

**HEALTHY
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**HEALTHY
CAMPUSES**



Bridging the Gaps in Mental Health and Substance Use from K-12 to Post-Secondary

Ideas to Action: Strategies for Systemic Change and Measuring Impact



Program 2017

Monday, April 3–Tuesday, April 4

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

Pre-Summit

Monday, April 3, 9am–12pm

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of Victoria**

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Research of BC**

Pre-Summit




Monday, April 3 | Morris J Wosk Centre for Dialogue

7:45–8:30am Atrium	Registration Coffee and tea service (Concourse Salons)
8:30–8:50am Asia Pacific Hall	Acknowledgement of Indigenous Territory and Welcome » Marissa Nahanee , Chinook SongCatchers » Connie Coniglio , Provincial Executive Director, Adult Mental Health & Substance Use
8:50–9:00am Asia Pacific Hall	Opening Remarks by Jane Thornthwaite, MLA for North Vancouver-Seymour Parliamentary Secretary for Child Mental Health and Anti-Bullying for Minister of Children and Family Development
9:00–9:30am Asia Pacific Hall	Keynote Address <i>Navigating the complex world of youth: Creating a continuum of connectedness from K–12 to post-secondary</i> Students face common, and often complex, mental health challenges that necessitate a focus on prevention and early intervention. This starts and ends with consistent, constant care and support across the education spectrum. If we teach social and emotional skills in the classroom, establish peer support programs, and apply a well-being lens to existing policies and practices, we can generate enough meaningful change to shift culture. Everyone has a role to play in the mental health and well-being of students, and only through our collective efforts and shared responsibility can we create connected, caring communities. » Carol Todd , Amanda Todd Legacy Society
9:30–10:30am Asia Pacific Hall	Change Dialogue #1 <i>A Platform for Collaboration across K–12 and Post-Secondary</i> Are mental health and well-being policies enough to substantially shift campus culture in a meaningful and measurable way? What work is needed beyond this? A multi-stakeholder panel featuring K–12 and post-secondary representatives will engage in a dialogue that examines the strengths and opportunities of each sector, how they might be harnessed collectively, and what it will take to move from separate spheres to a united front. Representing K–12: » Kathy Cassels , CEO, Directorate of Agencies for School Health (DASH) BC » Clint Johnston , 2 nd Vice President, BC Teachers' Federation » Scott Stinson , Assistant Superintendent, School District #63 (Saanich) Representing post-secondary: » Jennifer Figner , Chair of Education Council, British Columbia Institute of Technology (BCIT) » Emily Jenkins , Assistant Professor, UBC School of Nursing » Sarah Joosse , Wellbeing Promotion Strategist, University of British Columbia (UBC)
10:30–11:00am Concourse	Networking Break / Exhibitor Gallery
11:00am–Noon Asia Pacific Hall	Cross-Sector Café This interactive session will continue the conversation generated by the K–12 and post-secondary panelists. In the format of World Café, delegates will be invited to engage in a collaborative dialogue around three key questions: • How can district-level and campus mental health strategies inform one another? • What is needed to enhance the capacity of teachers and faculty to champion systemic change? • How can we foster culture change beyond targeted programs and policies?

While we strive to create a safe and respectful environment, please note that Room 310 and confidential support are available throughout the Summit.

