

**HEALTHY  
MINDS**

**HEALTHY  
CAMPUSES**

creating connections. inspiring change.

# Summit 2021

February 22–25, 2021 | virtual | British Columbia

## We Belong to Each Other

*Cultivating Campus Communities for Mutual Well-being*



Snapshot Report

Co-stewarded by



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



**University  
of Victoria**

Canadian Institute for  
Substance Use Research

In partnership with



**BCcampus**  
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## Summit Snapshot

This year's Healthy Minds | Healthy Campuses Summit 2021, **We Belong to Each Other: Cultivating Campus Communities for Mutual Well-being**, took a different shape as the world continues to grapple with the unpredictability of the international COVID-19 pandemic. Usually taking place in downtown Vancouver in the Morris J. Wosk Centre for Dialogue, this year we had to abandon the classic conference environment and held the 4-day Summit online over Zoom. From February 22<sup>nd</sup> through 25<sup>th</sup> 2021, 194 campus stakeholders—including students, faculty, staff, and senior administrators from across British Columbia—came together to mobilize collective action in pursuit of promoting mental health and well-being and healthier relationships with substances on campus. This year's Summit featured engaging speakers and opportunities to learn and collaborate, with immersive dialogue sessions aimed to inspire innovation and action on campus and beyond.

The 2021 Summit would never have been possible without the technical expertise provided by BCcampus in helping HM|HC to pivot seamlessly to an online setting. From handling registration to providing a robust technical infrastructure, BCcampus supported the Summit process at every step and for that, the HM|HC Support Team is grateful.

## Summit Overview

Delegations representing their campuses from across British Columbia convened at the Summit to discuss one common vision: promoting mental well-being and healthy relationships with substances in BC post-secondary institutions. For this year's theme, *We Belong to Each Other: Cultivating Campus Communities for Mutual Well-Being*, we considered the following:

- Who are our campus communities comprised of?
- What are the implications and benefits of mutual well-being?

As COVID-19 has dispersed us from our physical campuses, we are learning how to come together to build and strengthen our campus communities and care for one another during and after a time of physical disconnect. From international students to part-time and mature students, from health promotion teams to administrative staff and faculty, from disability services to financial services, we all belong to our campuses, and we all can contribute to creating a sense of belonging within our communities.

Keynote speakers, presentations, dialogue sessions and panels were connected to the three streams of the Summit:

- Equity, Diversity, and Inclusion on Campus
- Communities without Borders
- Response to COVID-19

## Summit Representation

25

BC public post-secondary institutions

12

BC community organizations

Attendance from BC Government Ministries and the Provincial Health Services Authority

## Summit Participants



83%

agreed that the Summit was a high-quality learning/professional development experience



93%

agreed that the Summit was good value for time spent



89%

were satisfied with their experience



## What Summit participants said



*“Very well executed all around. Give yourselves a pat on the back for all the hard work that goes into coordinating an event of this scale and caliber. I look forward to attending future Summits.”*



*“Thanks for bringing people together in this thoughtful way, and making it work online. I think that while the experience was different, it was great to know so many joined from all over the country and in a way it seems more accessible/no travel costs or less impact on the environment.”*



*“It was an opportunity to gain new information and discover how to help students better than I do now.”*



*“Have been involved every year for the past few years and have learned so much every year. I find the summit also refreshes what I already know.”*



*“The Summit being held online really was the only reason that I could attend. The president of our local student council also attended which he wouldn't have had the opportunity to do so. Students studying overseas also had the opportunity to attend.”*



*“[The Summit] Allows me to be more aware of and adaptable to the changes that are happening in the field. I feel more confident supporting students when I have first-hand, forward-thinking, collaborative knowledge.”*



*“The Indigenous speakers shared many insights that are valuable in my role.”*

## Keynotes

On Day 1, in our first Keynote of the Summit, **Translating Equity, Diversity and Inclusion into Healthy Relationships and Campuses**, Adrienne Chan asked participants to consider the ways in which inequity, exclusion, and the promotion of uniformity/homogeneity all contribute to anxiety and unhealthy learning organizations and campuses. Adrienne discussed how we are all responsible for taking action on how we can change this. To create healthy campuses in the post-secondary system, we all have a role to play, to support each other, and to create an environment of mental well-being.

