

**HEALTHY
MINDS**

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**HEALTHY
CAMPUSES**



Advancing Collective Action on Campus Mental Health and Substance Use

*Cultivating a Campus Culture of Well-being with Intention:
Aligning Policies, Practices and Core Mission*



Program 2016

Friday, March 11–Saturday, March 12

Morris J Wosk Centre for Dialogue
580 W Hastings Street, Vancouver
(Seymour Street Courtyard Entrance)

Pre-Summit Workshops
Thursday, March 10 in the afternoon
Metropolitan Hotel Vancouver
645 Howe Street

🖱 healthycampuses.ca/summit/2016

🐦 #hmhc2016

Funders



**BC MENTAL HEALTH
& SUBSTANCE USE SERVICES**
An Agency of the Provincial Health Services Authority



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British Columbia Post Secondary
Counsellors' Association

We are grateful for the additional financial support provided by the Rossy Family Foundation.



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



**University
of Victoria**

**Centre for Addictions
Research of BC**

Pre-Summit Workshops

Thursday, March 10 | Metropolitan Hotel Vancouver

1:00–5:00pm

Connaught
Room

Pre-Summit Workshop Option #1

*Implementing the National Standard for Psychological Health and Safety in the Workplace:
Applying a Whole Campus Approach for All*

- » **Julia Kaisla**, Director, Community Engagement, Canadian Mental Health Association (CMHA) BC
- » **Sarika Gundu**, Director, Workplace Mental Health Program, CMHA National

1:00–5:00pm

Pacific Room

Pre-Summit Workshop Option #2

Evaluation of Settings and Whole Systems Approaches—How do you know that your campus initiatives are making a difference?

- » **Ben Pollard**, Director of Strategic Initiatives, Vice-President Students' Office, University of British Columbia

Summit Day 1

Friday, March 11 | Morris J Wosk Centre for Dialogue

7:30–8:20am

Breakfast (in the Concourse Salons on the lower level)
Registration Sign-in (Samuel & Frances Belzberg Atrium)

8:30–8:50am

Asia Pacific Hall

Opening Remarks and Acknowledgement of Indigenous Territory

- » **Shaylyn Matiichine**, Provincial Coordinator, Healthy Minds | Healthy Campuses (HM|HC), CMHA BC
- » **Sarah Joosse**, Knowledge Exchange and Social Learning Coordinator, HM|HC, CMHA BC
- » **Jonny Morris**, Senior Director, Policy, Research and Planning, CMHA BC
- » **Barb Keith**, Board Chair, CMHA BC
- » **Bev Gutray**, CEO, CMHA BC

8:50–9:10am

Asia Pacific Hall

Change Dialogue #1

Promoting the Mental Health of BC's Post-Secondary Students: An Interactive Look at Policy and Practice Shift

With the support of BC's Ministry of Health and the BC Partners for Mental Health and Addictions Information, HM|HC has advanced significant change on campuses across BC and beyond at a national level. This session is an up close look at how HM|HC has helped shift policy and practice from "threat assessment" to "well-being impact assessment."

- » **Jonny Morris**

9:10–9:50am

Asia Pacific Hall

Keynote Presentation

Well-being and Higher Education: A Strategy for Change and the Realization of Education's Greater Purposes

An analysis of well-being and its connection to learning that rests not on a particular developmental theory of personal growth, but on a shared and substantial epistemic basis, makes possible buy-in from all aspects of the institution's constituencies, as well as from the community ... and provides a platform for responding to the landscape of challenges now facing higher education.

Bringing focused attention to the necessary connection of well-being to the greater purposes of higher education at institutions of all types, begins to affect conversations around the Board table, the faculty and student seminar table, the media's editorial table, and of equal importance—the family kitchen table. Altering the conversations alters constituent expectations, and by so doing induces institutional change—changes essential to higher education making its full and unique contribution to knowledge and discovery, to social justice, and to society's economic and cultural integrity.

