

**HEALTHY
MINDS**

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**HEALTHY
CAMPUSES**



Bridging the Gaps in Mental Health and Substance Use from K-12 to Post-Secondary

Ideas to Action: Strategies for Systemic Change and Measuring Impact

Summit 2017 Snapshot Report

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**Canadian Mental
Health Association**
British Columbia
Mental health for all



**University
of Victoria**

**Centre for Addictions
Research of BC**

On April 3 and 4, 2017, the Healthy Minds | Healthy Campuses annual Summit engaged members of the BC post-secondary community and beyond in the theme:

Ideas to Action: Strategies for Systemic Change and Measuring Impact

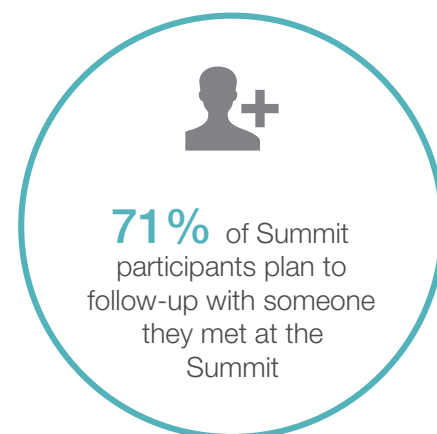
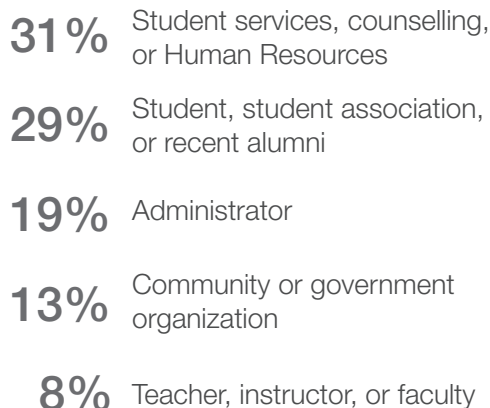
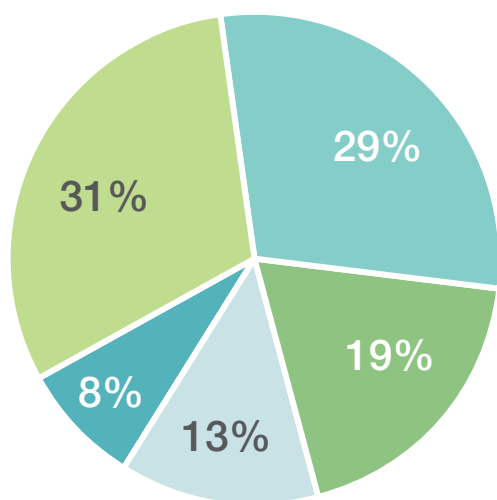
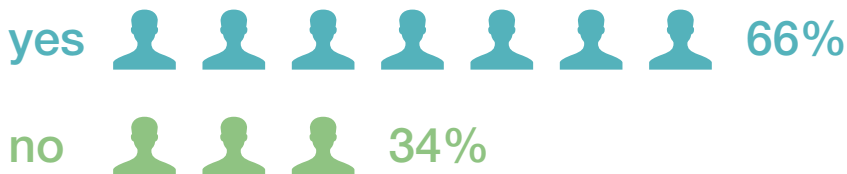
And, for the first time, members of the K–12 community were invited to help bridge the gaps in mental health and substance use services and support.

Highlights by the numbers



Summit Participants

Was this your first Summit?



