

**HEALTHY
MINDS**

**HEALTHY
CAMPUSES**

creating connections. inspiring change.

Summit 2019

March 7-9, 2019 | Vancouver, British Columbia

Building Connection at All Levels: A Socio-Ecological Approach to Well-being on Campus



Snapshot Report



healthycampuses.ca/summit/2019

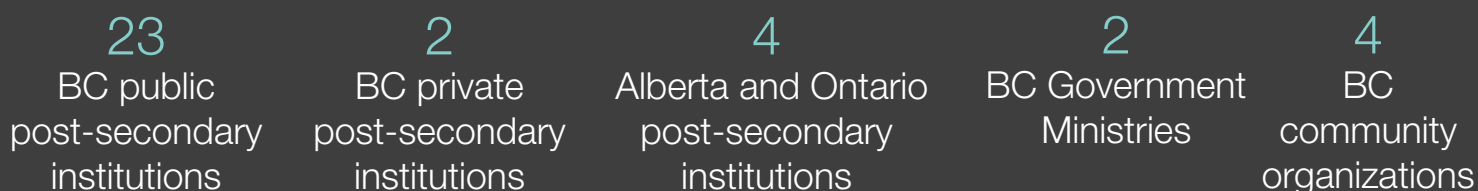


[#hnhcs Summit2019](https://twitter.com/hmhcs Summit2019)

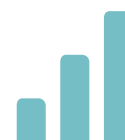
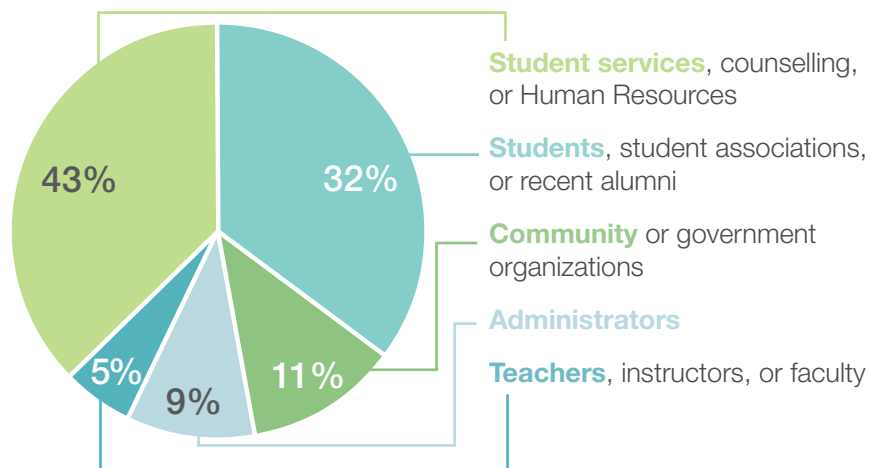
Summit 2019, **Building Connection At All Levels: A Socio-Ecological Approach to Well-being on Campus**, took place in downtown Vancouver in the Morris J. Wosk Centre for Dialogue. On March 7th and 8th 2019, 168 campus stakeholders – including students, faculty, staff and senior administrators from across British Columbia – came together to mobilize collective action in pursuit of promoting mental health and well-being and healthier relationships with substances on campus. On March 9th, 30 post-secondary students gathered to continue the dialogue and grow the student voice towards the provincial goals of Healthy Minds | Healthy Campuses (HM|HC).

This year's Summit featured an array of engaging speakers and opportunities to learn and collaborate together, with immersive workshops aimed to inspire innovation and action on campus and beyond.

Summit Representation



Breakdown of 2019 Summit Participants



Summit 2019 saw the highest proportion of post-secondary student delegates – **over 30%** – to ever attend an HM|HC Summit

Summit Participants

Learn something in the Summit that was useful to you?

yes 89%

First HM|HC Summit?

yes 74%

Recommend the Summit to a colleague?

yes 78%



What Summit participants said

“”

“Very well planned out with a good variety of sessions to choose from. Engaging topics and knowledgeable speakers. The atmosphere was very positive and hopeful, and it was nice to get straight to discussing how we can improve things rather than fighting the battle of why things need to be improved. Everyone was already on the same page!”

