

**HEALTHY
MINDS**

**HEALTHY
CAMPUSES**

creating connections. inspiring change.

2023 Summit

Activating the Okanagan Charter
in different areas of campus community

February 27 – March 1, 2023 | Virtual | British Columbia

Co-stewarded by



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



**University
of Victoria**

Canadian Institute for
Substance Use Research

Supported by



heretohelp

Funding provided by



**Provincial Health
Services Authority**
Province-wide solutions.
Better health.

Summit Overview

From February 27th to March 1st, 2023, 202 campus stakeholders—including students, faculty, staff, and senior administrators from across British Columbia and beyond—came together for the bi-annual Healthy Minds | Healthy Campuses (HM|HC) Summit to encourage activation of the [Okanagan Charter](#). They virtually attended 3 days of interactive sessions, thoughtful keynotes, invigorating panels and reflective breakouts.

Theme

In keeping with a major goal in our HM|HC 2020-2023 Strategic Plan, the theme for this Summit was around “*Activating the Okanagan Charter in different areas of campus community.*”

Our intent and desired impact for the Summit, in encouraging activation of the Okanagan Charter, was to further:

- Build capacity in our learning community for better management of collective and personal mental well-being and healthier relationships with substances in our campus contexts.
- Support both enhanced shared literacy (knowledge and skills) around this health promotion pursuit and stronger connections among our members toward increased intra- and inter-campus collaboration.

Content sessions

The Summit program included plenary components on the following topics:

- **Seeing the Whole Picture:** The connection between mental health promotion and fostering well-being at a post-secondary college

- **Towards Regenerative Campuses:** Implementing the Okanagan Charter to promote human and ecological well-being
- **Building Connections:** Applying the 4 Rs to creating healthier campus communities
- **Decrease the Distance:** Well-being at the intersection of person, place and planet

In addition, the Summit included:

- **8 dialogical workshops:** Workshops were 90 minutes, intended to create dialogue with and among attendees. The open questions included in each session invited attendees to participate in joint discussion at opportune junctures during the session and in breakout groups.
- **18 short presentations:** Presentations were for 20 minutes, relevant to enhancing campus members’ individual and shared well-being. The sessions included response time for Q&A at the end of sessions.

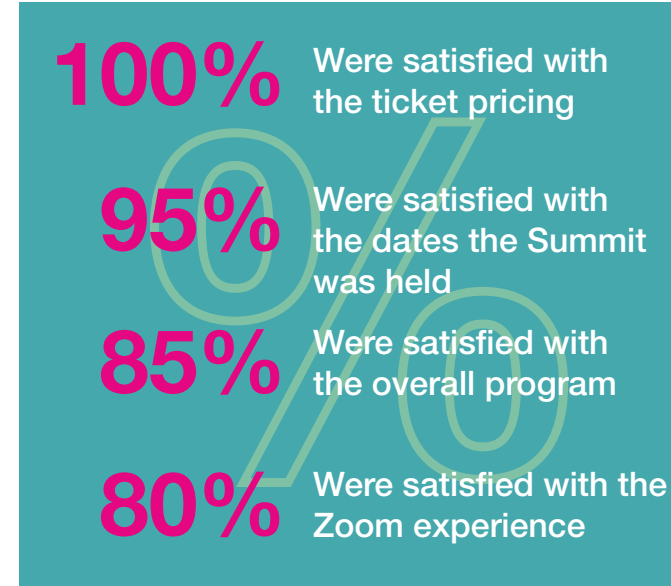
Social sessions

- **HM|HC Connects:** Craft Time was facilitated by Leadership Committee member Lehoa Mak. Participants were encouraged to bring a craft that would support their creative wellness and do it in the comfort of their own space while being with others in this online community.
- **Coffee Corner:** Hosted by Sarah Hamid-Balma from the HM|HC Support Team, this session was an unstructured time for participants to socialize and get to know each other.

Summit Participants



Summit Feedback





Indigenous Campus Living Laboratory at xʷčičəsəm Garden



Inclusive, climate and COVID-resilient outdoor learning space



Food Hub Market



Day 1 | Plenary 2

Keynote: Towards regenerative campuses: implementing the Okanagan Charter to promote human and ecological wellbeing

Presenter: Matt Dolf, Director of the Office of Wellbeing Strategy, University of British Columbia

Guided by the Okanagan Charter, Matt offered a paradigm-shifting framework to foster health and wellbeing through a whole university and settings-based approach. He focused on the importance of collectively shifting from an emphasis on treating illness, or “un-wellbeing,” to taking a salutogenic approach to promote health and wellbeing in settings where people live, learn, work, and play. He also explained the need to broaden our focus to the wellbeing of all campus community members, our places, and our species. This keynote shared learnings from UBC’s approach - offering insights into opportunities for taking a whole university approach to collective action.

