

**HEALTHY
MINDS**

**HEALTHY
CAMPUSES**

creating connections. inspiring change.

Connect | Discover | Co-create | Inspire



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



**University
of Victoria**

**Canadian Institute for
Substance Use Research**

Who We Are

Healthy Minds | Healthy Campuses (HM|HC) is a vibrant, province-wide **community of practice** (CoP)—a group of people in BC who share the common goal of promoting mental health and healthier relationships with alcohol and other psychoactive substances at post-secondary institutions. We believe that well-being is everyone's business, so our community includes students, campus professionals, faculty, administrators, community partners, and more.

Our initiative is driven by CoP members and a strong focus on meaningful connections and knowledge exchange.

We value local wisdom in combination with evidence-based practices and encourage innovation across the full matrix of action and research—including empowering people, providing services and supports, and modifying environmental structures and conditions.

In recognition of the complex, interrelated factors that influence mental health and the harms related to substance use we apply a socioecological lens that identifies multiple strategies at multiple levels. With this wider lens, Healthy Minds | Healthy Campuses has gone from a focus on individuals, illnesses, and problems to a focus on settings, contexts, and health promotion.

CHANGING THE CULTURE OF SUBSTANCE USE PROJECT

The Changing the Culture of Substance Use (CCSU) project launched in 2012 as a special focus within the CoP, with funding provided by the BC Ministry of Health. The goal was to build local capacity among stakeholders at BC's post-secondary institutions, and collectively develop new sustained mechanisms of change to promote healthier relationships with substances and healthier campus cultures around substance use.

Over five years, participating members from as many as 15 different campuses worked together to address current challenges and opportunities related to use of alcohol and other drugs on campus. Consideration was given to individual behaviours, social cultures, and environmental conditions. As lessons were learned, various tools and resources were developed to support the wider community. A recent example is the Community Cooking Workshops guide, which shares one campus's experience offering cooking workshops to international students as a way to increase social interaction and build skills and conversation related to food, nutrition, and other aspects of well-being, including substance use.

Although dedicated funding for CCSU ended in 2016, it continues as an active sub-CoP within HM|HC.

Our History

Healthy Minds | Healthy Campuses has gone through many different stages as it continues to grow and develop. Learn more about our history and key highlights that have contributed to our vibrant community of practice.

A strong need for an initiative to help promote mental health and healthier relationships with substances on BC campuses is identified, and the "BC Campus Project" is born.

Four more campuses join the initiative (British Columbia Institute of Technology, Selkirk College, Simon Fraser University, and Vancouver Community College) and a website to support communication within and between institutions, community, and researchers is developed.

At a two-day workshop, organized by Dr. Nancy Hall, 50 participants from across BC learn from each other and from Dr. Etienne Wenger.

15 campuses commit to create a CoP under a newly branded Healthy Minds | Healthy Campuses, and a design team is formed to shape the future of the initiative.

Funding from BC Ministry of Health allows for capacity development grants to assist campuses with innovative health promotion efforts.