“”

“I love the intentional way it was planned for individuals to connect across the socio-ecological model theme. It was a great balance of networking opportunities, breaks, connections, and learning. The new addition of the app was fantastic!”

“”

“The most entertaining and engaging experience in comparison to other conferences and learning events I've attended. I appreciated having a little movement break after sitting for so long, and having the creative workshops. I also appreciated having a ‘quiet room’ to use to get away from the hectic nature of the conference when things would get overwhelming or if I just needed a break.”

“”

“Health promotion is valuable and worth investing in.”

“”

“I had a moment where I realized I was overthinking my new role at my campus and realized that reaching out to other campuses [that] are well-resourced would help with the development of my role instead of feeling alone.”

“”

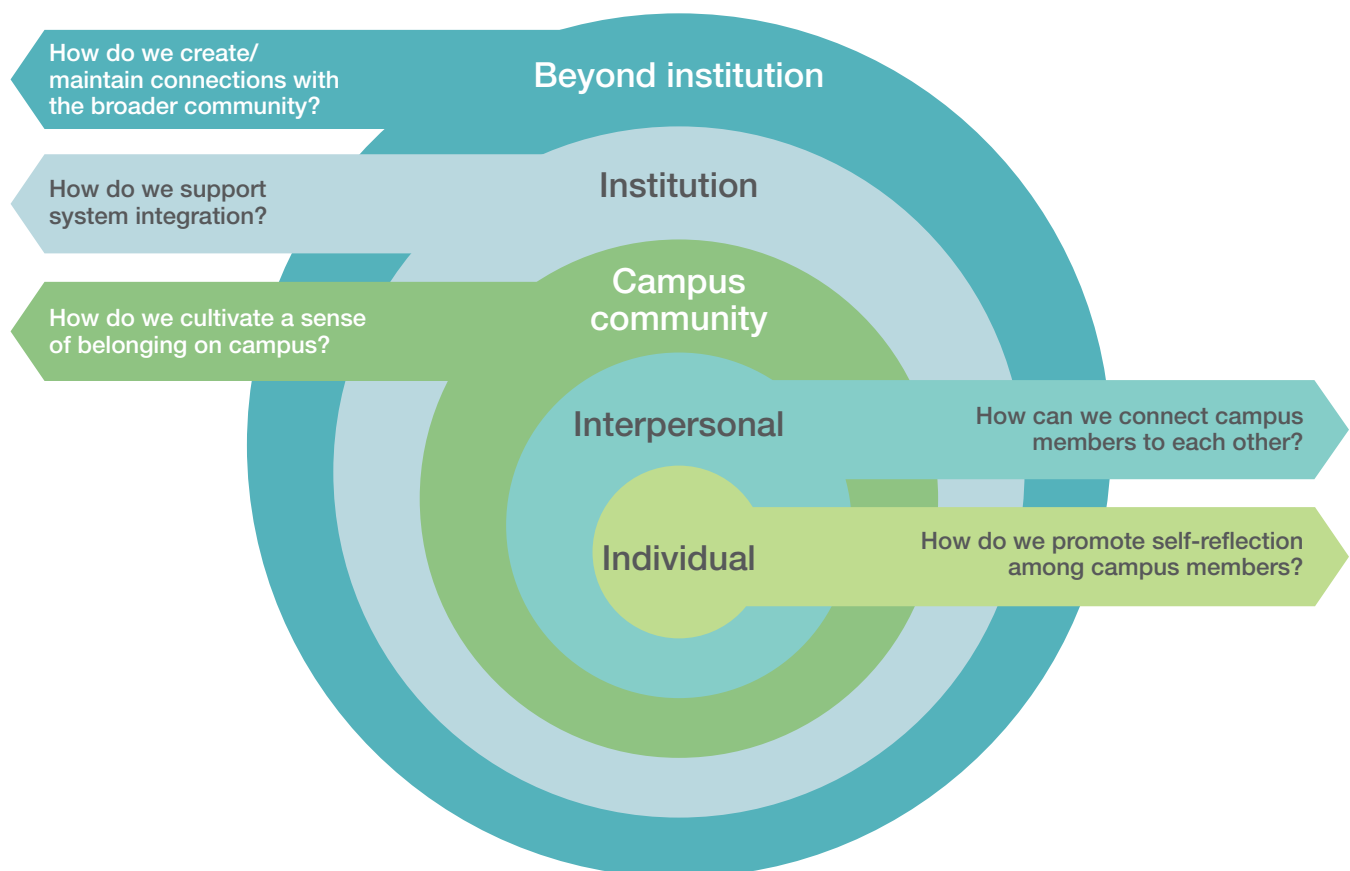
“Viewing your work as a lifelong commitment makes it easier to release short-term failures; classrooms should be safe spaces for emotions; vulnerability opens the door to receptivity.”

