



Revolutionizing Campus Wellness
Summit 2012



University
of Victoria

Centre for Addictions
Research of BC

healthy minds/healthy campuses

a community of practice to promote campus mental health

September 26-29 | Inn at Laurel Point, Victoria BC

summit 2012 program



funders



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Inn at Laurel Point

Stay Different...

Wednesday, September 26

2:00–4:00pm Post Secondary Counsellors' Association Board Meeting

5:00–7:00pm **Opening Reception: Turning a Corner, Gaining Momentum**

This reception is an opportunity to gather together to kick-off Summit 2012 with appetizers and conversation. It will include an engaging reflection on where we have been and where we can go.

Jonny Morris, Director, Public Policy and Campus Mental Health, Canadian Mental Health Association - BC Division (CMHA BC)

Shaylyn Streach, Coordinator, Healthy Minds/Healthy Campuses

Thursday, September 27

7:30–8:30am Registration and Breakfast

8:10am **Welcome by the Honourable Dr. Margaret MacDiarmid, British Columbia Minister of Health**

Introduced by Judith Moore, Chair, CMHA BC

8:30–9:15am **Opening Remarks**

Skip Dick, Songhees Elder—Opening Prayer and Welcome to Territory

Judith Moore, Chair, CMHA BC

Jonny Morris, Director, Public Policy and Campus Mental Health, CMHA BC

Dan Reist, Assistant Director, Knowledge Exchange, Centre for Addictions Research of BC (CARBC)

Shaylyn Streach, Coordinator, Healthy Minds/Healthy Campuses

Chris Balmer, President, Post-Secondary Counsellors' Association

Representative, Western Canadian Senior Student Affairs Association

9:15–10:00am **Keynote Address - Promoting Campus Wellness in the Midst of Plurality, Complexity and Contested Knowledge: Is There a Toolkit for That?**

Over the past several years, we have witnessed a veritable explosion of “strategies” and “toolkits” within the health and social service sector. These resources have been developed to address suicide prevention, substance use, healthy eating, cultural safety, youth engagement, workplace health, mental health promotion, and community development. It seems like whatever health or social issue we might want to tackle—there’s a toolkit for that! In this presentation, Dr. Jennifer White, will situate the everyday practices of campus professionals and educational leaders within a context of competing interests, contested knowledges, and ongoing complexity. Against this backdrop, she will consider some of the ways that planning models and toolkits can provide a practical roadmap for conceptualizing and responding to numerous health problems or social issues on campus. At the same time, she will explore some of the unspoken assumptions embedded within contemporary mental health and health promotion discourses— and examine their potential effects. Ultimately she hopes to animate and extend current conversations about the possibilities and limits of ‘creating healthy campus communities’ within a context of plurality, change, and a largely unknown future.

Dr. Jennifer White, Associate Professor and Graduate Advisor, School of Child and Youth Care, University of Victoria

10:00–11:00am **Presidents' Roundtable (Panel Discussion)**

This armchair discussion features a number of senior sector leaders from across British Columbia. Each of the panellists will be called upon to share their perspectives on the role of healthy campus communities, paying particular attention to mental health and substance use. They will also be asked to discuss some of the challenges and opportunities that frame student wellbeing from their vantage point as leaders in the post-secondary context. The session will end with an invitation to consider “next steps.”

Dr. Kris Bulcroft, President, Capilano University

Dr. Geoffrey Payne, Assistant Dean of Education and Research (on behalf of Dr. George Iwama, President), University of Northern British Columbia

Dr. David Turpin, President, University of Victoria

Thursday, September 27 (continued)

Moderator:

Jonny Morris, Director, Public Policy and Campus Mental Health, CMHA BC

11:00–11:15am Nutrition Break

11:15–12:30pm **Case Conference: “Diagnosing” a Healthy Campus Community (Panel Discussion)**

This plenary session is a ‘double flip’ on the traditional critical incident response team case conference whereby we will be shifting the gaze to the broader context beyond the individual and looking at positive “symptoms.” Thought animators will explore the interrelated facets that create healthy campus communities and enable students to reach their full potential.

