

# Healthy Minds/Healthy Campuses Summit 2011

November 18+19 | Justice Institute of BC, New Westminster

## program

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## Friday, November 18

8:30–9am	<b>Registration</b> —Atrium outside main theatre at the Justice Institute of BC (JIBC)
9–9:30am	<p><b>Welcoming Comments: Setting the Intention for Summit 2011</b></p> <ul style="list-style-type: none"> <li>• <b>Jonny Morris</b>, Acting Director of Mental Health Promotion, Canadian Mental Health Association (CMHA) BC Division</li> <li>• <b>Bev Gutray</b>, CEO, CMHA BC</li> <li>• <b>Michel Tarko</b>, Vice President Academic, JIBC</li> <li>• <b>Susan Addario</b>, Registrar and Director, Student Services, JIBC</li> </ul>
9:30–10:30am	<p><b>Summit Keynote Address: It takes a whole campus ... Promoting mental health for students, faculty and staff</b>—<b>Trevor Hancock, Professor and Senior Scholar in Public Health, University of Victoria (UVic) School of Public Health and Social Policy</b></p> <p>Twenty-five years ago, the Ottawa Charter for Health Promotion launched the ‘settings approach’ to health promotion. The promotion of physical and mental health takes place in the settings where we live, learn, work and play—and we do all four at universities and colleges. In this presentation, Trevor will discuss the principles of health promotion in general, and the evidence base for mental health promotion and the prevention of mental disorders. From this basis, he will suggest what it will take to make our campuses mentally healthy settings for students, staff and faculty.</p>
10:30–10:45am	Nutrition Break
10:45–11:30am	<p><b>Catalyst Presentation: Will You, Won’t You Join the Dance? Campus Alcohol Policy</b></p> <ul style="list-style-type: none"> <li>• <b>Denise De Pape</b>, Director of Alcohol Harm Reduction, BC Ministry of Health</li> <li>• <b>Manik Saini</b>, Policy Analyst—Alcohol Harm Reduction, BC Ministry of Health</li> <li>• <b>Dan Reist</b>, Assistant Director (Knowledge Exchange), Centre for Addictions Research of BC (CARBC)</li> <li>• <b>Tim Dyck</b>, Research Associate, CARBC</li> </ul> <p>A multi-component session that entertains the use of a socio-ecological model to reduce the harms related to alcohol on post-secondary campuses. The model can easily be applied to a variety of mental health and substance use issues.</p>
11:30am–12:15pm	<p><b>Catalyst Session: Student Consultant Panel Interview</b>—<b>Rahul Jain</b> (University of Northern BC), <b>Alex Sterling</b> (UVic), <b>Kari Michaels</b> (BC Institute of Technology) and <b>Heather Palis</b> (Simon Fraser University)</p> <p>This plenary dialogue session serves as an opportunity to position a group of students as consultants about the project of promoting campus mental health and reducing harmful substance use. Representatives from a number of BC college and university campuses have been invited to speak from their vantage point as students.</p>
12:15–1:15pm	Lunch
1:15–1:30pm	Transition
1:30–2:30pm	<p><b>Summit Keynote Address: Healthy Minds/Healthy Campus—the Camosun College Experience</b>—<b>Nicole Greengoe, Director of Student Services and Registrar, Camosun College</b></p> <p>Nicole will speak to the implementation of a mental health framework on the Camosun College campus, the benefits of doing so, the ways in which opportunities have been found to further this good work, and exciting possibilities for the future.</p>
2:30–3pm	<p><b>Special Announcement: Strengthening Institutional Mental Health Action Capacities at BC Post-Secondary Institutions</b>—<b>Jonny Morris, Dan Reist and Tim Dyck</b></p> <p>We are pleased to announce the launch of a limited number of one-time grants designed to support BC campuses to strengthen their institutional capacity to promote mental health. This session will explain the vision of the grant program and the application process.</p>

## Friday, November 18 (continued)

3–3:15pm	Nutrition Break
3:15–4:45pm	<p><b>Dialogue Sessions</b></p> <p><b>Theme 1   The Lobster Quadrille: Mobilizing Your Campus Around Alcohol</b> —Denise de Pape, Manik Saini, Dan Reist and Tim Dyck</p> <p>A pragmatic discussion in which participants examine post-secondary institution case studies and explore consistent utilization of the socio-ecological approach—particularly at an institutional level. This kind of health promotion attempts to address alcohol-related concerns in a more comprehensive and collaborative way with sustained impact in changing the campus culture.</p> <p><b>Theme 2   Developing Campus Mental Health Strategies: An interview</b></p> <ul style="list-style-type: none"> <li>• Cheryl Washburn, Director of Counselling Services, University of British Columbia (UBC)</li> <li>• Chris Balmer, Counsellor, Camosun College</li> <li>• Carolyn Stewart, Associate Director (Acting) of Health Promotion, Simon Fraser University (SFU)</li> <li>• Alisa Stanton, Health Promotion Specialist, SFU</li> <li>• Interviewed by Jonny Morris, CMHA BC</li> </ul> <p>Several BC post-secondary institutions have stepped toward the development of comprehensive mental health strategies. Panelists will participate in a live interview about their experiences planning and implementing strategic campus mental health promotion efforts.</p> <p><b>Theme 3   Equality, Dignity and Inclusion: Human Rights and Mental Health</b></p> <ul style="list-style-type: none"> <li>• Cindy Player, Director of Equity and Human Rights, UVic</li> <li>• Michael Gunn, student, UVic</li> </ul> <p>This interactive workshop will provide a basic understanding of the Convention on the Rights of People with Disabilities and its implications for people living with mental illness or mental health issues. Participants will have the opportunity to bring a human rights lens to what they do—whether that is studying, living life with a mental health diagnosis, counselling, providing student services, offering peer support or advocating for mental health. Participants will work together to identify new ways to bring a rights analysis and corresponding actions to what they do on a daily basis.</p>
4:45–5pm	Transition
5–5:30pm	<b>Building Capacity through Action &amp; Telling: The Ride Don't Hide Story—Michael Schratte</b>
5:30–6:30pm	Dinner