Summit Overview

Delegations representing their campuses came from all across British Columbia to convene in Vancouver and discuss one common vision: Promoting mental well-being and healthy relationships with substances in post-secondary institutions. For this year's theme, Building Connection At All Levels: A Socio-Ecological Approach to Well-being on Campus, the socio-ecological model was portrayed to show connection in all aspects of campus life and beyond, thus making it more clearly relevant to campus stakeholders including health professionals.

Presentations related to the five streams of the theme were invited in various creative formats to encourage co-creation and collaboration among community of practice members. Those five streams are as follows:

- Connecting to Individuals on Campus
- Facilitating Interpersonal Connection on Campus
- Building Community Connection on Campus
- Building Connection Across the Institution
- Building Connection Beyond the Institution



A socio-ecological model of well-being on campus



The Masters of Ceremonies (MCs) were Chelsea Corsi (Thompson Rivers University) and Diana Jung (University of British Columbia). The two introduced keynotes, guests, panelists and helped provide structure to the Summit.



Marissa Nahanee opened the Summit with an Indigenous acknowledgement and provided Summit attendees with the necessary context to begin their participation.

Keynotes



Building Connections on Campus: Frameworks, Examples and Challenges. On Day 1, **Anna Thorpe** from New Zealand offered insight from her wealth of experience in health promotion more broadly as well as in tertiary educational settings. Among her many roles, Anna is a member of the International Health Promoting Campuses Working Group which is dedicated to activating the Okanagan Charter around the world.



Keynote Address with Andrea Paquette. On Day 3, the Student Summit was sparked by a passionate presentation from **Andrea Paquette**, founder and president of the Stigma Free-Society. Andrea's passion to educate today's youth and adults about the stigma surrounding mental health stems from her personal experience. She related to students her personal story of struggle and triumph since her bipolar disorder diagnosis in 2005 and inspired them with her resiliency and courage as she has lived with her diagnosis and started her charity. Students were encouraged to ask questions and learn more about mental health and reducing stigma.



The Complexity of Healthy Connection. On Day 2, **Shannon Turner** offered profound reflections in conversation with **Dan Reist** from the Canadian Institute for Substance Use Research (CISUR). Shannon is a long-time advocate for social justice and health promotion and has dedicated her career to building healthy communities and reducing health inequities. Her presentation at the Summit was a reflection of her strong beliefs regarding the importance of public health, health promotion and effective policies which contribute to health and well-being.

Panels

The program also featured multidisciplinary panels with a cross-section of campus stakeholders engaged in conversation about core topics critical for BC post-secondary institutions.



Day 1 panel, facilitated by **Martin Mroz** (Simon Fraser University), focused on how connection can be built on campuses and delved further into Anna Thorpe's keynote address with a local lens. Panelists included **Polly Leonard**, **Charlotte Heppner** and **Lauren Oleksewich** and discussions were about the barriers to social connection, harm reduction strategies and bringing key staff members into roles more openly supported by their institutions, who might otherwise be doing essential work off the side of their desks.