Day 2 | Plenary 3

Circle: Building connections: applying the 4 Rs to creating healthier campus communities

Presenters: Patricia Hamblar, Douglas College; Jennifer Anaquod, University of British Columbia; & Jessica La Rochelle, Simon Fraser University

Our Indigenous plenary presenters, Patricia, Jennifer, and Jessica, started the session with their personal introductions and stories. They focused on the Okanagan Charter calling for us to “advance health promotion through engagement and an informed understanding of local and Indigenous communities’ contexts and priorities.” Although specific Indigenous communities have differing contexts and priorities, they related that their work was grounded in shared principles, such as the 4 Rs: Reciprocity, Relevance, Respect, and Responsibility. In this session, three Indigenous higher

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Plenary Contributors

Day 1 | Plenary 1

Opening remarks (Healthy Minds | Healthy Campuses Support Team)
HM|HC: A short summary (Tim Dyck & Mahboubah Asgari)

Lead: Seeing the whole picture: the connection between mental health promotion and fostering well-being at a post-secondary college

Presenter: Felicity Blaklock, former Director of Student Affairs, North Island College

Felicity related NIC’s journey to a mental health plan and how the Okanagan Charter provided an overarching vision and direction for the college. This included appreciation for a holistic approach concerned to enhance the environment for the whole community, involving all campus members. Also, awareness that many elements affect well-being and that an orientation to strengthen resilience takes the endeavor far beyond provision of support services to develop potential for long-lasting contributions.

education professionals shared their stories about how these principles inform their efforts to create healthier campuses and how they build connections and break down boundaries to help bring about impactful change.

Greetings: In a [2-minute video](#), Jonny Morris, CEO of CMHA BC, a fondly remembered former HM|HC Coordinator and host of the first Summit in 2009, passed on his regards to Summit participants.

Day 3 | Plenary 4

Keynote: Decrease the distance: well-being at the intersection of person, place and planet

Presenter: Paula Swinford, Director of the Office for Health Promotion Strategy, University of Southern California

Paula challenged attendees around their thinking, language and approach in health promotion. By focusing on building infrastructure, Paula discussed the importance of creating system change. She offered practical applications to decrease the distance via person/words, place/ways, and planet/wonder and posed questions to the audience for reflection and discussion.



“Treat the
earth as a
loved one.”

Elizabeth Solomon
Elder at the Massachusetts Tribe at Ponkapoag
2022 Earthshot Prize Land Acknowledgement

<https://earthshotprize.org/boston-2022/>



Dialogical Workshops

The following eight workshops were organized to promote a deeper understanding of the Summit theme by creating dialogue with and among attendees. During their 90-minute sessions, the presenters posed some open questions and encouraged the audience to participate in discussion during the session and in breakout groups.

Applying the Okanagan Charter in response to campus community psychoactive substance use

Presenter: Tim Dyck, University of Victoria

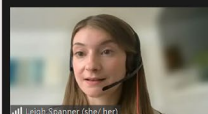
In his session Tim posed some questions around how the Charter might guide us in this area. While there is no direct reference to substance use in the Charter, Tim invited participants to discuss implications of its frame, thrust, emphases and outlook for attitudes toward substance use and foci in addressing it, and for what is needed to develop substance use literacy. How does it bear on consideration, decisions and implementation of policies, practices and programs related to substance use? What kind of evaluation for initiatives does the Charter point to if it is being consistently appropriated?

Intersectional approaches to understanding mental health

Presenters: Truelove Twumasi-Afriyie & Miranda Massie, University of British Columbia

In their workshop Truelove and Miranda explored mental health challenges and their impacts on people experiencing stigma and discrimination as a result of intersecting identities (race, gender, class, ability, sexuality, etc.). The presenters emphasized the importance of building a more caring and empathetic world through creating space to talk about the impacts and experiences of intersecting identities as they relate to mental health.

Lessons from the Charter



Activating a whole university approach to mental health & wellbeing: lessons from the UK's Mental Health Charter

Presenter: Leigh Spanner, University of British Columbia

Having moved from the UK to work at UBC, Leigh discussed the Student Minds University Mental Health Charter that was created to support UK universities in adopting a whole university approach to mental health and wellbeing, building on the foundations of the Okanagan Charter before it. Along with the participants, she then explored the enablers and challenges to activating real change, reflected on the lessons learned from implementing the University Mental Health Charter in the UK, shared experiences and identified actions regarding implementing the Okanagan Charter and the National Standard for Mental Health on their own campuses.