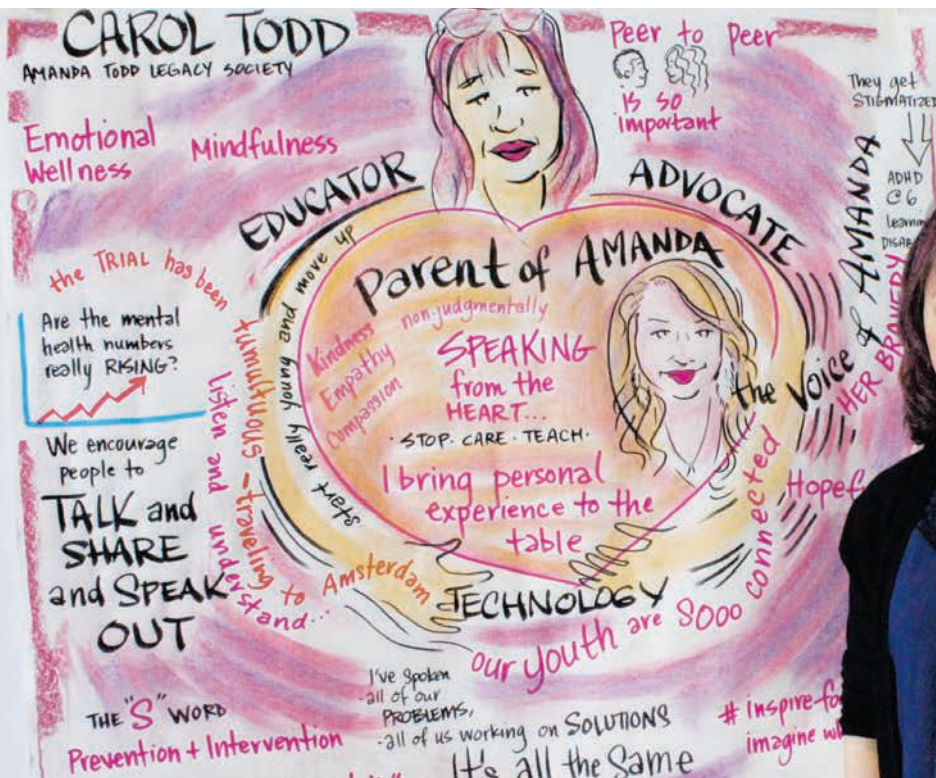
Combined **15% increase** in student and administrator attendance from 2016!

Executive summary

The 8th annual Healthy Minds | Healthy Campuses (HM|HC) Summit on April 3-4 was once again hosted at the Morris J. Wosk Centre for Dialogue in downtown Vancouver, BC. This dynamic event was attended by 194 students, teachers and faculty, administrators, counsellors, stakeholders, government partners, and community members from across Canada. The overarching theme of mental health strategy development and evaluation was based on significant interest from the community at large, who were ready to move from ideas to action.

This was the first year we invited stakeholders from the K-12 community to collectively address the value of having consistent, constant care across the education spectrum, which was the focus of the pre-Summit.

The pre-Summit began with opening remarks from **Jane Thornthwaite**, MLA for North Vancouver-Seymour and Parliamentary Secretary for Child Mental Health and Anti-Bullying, who emphasized the importance of prevention and early intervention. Jane's call-to-action was also reflected in the keynote address by local advocate **Carol Todd**, founder of the Amanda Todd Legacy Society, who knows first-hand the difference teaching social and emotional skills in the classroom can make.



What Summit participants said



"The 2017 Summit was very organized, informative, and enjoyable. This was one of the best (if not THE best conference/Summit/forum) I have been to. The venue, catering, organizations, and people there all made for a great Summit."



"I gained a lot of anecdotal knowledge about other campuses' challenges and successes, and feel like my eyes are open wider to both the necessity of policy/strategies that have mental health in mind and the importance of on-the-ground learning and listening to students."



"Thank you so much for all of the hard work that went into organizing this event! I can't emphasize enough how much I gained from it personally and how much momentum it gives the community in general."

Participants then had the opportunity to network and tour the **Exhibitor Gallery**, which featured a variety of health promotion and harm reduction information and services.

The pre-Summit concluded with a **Cross-Sector Café** that served to review the morning, and prompt further reflection:

1. How can district-level and campus mental health strategies inform one another?
2. What is needed to enhance the capacity of teachers and faculty to champion systemic change?
3. How can we foster culture change beyond targeted programs and policies?

Judy Moore, Past Chair of the CMHA BC Board of Directors, welcomed attendees and applauded their achievements as a vibrant Community of Practice (CoP), now in its 13th year.