Day 2 closing panel, facilitated by **Dan Reist** (University of Victoria), looked into the future of Healthy Minds | Healthy Campuses and explored questions about the community of practice endorsing the Okanagan Charter. **Matt Dolf** (University of British Columbia) was invited to present on the Charter as well as the work being done to mobilize it in different campuses across Canada and beyond. Engagement from the audience reaffirmed the value of HM|HC in informing their work. The CoP agreed as an informal organization to endorse the Okanagan Charter and its calls and principles for action, and expressed the value of increased face-to-face interactions for the community of practice itself.

Presentations and Workshops

This year's Summit encouraged a wide range of topics and creative formats.

Day 1

- A *Movement and Mental Health* workshop by **Melanie Levenberg** allowed for a space where participants could move freely, with music, and learn how they can use physical activity to promote mental well-being as well as how to incorporate the different domains of well-being into their day-to-day life (*see bottom-left photo*).
- Different settings and sub-groups which are part of campus life were discussed in the 2019 Summit such as students, faculty and the built environment. For example, a presentation from **Levonnie Abshire** and **Patty Hambler** (UBC) titled *Engaging Faculty to Support and Enhance Student Well-being* discussed upstream interventions embedded in health promotion principles to promote student well-being.
- The Mental Health Commission of Canada held consultative sessions with Summit participants on the development of the *Standard for Psychological Health and Safety for Post-Secondary Students*. Using roundtable discussions and activities, presenters (**Polly Leonard** and **Punit Virk**) highlighted key content from the Standard to gauge participant feedback and input.
- **April Holland** (Kwantlen Polytechnic University) and **Sara Fudjack** (UBC) presented interesting and invigorating Innovation Talks. Titled *The Connection* between a Supportive Campus Environment and Student Mental Health and *Collegiate Recovery Communities: Building Campus Connection for Students in Recovery from Addiction*, respectively, both talks explored the campus context in relation to mental health.
- **Cameron Norman** (University of Toronto), led an interactive session for all Summit participants on how they can build healthy campus communities. The format chosen by Dr. Norman was to encourage participants to learn from their own knowledge, experience and peers on how connected campuses can be designed. Participants in different tables were given various enablers and challenges to account for and encouraged to design and present creative solutions given the resources already available to them (*see bottom right photo*).
- An inspirational spoken word poet, **Francis Arevalo**, presented on his own mental health challenges and experiences. Through moving poems and songs, Francis led Summit participants on an emotional journey which concluded the first afternoon of the Summit.
- **Dawn Schell** and **Anne Cirillo** (University of Victoria) held an evening Story Weave workshop. This workshop introduced participants to the power of story-telling and how to use this tool to learn from and about other people's experiences. Several stories were shared in this workshop about the personal journeys, including mental health challenges, of inspirational and resilient individuals, which helped paint a picture of the campus community at UVic.