Co-creating spaces of belonging, connection and hope on campus through investments in peer support

Presenters: Bonnie Lipton-Bos, CMHA National; Jennifer Doyle & Esme Stumborg, UBC

Bonnie, Jennifer & Esme talked about a pilot project for Campus Peer Support, implemented by the CMHA National and five partners. The pilot project aimed to prepare Canadian post-secondary students who have faced mental health and/or substance use health challenges to draw from their lived experience and intersecting identities to support their fellow peers on campus. Participants were engaged in a conversation around how the UBC Student Recovery Community, one of their five pilot partners, was amplifying the voices of students with lived experience to break down stigma, and create a self-sustaining community of peer-led support.

Starting a conversation about suicide: foundational training for students

Presenters: Matty Hillman, Selkirk College; Dawn Schell, University of Victoria

Matty and Dawn offered an informative and practical training on suicide awareness and response. Using different questions, examples and scenarios, the presenters engaged the participants in a discussion about the signs of suicide, ways to ask and support someone in distress, and roles and boundaries when responding to a person considering suicide.

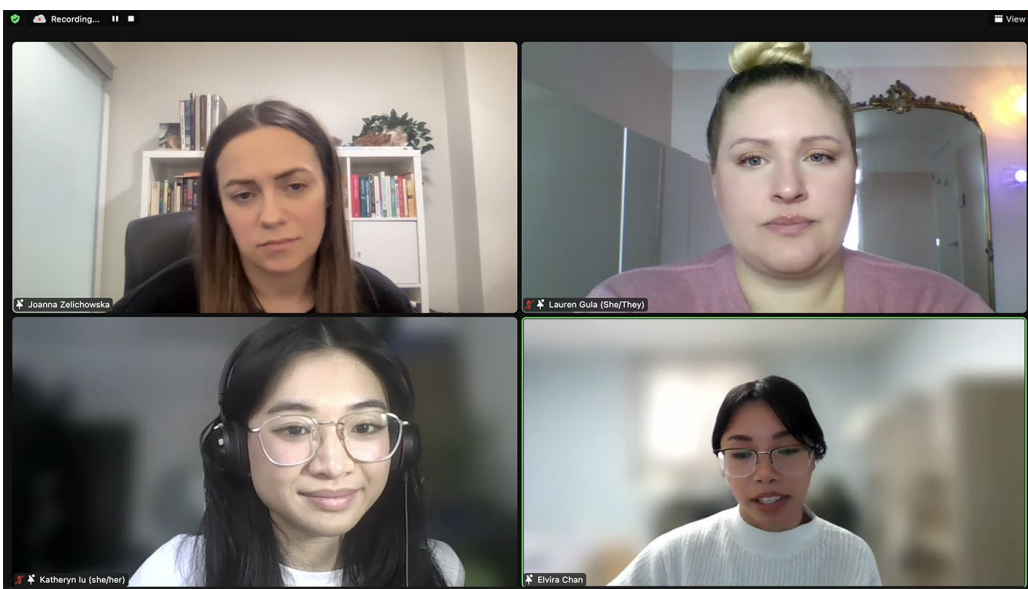
Hopeful Messages

- There is help to get through this. One step at a time. One minute at a time.
- Please reach out for help. You are not alone, and **you matter**.
- HOPE (Hold On, Pain Ends)



Starting a Conversation About Suicide





A conversation about the diverse experiences of body image & eating disorder challenges of young adults (no slides)

Presenters: Joanna Zelichowska, Jessie's Legacy Eating Disorders Prevention Program; Katheryn lu, University of British Columbia; Lauren Gula, Adler University

Joanna, Katheryn and Lauren explored diverse body image and disordered eating experiences that are often not represented in mainstream media portrayals. The format of the session encouraged the exploration of questions that evoked the personal wisdom, stories, and lived experiences of the speakers. The diverse panel discussed how the intersections of the multiple communities and identities they occupy impacted their journey with their bodies.

Building a healthier McGill: embedding resilience within the university to support student mental health & wellbeing

Presenters: Patricia Poulin (filling in for Vera Romano), Samantha Goldberg, Psegga Jones & Lumine Egan, McGill University's Student Wellness Hub

Patricia, Samantha, Psegga and Lumine shared the implementation of McGill University's Student Wellness Hub (SWH) framework which was developed to increase community and the capacity to respond to student mental health using a holistic wellness framework. The presentation explored how the SWH framework guided their health promotion and communications strategy.

Doing well and feeling well in student success: contributions of stress and learning regulation practices on social emotional and academic outcomes

Presenter: Meg Kapil, University of Victoria

Meg discussed stress, student success, and mental health in her workshop. Through various questions and engaging examples, Meg explained that when stress in academic settings is managed well, it can help students achieve goals that are important for both academic and social emotional outcomes. This presentation included research findings, suggestions and implications for practice, as well as an applied example of stress education and support within the school context.

What Summit participants said



"The interactive breakouts were lovely to dig a little deeper in critical reflection."



"My colleague and I have already begun drafting proposals for three initiatives inspired by the Summit."