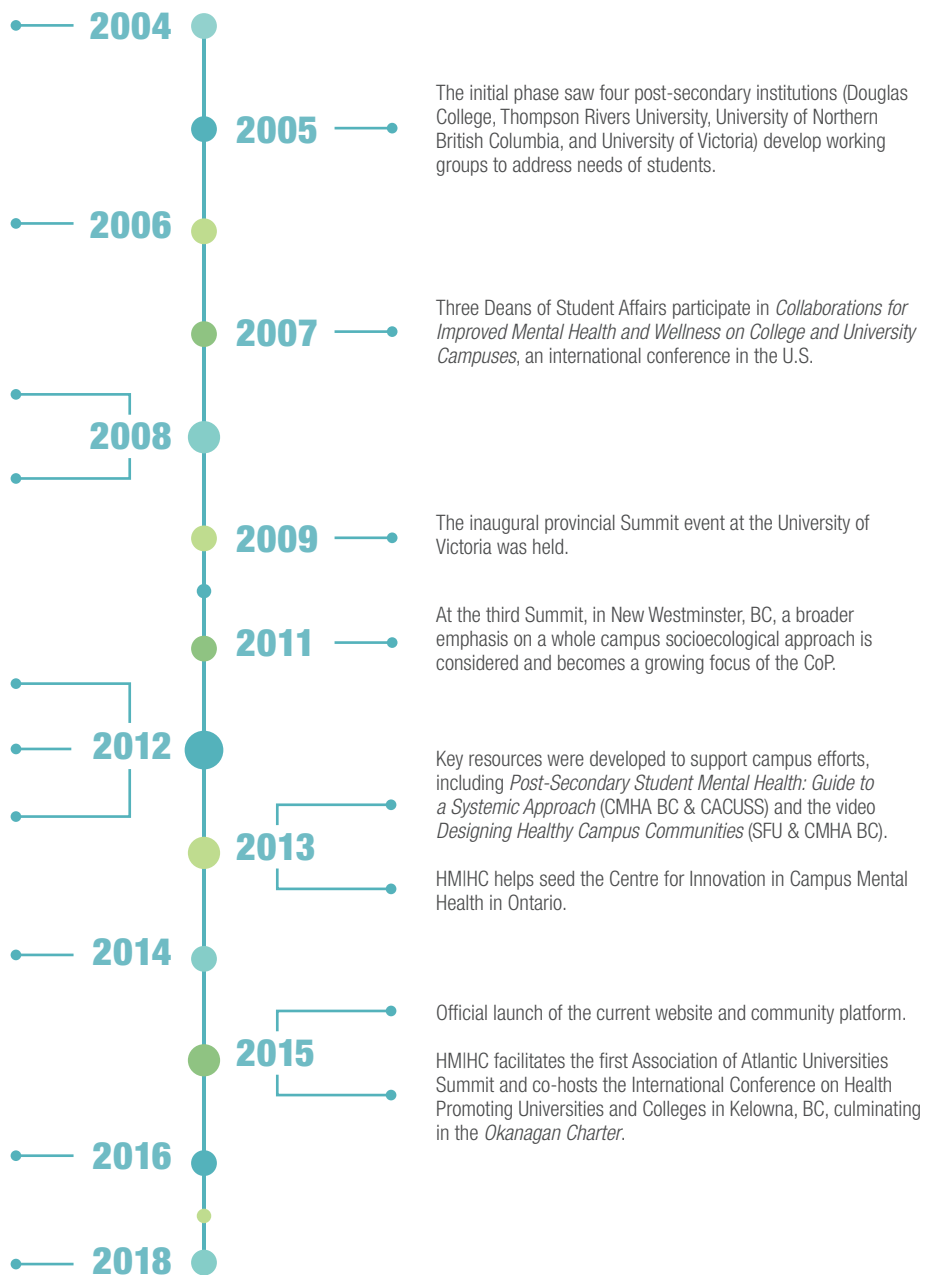
A Student Leader Network emerges following an interest from several students in staying connected.

The Changing the Culture of Substance Use (CCSU) Project is announced.

The CoP grows to represent membership from 24 BC campuses, and over 200 participants attend the fifth annual Summit in Vancouver.

The seventh Summit in Vancouver builds on the messaging and momentum of the *Okanagan Charter*, highlighting the importance of cultivating well-being practices and policies with intention.

HMIHC invites campus community members and stakeholders to plan the future of the initiative.



Our Engagement

We support and engage:



- All **25 BC public post-secondary institutions**
- **12** BC private post-secondary institutions
- **74** post-secondary institutions beyond BC



- **112 community and government organizations**

We encourage community engagement through a number of channels



- **8 multi-day Summits, including co-hosting the International Conference on Health Promoting Universities and Colleges**



- **Online social learning platform community members: 543**
- Social media followers: **1,428**
- E-news subscribers: **1,578**
- Number of webinars to date: **32**
- Website views: **Over 120,000**