## Saturday, November 19

9–9:15am	<b>Opening Remarks</b>
9:15–9:45am	<b>Opening Plenary: Student Reflections—Rahul Jain</b> (University of Northern BC), <b>Alex Sterling</b> (UVic), <b>Kari Michaels</b> (BC Institute of Technology) and <b>Eliza Wong</b> (SFU)
9:45–10am	Nutrition Break
10–10:30am	<b>Strengthening Institutional Mental Health Action Capacities at BC Post-Secondary Institutions Open Space</b>
10:30am–12pm	<b>Dialogue Stream 1</b>
12–1pm	Lunch
1–2:30pm	<b>Dialogue Stream 2</b>
2:30–3:30pm	<b>Closing Process: Harvest, Report Back, and Looking Ahead</b>

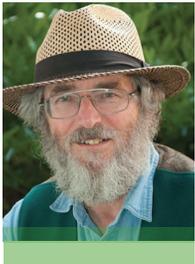
## Keynote Speakers



### Nicole Greengoe

Nicole is the Director of Student Services and Registrar at Camosun College, having been part of the college community for 24 years with a commitment to creating an educational environment where every student

is supported, encouraged and inspired to achieve their goals. Her role is to facilitate those in the field to create a mentally healthy community by supporting initiatives, policies and programs that emphasize mental health promotion, improved responsiveness, support and accommodation within programs, and advocacy for student service development.



### Trevor Hancock

Trevor is a public health physician and health promotion consultant and is currently a professor and senior scholar at the new School of Public Health and Social Policy at the University of Victoria. His main areas of interest

are population health promotion, healthy cities and communities, public health, healthy public policy, environment and health (he co-founded the Canadian Association of Physicians for the Environment), healthy and 'green' hospitals, health policy and planning, and health futurism. He has been described as "one of the ten best health futurists in the world".

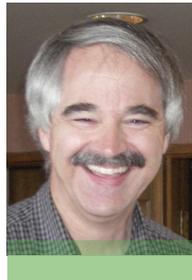


### Michael Schratter

Michael is a Vancouver teacher at David Oppenheimer Elementary School and a columnist for *24H* newspaper. On August 1, 2010, he embarked on his Ride Don't Hide journey, a 40,000km solo cycling tour around the globe,

across six continents and 33 countries, to raise awareness of mental illness and combat the stigma surrounding it. The Ride Don't Hide campaign has raised over \$70,000 for the Canadian Mental Health Association's child and youth programs. By sharing his own experience with bipolar disorder, Michael is a catalyst for dialogue and change around mental health issues.

## Panelists



### Tim Dyck

Tim has been at CARBC since 2006, with focus on promotion of initiatives to help reduce alcohol-related harm in communities and on campuses. He has been involved in Healthy Minds/Healthy Campuses since 2007 as a consultant and since 2008 as a member of the project Design Team.



### Jonny Morris

Jonny has practiced in the field of youth suicide prevention for ten years and has worked in direct clinical practice, as an educator, and as a community developer. He served as the coordinator for the Healthy Minds/Healthy Campuses Initiative from 2008 to 2011. He is currently the Acting Director of Mental Health Promotion for CMHA BC.



### Denise De Pape

Building on a 20+ year career in municipal Public Health in Ontario, Denise has focuses on alcohol policy and health promotion at the BC Ministry of Health since 2008. She has experience in municipal alcohol policy, low-risk drinking guidelines, and for a few years she ran a program for high school students called "Party in the Right Spirit" which had a peer-based education foundation.



### Dan Reist

Dan has provided leadership to the knowledge exchange team at the Centre for Addictions Research of BC since 2004. He is committed to communicating current evidence in a way that supports the evolution of effective policy and practice and seeks to bridge the ideological divides and professional barriers that often undermine effective responses.



### Manik Saini

Manik has been with the Ministry of Health since 2008. With a background in the broader aspects of public health and policy, Manik is most interested in the application of alcohol harm reduction theory to real world scenarios.