Informational Presentations

There were 18 short presentations provided at the Summit within 3 different pairs of concurrent 90-minute sessions, each session containing 3 presentations. Presentations were for 20 minutes, relevant to enhancing campus members' individual and shared well-being. The 90-minute sessions included a 30-minute response time for Q&A at the end of the session.

Day 1

Building capacity with the National Standard

Presenters: Amy Fogarty & Sarah Ferguson, Mental Health Commission of Canada

Amy and Sarah presented on the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students (the Standard). They highlighted key aspects of the Standard and showcased an implementation resource to support and guide PSIs' work with the Standard.

A powerful dyad: universal design for learning and mental health promotion

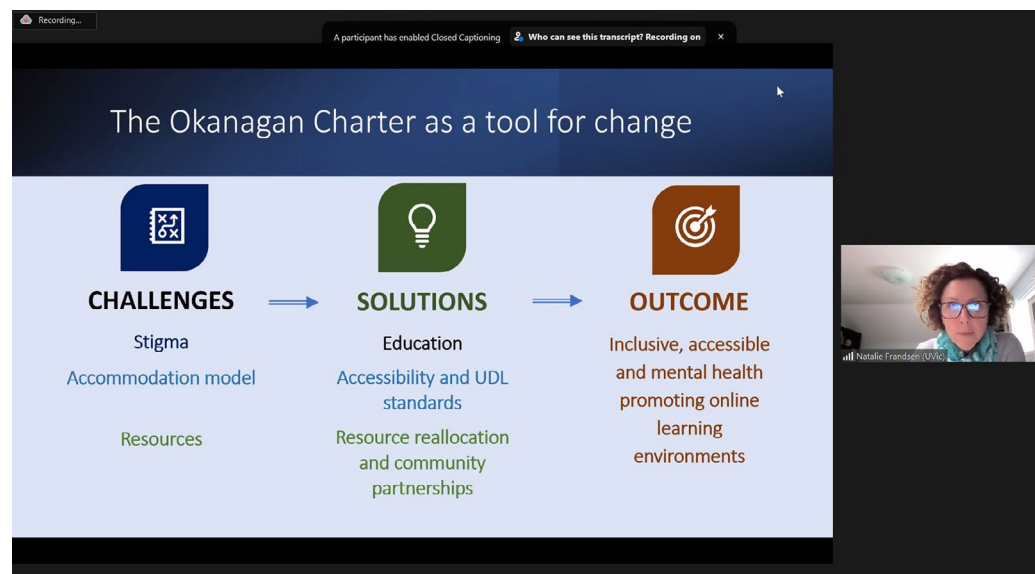
Presenter: Natalie Frandsen, University of Victoria

Natalie discussed the need to provide mental health promoting and accessible learning environments for post-secondary students and shared findings from an exploratory study focused on influences on learning for students with mental health related disabilities.

Building capacity through providing virtual mental health & substance use services within the Fraser Health Authority

Presenters: Zohreh Yaghoub Zadeh & Lauren Gill, Fraser Health Authority

In this presentation Zohreh and Lauren talked about quality assessment of virtual health services and shared their evaluation findings with the audience.



What Summit participants said

- “Being in a community is a great reminder that we are not alone in this work. We can lean on each other and share our learnings, approaches, experiences and ideas.”
- “It's been a great opportunity to really reflect with a trusted community to think about where we've been and what is necessary at this moment in time to move forward in a valuable way.”
- “It was great to be able to spend some dedicated time learning within this community. I liked that there was a mix of plenary, dialogue-based, and presentation sessions that we could choose from.”
- “Not only folks working in health care are doing 'health promotion' work; it is the work of everyone.”

Students as partners: Co-creating a community of good wellbeing

Presenter: Julia Haas, King's College London Students' Union

In her presentation Julia talked about the King's College London Students' Union (KCLSU) Wellbeing initiative and explained how the KCLSU Wellbeing team, in partnership with students themselves, built a community of wellbeing across King's using a whole university approach.

The mental health benefits of volunteering

Presenters: Rishika Selvakumar, Moneeza Sami, Puneet Sidhu & Emily Rowe, Anxiety Canada

Rishika, Moneeza, Puneet and Emily shared their personal experiences as mental health ambassadors. The central idea of their presentation was that joining mental health groups can improve one's own mental health.

Stigmatized mental illnesses: how to support a peer

Presenters: Miranda Teta, Manuella Katureebe, Sarah Belton, Olwyn Matthews & Em Ison, University of British Columbia

Miranda, Manuella, Sarah, Olwyn and Em talked about their UBC-AMS Peer Support Club with a focus on breaking down the issues surrounding stigmatized mental illnesses. They provided some strategies for helping to support a peer with a mental illness and closed their presentation with a peer sharing their lived experience with mental illness to serve the objective of destigmatizing and informing.