The two-day event included:

- Outstanding keynote presentations on lived experience leading to changes in campus culture;
- Interactive sessions on strategizing, integrating, and assessing institutional strengths and opportunities with demonstrated outcomes;
- In-depth workshops on some of the most pressing issues on BC campuses; and,
- A marketplace filled with innovative and promising practices.



“The student panel really helped show the realities of mental illness in the post-secondary world. It was great to hear tips and tricks that helped them to persevere.” — Summit participant



“This conference offers so much in terms of information, learning experiences, engagement with others, meaningful keynotes, excellent food :) I like how it built on the past conferences.” — Summit participant



“I would recommend this Summit to everyone. Mental health literacy and mental health-related topics need to be addressed more [with] events like this.” — Summit participant



Jonny Morris, Senior Director of Research, Policy and Planning, officially inaugurated the Summit—his last after nine years with CMHA BC.



Shaylyn Matiichine, another long-standing steward of the CoP, also joined us for her last Summit, as both move on to new adventures.

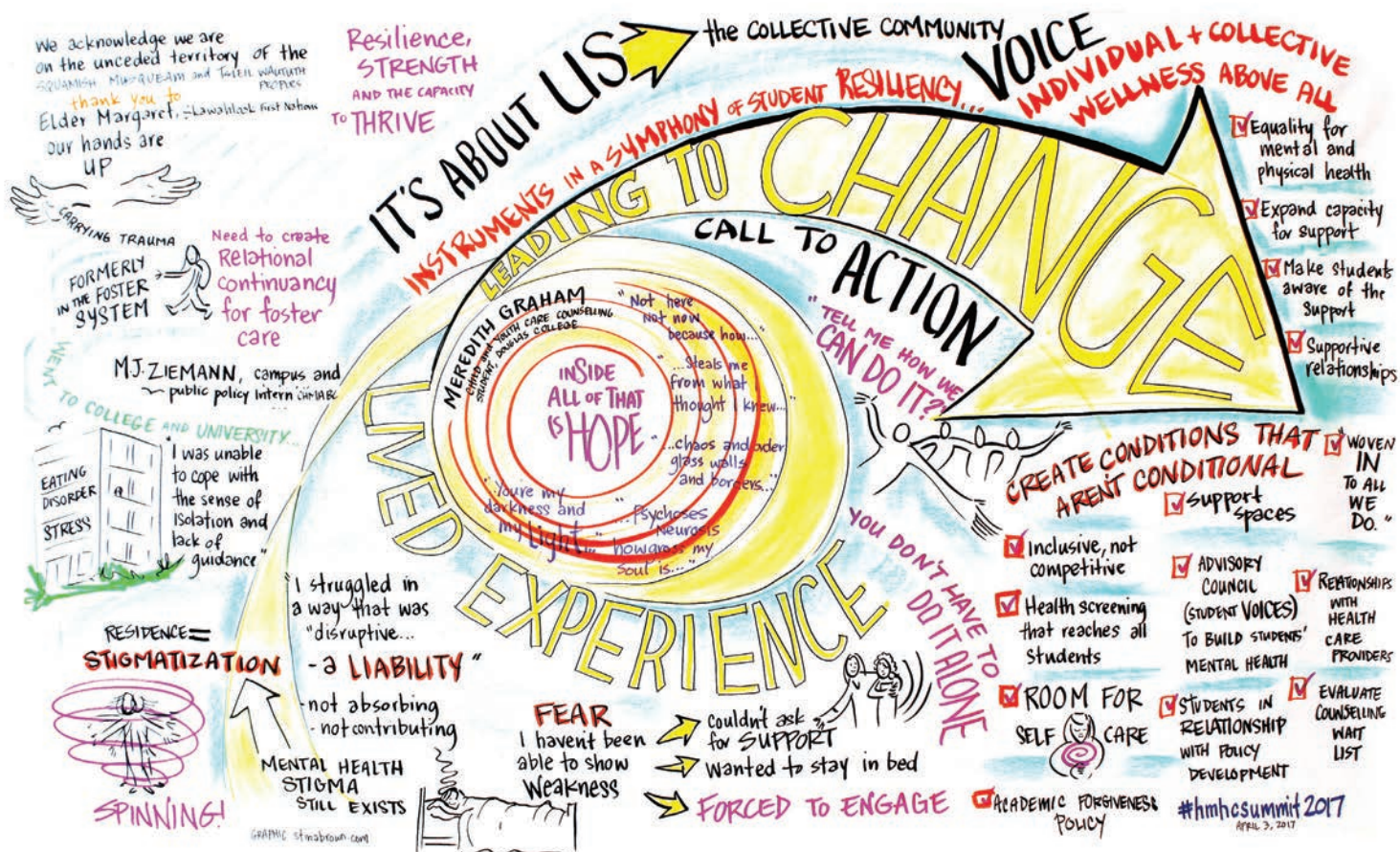
Keynotes

Lived experience leading to change

Meredith Graham and M.J. Ziemann, both inspiring young leaders, set the scene by sharing the challenges they faced living with mental illness in foster care and post-secondary, and how they persevered. Together, they used their experiences to draw attention to the “symphony of resiliency” among students and capacity of post-secondary institutions to cultivate systemic change.

Thriving at UBC: Encouraging healthy minds on healthy campuses

Professor Santa J. Ono shared his story in full for the first time, and how it has shaped his leadership. “I learned the hard way the importance of balance and support,” said the 15th President and Vice-Chancellor of the University of British Columbia (UBC). As such, Professor Ono is now committed to an integrated approach that promotes and protects the well-being of the UBC community. By championing the Okanagan Charter—a framework established in 2015 to guide post-secondary institutions in health promotion—Professor Ono seeks to embed well-being into every aspect of campus culture. He believes that students, when given the right tools, can thrive.