- » **Donald W. Harward**, President Emeritus, Bates College and Director, Bringing Theory to Practice

9:50–10:40am
Asia Pacific Hall

Change Dialogue #2

What would it take to realize a “strategy for change” in achieving education’s greater purposes in supporting campus well-being?

A multi-stakeholder discussant panel will be invited to extend and expand ideas shared by the keynote. Following this, there will be an opportunity for full plenary dialogue where participants can pose questions or share their ideas in response to the keynote presentation and panel discussion.

- » **Claire Avison**, Assistant Deputy Minister, Ministry of Advanced Education
- » **David Porter**, Associate Vice President, Education Support and Innovation, British Columbia Institute of Technology
- » **Jane Fee**, Vice Provost, Students and Dean, Faculty of Educational Support and Development, Kwantlen Polytechnic University
- » **Jenelle Davies**, Secretary-Treasurer, Canadian Federation of Students

10:40–10:50am
Asia Pacific Hall

Remarks by the Honourable Andrew Wilkinson MLA, Minister of Advanced Education

- » Introduced by **Jesse McDonald**, Board Member, CMHA BC

10:50–11:10am
Atrium

Refreshment Break

11:10–11:55am
Asia Pacific Hall

Cultivating a Campus Culture of Well-being: Key Learnings

Indigenous Perspectives

Campuses across BC are making strides with Indigenizing curricula and services in efforts to create the necessary conditions to help Indigenous learners thrive in college and university. This session will feature a dialogue focused on culturally safer services and supports, what Indigenization means in post-secondary contexts, and what we can collectively learn from Indigenous ways of knowing, doing, and being to improve overall campus mental health and well-being.

- » **Jonny Morris**
- » **Mark Point**, Doctoral Candidate, University of British Columbia
- » **Patty Hamblar**, Associate Director, Strategic Initiatives and Special Projects, UBC Student Development and Services

11:55am–12:00pm
Asia Pacific Hall

Mindfulness Moment

- » **Robin Higgins**, Counsellor, Selkirk College

12:00–1:00pm
Concourse Salons

Lunch

1:00–2:30pm

Deep Dive Working Sessions*

Attend 1 of 4 concurrent hands-on sessions co-developed by campus stakeholders around emerging practice/policy areas. These sessions are designed to leverage experience and skills from across Summit participants to enhance collective capacity for advancing efforts to develop mentally healthy campus communities.

Room 370 **Alcohol: Coming out from behind closed doors**

Room 470 **Bridging Stories—Building Understanding**

Room 420 **Developing Holistic Approaches: Exploring sexual violence at the intersections of mental health and well-being**

Room 320 **“Rollin’ in the Deep”: Navigating the waters of implementing post-secondary mental health strategies**

2:30–2:50pm <i>Atrium</i>	Refreshment Break
2:50–4:00pm <i>Concourse Salons</i>	Pop-up Market for Innovations Learn about promising practices, tools, initiatives, resources and policies across the continuum from crisis response, services and supports, to conditions and policies through speed meeting sessions.
4:00–4:45pm <i>Asia Pacific Hall</i>	Cultivating a Campus Culture of Well-being: Key Learnings <i>Changing the Culture of Substance Use (CCSU) Project</i> What is culture? How do we raise consciousness of culture? How do we identify cultures around substance use in the campus context? In what ways does culture influence individual attitudes toward and patterns of substance use? How do we shift collective thinking and common practices in regard to substance use? Members of the CCSU community within HM HC will relate with project support personnel about the journey of wrestling with such questions, issues that have been present, challenges that have been faced, approaches and processes that have been followed and lessons learned. » Members of the CCSU Project
4:45–5:00pm <i>Asia Pacific Hall</i>	End of Day Summary
5:00–7:00pm <i>Atrium</i>	Evening Reception Join fellow participants for refreshments in the atrium entrance of the Morris J. Wosk Centre for Dialogue following the plenary sessions. Don't miss this opportunity to relax with live music, tasty appetizers and connect with other members of the community. Informal mingling will take place during this time with formal proceedings from 6:00–6:45pm including a recognition ceremony and a special announcement.
7:00–8:30pm <i>Room 320</i>	Interactive Evening Session <i>Exploring and Experiencing "Forum Theatre" as a Means of Promoting Social and Political Change</i> Within "Theatre of the Oppressed/Forum Theatre" the audience becomes active, such that as "spect-actors" they explore, show, analyze and transform the reality in which they are living. This evening session will visit the use of this kind of theatre in a campus context and facilitate meaningful dialogue, to not only identify issues, but also generate solutions and ideas. Participants will enjoy a complimentary gourmet pizza dinner. » Mary Harber , Program Leader/Instructor, Community Support Education Assistant Program, Camosun College