Day 2

Teachers of tomorrow – a model for health promotion in post-secondary settings

Presenters: Louise McClelland, Ever Active Schools; Kerri Murray & Shelly Russell-Mayhew, Werklund School of Education

The presentation from Louise, Kerri and Shelly focused on The Teachers of Tomorrow project as a model for health promotion in post-secondary settings. The presenters overviewed the model and highlighted ways in which they have seen success in cross-faculty/campus partnerships and discussed the national network that has formed from this work.

COVID-19 pandemic's impact on post-secondary student counselling services and health promotion strategies

Presenter: Rosemary Vito, King's University College

Rosemary provided a comparative review of post-secondary students' presenting issues and usage of counselling services both before and during the pandemic period at King's University College in London, Ontario, and shared the key findings.

UBC HPE and embedded counsellors unite: a collaborative approach to action student wellbeing

Presenters: Tam Uden & Freeman Woolnough, University of British Columbia

The presentation from Tam and Freeman highlighted UBC Health Promotion and Education (HPE) collaboration with UBC Counselling Services, Embedded Program, and explored the promotion of such holistic community-based wellbeing service for students, with a focus on sharing the impact of intercampus collaboration on student wellbeing in a decentralized service provision.

Healthy transition from high school to university

Presenters: Mary Beth Hall & Kayla Arnold, British Columbia Schizophrenia Society

Mary Beth and Kayla highlighted some of the skills youth could draw upon to enjoy a healthy transition to campus life. They talked briefly about the self-care techniques they work on in their group to help youth take care of themselves and their mental health.

Amplifying health promotion and wellbeing in higher education through student-led food security initiatives

Presenters: Kaitlin Wu, Cody Rector & Min Kim, University of British Columbia

This presentation from Kaitlin, Cody and Min discussed two Okanagan Charter-informed case studies on the UBC campus for promoting food security through the operation of a student-led cafe and a student-led at-cost grocery store. They shared their results of reduced students' stress and anxiety as well as their learnings from these endeavours.

Building capacity for well-being: Tools for Well-being in the Classroom research project

Presenters: Alisa Stanton, Lehoa Mak & Sheri Fabian, Simon Fraser University

Alisa, Lehoa and Sheri introduced a toolkit of well-being check-in strategies and a community of practice for faculty and instructional staff to take action to support student well-being in formal learning environments. The presenters shared their key outcomes and learnings.

Day 3

Substance use health & recovery at UBC Vancouver

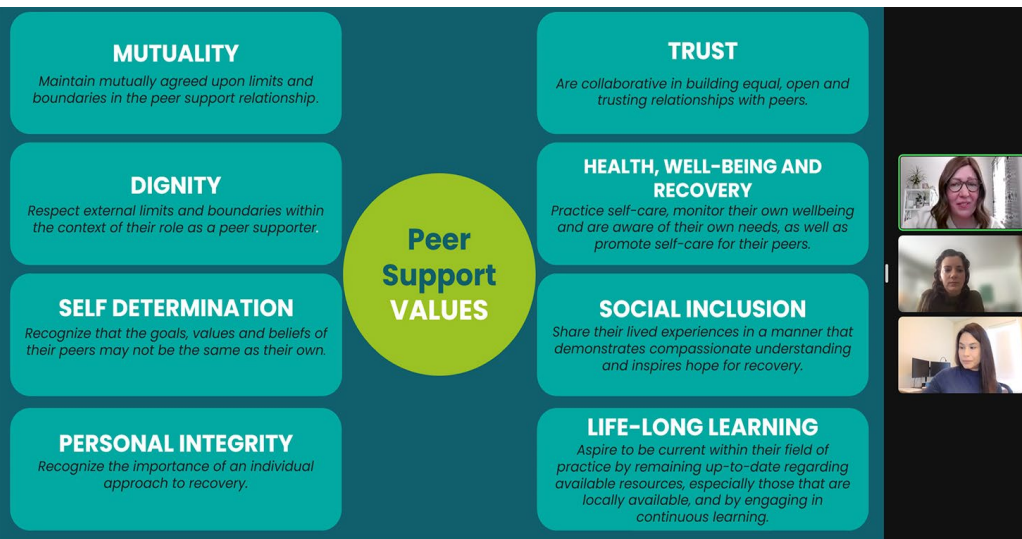
Presenter: Amanda Unruh, University of British Columbia

Amanda offered an overview of the substance use health and harm reduction programming at UBC Vancouver piloted in the past 2 years. This included test strips, drug checking, naloxone distribution, and overall communications relating to decriminalization.

The VCC journey to creating its first mental health and well-being framework

Presenters: Clayton Munro & Elaine Pedersen, Vancouver Community College

In this session the Co-Chairs of this initiative, Clayton and Elaine, shared their step-by-step journey from establishing a steering committee, right through to framework development and launch, and provided an update on efforts that have progressed since its launch last May.