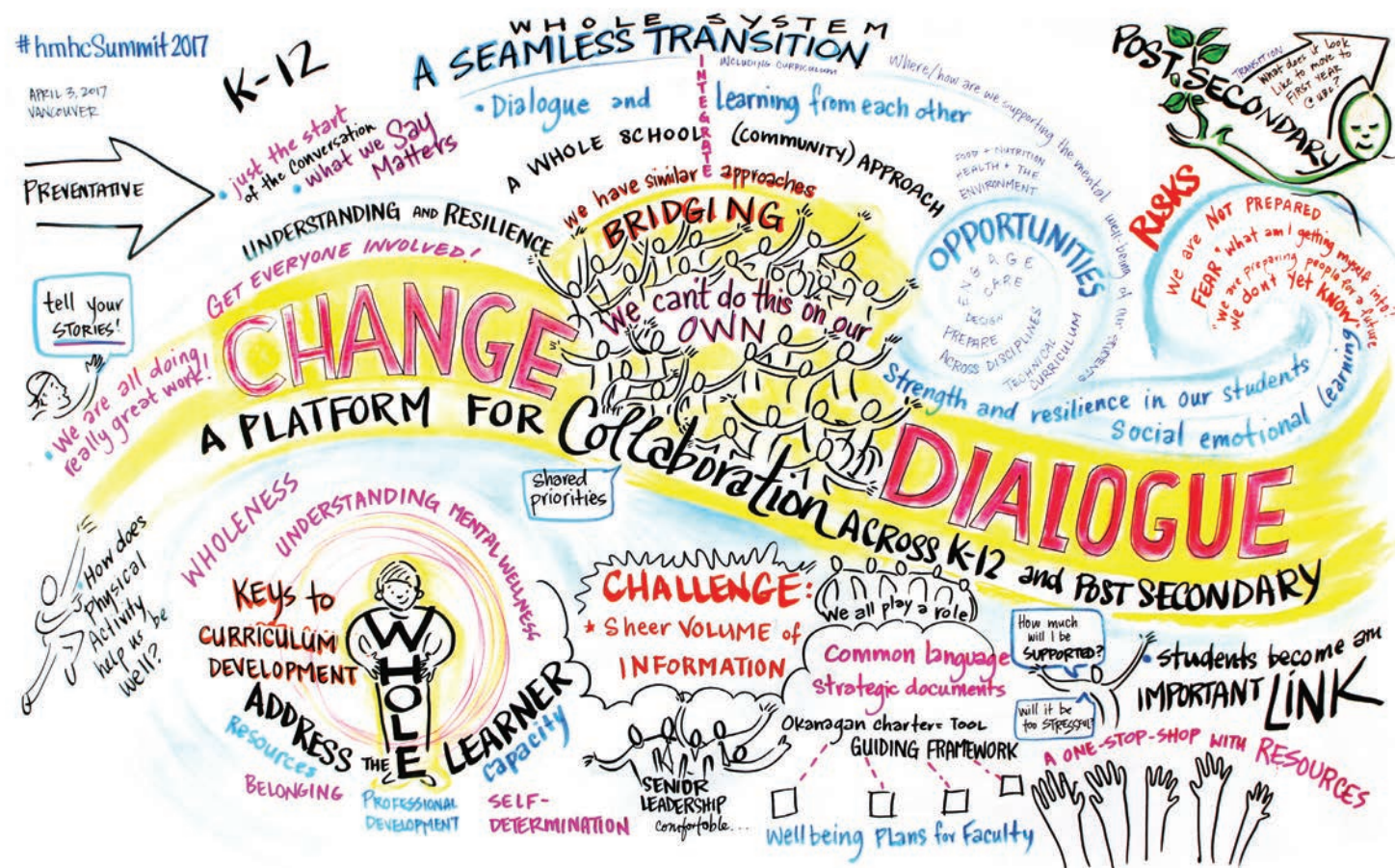
Change Dialogues

A platform for collaboration across K-12 and post-Secondary

Representatives from K–12 and post-secondary examined the strengths and opportunities of each sector and how they might be harnessed collectively. When it comes to what it will take to shift from separate spheres to a united front, this multi-stakeholder panel noted there is much to learn and gain from one another. The Q&A that followed also highlighted the power of embodying a whole school/campus approach that is complemented by a whole community and whole government approach.

Stories of change: The value of qualitative evaluation through narrative

A panel of recent and current post-secondary students weighed in on ways in which campuses have been effective in supporting student mental health and fostering an environment of well-being. Meredith Graham, Child and Youth Care Counselling Student at Douglas College; Ji-Youn Kim, founder of The Tipping Point; and Amika Shah, Vice-Chair of the UBC Mental Health Network, have each made significant contributions to student mental health promotion by giving students a voice. Despite following different paths, the common thread that emerged between them was the shared conviction that speaking up can effect meaningful—and measurable—change.



"I feel energized and motivated to find meaningful and innovative ways to foster the mental health of all campus members." —Summit participant

"It was refreshing hearing that many Institutes have a 10-year plan. This made me feel much better, as I realized this doesn't have to be an instantaneous switch, and that starting small and rolling it out slower could make a difference. All the discussion about having a whole campus approach, and having supports for all levels (students, instructors, etc.) was also a good reminder for me, personally, as I often focus more on students." —Summit participant