On Day 3, Nicole Malette discussed the student experience in her keynote: **Connecting with Campus: Undergraduate Student Challenges and COVID-19**. This keynote session discussed some of the most common wellness challenges that undergraduate students face during the pandemic along with the well-known pressures of family expectations and the cost of post-secondary education. Nicole brought forward strategies and opportunities for students, faculty, and staff to all support one another.

## Panels

### Social Connection in Communities without Borders

The first panel to kick off the week based its discussion on an invigorating documentary, *The Great Disconnect*, created by wellness expert Tamer Soliman. Tamer's 2019 documentary was released before COVID-19, making his journey through North American cities to meet with local citizens, community activists, and leading authorities about our individual and community health even more poignant. Panelists Diana Jung, Erin Smith, Tamer Soliman, Trevor Hancock and Jen Ellaway guided attendees through a thought-provoking discussion on communities and connectivity and their relationship to society both within and outside of a campus context.

### Diversity in Mental Health

At the Diversity in Mental Health Panel on Day 1, Ravia Arora, Seren Friskie, Amrita Sunner, Kulpreet Singh, Michael Lee and Tricia-Kay Williams discussed the importance of incorporating diverse perspectives and voices into the promotion and accessibility of mental health resources on campuses. During this captivating conversation the panel impressed upon attendees the importance of our backgrounds, cultures, and personal experiences in how we frame well-being and mental health.

Social Connection In Communities Without Borders: Tamer Soliman (Director of *The Great Disconnect*) and members from our community of practice



## Workshops

On Day 2, Kim Haxton's workshop **Lateral Liberation** was so thought-provoking and poignant that attendees talked about its impact through the rest of Summit. Kim's interactive workshop equipped campuses with tools for understanding calls to action on Truth and Reconciliation, and emboldened them to begin to do the work to create

new awareness within the structures and systems we find ourselves in. Participants left with a clearer sense of purpose, and with the confidence and tools to liberate us from the invisible beliefs and biases that prevent us from being able to make meaningful structural shifts in our work.

### What workshop participants said



*"The Lateral Liberation webinar stood out to me as there were more participatory elements and Kim Haxton was amazing. I also enjoyed learning more specifics about the Mindshift CBT app and learning that Foundry recently launched an app too (I think I learned this during campus innovation talks). I liked the session on creating a campus recovery community too because though a portion of it was a presentation the speaker made it feel like a conversation."*



*"I loved the webinar around Lateral Liberation by Kim Haxton!! She was wonderful and the session itself really reminded me of the need to take a step back and ground myself in the increased understanding of my reality of being a very privileged Caucasian person!"*

Kim Haxton presenting her workshop on Lateral Liberation



## It's all connected

- Not everyone is equal.
- We are in overlapping spheres of influence whether we are aware of this or not.



## Dialogue and Engagement

### Campus Innovation Talks

These speedy presentations introduced new concepts, programs, and early research relevant to BC campuses. The sessions produced a significant level of engagement as participants were broken out into intimate online rooms that mimicked an in-person breakout room. The sessions showcased a variety of presentations that discussed student engagement, happiness in the classroom, and how to cope with COVID-19 anxiety.

