

# Appreciation Webinar: Robin Higgins

May 10<sup>th</sup>, 2016

**HEALTHY  
MINDS**

**HEALTHY  
CAMPUSES**

creating connections. inspiring change.

Full Name:

Robin Higgins

Position/Title:

Counsellor

Department:

Student support

Organization:

Selkirk College

Ask Me About ...

Selkirk College wellness initiatives

My Background Is ...

Counselling and community development.

I Have Participated in  
the Community of  
Practice Via...

Attending Summits, Changing the Culture of Substance Use Project,  
Collaborating on Projects, Design Team, Joining Webinars, Summit  
Planning Committee





# Summit 2012

## **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)















Dinner Basket Conversations- Selkirk

More from Bryan W  
Facebook





How Do We Bring Our



" CREATIVE Selves "

to

?? Post Secondary

Recognize how our actions mold the



Spirit of those we teach



The Truth of the Hive





**Staying Juicy**  
Keeping creativity alive

Selkirk  College



## Hosting a Dinner Basket Conversation on Substance Use



A Guide by  
Selkirk College

### The Dinner Basket Project: Conversations on Substance Use

Welcome! We are delighted that you are interested in hosting a dinner party. The Dinner Basket Project: Conversations on Substance Use began in 2013 as a Selkirk College Healthy Campuses initiative in conjunction with the Healthy Minds | Healthy Campuses (HM|HC) Changing the Culture of Substance Use (CCSU) project.

CCSU aims to promote—in various appropriate ways—more constructive shared views on and healthier practices around substance use in campus settings. The project continues to foster the development of a diverse community of students, staff, administrators, government personnel and community partners from all over British Columbia that has been exploring the concept of vibrant campus cultures and particularly looking at what helps people have healthy relationships with substances.

Based on provincial summits, webinars, and conversations, we are guessing that:

- People may be more skilled in managing their personal health when they have experiences of social and community connection.
- Cooking and eating food brings people together.
- Substance use patterns might be different when combined with leisurely meals and dialogue and these kinds of sit-down social meals are decreasing in our busy society.
- Meaningful conversations raise awareness around personal patterns, values and life-style choices and deepen healthy cultures.

But, we are curious to learn more. Dinner conversations on substance use are all about learning what students have to say. We need your feedback and insights!

So—here are suggested ingredients to a great dinner party...