Consultancy Café

The Consultancy Café featured mental health strategies from four campuses in different stages of direction, development, and design: the University of Northern British Columbia, McGill University, Thompson Rivers University, and the University of British Columbia. Participants were invited to join one of three concurrent workshops depending on the participant's own stage of interest, to consult with or learn from.

Investing in student success

Given the strong focus on mental health and addiction care in BC Budget 2017, this plenary session sought feedback from Summit participants on systems-level investment. Of the \$140 million allocated for targeted investment in services and supports in BC schools, homes, and communities, the Ministry of Advanced Education has dedicated \$4.5 million to post-secondary mental health.

How can an annual investment of \$1.5 million over the next three years be used to create and sustain mentally healthy campus communities?

Participants had no shortage of ideas, suggesting stepped care, applying a well-being lens to policies and planning, training, inclusive measures, and more.

The Honourable Andrew Wilkinson, Minister of Advanced Education, declared his continued support for campus

mental health as a key investment in the future of all Canadians.

Measuring impact

Jennifer Alsop, Research Analyst at Community Action Initiative, and Sara Pedersen, Program Director with The Rossy Family Foundation, presented an overview of initial and iterative evaluation approaches and the importance of accountability requirements. Jennifer and Sara also offered tips on generating effective evaluation plans and reports—one being to incorporate relatable measures.