Day 2

- **Feodor Poukhovski-Sheremetyev** and **Sara Jalali** (University of Alberta) discussed *ACCESS Open Minds* in their Innovation Talk. *ACCESS Open Minds* is a pan-Canadian research project that aims to improve how youth across the country access and use mental health resources. These representatives from the University of Alberta's *ACCESS Youth Mental Health Council* explained how an interdisciplinary approach consistently takes into account student voices, which has led to rapid successes.
- *Let's Talk Mental Health* was a workshop delivered by **Monique Sekhon** and **Marco Zenone** (Simon Fraser University) which summarized three dialogue sessions hosted by SFU's Student Health Advisory Committee. This workshop discussed four thematic areas for improvement identified from this process that yielded specific recommendations and opportunities for action: physical spaces, relationships with administration/faculty, services and engagement.
- **Lehoa Mak** and **Jaclyn Hayward** (SFU) delivered an arts-based workshop called *Creative Collective: Building Interpersonal Well-being & Social Connections*. In this session those attending received an overview of Creative Collective as well as the Dietrich model of creativity, and participants were invited to explore four activities related to the Dietrich model's components and reflect on their experience.
- *Enhancing Well-being and Social Connection for Graduate Students and the Students They Teach* was a presentation which discussed how graduate students are a unique population that are often excluded when there are talks of building a healthy campus environment. **Alisa Stanton** and **Tinta Bbela** (SFU) talked about how graduate-student teaching assistants and tutor markers play a large role in shaping the overall experience and sense of community for undergraduate students and how grad students can be trained to first take care of their own health and well-being and then play a role for their students.
- *How the UBC Sauder School of Business is Building Community for First Year Students* by **Lauren Venema** and **Taryn Jessop** (UBC) discussed a cohesive strategy of orientation programs, transition programs and other support-based initiatives to build community among the first-year student population.
- *Advancing Campus and Community Well-being Through Teacher Preparation* was an Innovation Talk by **Louise McClelland**, **Kerri Murray** (Ever Active Schools), and **Shelly Russell-Mayhew** (University of Calgary). This presentation discussed how a partnership at the University of Calgary accelerated the closure of the critical gap between how teachers are prepared to address wellness (their own and that of their students) and what they are expected to do in practice.
- **Matty Hillman** (Selkirk College) delivered an artistic workshop titled *Rethinking the Campus Environment*. Participants received a presentation on the mural



project at Selkirk and were given the opportunity to partake in their own mural project. They were invited to reimagine the physical and aesthetic campus environment and consider what community art projects can do to promote wellness on their campuses.