Summit Day 2

Saturday, March 12 | Morris J Wosk Centre for Dialogue

Join us for morning yoga in the Connaught Room at The Metropolitan Hotel at 7:00–7:30am

8:00–8:50am <i>Concourse Salons</i>	Breakfast
9:00–9:05am <i>Asia Pacific Hall</i>	Day 2 Opening Remarks

9:05–9:40am
Asia Pacific Hall

Keynote Presentation

Practice Makes Policy: Creating Policy That Enables Well-being

A challenge to health and well-being on college campuses is not only policy change, but the practices that fall under these policies. It is the positive change in practice that affects the success of well-being efforts, a step sometimes forgotten in policy development. This keynote will focus on what policies affect student mental health and well-being on post-secondary campuses and the institutional barriers to creating practice that enable well-being. The work of student leaders on the UBC Vancouver campus will be used to address how these barriers can be overcome and strategies to start or continue on policy development and implementation.

» **Jenna Omassi**, Vice President Academic & University Affairs, AMS Student Society of University of British Columbia Vancouver

9:40–10:00am
Asia Pacific Hall

Reflections from Students

Exploring the Impact of Policies and Advocacy Efforts at other Campuses

Students from the delegation will be invited to participate in a dialogue sharing their own experiences of policy change at their institution and reflections on the keynote presentation.

10:00–10:45am
Asia Pacific Hall

Live Mapping to Support Action

Identifying the Big “P” and Little “p” Policies within Institutions, Communities and Government

Curating and expanding on the morning’s discussions so far, Summit participants will be invited to collectively pinpoint key policies—within post-secondary institutions, surrounding communities and government—that impact mental health, well-being and substance use in the campus context. Using Think-Pair-Share, participants will be encouraged to brainstorm ideas, discuss and share the policies they’ve identified. Live mapping of the policies with the help of a graphic recorder will create a picture that will serve as a new resource moving forward.

» **Shaylyn Matiichine** and **Sarah Joosse**

10:45–11:00am
Atrium

Refreshment Break

11:00am–12:30pm

Deep Dive Working Sessions*

Room 420
Degrees of Well-being: Designing learning environments and engaging faculty members
Room 320
Developing a “Well-being Lens” for Reviewing Post-Secondary Policies
Room 470
Message in a Bottle: Insights related to Changing the Culture of Substance Use
Room 370
More than Cat Pictures: e-Counselling in the post-secondary environment
12:30–1:15pm
Concourse Salons

Lunch

1:15–1:30pm
Asia Pacific Hall

Move and Play Energizer

» **Melanie G Levenberg**, Chief PLAY Officer, PL3Y (Play) International Inc.

1:30–2:30pm
Asia Pacific Hall

Change Dialogue #3

Strengthening our Learning Community and Maximizing Collective Impact

This interactive session is designed to develop an “experience-near” account of HM|HC, charting existing capacity, while examining paths forward to strengthen and deepen the collective impact of the community at multiple levels. Co-host Sara Pedersen brings a fresh perspective, knowledge and expertise, and a keen commitment to the mental health of young people, and will be helping to infuse this dialogue with curiosity and direction. Long-time co-steward of the community Jonny Morris will facilitate an emergent conversation of what might still be possible in promoting student mental health and well-being.