A framework for action: Promoting health with campus substance use policies

This resource is the first in a series of discussion papers from CARBC that offers a potential framework for guiding thought and action on substance use policy. Dan Reist, Assistant Director, and Tim Dyck, Research Associate, encouraged Summit participants to carefully consider the broad theoretical perspective of the frame, and then confer with colleagues on how it might be applied to policies within their own campus community context. The framework echoes the Okanagan Charter's call to adopt an approach to campus well-being that promotes holistic health in all aspects of campus culture and makes it an integral, vital consideration in all policy initiatives.



Deep Dive Dialogues and Working Sessions

Summit participants had the opportunity to leverage their experience and expertise by joining six interactive, concurrent sessions co-developed by campus stakeholders from various institutions around emerging areas of policy and practice.

Pressing Issues

Sexual violence policy, prevention, and response on campus

Thompson Rivers University (TRU)

- Christine Adam, Dean of Students

This workshop showcased TRU's sexual violence policy, as required by the British Columbia legislature, and the province-wide collaboration process involved in its development. Identifying a President's Task Force in 2015 provided a strong foundation for policy development, educational initiatives, and response and reporting processes, and has resulted in a robust example that can be modeled by other campuses.

Healthy relationships with food and substance use

Centre for Addictions Research of BC

- Dan Reist, Assistant Director
- Tim Dyck, Research Associate

Selkirk College

- Leslie Comrie, Healthy Campus Advisor
- Simon Fraser University*
- Rosie Dhaliwal, Health Promotion Specialist

Many factors influence the choices campus members make around eating and substance use, with potential for positive and negative impacts. This workshop introduced a BC Partners for Mental Health and Addictions Information project on fostering conditions and culture that promote beneficial use of food and substances. Two of the project's campus members helped facilitate dialogue around priorities for strategic action from a health promotion approach and how the project Partners might help campuses achieve them.

Indigenous perspectives

British Columbia Institute of Technology

- Kory Wilson, Executive Director of Indigenous Initiatives and Partnerships

Kory used her personal and professional experiences to chronicle the history, developments, challenges, and barriers traditionally and currently faced by Indigenous students. Terms such as Reconciliation, Indigenization, and self-determination were contextualized within a post-secondary framework before engaging in guided dialogue on addressing systemic challenges and multi-barriers in a supportive and authentic way.



Evaluation

Working toward well-being on post-secondary campuses: The development, implementation, and evaluation of a mental health strategy

University of Calgary

- Andrew Szeto, Director of Campus Mental Health Strategy

Healthy Campus Alberta

- Danielle Stewart-Smith, Coordinator

To chart a milestone-by-milestone map of an aspirational campus mental health strategy, participants followed the University of Calgary's journey through the development, implementation, and ongoing evaluation of its strategy. Participants were then encouraged to reflect on their campus circumstances and identify actionable next steps.

Gathering data on how teaching practices impact student mental health and well-being

University of British Columbia

Teaching Practices and Student Wellbeing Project

- Kathleen Lane, Project Manager
- Michael Lee, Principal Investigator

This workshop debuted UBC's Teaching Practices and Student Wellbeing Project, which endeavoured to understand how perspectives on teaching practices and mental well-being from faculty and students can be obtained, analyzed, and translated into useful tools for curriculum planners, instructors, and teaching assistants.

Using qualitative data to tell your story of change on campus

Selkirk College

- Leslie Comrie, Healthy Campus Advisor
- Michelle Michaud, Graduate Student

Based on the last six years of Selkirk's Dinner Basket Conversations program, this session investigated how qualitative data collected from participant reflections can be collated and analyzed to assess the impact of dialogue-centered programming, even on sensitive topics such as "Healthy Relationships with Substances" or "Healthy Sexuality on Campus."

Student Network Meet & Greet

Summit participants were previewed a new initiative with Healthy Minds | Healthy Campuses: the Student Leadership Network, a cross-provincial, province-wide student leadership body designed to empower and support post-secondary students across BC. Lehoa Mak, Chair of the Provincial Leadership Council that oversees the Network, described its vision of cultivating systems-level change with campus mental health issues by facilitating the creation and exchange of knowledge across campuses, as well as supporting student-led initiatives throughout the province.



thinkFull

The Telus thinkFull app was designed to help manage stress and enrich life—and generously gifted to CMHA BC at the Summit! This app will better position community members on their path to well-being, anywhere or time.