Robin Higgins, Counsellor, Selkirk College

Dr. Graham Lowe, President, The Graham Lowe Group

Shaylyn Streach, Coordinator, Healthy Minds/Healthy Campuses

Janet Teasdale, Senior Director, Student Development & Services, University of British Columbia

Dr. Kenneth Tupper, Director, Problematic Substance Use Prevention, BC Ministry of Health

Dr. Jennifer White, Associate Professor and Graduate Advisor, School of Child and Youth Care, University of Victoria

Moderator:

Dan Reist, Assistant Director, Knowledge Exchange, Centre for Addictions Research of BC (CARBC)

12:30–1:15pm Lunch

1:15–1:45pm **Ready, Set, Imagine: An Introduction to Afternoon World Café - “What does a healthy campus community look like and how do we get there?”**

Carolyn Harrison, Acting Associate Director, Health Promotion, Health and Counselling Services, Simon Fraser University

Shaylyn Streach, Coordinator, Healthy Minds/Healthy Campuses

1:45–2:30pm **World Café Session 1**

2:30–3:15pm **World Café Session 2**

3:15–3:30pm Nutrition Break

3:30–4:15pm **World Café Session 3**

4:15–4:30pm **Cross-Sectoral Reflections**

This session will serve as an opportunity to reflect on the day's dialogue, explore points of connection, and regroup prior to the next day's work.

Facilitators:

Jonny Morris, Director, Public Policy and Campus Mental Health, CMHA BC

Shaylyn Streach, Coordinator, Healthy Minds/Healthy Campuses

5:30–7:30pm **Gala Dinner and Gallery Walk of Campus Capacity Grant Projects**

Friday, September 28

7:30–8:30am Breakfast

8:30–9:15am **Keynote Address - Higher Learning on Healthy Campuses: A Radical Redesign of Postsecondary Education**

Critical questions of institutional mission, organizational structure and policy, and the nature and formation of programs and services designed to provide personal and academic support to students link our essential discussions of healthy campus living and learning environments, the dynamics and quality of student learning, the well-being of campus communities, and students' readiness to learn. The learner matters in the learning; it

Friday, September 28 (continued)

is no longer intellectually or practically feasible to conceive of learning as a segregated intellectual activity that engages the mind, but not the brain, the emotions, and the body. Achieving the promise of developmental and transformative higher learning for all students will require far more than simply screening students and providing responsive psychological services; to help all students be ready and able to learn, and to fulfill the promise of post-secondary education, we must imagine far-reaching changes in institutional cultures, organizational arrangements, and educational policies and practices. A radical re-design of higher learning and the institutions that offer it is needed to achieve the goal of healthy minds on healthy campuses.

[Dr. Richard Keeling](#), Principal and Senior Executive Consultant, Keeling & Associates

9:15–9:45am

Rethinking Success for Indigenous Students: Intersecting Dynamics of Health and Cultural Relevance in Shaping Educational Environments

For many Indigenous students, success means more than making it through to graduation. In this presentation, diverse experiences and meanings of ‘success’ will be explored with a grounding in Indigenous perspectives on health and wellness. The presenter will use her own experiential knowledge, as well as research findings, to illustrate how the inclusion of principles of relationality, self-determination, and agency are central to understanding individual wellbeing within the context of colonialism in Canada. Additionally, findings from the LE, NONET research recommended the integration of six best practice elements: reciprocal learning, supporting indigenous identity development, culturally relevant programming, community building, relationship building and individualized programming. These will be used as a foundation for investigating how educational spaces can provide opportunities for Indigenous students to succeed on their own terms, while contributing to the wellbeing of their families and communities.

[Sarah Hunt](#), PhD Candidate, Simon Fraser University and Independent Researcher

9:45–10:00am

Stretch Break

10:00–10:45am

Students’ Roundtable (Panel Discussion)

This armchair discussion features a number of student leaders from across British Columbia. Each of the panellists will be called upon to share their perspectives on the role of healthy campus communities, paying particular attention to mental health and substance use. They will also be asked to discuss some of the challenges and opportunities that frame student wellbeing from their vantage point as leaders in the post-secondary context.