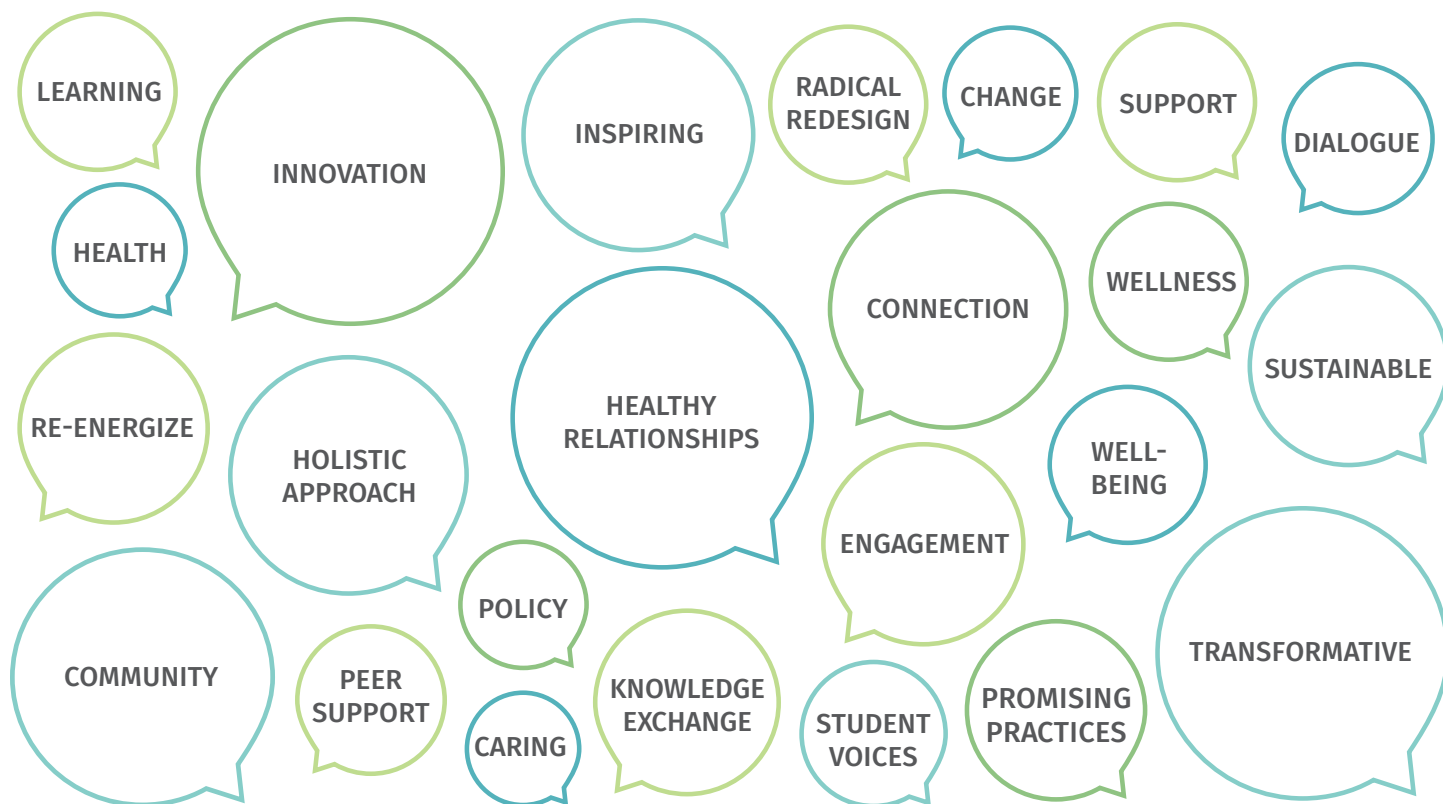
“The best journeys are those that sometimes involve unexpected turns and detours. Who, sitting in the room in the Wosk Centre in 2008, could have envisioned the path that has led our CoP to where it is ten years later? Yet, the path has been influenced by careful observation and patient nurturing all along the way. We are what we are today because of what we and others have invested in the process. Let’s go forward with curiosity and courage.” – Dan Reist, Assistant Director, Canadian Institute for Substance Use Research, University of Victoria

“We have the ability to make changes and advance a vision of what we’d like our campuses to look like. From the words we speak to the policies and decisions that are made, to the organizational culture and systems that we make, to the learning environments and student experiences—they really do all connect. Students, staff, faculty, administrators: you all have an important role to play.”
– Shaylyn Matiichine, stewarded HM|HC from 2012–2016



On the annual Summit: “A true distillation of the integrative and facilitative, cross-institutional collaboration that makes our partnerships unique.” – Jonny Morris, former Senior Director of Research, Policy, and Planning at CMHA BC who coordinated or provided strategic oversight of HM|HC from 2008–2017

A Decade of Change



“What I really enjoyed about the BC Campus Project right from the beginning was this common understanding. We were all facing the same struggles, and it was amazing to talk to people who immediately understood because they were facing the same difficulties. The collegial support, brainstorming, and helping each other across institutions was so amazing. It really gave me the resources I needed to do the work that I wanted to do in post-secondary... I can’t even imagine where we would be without the work of Healthy Minds | Healthy Campuses.” – Rita Knodel, Director of Counselling Services at the University of Victoria

“As a member of the Healthy Minds | Healthy Campuses design team, I experienced the unique community of practice collaboration that provided the conceptual and organizational foundation necessary for me to understand the complexities of post-secondary mental health. Participation in the learning genesis occurring at the mental health summits gave me the courage and confidence required to advocate for the development of our student mental health strategy here at Camosun College. The inspiring leadership provided by Jonny Morris and his CMHA and post-secondary colleagues have transformed the post-secondary mental health landscape across Canada, creating powerful partnerships, opportunities for networking, resource development, and the pivotal Post-Secondary Student Mental Health: Guide to a Systemic Approach. In my view, this decade has produced remarkable achievements, for which I am forever grateful!” – Chris Balmer, Counsellor and Student Mental Health Strategy Lead at Camosun College









When you join our community you gain access to a network of people from across the province and beyond!

Healthy Minds | Healthy Campuses is a province-wide Community of Practice of people who care about post-secondary mental health and creating healthier campuses. The community is stewarded by the Canadian Mental Health Association's BC Division (CMHA BC) and Canadian Institute for Substance Use Research, University of Victoria (CISUR). CMHA BC and CISUR are proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.



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