DINNER BASKET CONVERSATIONS  
*Ingredients for a Healthy Student Culture*

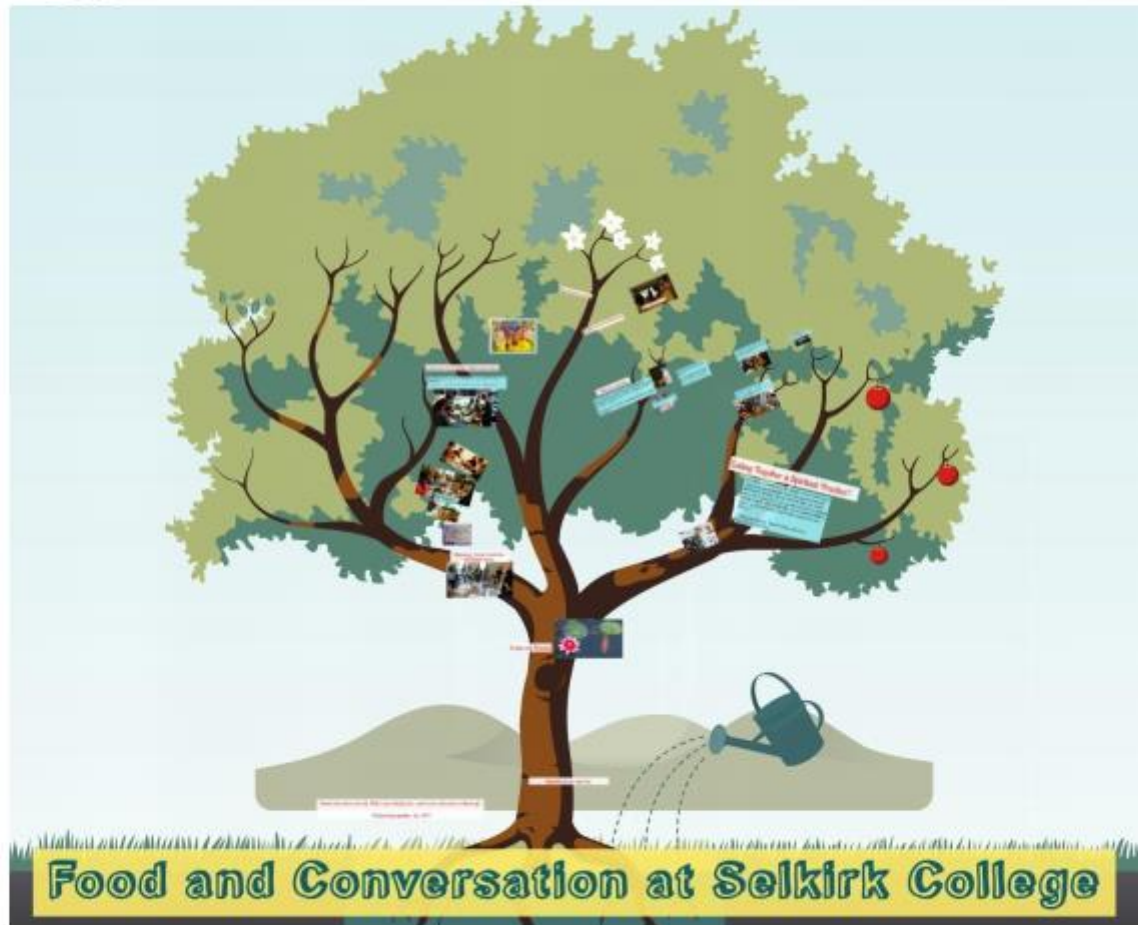






# Selkirk College

Robin Higgins, Jessie Keczan & Holli Norberg



<https://prezi.com/rktchmp-sxh-/hosting-conversations-on-substance-use/>

# CAMPUS CONVERSATIONS

about food, finding balance and thriving as a student

about healthy campus conversations / resources for student well-being

## CATEGORIES

- Coping with Difficulties
- Food
- Relationships
- Sexual Health
- Substance Use
- Thriving as a Student
- Tips for Learning
- Upcoming Events

## HEALTHY CAMPUS CONVERSATIONS



## Category Archives: Substance Use



### A NIGHT OF FOOD, FRIENDS AND CONVERSATION

February 27, 2016

1 Comment

Last Thursday, Selkirk College Castlegar hosted it's 1st Dinner Basket Conversation of the year. The event was a comfortable, and relaxed evening where ideas were shared, and peer supports were [...]

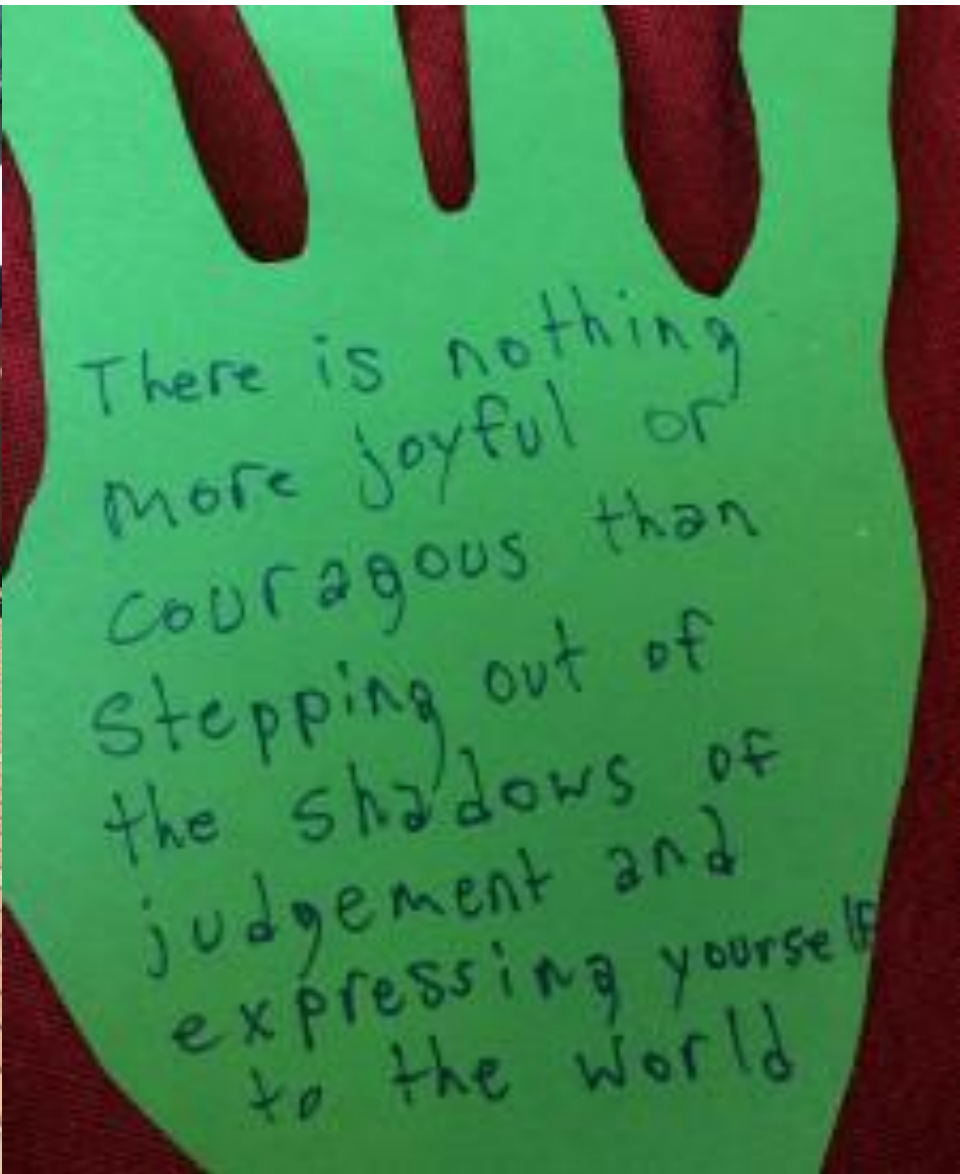


### "RAT PARK" AND SURPRISING RESEARCH ON THE SOCIAL/EMOTIONAL ROOTS OF ADDICTION

November 2, 2015

Leave a comment

This is a fascinating short animated video on the social/emotional underpinnings of addiction. According to research psychologist Bruce Alexander, its not drugs or alcohol (or porn or chocolate or screens [...])



# Community Reflections



Thank You!

The image features a solid teal background. In the center, the text "Thank You!" is written in a white, sans-serif font. At the bottom of the image, there are several overlapping, wavy lines in various shades of green, creating a decorative border that resembles a stylized landscape or a modern graphic element.