[Laura Chow](#), Chair of the School of Health Sciences 2011-2012, British Columbia Institute of Technology Student Association

[Karli Harrison](#), Residence Advisor, Selkirk College

[Kiran Mahal](#), Vice President, Academic and University Affairs, Alma Mater Society, University of British Columbia

[Emily Rogers](#), Chairperson, University of Victoria Students’ Society

[Sarah Stott](#), Student Health Advisory Committee 2011-2012, Simon Fraser University

Moderator:

[Jonny Morris](#), Director, Public Policy and Campus Mental Health, CMHA BC

10:45–11:00am

Nutrition Break

11:00–11:15am

BC Responsible and Problem Gambling Program Presentation

This is an opportunity to learn more about the work of the BC Responsible and Problem Gambling Program.

[David Horricks](#), Director, BC Responsible and Problem Gambling Program

[Andre Serziski](#), Prevention Specialist, BC Responsible and Problem Gambling Program

11:15–11:30am

Canadian Drug Policy Coalition Presentation

This is an opportunity to learn about the work of the Canadian Drug Policy Coalition.

[Dr. Connie Carter](#), Senior Policy Analyst, Canadian Drug Policy Coalition

Friday, September 28 (continued)

11:30–12:30pm	Addressing Substance Use on Campuses An interactive presentation on appropriate approaches and an introduction to a new opportunity for HM/HC community members to participate in building local campus capacity and a provincial support infrastructure. Dr. Tim Dyck , Research Associate, Communication and Resource Unit, CARBC Dan Reist , Assistant Director, Knowledge Exchange, CARBC
12:30–1:15pm	Lunch
1:15–2:45pm	Breaking it Down An engaging workshop for groups to explore effective socio-ecological mechanisms for addressing substance use on campuses and to grapple with what is needed to implement and sustain these mechanisms. Facilitators: Dr. Tim Dyck , Research Associate, Communication and Resource Unit, CARBC Dan Reist , Assistant Director, Knowledge Exchange, CARBC
2:45–3:15pm	Nutrition Break
3:15–4:30pm	Putting it Back Together A collective discussion synthesizing group findings and indicating how participation in the new project can help campuses achieve and maintain enhanced health in regard to substance use. Facilitators: Dr. Tim Dyck , Research Associate, Communication and Resource Unit, CARBC Dan Reist , Assistant Director, Knowledge Exchange, CARBC

Saturday, September 29

7:30–8:30am	Breakfast
8:00am	Presentation: Canadian Association of College and University Student Services/CMHA BC Partnership Update
8:30–9:30am	Opening Space We will use Open Space to invite you to recruit support around the questions, ideas, and issues that you are facing within your campus or community contexts. The next sessions titled “Exploring Local Issues, Solutions and Responses” will be organized around the topics you identify. This is an opportunity to build solidarity within our community-of-practice. Facilitator: Jonny Morris , Director, Public Policy and Campus Mental Health, CMHA BC
9:30–10:15am	Exploring Local Issues, Solutions and Responses
10:15–10:30am	Nutrition Break
10:30–12:00pm	Exploring Local Issues, Solutions and Responses (continued)
12:00–12:30pm	Preliminary Results – “What does a healthy campus community look like and how do we get there?” This closing presentation will share the collective ideas generated during the world café sessions and additional thoughts contributed by participants during breaks on Friday. Specifically, we will prepare an account of your collaborative vision for campus communities that support well-being and identify methods to get there. These results will form the basis of a re-launched Healthy Minds/Healthy Campuses online knowledge exchange platform that will build capacity for action and be revised and expanded over time. Jonny Morris , Director, Public Policy and Campus Mental Health, CMHA BC Shaylyn Streach , Coordinator, Healthy Minds/Healthy Campuses