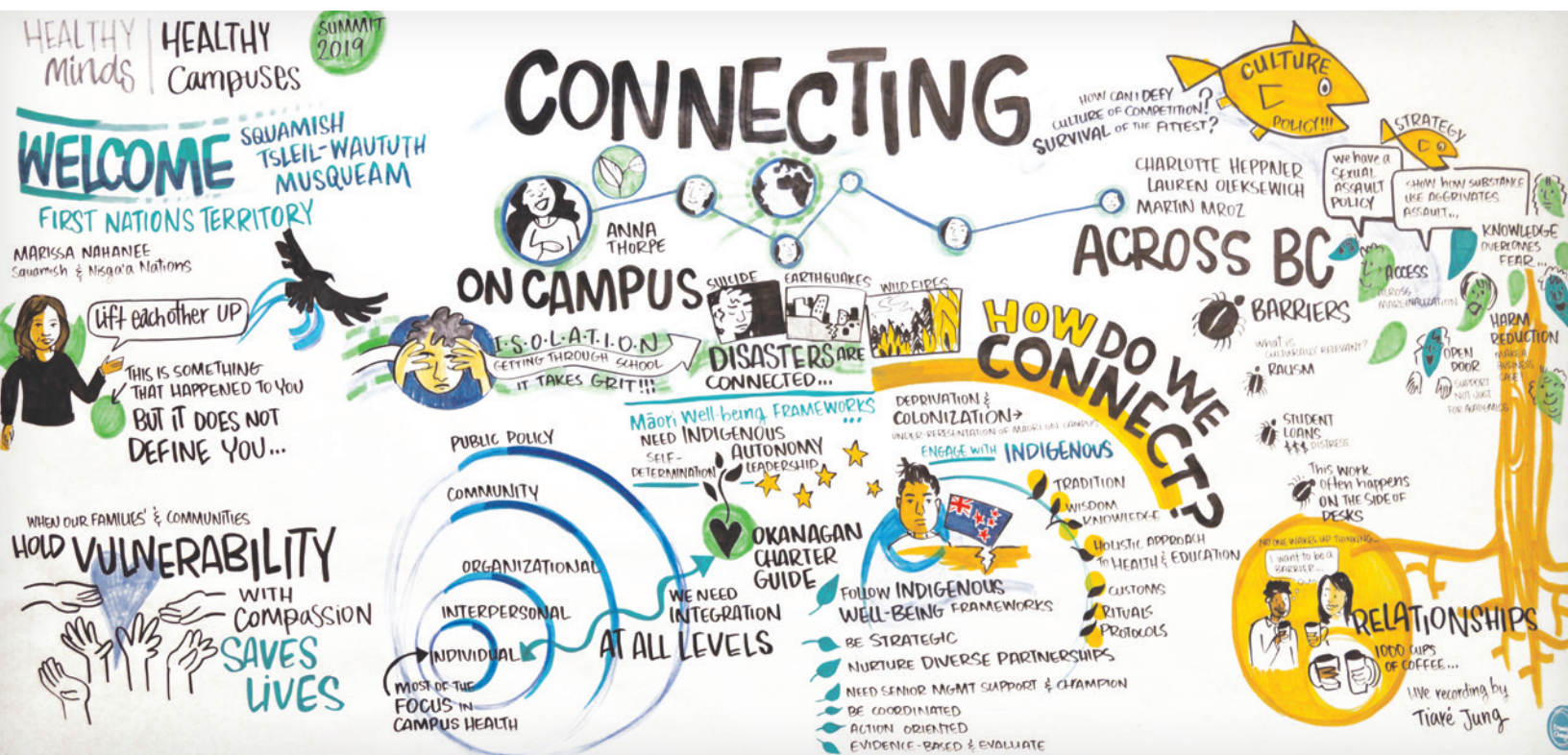
- *Campus Smoking Policy Options: Contribution to community well-being?* was a session by **Tim Dyck** (CISUR) which offered and generated questions for dialogue. The discussion revolved around three common policy options, what campuses wanted to achieve through smoking policies and how to arrive at those goals. The presentation encouraged critical reflection and conversation around issues and challenges involved in implementing policy in a manner consistent with health promotion principles while still respectful of cultural dimensions of smoking practices.
- *Mental health literacy approaches on our campuses: A conversation about approaches, challenges, and strategies* by **Tam Uden, Miranda Massie, and Kelly White** (UBC). This session discussed how at UBC Vancouver steps have been taken to address mental health literacy among the campus population at all levels. The presentation shared the rationale for this approach, followed by a facilitated discussion on how campuses are addressing mental health literacy, challenges or barriers to doing so, and strategies for moving from awareness to literacy across populations.
- *The Interconnected Student: The Importance of Holistic Education* by **Charlotte Heppner, Jennifer Lisle, and Marcia Mejia-Blanco** (Nicola Valley Institute of

Technology). This session provided an overview of helping students to create balance in their lives for success in their studies and throughout their life. This project explored the contribution of relationships, emotional and spiritual learning to student success and whole-person development. Students were encouraged to explore and understand themselves holistically, in order to lessen high-risk behaviours and nurture a desire to develop healthy relationships with those around them.

Open Space for Students

On the third day of the Summit, student participants from across the province convened and discussed their experiences, issues and solutions on campus and in their regions. By sharing the common 'student experience,' participants were able to relate to one another and openly share some of the things they would like changed. After the keynote presentation, students participated in Open Space, where they set the agenda and direction of the session. Students were encouraged to have an exploratory rather than a solution-based lens and reminded that this was a safe space. After sorting themselves into groups according to interest, students had free rein to discuss a topic. Topics chosen by students included body image, gender-neutral and LGBTQ2S+ positive policies, substance use and smoking and institutional policies.

After Open Space, there was a small social where organizations or groups either led by students or with programming targeted to young adults were invited to attend and share (Care2Share, Lumen Society and CMHA BC).