- In his presentation **Coping Through COVID Anxiety**, using Anxiety Canada's Mindshift App, Mark Antczak discussed how the unprecedented global pandemic has led to a seemingly endless amount of change in our day to day lives and how this often results in worrying thoughts and catastrophic predictions. Mark introduced Anxiety Canada's Mindshift app as an evidence-based cognitive-behavioural therapy tool to help reduce the anxiety we deal with.
- Sarah Hamid-Balma, Kamal Arora, Sara LaMarre and Priscilla Ang talked virtual mental health support with participants in their presentation **Zoom into Supportive Conversations: Virtual mental health and substance use screenings, education and debriefs at VIU and UFV**. This presentation featured an interview with two innovative campus specialists who have modified *Beyond the Blues: Education and Screening Days* events to account for the new COVID-19 reality. Beyond the Blues awareness events engage people to learn more about mental health, well-being, substance use, mental health problems and related issues like risky drinking.
- Anxiety Canada Youth Network Ambassadors Rosemary Young and Eduardo Hernandez discussed tools for resiliency in their presentation **Youth and Anxiety in COVID-19 - Cultivating connection through digital means**. In the Spring of 2020, the Anxiety Canada Youth Network was set to launch in-person groups across Canadian campuses. However, pandemic restrictions encouraged Ambassadors to come up with creative ways within the digital landscape to bring youth together across campuses and in workplaces. The aim was to stay connected, continue the conversations around anxiety and anxiety management and foster a supportive national environment through these uncertain times.
- David Kang, Emma Stanley and Bhaskar Yechuri presented non-profit organization **Project Aurora: Empowering Innovation of Youth-Driven Mental Health Initiatives** in their presentation. Supporting youth-driven mental health initiatives in the Lower Mainland, the journey that led to the creation of the Project was discussed along with plans for continued growth of their virtual community of support.
- SFU's Student Health Advisory Committee (SHAC) introduced the **Health Equity Impact Assessment of Virtual Programs**. The Impact Assessment was designed to understand the experiences that students have had with Health and Counselling Services' (HCS) virtual programs through an online survey. The hope is to assess the Equity, Diversity, and Inclusion (EDI) of virtual HCS resources and suggest ways to strengthen the EDI of HCS resources. The session discussed in depth the processes performed to choose the method of delivery, steps taken to develop and validate their survey, and the future provisions of virtual programs moving forward.
- In **Exploring Strategies to Promote Student Happiness and Well-being in the Classroom**, Hasina Samji and Ladan Fathi shared their project exploring strategies to promote students' happiness and well-being in the classroom. The central idea of the project was that happiness can be learned through providing students with strategies for promoting well-being and happiness. Short presentations and interactive discussions borrowing concepts from positive psychology were introduced.
- **Chai Chats for BIPOC Students** by SFU's Health Peers introduced a new peer-led drop-in session created for Black, Indigenous & People Of Colour (BIPOC) students attending Simon Fraser University. The importance of creating spaces for BIPOC students to connect and hold dialogue on topics including body positivity, colourism, and mental health were explored. Also discussed were ways to host outreaches that encourage collective healing, as well as foster cultural humility, acknowledge our own biases, and encourage one another to embrace one's cultural identity.