Evening reception

Summit participants were joined by the Director, Producer, and two special guests from *Burnt Pages*, a 30-minute documentary that follows six youths living with mental illness in the Lower Mainland, for a screening and Q&A. This powerful portrayal of the complexities of mental illness in post-secondary makes a compelling argument for immediate improvements to our system of care.

Recommendations

- The K–12 community is an important stakeholder, but the focus of the Summit should remain on post-secondary
- Continue to incorporate lived experience throughout the program
- Reserve more time for learning and breakout opportunities
- Diversity of speakers, presentations, and sessions is an asset
- Participants prefer a combination of immediate and longer-term takeaways



“A warm community to learn, explore, and face the issues together.” —Summit participant



Exhibitors

Several community members and partners showcased their work and initiatives around health promotion and healthier relationships with substances.

- » AnxietyBC
- » Centre for Innovation in Campus Mental Health
- » CMHA BC
- » HeretoHelp
- » Hi-F.I.V.E Movement for Mental Health
- » Red Cross
- » School-Aged Children and Youth Substance Use Prevention Initiative
- » Stigma-Free Society
- » YMCA of Greater Vancouver





Pop-up Market for Systemic Change

The Pop-up Market for Systemic Change featured promising practices, policies, initiatives, and tools from six BC campuses involved in the CCSU project, with special acknowledgement to the opioid overdose crisis. Summit participants were given the opportunity to visit each “market stall” and explore the full continuum of mental health support—from crisis response to shifting the culture of substance use—in the third and final year of the CCSU project funding.

Do2GetThru

Camosun College

Opioid overdose awareness: Implementing safety measures on campus

Camosun College

Institutional response and roll-out: OD prevention and Narcan administration

Selkirk College

Community cooking workshops

Simon Fraser University

Talking about alcohol with student leaders

University of Northern British Columbia

A whole campus approach to the opioid crisis

University of Victoria

Practical substance advice (PSA)

Vancouver Island University

Changing the Culture of Substance Use (CCSU) Project

“The CCSU project aims to cultivate campus communities conducive to healthier relationships with substances, building connectedness, and capacity through dialogue to collectively enhance wellness.” —Tim Dyck



“It was not so much an ‘aha’ moment, but listening to students at a Pop-up Market session—four of them from different institutions shared their excitement and learnings, making commitments to what’s next for them. Really amazing to hear and gives so much hope for things to be different in the next five or so years.” —Summit participant

Stay connected

Participants are encouraged to continue the momentum from the Summit by joining the HM|HC online social learning community, where members can create and join working groups, pose questions, share resources and collaborate with others from across BC and beyond. We look forward to connecting again with all Summit delegates at our next learning event!



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healthycampuses.ca



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community.
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Planning Committee

Many thanks to the Planning Committee members who helped steer the 2017 Summit:

- » Michelle Aslan, SFU
- » Hannah Bielert, BCIT
- » Tim Dyck, CARBC
- » Sadeem Fayed, SFU
- » Amelia Hamfelt, CMHA BC
- » Sarah Joosse, UBC
- » Jesse McDonald, CMHA BC Board Member
- » Tanya Miller, CMHA BC
- » Katherine Moore, UBC
- » Jonny Morris, CMHA BC
- » Andrea Paquette, Stigma-Free Society
- » Catriona Remocker, CARBC
- » Art Steinmann, Vancouver School Board
- » Gerald Thomas, Ministry of Health

Healthy Minds | Healthy Campuses is a province-wide Community of Practice of people who care about post-secondary mental health and creating healthier campuses. The community is stewarded by the Canadian Mental Health Association's BC Division (CMHA BC) and Centre for Addictions Research of BC, University of Victoria (CARBC).

CMHA BC and CARBC are proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for

Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.

Funding for the 2017 Summit was also provided by the BC Post-Secondary Counsellors' Association and The Rossy Family Foundation.

Funders



Annual Sponsor