Summit Day 1

Monday, April 3 | Morris J Wosk Centre for Dialogue

12:00–1:00pm Atrium	Registration and lunch
1:00–1:30pm Asia Pacific Hall	Acknowledgement of Indigenous Territory and Opening Remarks <ul style="list-style-type: none"> » Elder Margaret, Skawahlook First Nation » Judy Moore, Past Chair, Canadian Mental Health Association, BC Division (CMHA BC) » Tanya Miller, Provincial Coordinator, Healthy Minds Healthy Campuses (HM HC), CMHA BC » Amelia Hamfelt, Knowledge Exchange and Social Learning Coordinator, HM HC, CMHA BC » Jonny Morris, Senior Director, Policy, Research and Planning, CMHA BC
1:30–2:15pm Asia Pacific Hall	Keynote Address <i>Lived experience leading to change</i> <p>Two inspiring young leaders will share their varying experiences living with mental health challenges while attending post-secondary. Together, they will highlight the strengths of individuals and institutions, and illuminate opportunities for change as we move forward, calling for community as the cornerstone of a healthy campus.</p> <ul style="list-style-type: none"> » Meredith Graham, Child and Youth Care Counselling Student, Douglas College » M.J. Ziemann, Campus and Public Policy Intern, CMHA BC
2:15–2:30pm Atrium	Nutrition Break
2:30–4:00pm	Consultancy Café <p>Participate in one of three concurrent, hands-on sessions on campus mental health strategy direction, development, and design. Delegates will have the opportunity to engage with and respond to a host campus in each session, who has put forward their strategic efforts for consultation and social learning. Through facilitated dialogue, the experience and expertise of the collective community will be leveraged to address barriers to success at each stage of the process.</p>
Asia Pacific Hall	Understanding your objective: Performing a needs assessment  University of Northern British Columbia
Room 320	Planning a systemic approach: Aligning policy and practice  McGill University and Thompson Rivers University
Room 420	Adapting strategy in a dynamic environment: Overcoming barriers to success  University of British Columbia Please refer to page 6 for full session descriptions
4:00–4:45pm	Deep Dive Dialogues <p>Attend one of three concurrent, conversational sessions facilitated by campus stakeholders around topics identified by the wider Community of Practice. These sessions are designed to stimulate discussion and engage community members on some of the most pressing issues on BC campuses.</p>
Asia Pacific Hall	Sexual violence policy, prevention, and response on campus
Room 320	Healthy relationships with food and substance use
Room 420	Indigenous perspectives Please refer to page 7 for full session descriptions
4:45–5:00pm Asia Pacific Hall	Day 1 Summary
7:00–8:00pm Asia Pacific Hall	Evening Reception <i>Burnt Pages</i> film screening <p>Join us for an intimate portrait of six youths, including post-secondary students, in the Lower Mainland who live with mental illness, followed by a Q&A with the director, producer, and special guests. Light refreshments and snacks will be served.</p>

Summit Day 2

Tuesday, April 4 | Morris J Wosk Centre for Dialogue

8:00–9:00am Atrium	Registration and breakfast
9:00–9:10am Asia Pacific Hall	Opening Remarks by the Honourable Andrew Wilkinson MLA, Minister of Advanced Education
9:10–9:30am Asia Pacific Hall	Opening Remarks for the Keynote Speaker » Jonny Morris , CMHA BC
9:30–10:15am Asia Pacific Hall	Keynote Address <i>Embedding Wellbeing: Implementing the Okanagan Charter at UBC</i> UBC President Santa J. Ono will discuss the importance of institutional supports for students, faculty and staff for mental wellbeing. In particular, he will discuss UBC's Thrive initiative, the university's support for the Okanagan Charter, his personal battles with depression, and the importance of destigmatizing mental illness. Please note: this keynote will be recorded. » Santa J. Ono , President, University of British Columbia
10:15–11:15am Asia Pacific Hall	A framework for action: Promoting health with campus substance use policies The <i>Okanagan Charter</i> encourages adoption of an approach to campus well-being that promotes holistic health in all aspects of campus culture and makes health an integral, vital consideration in all policy initiatives. Healthy Minds Healthy Campuses' <i>Changing the Culture of Substance Use</i> project has very recently offered a framework for applying that orientation conceptually and practically to policy efforts that bear on (whether explicitly or within their broader influence) cultures of substance use in the campus setting. This session introduces, and commences our community's dialogue, around that policy discussion paper and its perspective on shaping the post-secondary substance use environment. » Dan Reist , Assistant Director, CARBC » Tim Dyck , Research Associate, CARBC
11:15–11:30am Asia Pacific Hall	Mindfulness Moment
11:30am–Noon Asia Pacific Hall	Ideas to action: Investing in student success The BC Budget 2017 has a strong focus on mental health and addiction care. A total of \$140 million has been allocated for targeted investment in services and supports in BC schools, homes, and communities. The Ministry of Advanced Education has dedicated \$4.5 million of these funds to post-secondary mental health. This plenary session asks Summit delegates to share ideas and co-create a framework for systems-level investment. <i>How can we invest wisely in mental health promotion, prevention and early intervention to create mentally healthier campus communities across the province?</i> » Jonny Morris , CMHA BC
12:00–1:00pm Concourse	Networking Lunch
1:00–2:00pm Asia Pacific Hall	Change Dialogue #2 <i>Stories of Change: The Value of Qualitative Evaluation through Narrative</i> A multi-stakeholder panel, featuring both current and recent students, will reflect on ways in which campuses have been effective in supporting student mental health and creating a framework for systemic well-being. The role of students will be featured at the forefront as panelists share their contributions to the promotion of mental health within their respective campus communities. » Mavis Benson , UBC Faculty of Law » Liam Gilmore , University of Victoria » Ji-Youn Kim , The Tipping Point » Amika Shah , Youth Program Coordinator, CMHA BC