## HM|HC Talks

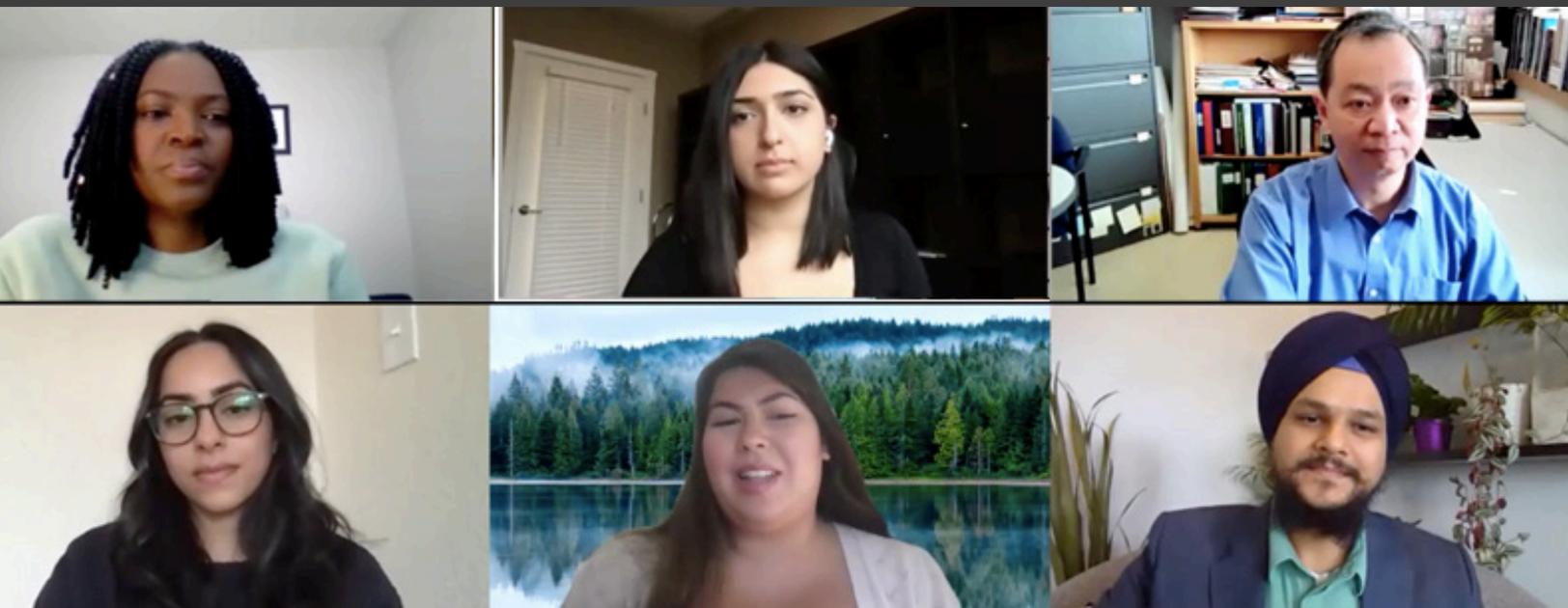
Pandemic gains and losses and student mental health were the topics of conversation during the HM|HC Talks on Day 3. Attendees were encouraged to interact with each other as well as the speakers in a series of vibrant online platforms.

- Elizabeth Cawley discussed **Current Trends in Post-Secondary Student Mental Health** in an ever-changing post-secondary student landscape with a particular focus on the release of Canada's National Standard on Post-Secondary Mental Health and Well-Being in the context of the global pandemic. The engaging conversation encouraged participants to consider the impacts of COVID-19 on mental health, and the impact of the National Standard on current mental health practices as well as on future program design.
- Katherine Martinez and Akash Adhikary presented on **Surfacing Pandemic Losses and Gains and the Impact on Postsecondary Mental Health: How do we apply this knowledge?** The talk highlighted the tension between pandemic losses and gains as well as tangible ways to apply learnings from the past year. The talk highlighted examples of the pandemic's impact on post-secondary students (including visible and invisible non-dominant groups) as well as their current and anticipated mental health needs. Innovative methods to meet the mental health needs

of diverse post-secondary populations and how to move forward beyond the pandemic context garnered a lot of engagement from participants. Using research studies, information from Statistics Canada, and clinical observations, the loss/gratitude data was used to facilitate space for personal reflection.

- Christine Adams' reflective talk on **Accompaniment: How COVID-19 has brought us to new ways of being with each other** discussed the concept of "accompaniment" as a useful way to examine how we move with each other through our days at work. During COVID-19, we have been challenged to move through our workdays without the physical accompaniment that we have grown accustomed to from our colleagues. Christine discussed the accompaniment of friends and colleagues who walk alongside each other through meetings and debriefs, into trouble spots and down rabbit holes, and how the lack of physical togetherness has pressed us into considering accompaniment as a deeper understanding of our work and students' needs. The conversation asked participants to consider how attending to the ways in which we accompany each other may be one way to support our return to campuses. Some of the components of accompaniment that were explored in this session included hospitality, curiosity, pace, and shared direction.

Diversity in Mental Health Panel. Seren Friskie moderated this panel and the panelists were Kulpreet Singh, Tricia Kay-Williams, Ravia Arora, Michael Lee and Amrita Sunner. Present in this image also are community members.