What Summit participants said



"I intend to reach out and connect more intentionally with other strategic priority offices on our campus."



"Continue offering opportunities to gather and share in this way."

Responsive evaluation: an approach to assessment especially apt for health promotion initiatives?

Presenter: Tim Dyck, University of Victoria

Tim introduced and, through questions, discussed responsive evaluation as an approach that aims to appreciate interdependent social practices and carefully attend to participants' own interpretation of involvement in and benefit from health promotion initiatives.

Collaborative development of unique multimedia resources for suicide awareness

Presenters: Patty Hamblen, Douglas College & Tam Uden, University of British Columbia

This presentation from Patty and Tam focused on the videos developed by 12 BC campuses funded through the B.C. Campus Suicide Prevention Grant. The products of this collaborative work can be used by educators and facilitators in workshops, classrooms, social media campaigns and more. The videos serve as examples of mental health literacy resources to educate youth and young adults about how to reach out for help and how to help others who may be struggling with suicidal ideation.

CAREing at North Island College: activation of the Okanagan Charter through community empowerment

Presenters: Rachel Birch, Meesbah Jiwaji & Lela Kulesh, North Island College

Rachel, Meesbah and Lela introduced NIC's CARE2 Plan, featuring three strategic initiatives to promote well-being, develop leadership and provide early assistance that focused on key values at the institution: collaboration, active listening and empowerment.

Breaking the closet: student leadership and community engagement through storytelling

Presenters: Alfie Esperanza & Mercedes Dysserinc, North Island College

This presentation from Alfie and Mercedes discussed the project on promoting inclusion, visibility and empathy within the community. Their motivation in sharing this project was to encourage similar undertakings – the exploration and uplifting of diverse student voices and experiences.

Indigenous Perspectives & Mental Health

Colonialism
Cultural suppression/persecution and forced assimilation have profound effects on health and social outcomes across generations.
Mental Health Services

Differences in ways of knowing = misunderstandings in health/health-care

Indigenous understanding of health/healing ↔ Western ways of knowing

Four Directions:

- North Direction:** Represents the Winter Cycle of Life: Elder Medicine: Sage Spirit Animal: Bear Element: Fire
- East Direction:** Represents the Spring Cycle of Life: Youth Medicine: Tobacco Spirit Animal: Eagle Element: Air
- South Direction:** Represents the Summer Cycle of Life: Youth Medicine: Cedar Spirit Animal: Wolf Element: Earth
- West Direction:** Represents the Fall Cycle of Life: Adult Medicine: Sage Spirit Animal: Buffalo Element: Water

Summit 2023: what has been your experience?

- Connecting With Other Campus Champions: Really appreciated connecting with people from other campuses and programs. Loved the collaborative energy and open sharing. It's emerging. (5 stars)
- Maintaining Zoom focus for three days can be challenging - I miss the in-person time we had before. Maybe some shorter more frequent virtual events to balance in-person opportunities? (4 stars)
- It was inspiring to hear from many people and see this important work be celebrated and highlighted. (5 stars)

Participation in HMJHC: what has been your experience?

- and great presenters. (5 stars)
- Sharing: I loved the breakout rooms and welcoming spaces to explore ideas. It was great. I'm wondering if there might be more sharing in the plenaries if the recording function is off. My experience in other gatherings has been that people share ideas and explore sensitive thoughts more when they aren't recorded. (5 stars)
- Blended would be nice. Online worked well, but I did miss the informal chats that used to happen at past in-person summits. (5 stars)

Possibilities for activating the Charter: your imagination, ideas?

- *What might that look like within your institution? (5 stars)
- *How might HMJHC at large be able to help? (5 stars)

Evaluation & Closing

We ended our Summit with a closing plenary session, inviting all participants to have a dialogue on their overall take on proceedings and HM|HC, future possibilities for activating the Charter in local PSIs, and more.

Overall, our Summit took a responsive evaluation approach, conducted in the following formats:

- **Padlet:** Throughout the Summit, the participants had the opportunity to use the virtual bulletin board, Padlet, to register their experience, impressions, questions and takeaways. Over the course of three days, 29 responses (+ some others listing resources) were recorded. In addition, another **Padlet** page was used at the closing plenary session and received 52 responses. The responses were anonymous.
- **Post-event Survey:** To help us further assess the Summit, all the attendees were invited to share their responses in a brief survey at the end of the Summit. Within three weeks afterward, 19 responses were received.

According to the survey responses and Padlet feedback, the majority of participants viewed their Summit experience as very positive. They found it to be a profitable joint learning opportunity with an opportunity to reflect, relate (especially through breakouts), and be inspired. They appreciated the chance to connect and share (though a preference for an in-person gathering became apparent in the evaluation). They welcomed the varied format and schedule and were especially pleased with plenary sessions. Areas of feedback included recommendations for some workshops to be more dialogic and some presentations to be more substantive and conducive to discussions.