2:00–2:15pm Asia Pacific Hall	thinkFull—An app for managing stress <p>The Telus thinkFull app was designed to help manage stress and enrich life. This announcement will better position HM HC community members to foster collective well-being anywhere, anytime.</p> <p>» Raegan Paul, Senior Project Manager, Telus</p>
2:15–2:30pm Asia Pacific Hall	Healthy Minds Healthy Campuses Student Network Meet & Greet <p>The Healthy Minds Healthy Campuses Student Network is a cross-institutional and province-wide student leadership body that empowers and supports post-secondary students across BC to cultivate system change related to campus mental health issues by facilitating the creation and exchange of knowledge across campuses, as well as supporting student-led initiatives throughout the province.</p> <p>» Lehoa Mak, Chair, Provincial Leadership Council</p>
2:30–2:40pm Asia Pacific Hall	Energizer <p>» Suzanne Jolly, MoveU Crew</p>
2:40–3:00pm Asia Pacific Hall	Measuring Impact <p><i>Crafting sensitive and relatable evaluation findings</i></p> <p>A dynamic overview of perspectives on evaluation and the importance of meshing accountability requirements with local and lived experiences. This presentation will discuss ways to incorporate sensitive and relatable measures in the development of evaluation plans and reports.</p> <p>» Jennifer Alsop, Research Analyst, Community Action Initiative</p> <p>» Sara Pedersen, Program Director, The Rossy Family Foundation</p>
3:00–4:15pm Asia Pacific Hall Room 320 Room 420	Deep Dive Working Sessions <p>Attend one of three concurrent workshops that explore initial and iterative evaluation. These sessions are designed to introduce you to both quantitative and qualitative data collection and assessment methods.</p> <p><i>Working toward well-being on post-secondary campuses: The development, implementation, and evaluation of a mental health strategy</i></p> <p><i>Gathering data on how teaching practices impact student mental health and well-being</i></p> <p><i>Using qualitative data to tell your story of change on campus</i></p> <p>Please refer to page 7 for full session descriptions</p>
4:15–5:00pm Concourse	Pop-up Market for Systemic Change <p>Learn about promising practices, policies, initiatives, and tools in a marketplace of resources for promoting a comprehensive approach to shifting the culture of substance use within post-secondary communities.</p> <p>» <i>Changing the Culture of Substance Use</i> project members</p>
5:00–5:15pm Asia Pacific Hall	Closing Remarks and Next Steps <p>» Marissa Nahanee, Chinook SongCatchers</p> <p>» Jonny Morris</p> <p>» Tanya Miller</p> <p>» Amelia Hamfelt</p>

Exhibitors

- Anxiety BC
- Centre for Innovation in Campus Mental Health
- CMHA BC
- Hi-F.I.V.E Movement for Mental Health
- Red Cross
- School-Aged Children and Youth Substance Use Prevention Initiative
- Stigma-Free Society
- YMCA of Greater Vancouver

Consultancy Café Campuses

The University of Northern British Columbia (Asia Pacific Hall)

UNBC is a rural, research-intensive university with fewer than 3,500 students. With increasing awareness of the role and importance of mental health and well-being, UNBC has established clear strategic priorities for 2017–2021 relating to students, faculty, and staff. The wellness team has been tasked with developing an institutional strategy that puts these priorities into practice, but currently faces a series of challenges—from knowing where to start, to determining the financial commitment, to building capacity, to obtaining senior leader buy-in, to engaging faculty in broader conversations.

How have other institutions elicited senior leader buy-in, including faculty members, given their competing interests? How important was it?

- » **Carleigh Benoit**, Manager, Human Resources

Thompson Rivers University (Room 320)

TRU is largely a commuter campus with a significant number of baccalaureate students engaged in open-access learning. About 11 per cent of students identify as Indigenous and another 16 per cent are international students. The various timelines and demographics of this population create accessibility barriers and inhibit integration of well-being initiatives.

Student engagement has been one of the largest challenges. The disconnect between campus services and use might be attributed to the notable “silozation” of services, which can make it difficult for students to find what they are looking for. There is no formal mental health strategy for the TRU community, and this can result in a perceived lack of direction, duplication of services and workload, a deficiency of integration at multiple system levels, and a lack of clarity about where and how to access support.

What strategies have been successful or unsuccessful in trying to increase student engagement, especially on commuter campuses and among various sub-groups (i.e., Indigenous, international, mature, non-traditional disciplines, etc.)?