## Dialogue Sessions

These nine dialogue sessions promoted a deeper understanding of all three of the Summit's streams in an exciting and interactive way that kept participants engaged even after time was up!

- In the session **We Are All Related: Developing your own EDI-focused actions for community wellbeing** Miranda Massie, Alicia Hibbert and Truelove Twumasi joined members of UBC's Workplace Wellbeing team for an interactive dialogue session focused on putting inclusion strategies into action for IBPOC/BIPOC (staff/employee) well-being, then introduced their new IBPOC-focused workplan, including how to measure and report on progress. Participants were invited to engage in activities designed to prompt reflection and identify key next steps for individual action.
- **Connecting Campuses on Suicide Prevention** by Bakht Anwar and Kamal Arora discussed partnering with the Ministry of Mental Health and Addictions to provide campus suicide prevention grants to all public post-secondary institutions in British Columbia. This Dialogue Session was a collaborative space for key stakeholders in this initiative to gather and learn from each other as campuses began to implement their respective initiatives.
- **Diversity and Inclusion at BCIT: The Diversity Circles Initiative Session** by Zaa Derik, Gammel Joseph and Shannon Kelly was an incredible addition to the Dialogue Sessions. The group discussed BCIT's Indigenous model for the campus community, using professional mentoring and community outreach for engaging student and campus diversity. At its core, the Diversity Circles framework reflects complexity, diversity, and interconnectedness, providing a counterpoint to traditional institutional "outcome-based" or deficit models, where students do not measure up and are "weeded out." The Diversity Circles framework flattens hierarchies and creates safe, productive spaces for conversations on diversity, inclusion, and equity.
- Tim Dyck and Dan Reist discussed stigma and discrimination as factors that undermine well-being and mental health in their conversation, **Applying Dialogue to Appreciate Diversity**. Through dialogue, simplistic explanations are replaced by a greater awareness of complexity and increased empathy for the challenges others face. The session explored the potential of dialogue for addressing stigma and discrimination on campus.
- **Using Research-based Theatre to Generate Dialogue on Wellbeing and Equity, Diversity, and Inclusivity within Graduate Supervisory Relationships** was presented by curators Matthew Smithdeal, Susan Cox, Michael Lee and Tala Maragha. This session presented a novel approach to using Research-based Theatre in combination with facilitated small group discussion to generate dialogue between participants on graduate supervisory relationships. These relationships can have a profound impact on mental health and wellbeing and are often intricately related to equity and diversity challenges faced by graduate students, faculty, and staff. Participants watched a scene depicting tensions emerging during an interaction between a graduate student and their supervisor. This was followed by facilitated group discussion about the scene and an opportunity to debrief with participants about their perceptions of the experience of using theatre for this purpose.
- Brittany MacCuspig and Sara Fudjack explored how inclusivity is the scaffolding that supports the Student Recovery Community (SRC) in their dialogue session entitled **Cultivating Inclusion Through Lived Experience of Addiction and Recovery**. Cultivating inclusion in the SRC has enriched diversity in participation, has assembled a low-to-no barrier community and has fostered a safe space in which students facing unique challenges can feel comfortable to seek the level of support they require to improve their well-being and reach their full potential.
- Cecilia Amoakohene curated a dynamic conversation entitled **Equity, Diversity and Inclusion on Campus** that delighted participants. Discussing the importance of engaging in equity, diversity and inclusion work on-campus, Cecilia stressed the importance of this work during these uncertain times. Participants had an opportunity to discuss how they engaged in/hope to engage in equity, diversity and inclusion work in their space and the barriers they face while doing this work. Participants learned about the Centre for Innovation in Campus Mental Health's Equity, Diversity, and Inclusion toolkit, as well as upcoming work on anti-oppressive practice and how to utilize those resources in their efforts to support their communities.
- Amy Fogarty introduced the new **National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students** during this session. Participants were also introduced to other complementary supporting tools and resources available to post-secondary institutions.
- Phoebe Lo Solis Patigdas and Tracy Ho guided participants through their session, **Cultivating**

### Community during COVID-19: A Year in Review.

The conversation focused itself on the challenges COVID-19 has brought us all, particularly illustrating the difficulties in our post-secondary education system. As we approach a full year of changes, many unknowns have been identified and the issues that greatly affected post-secondary education have been pushed to the surface. This session prompted dialogue around issues that we have faced, guiding principles that apply and best practices to move forward in order to better build the resilience of the campus community.