» **Chris Balmer**, Counsellor, Camoson College

» **Chris Rogerson**, Director, Student Success, BC Institute of Technology

» **Jesse McDonald**, Student, Selkirk College

» **Tara Black**, Associate Director, Health Promotion, Simon Fraser University

» Co-hosts: **Sara Pedersen**, Program Director, The Rossy Family Foundation and **Jonny Morris**

2:30–3:00pm

Asia Pacific Hall

Setting the Stage

Mobilizing the International Charter for Health Promoting Universities and Colleges

The recently released Okanagan Charter was developed by stakeholders from 45 countries to confront increasingly complex issues about health, well-being, and sustainability of people and the planet. It outlines the unique role of higher education, an action framework and key principles for action. The purpose of the Charter is to guide and inspire action; generate dialogue and research; accelerate action on, off and between campuses; and mobilize international, cross-sector action for the integration of health in all policies and practices. This session will outline the shared intentions for the Charter coming out of the 2015 International Conference held in Kelowna, BC. We will invite updates from campus representatives on how they have used the Charter to date and begin setting the stage for active mobilization.

» Shaylyn Matiichine

3:00–3:15pm

Atrium

Refreshment Break

3:15–4:15pm

Solution Seeking and Sharing Among Peers

Summit participants divide into their “peer groups” and use one round of “open space methodology” to learn, explore and plan together.

Peer groups will meet in each of their corresponding breakout rooms. Peer group options include:

Room 420 **Students, Recent Alumni and Student Associations**

Room 370 **Instructors and Academic Administrators**

Room 470 **Student Services and Human Resource Practitioners**

Room 320 **Student Service and Human Resource Administrators**

4:15–4:30pm

Asia Pacific Hall

Closing Remarks and Next Steps

» Jonny Morris

» Shaylyn Matiichine

» Sarah Joosse

Keynote Speakers

Donald W. Harward, President Emeritus, Bates College and Director, Bringing Theory to Practice

Donald W. Harward served as President of Bates College from 1989 through 2002, when he was appointed President Emeritus. Prior to this, Harward served as Vice President for Academic Affairs at The College of Wooster, Ohio; preceding his tenure there, he taught in the Department of Philosophy at the University of Delaware. Harward continues to serve on the boards of national educational, philanthropic, and social service organization, as well as in advisor roles. He is a frequent contributor to professional discussions regarding institutional planning, research and liberal education, education and civic engagement, and presidential and board leadership at private colleges and universities.

Since its inception in 2003, Harward has served as the Co-founder and Director of the Bringing Theory to Practice Project—a national effort to encourage and support

colleges and universities in reaffirming their core purposes: to advance learning and discovery, the well-being of the whole student, and their mission as a public good to deepen and sustain the civic society.

Jenna Omassi, Vice President Academic & University Affairs, AMS Student Society of University of BC—Vancouver

Jenna Omassi is an undergraduate student at the University of British Columbia Vancouver. She currently serves as the Vice President Academic & University Affairs for the Alma Mater Society, the Student Society of UBC Vancouver, and as the chair for the Senate Ad-Hoc Committee on Student Mental Health and Well-being. In both roles Jenna works as an advocate for students in regards to academic policy and mental health. Jenna has been working throughout the last year with Senate and the university administration to support change in a number of academic policies and practices.

*Deep Dive Working Session Abstracts

Friday, March 11

Alcohol: Coming out from behind closed doors

This session will explore challenges, lessons learned and draw on the expertise and creativity of participants around shifting alcohol policies on post-secondary campuses. Participants will learn about a case study from Vancouver Island University where the alcohol policy in residence was changed from a restrictive policy to allowing consumption of alcohol, in a personalized single serving size, in a student's unit and in shared common spaces. At the same time, the number of students in residence was increased and provided a first year guarantee of residence accommodation. This resulted in 120 additional students in residence, 85% of whom are 1st year students, the majority of whom are underage for drinking.