- » **Christine Adam**, Dean, Student Services
- » **Meaghan Hagerty**, Coordinator, Wellness Centre

McGill University (Room 320)

McGill is an English-language institution located in Québec, a French-speaking province. Over 25 per cent of the student body is composed of international students from 150+ countries. Many McGill students do not speak French, limiting their access to community wellness supports, and adding more pressure on campus resources to deliver more services.

McGill is interested in developing a sustainable wellness cultural shift that is inclusive and in collaboration with a wide range of campus stakeholders. The main challenge is in developing a common vision around what a healthy McGill community looks like 10 years from now.

What recommendations do you have for working collaboratively with a broad range of campus stakeholders to co-construct a campus-wide wellness strategy for students, faculty, and staff?

- » **Martine Gauthier**, Executive Director, Services for Students
- » **Lina Di Genova**, Associate Director, Assessment, Learning, and Evaluation

The University of British Columbia (Room 420)

The UBC Vancouver’s student Mental Health and Wellbeing Strategy, developed in 2010, is a systemic approach that guides UBC’s priorities for student mental health and wellbeing. As a ‘working document’ the UBC Vancouver campus strategy is connected to the University’s Student Learning pillar within its strategic plan and provides an overarching approach, as well as specific priorities. There have been several updates since it was last published in 2013, including the development and implementation of a collaborative, stepped care approach to mental health service delivery for students, informed by themes emerging from a campus-wide consultation process, as well as the creation of a new Student Wellbeing Promotion unit. Among current priorities, identifying approaches to strengthen the mental health and wellbeing of Indigenous, international and graduate students, has emerged as an important focus.

What evaluation strategies are in place to measure the impact and sustainability of mental health and well-being initiatives?

- » **Patty Hamblar**, Director, Student Wellbeing Promotion
- » **Cheryl Washburn**, Director, Counselling Services



thinkFull app

Telus representatives in attendance:

- » **Katie Griffiths** and **Fran Dickson**, Telus Community Investment Team
- » **Matt Musselman**, **Kit Navarro** and **Raegan Paul**, thinkFull app team

Deep Dive Dialogues

Sexual violence policy, prevention, and response on campus (Asia Pacific Hall)

The British Columbia legislature recently passed the Post-Secondary Sexual Violence and Misconduct Policy Act, which requires all BC post-secondary institutions to have a stand-alone sexual violence policy by May 19, 2017. Thompson Rivers University (TRU) identified this as priority in 2015 by establishing the President's Sexual Assault Prevention and Response Task Force. The Task Force's work provided a strong foundation for policy development, educational initiatives, and response and reporting processes. This workshop will showcase TRU's commitment to fostering a safe and respectful environment, as well as its collaboration process with campus and community partners across the province.

- » **Christine Adam**, Dean of Students, TRU

Healthy relationships with food and substance use (Room 320)

A variety of interacting factors influence choices campus members make around eating and using substances, with potential for positive and negative impacts. What can campuses do to shape conditions and a culture conducive to beneficial, rather than harmful, use of food and psychoactive drugs? A BC Partners for Mental Health and Addictions Information project seeks to assist Healthy Minds | Healthy Campuses Communities of Practice in identifying and addressing areas of challenge and opportunity. This session is intended to facilitate dialogue around priorities for strategic action from a health promotion approach and how the project Partners might best help campuses do that.

- » **Dan Reist**, Assistant Director, CARBC
- » **Tim Dyck**, Research Associates, CARBC
- » **Leslie Comrie**, Healthy Campus Advisor, Selkirk College
- » **Rosie Dhaliwal**, Health Promotion Specialist, SFU

Indigenous perspectives (Room 420)

Reconciliation, Indigenization, Indigenous people, self-determination: what do these mean? How can and should post-secondary institutions understand and respond to these terms? Who should be involved and what can be done to address the systemic challenges and multi-barriers faced by Indigenous students in the academic community? This dialogue session will help participants move forward in an authentic and supportive way.

- » **Kory Wilson**, Executive Director, Indigenous Initiatives and Partnerships, BCIT

Deep Dive Working Sessions

Working toward well-being on post-secondary campuses: The development, implementation, and evaluation of a mental health strategy (Asia Pacific Hall)

Participants will follow the University of Calgary's journey through the development of its Campus Mental Health Strategy, followed by a facilitated discussion and group work that will help participants reflect on their own journey and create actionable items toward developing, implementing, and evaluating a campus mental health strategy.