## A Place to Connect

Part way through the first day of the Summit, it became clear that there was a real appetite to connect in a different way than just in the formal conference setting. This was the beginning of our informal “Coffee Chats”

in which participants could join an online Zoom room to talk about their experiences at the Summit so far. They were held every morning at 8:30 am and lasted half an hour, with the addition of a lunchtime session on the last day of the Summit. Each Coffee Chat was very well attended, and sparked intimate conversations that were so in-depth, participants were reluctant to sign off! It was exciting to see so many perspectives and opportunities for conversation.

We ended our Summit with a gathering of all participants to discuss the impact of Healthy Minds | Healthy Campuses. This interactive session constructed the stories and narratives that reflected our experiences as a learning community. Input and contributions collected throughout the Summit were used to stimulate the conversation and reflected the stories we created together.



## Partnerships in Action

Tying together the concepts discussed, incredible talks, presentations, and workshops delivered, the Canadian Institute for Substance Use Research (CISUR)'s **Responsive Evaluation Session** at the end of the Summit grounded the experience and left participants with some final takeaways and considerations for their campus communities. A carefully crafted post-conference survey was also used to gather participant reflections.

Based out of the University of Victoria, CISUR has been a long-time member of the BC Partners for Mental Health and Substance Use Information and co-steward of HM|HC.

The intent throughout the Summit was to engage the Community of Practice through the use of a few tools that were further drawn upon at the end of the Summit:

- a Padlet on which questions appeared periodically, designed to stimulate reflection on experiences and elicit responses
- the chat feature of Zoom offered a way to record thoughts during learning events
- a final dialogue session using a visual representation of pre-session messages posted in the Padlet and in the chats as well as facilitated dialogue to develop a storyline related to the meaning and value of HM|HC. The visual was edited throughout the session to capture the concluding dialogue and was re-presented at the end

The storyline that was proposed and adopted as **representing the value of HM|HC for its members** and a few of the comments made are represented below:

### Caring

- "to come here and feel very safe to express opinions and ask questions"
- "knowing there are people I can message and get a response"
- "unique mix of faculty, staff, administrators and students"

### Sharing

- "the generosity of sharing"
- "I am so inspired ... I always want to share"
- "such willingness to share resources and contact information"

### Learning

- "I really value the knowledge and the generosity with which it is shared"
- "I always walk away having learned a big theoretical thing or a very practical thing"
- "everyone in the community is a resource"

## Stay connected

Summit participants are encouraged to build on the momentum from the Summit not just by visiting the HM|HC website, subscribing to the e-newsletter and keeping up with our twitter account, but also by maintaining contact and collaborating with each other. We look forward to formally connecting again with Summit delegates at our next learning event.



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## Thank you to the 2021 Summit organizers

### Planning Committee

- » Bakht Anwar
- » Tim Dyck
- » Seren Friskie
- » Diana Jung
- » Lehoa Mak
- » Erin Smith
- » Punit Virk

### HM|HC Leadership Committee

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- » Provincial Health Services Authority
- » Summit volunteers, facilitators and moderators

## About HM|HC

Healthy Minds | Healthy Campuses (HM|HC) is a 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 their post-secondary institutions. We believe that well-being is everyone's business, so our community members include students, campus services professionals, faculty,

and administrators. We are interested in working with community partners who wish to come alongside and collaborate with us on initiatives tailored for appropriate implementation in our contexts. Healthy Minds | Healthy Campuses is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. The BC Partners are funded by the Provincial Health Services Authority.