- » **Faye Shedletzky**, Counsellor, Student Affairs, Vancouver Island University
- » **Kelly Muir**, Assistant Manager, Residence Life, Vancouver Island University

Bridging Stories—Building Understanding

Drawing on the tradition of practical philosophy, critical theory and hermeneutics, this workshop will focus on practical dialogic tools and illustrate the intersection of theory and practice. In our multi-cultural campus communities and in light of the clash of ideas about alcohol and other drugs there is a real need to be able to hear each other in order to get beyond stereotypes and be able to develop broad understanding that celebrates diversity within our complex communities.

- » **Dan Reist**, Assistant Director, Centre for Addictions Research of BC

Developing Holistic Approaches: Exploring sexual violence at the intersections of mental health and well-being

Participants will consider the intersections of two pressing issues on post-secondary campuses: sexual violence and mental health. Working from the Framework for Post-Secondary Student Mental Health, participants will engage in a broader discussion around these issues, as well as discussions regarding education, skill building, services, and support. This session offers opportunities to learn from existing work that has been done in these areas and to think through new possibilities for campus awareness campaigns, the integration of mental health frameworks into policies and procedures, and broader shifts in campus culture.

- » **CJ Rowe**, Diversity Advisor, Sexual Assault Intervention and Prevention, University of BC
- » **Kandi McElary**, Director, Wellness Services, Mount Royal University
- » **Lucia Lorenzi**, Teaching Assistant, Department of English, University of BC
- » **Rachelle McGrath**, Healthy Campus Team Lead, Mount Royal University

“Rollin’ in the Deep:” Navigating the waters of implementing post-secondary mental health strategies

Participants will learn from individuals involved in the development and rollout or implementation of student mental health strategies at post-secondary institutions. We will share highlights and challenges we have experienced along our mental health strategy implementation journey. We will identify important actions to consider, given the complexities and realities existing within our organizations. Learn about challenges to anticipate and action strategies suggested to move your mental health agenda forward. There will be lots of opportunity for interactive conversation.

- » **Cheryl Washburn**, Director of Counselling Services, University of BC
- » **Chris Balmer**, Counsellor, Camosun College
- » **Chris Rogerson**, Director, Student Success, British Columbia Institute of Technology
- » **Rita Knodel**, Director of Counselling and Chaplaincy Services, University of Victoria

Saturday, March 12

Degrees of Well-being: Designing learning environments and engaging faculty members

With growing recognition of the importance of a systemic health promotion approach in higher education—one that aims to shift the academic culture to better promote student flourishing, positive mental health and resilience—the impact of the overall campus environment, including learning environments, is a critical area for research and innovation in practice.

This interactive session will provide a venue to share approaches for engaging faculty members and institutional leadership in creating learning environments that better support student mental health. UBC and SFU will share their perspectives, as a starting place for the discussion. Then, as a group, we will explore how institutions can acknowledge their own culture and context when developing strategies for this area of campus health promotion. Specifically we will explore faculty engagement as it relates to how learning environments can be shaped to better support student well-being.

- » **Alisa Stanton**, Health Promotion Specialist, Simon Fraser University Health and Counselling
- » **Karen Smith**, Lecturer, University of BC Department of Microbiology and Immunology
- » **Kathleen Lane**, Project Manager, Teaching Practices and Student Well-being, University of BC
- » **Patty Hambler**, Associate Director, Strategic Initiatives and Special Projects, University of BC Student Development and Services
- » **Rosie Dhaliwal**, Health Promotion Specialist, Simon Fraser University Health and Counselling

Developing a “Well-being Lens” for Reviewing Post-Secondary Policies

The national *Guide to a Systemic Approach* and the new *International Charter for Health Promoting Universities and Colleges* call on institutions to embed health in all campus policies. This requires reviewing existing and new policies to ensure they foster planning, procedures and practices that take account of and support flourishing. But what does this process look like? How do you “review” policies? What should guide recommendations?