- » **Andrew Szeto**, Director of Campus Mental Health Strategy, University of Calgary
- » **Danielle Stewart**, Coordinator, Healthy Campus Alberta

Gathering data on how teaching practices impact student mental health and well-being (Room 320)

Delegates will learn how perspectives on teaching practices and mental well-being from faculty and students are obtained, analyzed, and translated into useful tools for curriculum planners, instructors, and teaching assistants. This will be followed by an opportunity for delegates to reflect on the implications for systemic change.

- » **Kathleen Lane**, Project Manager, Teaching Practices and Student Wellbeing Project, UBC
- » **Michael Lee**, Principal Investigator, Teaching Practices and Student Wellbeing Project, UBC

Using qualitative data to tell your story of change on campus (Room 420)

Selkirk College has hosted Dinner Basket Conversations (DBC) for the past six years as a means by which to access and encourage student voice about sensitive topics such as "Healthy Relationships with Substances" and "Healthy Sexuality on Campus". The efficacy of this program has been evaluated through two research projects that utilized two related, yet distinct methodologies: Most Significant Change Stories and Thematic Analysis. This session will investigate how qualitative data collected from participant reflections can be collated and analyzed to assess the impact of dialogue-centered programming.

- » **Leslie Comrie**, Healthy Campus Advisor, Selkirk College
- » **Melissa Michaud**, Graduate Student, Selkirk College

Keynote Speakers



Professor Santa J. Ono, President, University of British Columbia

Professor Ono is the 15th President and Vice-Chancellor of the University of British Columbia, a professor of medicine and biology.

He is also the Chief Advisor of the British Columbia Innovation Network.

Before coming to UBC, Professor Ono was the president of the University of Cincinnati, becoming its first Asian-American president. He has also held appointments at Emory University as the Senior Vice Provost and Deputy to the Provost. He was recently recognized by the American Council on Education for demonstrating leadership and commitment on a national level to the advancement of racial and ethnic minorities in higher education.

Inside Higher Education also named him America's most notable university president in 2015. Professor Ono works tirelessly to enhance the student experience, and is a strong advocate of student health and well-being.



M.J. Ziemann, Campus and Public Policy Intern, CMHA BC

M.J. is a recent university graduate with a degree in psychology. As a former foster youth, she advocates

the need for relational permanency of youth in and from care. She has been a volunteer with the Federation of BC Youth in Care Networks and Coast Mental Health. M.J. has created mental health literacy tools for the Institute of Families on Child and Youth Mental health, and has been a spokesperson for CMHA BC's b4Stage4 campaign. Living with several mental health diagnoses and being in recovery from a long-standing eating disorder, she upholds the equality between mental and physical health, the need for prevention and early intervention, and recovery focused models of mental wellness for all.



Carol Todd, Amanda Todd Legacy Society

Carol is the mother of two, an educator, and an advocate.

After losing her daughter, Amanda, to suicide in 2012 after being cyberbullied, Carol created the

Amanda Todd Legacy Society to share Amanda's story with the community and the world, and provide youth with guidance and resources for anti-bullying, mental health, and Internet safety.

Carol works with organizations such as Kids Help Phone and Telus Wise in the hopes of making the world a safer place for youth. As a result of her courage, determination, and love of her daughter, Carol has become an innovative leader in the fight for online safety for children. She is a champion for change, and an internationally renowned leader in the fight to end bullying and the stigma of mental illness.



Meredith Graham, Child and Youth Care Counselling Student, Douglas College

Meredith is a spoken-word artist, a youth and family development worker, a proud young person

from government care, and an advocate for systems change, especially for our child welfare system. She is a proud member of the Vancouver Foundation's YAC and is an adviser with the Vancouver Foundation on their Fostering Change Initiative. She journeys with five mental illnesses and weaves those stories and her life experiences into her facilitation of mental health and spoken-word workshops. Meredith is a recipient of the 2016 Courage to Come Back Award in the Social Adversity category. Meredith believes in the power and responsibility of community in becoming instruments in a person's symphony of resiliency.

Many thanks to the **Planning Committee** members who helped steer the 2017 Summit:

» Michelle Aslan, SFU
» Hannah Bielert, BCIT
» Tim Dyck, CARBC
» Sadeem Fayed, SFU
» Amelia Hamfelt, CMHA BC

» Sarah Joosse, UBC
» Jesse McDonald, CMHA BC
Board Member
» Tanya Miller, CMHA BC
» Katherine Moore, UBC

» Jonny Morris, CMHA BC
» Andrea Paquette, Stigma-Free Society
» Catriona Remocker, CARBC
» Art Steinmann, Vancouver School Board
» Gerald Thomas, Ministry of Health