What Summit participants said



“Thank you so much for the summit and the inspiring, hope filled, heart grounded work and conversations. I look forward to what’s next.”

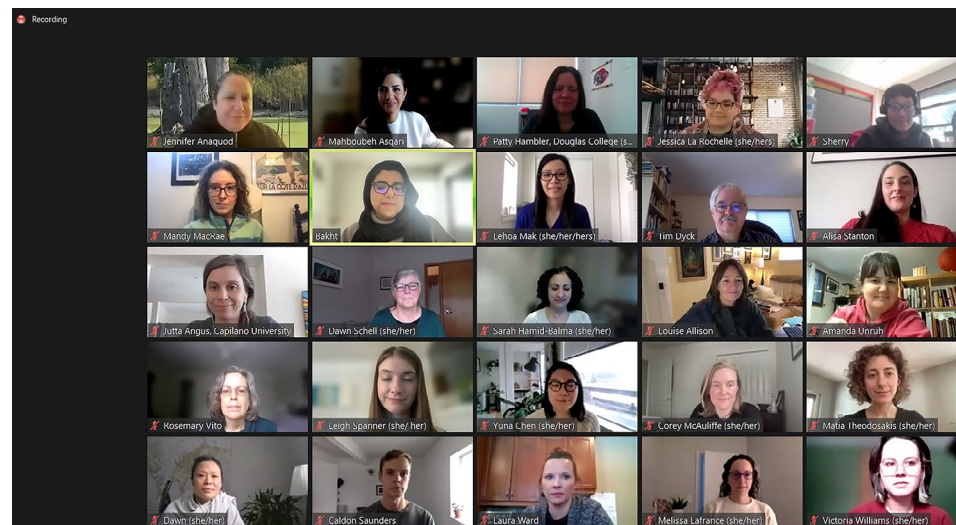


“In the current context, the focus on working together to increase efficiency/value/meaning/relationships across efforts is critical.”

“Aha! moments” for attendees included plenary speaker commentary on paradigm shifts, well-being constructs and holistic indigenous perspectives that challenged attendees around their thinking, language and approach in health promotion. A number felt reinforced in the importance of connections for sharing experience and strategy. They were also encouraged to find advantages of linking their work with related efforts under other labels, enjoying institutional favor, and administrative support. Other shared takeaways had to do with attractive health promotion initiatives in the classroom, the importance of providing peer support to employees and to students, and the impact of issues presenting in the counselling context.

On how participants plan to use insights and experience gained at the Summit, survey respondents said that they would share them with colleagues to build connections when developing and improving services.

Respondents appreciated the accessibility of the virtual format, but also felt that an entirely virtual format spanning 3 full days was too demanding. There was a strong desire for at least some in-person components at a future Summit event. Some suggested to have a variety in the session formats with opportunities for presentation and breakouts.



Respondents view the Summit (and future HM|HC learning events) as providing opportunity to connect, share and learn and to be better positioned to build relationships and pursue productive collaboration. Part of this is gaining perspective on facing and dealing with common challenges. Those include limited financial resources and challenges in best supporting students in view of the various factors that bear on their mental health. Commitment to address such issues within a whole campus salutogenic approach is endorsed. There is a strong interest in being able to aptly assess the impact and value of initiatives being undertaken to advance mental health and well-being. HM|HC is regarded as well-positioned to support such social learning and help promote activation of the Okanagan Charter.

After grateful acknowledgements of various contributors to the event, the Summit concluded with invited remarks from Marie Hooper of the Kwikwetlem First Nation and a member of SFU's Elders Program. Elder Marie, reinforced the importance of efforts such as those of HM|HC to engage in holistic health promotion, not only supporting individuals with relevant services, but also strengthening communities with sound policies and improving social systems to better serve the public good. A collaborative approach to advance comprehensive well-being is very akin to traditional Indigenous values around relationships and respect. It is also crucial for overcoming adverse impacts of colonizing practices detrimental to the health of First Nations people, other vulnerable populations and our society at large. Her closing blessing requested enablement for us to listen openly, gain wisdom and confidence, and act together humbly.

HMHC Summit 2023

Share your thoughts, impressions and feedback from the Summit here!

Now that you are here, want to share what led you to register and attend HM|HC Summit 2023?

☆ Rate 1

Ima242 3mo
Looking forward to learning from others about different ways they are activating the Okanagan Charter and supporting mental health at their campuses!

Add comment

What are you hoping to get from this conference?

☆ Rate 2

Anonymous 3mo
Inspiration and new connections (with people and in my brain!)

Anonymous 3mo
New ideas, inspiration and connections!