This session will be catalyzed by two campus case studies. Building on the key learnings shared and an introduction to impact assessment tools, participants will be engaged in grappling with responses to the questions above. This session will draw on the experience and wisdom from stakeholders to begin a collective working document that can be developed into a lens for all campuses to use.

- » **Jenna Omassi**, AMS Vice President Academic & University Affairs, University of BC
- » **Shaylyn Matiichine**, Provincial Coordinator, HM|HC, CMHA BC
- » **Tara Black**, Associate Director, Health Promotion, Simon Fraser University

Message in a Bottle: Insights related to Changing the Culture of Substance Use

TRU, UNBC, and Selkirk College will share our individual and collective experiences as each school has taken a unique approach to Changing the Culture of Substance Use. We will briefly review three initiatives: Drink with Class, Dinner Basket Conversations, and Healthy Athletes for a Healthy Campus. Each initiative focused on different student population groups including resident students, rural students and varsity athletes. Finally, we will offer opportunities to reflect on some key questions and to think through new possibilities for campus initiatives moving forward.

- » **Brandon de Krieger**, Residence Services Supervisor, Thompson Rivers University
- » **Brenda Slomka**, Assistant Director, Student Affair, University of Northern BC
- » **David Felton**, Student, Selkirk College
- » **Emily Gadzala**, Residence Life Coordinator, University of Northern BC
- » **Jeff Chu**, Student, University of Northern BC
- » **Robin Higgins**, Counsellor, Selkirk College
- » **Sarah Hanson**, Manager, Wellness Services, University of Northern BC

More than Cat Pictures: e-Counselling in the post-secondary environment

The post-secondary landscape in BC has been significantly shifting towards increasing numbers of students who spend much of their time online and/or who attend classes at a distance (i.e. part-time studies, online delivery, apprenticeships). While all students are entitled to on-campus counselling services, many experience barriers to accessing services that rely exclusively on the traditional in-person session model. Moves have been made both in the private sector and at some public educational institutions, to better integrate e-counselling into service delivery.

This dynamic and participatory working session will initiate a conversation about e-counselling in a post-secondary context. We will hear from counselling professionals with a range of comfort and experience, explore some of the barriers and successes in this realm, discuss concerns, and collaborate to develop more informed post-secondary e-counseling practices.

- » **Alayna Kruger**, Counsellor, British Columbia Institute of Technology
- » **Cheryl Washburn**, Director of Counselling Services, University of British Columbia
- » **Cliff Robinson**, Counsellor, Thompson Rivers University
- » **Dawn Schell**, Counsellor and Training Specialist, University of Victoria

Planning Committee

Thank you to everyone who has helped to organize this year's Summit. The Summit would be not possible without your creativity, energy and support.

- » Barbara Binczyk (Ministry of Advanced Education)
- » Brandon de Krieger (Thompson Rivers University)
- » Carleigh Benoit (University of Northern BC)
- » Catriona Remocker (Centre for Addictions Research of BC)
- » Chris Balmer (Camosun College)
- » Cliff Robinson (Thompson Rivers University)

- » Dawn Chesney-Turner (Vancouver Community College)
- » Evelyn Voyageur (North Island College)
- » Gerald Thomas (Ministry of Health)
- » Jane Fee (Kwantlen Polytechnic University)
- » Jonny Morris (CMHA BC)
- » Judy Bushnell (BC Institute of Technology)
- » Katherine Moore (University of BC)
- » Maija Wiik (Vancouver Community College)
- » Patty Hamblen (University of BC)
- » Rita Knodel (University of Victoria)

- » Robin Higgins (Selkirk College)
- » Sadeem Fay (Simon Fraser University)
- » Sarah Joosse (CMHA BC)
- » Shaylyn Matiichine (CMHA BC)
- » Stephen Smith (Ministry of Health)
- » Tara Black (Simon Fraser University)
- » Tim Dyck (Centre for Addictions Research of BC)
- » Tony Loughran (Ministry of Advanced Education)
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