Pop-up Market

The Pop-Up Market this year featured a wide array of presentations from different post-secondary institutions and community organizations. These rapid presentations provided participants with a snapshot of the work happening to further mental well-being and healthy relationships with substances. Pop-Up Market titles and presenters included:

Student Engagement

Thompson Rivers University, Angela Kadar and Rachel Cantin

Beyond the Blues: Education and Screening Days

BC Partners, Sarah Hamid-Balma

Building Connection Beyond the Institution

The Foundry, Marco Zenone

Keep.meSAFE

guard.me, Christine Wach and Stephanie Walker

Promoting Workplace Health

University of British Columbia, Miranda Massie and Melissa LaFrance

Talk to Me (TTM)

Vancouver Island University, Michael Kuntz and Celina Guadagni



What was new?

- This year we went paper-free! Participants were encouraged to download the HelloCrowd App which contained all the information required for the Summit, including the program, schedule, and ways for participants to connect with each other and with panel facilitators.
- Also new this year was an expanded delegation model asking campuses to identify a mix of delegate roles, and introduction of a regional ticket-pricing system. We implemented these changes to improve equity in access and attendance, and to ensure diverse representation across institutions.

Moving Forward

- There will be no Summit in the '19/'20 fiscal year in order to focus on regional forums across BC and other forms of in-person engagement. If you're interested in learning more about hosting an inter-campus event in your region with planning support from HM|HC, please contact us.
- If you would like to read more about the Summit in detail and view the presentations online, please visit our Summit 2019 page at healthycampuses.ca/summit/2019/
- If you would like to continue the momentum of the Summit and keep building connections, please visit our website at healthycampuses.ca, engage with us on Twitter (@HealthyCampuses) or contact us at healthy.campuses@cmha.bc.ca



Special Thanks to

- » BC Partners for Mental Health and Substance Use Information and the Provincial Health Services Authority for their funding support
- » Post-Secondary Counsellors Association for their donation
- » HM|HC Summit Planning Group Members
- » Tiare Jung and Avril Orloff, graphic illustrators from Drawing Change
- » Staff at the Wosk Centre for Dialogue and Delta Hotel by Marriott Vancouver Downtown Suites
- » Conference planning leads Catriona Remocker, Bakht Anwar and Tim Dyck



Stay connected

Participants are encouraged to continue the momentum from the Summit by visiting the HM|HC website, subscribing to the e-newsletter and keeping up with our twitter account! We look forward to connecting again with the Summit delegates at our next learning event.



visit

healthycampuses.ca



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community.
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sign up

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Planning Committee

Many thanks to the Planning Committee members who helped steer the 2019 Summit:

» Dawn Schell, Uvic
» Ashley Ward-Hall, UFV
» Monique Sekhon, SFU
» Kelly White, UBC
» Evan Hilchey, Camosun
» Samantha Nielsen, TRU
» Leslie Comrie, Selkirk
» Lauren Oleksewich, BCIT
» Roger Wilson, UBC-O

» Sarah Hanson, UNBC
» Diana Jung, UBC
» Duane Seibel, Douglas
» Andrew Kerr, Ministry of Health
» Tanya Miller, Langara
» Tracy Windsor, UBC
» Casey Hamilton, UBC
» Chelsea Corsi, TRU

» Julie Miller, SFU
» Harper Watson, UBC
» Roxanne Blemings, Ministry of Health
» Darryl Soper, Ministry of Advanced Education, Skills and Training

HM|HC Support Team:

» Tim Dyck, CISUR
» Dan Reist, CISUR
» Catriona Remocker, CISUR
» Sarah Hamid-Balma, CMHA BC
» Bakht Anwar, CMHA BC

Healthy Minds | Healthy Campuses is a community of practice that promotes mental well-being and healthier relationships with substances on post-secondary campuses in BC.

The stewarding organizations for Healthy Minds | Healthy Campuses are the Canadian Mental Health Association, BC Division (CMHA BC) and the Canadian Institute for Substance

Use Research (CISUR), on behalf of the BC Partners for Mental Health and Substance Use Information. The BC Partners are funded by BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority. Funding for the 2019 Summit was also provided by the BC Post-Secondary Counsellors' Association.