Add comment

Video greetings from Jonny Morris



2-minute video greetings from CEO of CMHA BC, Jonny Morris, who also happened to be one of HMHC's first Co-Leads and hosted the first Summit in 2009:

So how is it going? Care to share one insight you picked up today that might change how you engage with others on campus?

☆☆☆☆☆ (2) Rate 18

Anonymous 3mo
I love what CARE2 stands for. I also loved how you highlighted the importance of staff wellness - it is so important for staff to be well so that they can support students as best they can

Anonymous 3mo
CARE2 is the bomb! Perhaps can be taken up by others? Could become an acronym implementing the Charter.

Anonymous 3mo
I really enjoyed the passionate plenary presentation by Felicity! Very inspiring!

Anonymous 3mo
I'm interested in learning more about the UBC Activate Well-Being Toolkit when it's launched more broadly

Anonymous 3mo
Love the quote shared by Matt: "If you want to go fast, go alone. If you want to go far, go together"

Frogs in a Pond :)

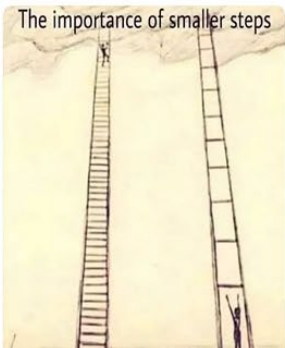


☆☆☆☆☆ (4) Rate 1

Anonymous 3mo
A very powerful metaphor!

Add comment

A gentle wellbeing reminder :)



Mental Health Support Resources

Residential School Survivors and Family: 1-866-925-4419 (24-hour crisis line)

KUU-US Crisis Line Society:
www.kuu-uscrisisline.com; 1 800 588 8717 (Toll-free), 250-723-4050 (Adult Line)

Chimo Crisis Line & Live Chat: 1-604-279-7070 (Live chat crisis support in Mandarin, Cantonese, Punjabi, Hindi, Urdu, Tagalog, Japanese and Korean)

SUCCESS Chinese Helpline:
Cantonese - 1-604-270-8233 & Mandarin - 1-604-270-8222 (Crisis support for Chinese Canadians)

Healing in Colour:
www.healingincolour.com/ (list of therapists for IBPOC/BIPOC communities)

Wellness Together Canada:
www.wellnesstogether.ca (24/7)

Resource Roundup!



We have been seeing and receiving such wonderful resources from our speakers, presenters and participants! Please feel free to share them here :)

☆ Rate 6

Anonymous 3mo
Indigenous Ally Toolkit
https://www.segalcentre.org/common/sitemedia/201819_Shows/ENG_AllyToolkit.pdf

Anonymous 3mo
Intersectionality and Mental Health @UBC
<https://wellbeing.ubc.ca/wellbeing-campaigns-and-initiatives/thrive/learn-about-mental-health>

Anonymous 3mo
UBC AMS Peer Support
<https://www.ams.ubc.ca/support-services/student-services/peer->

Stay connected

Summit participants are encouraged to build on the momentum from the Summit not just by visiting the HM|HC website, subscribing to the e-newsletter and keeping up with our twitter account, but also by maintaining contact and collaborating with each other. We look forward to formally connecting again with Summit delegates at our next learning event.



Thank you to the 2023 Summit organizers

HM|HC Support Team (ST)

- » Mahboubeh Asgari
- » Tim Dyck
- » Bakht Anwar
- » Sarah Hamid-Balma
- » Dan Reist

Helpers from CISUR

- » Amanda Farrell-Low
- » Trudy Norman

Special thanks to our HM|HC Leadership Committee (LC) for counsel and additional volunteer efforts

- » Billie Brown
- » Yuna Chen
- » Ben Eaton
- » Mez Jiwaji
- » Lehoa Mak
- » Malik Prasad
- » Liisa Robinson
- » Dawn Schell
- » Danica Spittal
- » Tam Uden
- » Mark Zhang

**Many thanks to the
Provincial Health Services
Authority for funding
support through affiliation
with BC Partners**

About HM|HC

Healthy Minds | Healthy Campuses (HM|HC) is a province-wide community of practice (CoP)—a group of people in BC who share the common goal of promoting mental health and healthier relationships with alcohol and other psychoactive substances at their post-secondary institutions. We believe that well-being is everyone's business, so our community members include students, campus services professionals, faculty, and administrators. We are interested in working with community partners who wish to come alongside and collaborate with us on initiatives tailored for appropriate implementation in our contexts. Healthy Minds | Healthy Campuses is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. The BC Partners are funded by the Provincial Health Services Authority.



**University
of Victoria**

Canadian Institute for
Substance Use Research



in partnership with

heretohelp

funding provided by



**Provincial Health
Services Authority**
Province-wide solutions.
Better health.