



Revolutionizing Campus Wellness  
Summit 2012



**heretohelp**

Mental health and substance use  
information you can trust



Canadian Mental  
Health Association  
British Columbia  
Mental health for all



**University  
of Victoria**

Centre for Addictions  
Research of BC

# bc healthy minds/healthy campuses

a community of practice to promote campus mental health

## Registration for Summit 2012 is now open!

**Register at:** [hmhcs Summit 2012.eventbrite.com](http://hmhcs Summit 2012.eventbrite.com)

BC Healthy Minds/Healthy Campuses  
Summit 2012

September 26-29, 2012

Inn at the Laurel Point, Victoria, BC

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

**Imagine** a healthy campus community.

**What** does it look like?

**How** do we get there?

You are invited to a unique opportunity to design a shared vision for campus communities that support well-being and 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.

Summit 2012 will facilitate knowledge exchange, collaborative thinking and innovation through a mix of creative techniques. Leading thinkers will help animate critical discussions related to policy, learning, student services and campus life. Delegates will examine issues and explore sustainable solutions and actions to support health-promoting, vibrant campus communities that enable people to reach their full potential.

*Mental health can be defined as “the capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional, social, intellectual and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity (Joubert & Raeburn, 1997). Produced through dynamic interaction between individuals, groups and the broader environment (Epp, 1988), mental health is the foundation of well-being and effective functioning for individuals, families, communities and societies.”*

(GermAnn & Ardiles, 2009, p. 25)

*Mental health promotion involves “taking action to ensure social conditions and factors create positive environments for the good mental health and wellbeing of populations, communities and individuals. Mental health promotion requires action to influence determinants of mental health and address inequities through the implementation of effective multi-level interventions across a wide number of sectors, policies, programs, settings and environments.”*

(Keleher & Armstrong, 2005, p. 13)

## 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.

## Participants

Summit 2012 invites a broad cross-section of individuals who interact with students and post-secondary institutions to come together to co-design a vision, increase momentum and enhance capacity for creating healthy campus communities.



## Registration

Click **here** to Register!

\*Registration is limited so please register early to ensure a spot\*

Fees:

Regular	\$250
PSCA Member	\$200
Student	\$50
WESTSSAA (1 day)	\$100

## Accommodations

Inn at the Laurel Point  
680 Montreal Street  
Victoria, BC  
V8V 1Z8

Special Group Rate:  
Laurel Wing Guest Room \$129.00

Reserve your Room:

- By phone 1-800-663-7667
- By email [reservations@laurelpoint.com](mailto:reservations@laurelpoint.com)
- Online **here**

Quote: Group Code – 1252950

\*Book before September 7, 2012\*

Don't miss this opportunity to join our people-driven movement. We all have a role to play in fostering healthy campus communities!

**Visit [www.healthycampuses.ca/summit-2012](http://www.healthycampuses.ca/summit-2012) for more details.**

The lead partners for Healthy Minds/Healthy Campuses are the Canadian Mental Health Association, BC Division (CMHA BC), and the Centre for Addictions Research of BC. Healthy Minds/Healthy Campuses is managed and coordinated on behalf of the BC Partners for Mental Health and Addictions Information by CMHA BC.