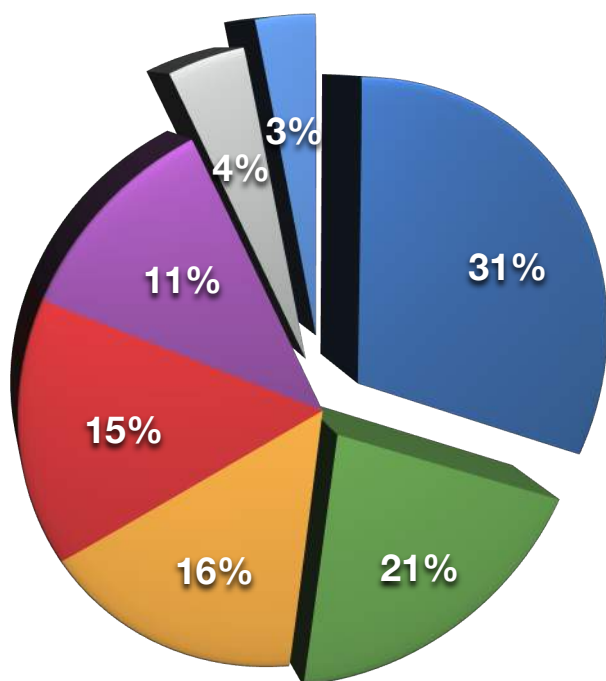
discrimination. Ten graduates showcased their stand up comedy talents providing the conference with an excellent dose of comic relief!

Finally, during the lunch on the second day we were lucky to have **Wayne Cho** give a talk about his recent experience of running across Canada in an effort to raise awareness about anxiety and depression.



BC Schizophrenia Society's stand at the Out of the Shadows into the Sunshine event

Conference Delegation



- Student (31%)
- Counsellor (21%)
- Faculty (16%)
- Other (15%)
- Staff (11%)
- Health Fair Exhibitor (4%)
- University Administrator (3%)

The conference planning group was excited that our inaugural conference was able to attract 131 conference registrants from across post-secondary institutions in BC. We were especially thrilled that so many students decided to register.

Represented Institutions
Alma Mater Society (UBC)
BC Institute of Technology
BC Lung Association
BC Mental Health & Addiction Services
BC Ministry of Healthy Living & Sport
Camosun College
Canadian Mental Health Association (BC Division)
Capilano University
Capital Mental Health Association
Centre for Addictions Research BC
College of the Rockies
Douglas College
Fraser Health Authority
Interior Healthy Authority
Jessie's Hope Society
Kwantlen Polytechnic University
North Island College

Represented Institutions
Selkirk College
Simon Fraser University
Stand Up for Mental Health
Sunlife Financial Research Chair for Adolescent Health (NS)
Thompson Rivers University
UBC - Okanagan
University of British Columbia
University of Calgary
University of Northern BC
University of Victoria
Vancouver Island University
Victoria General Hospital



The conference attracted 131 conference registrants from 29 different institutions including colleges, universities, government ministries, non-profit agencies, student groups and health authorities. We even had one conference workshop presenter from Nova Scotia! We hope to broaden our reach both provincially and nationally at future conferences.

Media Coverage

The conference was picked up by the media at several points during and after the conference

CBC Radio One - The Early Edition: Interview with Dr. Erika Horwitz, Associate Director of Counselling, Simon Fraser University

CBC Radio One - All Points West: Interview with Jonny Morris (CMHA-BC) & Meaghan Beattie (The Lowdown, MDABC)

Radio-Canada: Interview with Martine Conway, Ombudsperson, University of Victoria

Radio-Canada International: Interview with Dr. Natalee Popaduik, Assistant Professor, Simon Fraser University

Sample of Participant Comments

- *Engaging panel with relevant and valuable information; gave inspiration, hope and strategies for beginning some of this journey at my institution*
- *I salute students for sharing personal stories - excellent*
- *Congratulations to the students for their 'trail-blazing' disclosure*
- *Well organized and delivered presentation, again with practical information that can be applied to my institution; loved the clear power point slides; helped me follow the presentation*
- *I enjoyed the passion of the speakers and hearing about successful programs and initiatives. I feel inspired to take ideas/resources into my community and feel encouraged that wellness can be promoted successfully*
- *Hearing about successful initiatives and that all campuses seem to have some of the same struggles as we do at ours. Student involvement was so vital*
- *The food was amazing and the conference was very well organized. Thank you!!!*
- *It was very applicable and helpful to hear from a survivor. It made an impact*
- *Interactive, enriching, practical*
- *Really inspired by Wayne Cho - WOW!; being able to talk with others; reminders about importance of international students; great food*
- *Next time will likely be much bigger because these topics reflect a wide audience - spread the word and think and plan big!!! Awesome job!!! Thank you!*
- *As a student with a disability, Thank you so very much for the opportunity to attend this wonderful conference and for the generosity of the conference organizers to waive the fee for students. Thanks.*
- *It was so great that the various audiences were so participatory and gave the speakers ideas/info.*

Thank You ...



BC Healthy Minds/Healthy Campuses Project
A community of practice to promote campus mental health

Conference Partners:

BC Post-Secondary Counsellor's Association



Funders:

BC Post-Secondary Counsellor's Association



In-Kind Supporters:



Thank You ...!

This conference would not have been possible without all of the support from our funders and partners listed above. The planning and implementation of this conference also involved the vision, hard work, and dedication of a small conference planning group. Each of these individuals was instrumental in this conference's success

Jonny Morris, Healthy Minds/Healthy Campuses Initiative Coordinator, CMHA-BC

Dr. Rita Knodel, Registered Psychologist, UVic Counselling Services

June Saracuse, Counsellor, UVic Counselling Services

Chris Balmer, Chair, Camosun Counselling Services

Dr. Erika Horwitz, Associate Director, SFU Counselling Services

Dr. Daniela Pacheva, Coordinator, Centre for Students with a Disability, Douglas College

Maggie Ross, Human Rights Director, Vancouver Community College

Nimmi Takkar, Vancouver Community College Students' Union

Laura Cummins, Conference Assistant, CMHA-BC

And Thank You ...!

To each of the workshop presenters for taking the time to prepare and present promising practices in the context of campus mental health and substance use

And Thank You ...!

To every single conference participant who attended the conference to learn, share, network, and dream together about moving toward a provincial vision for mentally healthy campus communities.

BC Healthy Minds/Healthy Campuses Initiative: A CMHA-BC Agency Project supported by the BC Partners for Mental Health and Addictions Information

For more information please contact Jonny Morris at [jonny.morris\[at\]cmha.bc.ca](mailto:jonny.morris@cmha.bc.ca) or (250)721-6474

Join our online community at <http://community.bccampus.ca/mh>