Keynote Speakers



Dr. Jennifer White

Dr. Jennifer White is an Associate Professor and Graduate Advisor in the School of Child and Youth Care at the University of Victoria, Canada. Jennifer has practiced as a clinical counsellor, educator, policy consultant, researcher, and community developer. Jennifer is currently interested in studying contemporary discourses of youth suicide prevention. Through critically informed, relational approaches to inquiry, she seeks to explore alternatives to the standardized, expert-driven, one-size-fits-all, risk factor based approach to youth suicide prevention. The idea is not to replace current approaches to prevention, but rather to expand our understandings and vocabularies and allow multiple possibilities and approaches to proliferate. Jennifer has served on the Board of Directors of the Canadian Association for Suicide Prevention and in 2004 she was given the service award in recognition of her contributions to youth suicide prevention. From 2007-2011 she served as a member of the First Nations, Inuit and Métis Advisory Committee, Canadian Mental Health Commission. She is also a founding member of the Inter-Campus Suicide Prevention Action Group (SPAG).



Dr. Richard Keeling

Richard P. Keeling, M.D., leads Keeling & Associates, LLC (K&A)—a comprehensive higher education consulting practice with the mission of improving outcomes in higher education by creating change for learning. His leadership of K&A stems from these beliefs and commitments: that learning should be transformative, that learning must be at the core of the mission of colleges and universities, and that sound processes of institutional renewal can enable campuses to improve learning in its broadest sense. Dr. Keeling serves on the Board of Directors of the Council for the Advancement of Standards in Higher Education and has been president of four professional organizations in higher education. Dr. Keeling was both a tenured faculty member and a senior student affairs administrator at the University of Virginia and the University of Wisconsin-Madison. Dr. Keeling and Dr. Richard Hersh recently published *We're Losing Our Minds: Rethinking American Higher Education* (Palgrave Macmillan, 2012). This book argues for substantial change in the culture of higher education to support higher quality and better value in undergraduate education in the United States.

Planning Committee

Julie Adams (Ministry of Health)
Chris Balmer (Camosun College)
Judy Bushnell (BCIT)
River Chandler (Ministry of Health)
Tim Dyck (Centre for Addictions Research of BC)
Daniel Frankel (Capilano University)
Sarah Hanson (UNBC)
Carolyn Harrison (SFU)
Erika Horwitz (SFU)
Heather Hyde (BCIT)

Glenda Kerr (JIBC)
Rita Knodel (UVic)
Mary Mochizuki (TRU)
Jonny Morris (CMHA BC) - Summit 2012 Co-Lead
Martin Mroz (SFU)
Denise de Pape (Ministry of Health)
Daniela Pacheva (Douglas College)
Dan Reist (Centre for Addictions Research of BC)
Cliff Robinson (TRU)
Manik Saini (Ministry of Health)

June Saracuse (UVic)
Stephen Smith (Ministry of Health)
Alisa Stanton (SFU)
Sandra Strate (Douglas College)
Shaylyn Streach (Healthy Minds/Healthy Campuses) - Summit 2012 Co-Lead
Cathy Tetarenko (TRU)
Kenneth Tupper (Ministry of Health)
Cheryl Washburn (UBC)

notes

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Summit 2012 is a unique opportunity to design a shared vision for campus communities that support well-being and to identify methods to get there. Building upon four years of growth and learning, we plan to create a space to come together to learn about, share and advance strategic efforts to promote mental health and reduce risky substance use at post-secondary institutions.

Using a mix of creative techniques this event will facilitate knowledge exchange, collaborative thinking and innovation. Leading thinkers will help animate critical discussions related to policy, teaching, student services and campus life. Delegates will examine issues, sustainable solutions and actions to support health-promoting, vibrant campus communities that enable people to reach their full potential.

“Revolutionizing Campus Wellness: A Vision for Healthy Campus Communities”

Objectives

To increase awareness of the complex social, economic, cultural, political and environmental factors that influence mental health and substance use in the post-secondary campus context.

To build capacity for action by co-crafting an innovative resource that:

- articulates what we mean by a “healthy campus community” and outlines key features;
- identifies concrete methods to foster positive change;
- becomes a dynamic and relevant electronic resource that is revisited, revised and expanded over time.

To discuss current research findings related to appropriate approaches for addressing substance use and to introduce an exciting new project for campuses.

To engage – and strengthen connections between – new and existing members of the Healthy Minds/Healthy Campuses community of practice.