

When you realize that it's a more complicated puzzle than you originally thought...



*WASGIJ Puzzles*



# Finding the corners and edges



Canadian Mental Health Association



The National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students



HEALTHY MINDS | HEALTHY CAMPUSES  
creating connections. inspiring change.

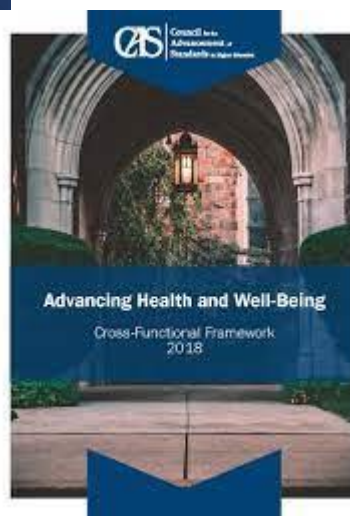


SFU HEALTH & WELL-BEING



Creating Conditions for Well-being in Learning Environments

An initiative of SFU Health Promotion and The Centre for Educational Excellence



## Framework for Post-Secondary Student Mental Health

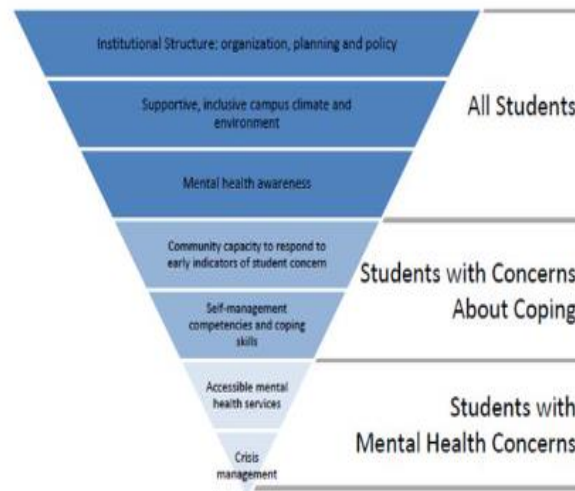


Figure 1 – Framework for student mental health, CACUSS & Canadian Mental Health Association, 2013.



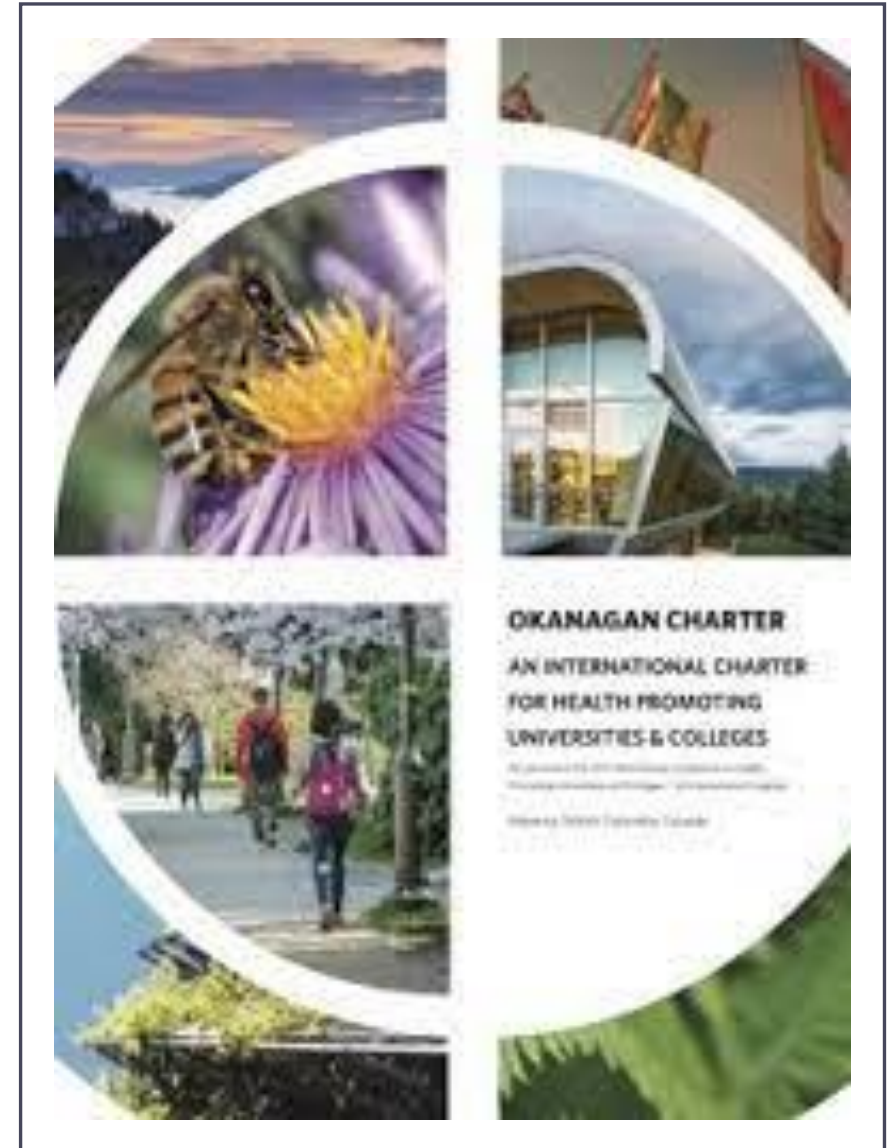
## The First Nations Mental Wellness Continuum Framework:

A Coordinated, Comprehensive Approach to Mental Health and Addictions Programs and Services



“Health promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, health promoting universities and colleges enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.”

“Health promotion requires a positive, proactive approach, moving “beyond a focus on individual behaviour towards a wide range of social and environmental interventions” (WHO 2015) that create and enhance health in settings, organizations and systems, and address health determinants.”



# An “opportunity and responsibility...”

1. Consider the entire campus community and environment.
2. There are many elements that impact well-being, and there are differing perspectives on mental health and well-being
3. Looking upstream and downstream and all around – a holistic approach
4. A strength-based perspective.
5. It’s not just the role of support services...
6. Differing perspectives on mental health and well-being
7. A health-promoting institution has the potential to impact students and their communities long after they have written their final quiz.



# NIC Adopts the Okanagan Charter – May 2020



 **NIC** | **OKANAGAN  
CHARTER**

**Julie Kitchener**  
**BSN student**

how can the  
*Okanagan Charter*  
support  
**mental  
health?**



Putting the  
Pieces Together

The cover of a document titled 'THE CARE² PLAN'. The top half has a blue background with a white icon of a person with a heart inside their head. Below the icon, the title 'THE CARE² PLAN' is written in large, bold, white capital letters. Underneath the title, the subtitle 'Student Mental Health and Well-Being at NIC' is written in smaller white text. At the bottom of the blue section, a list of values is written in a very small font: 'Care Compassion Agency Accessibility Resilience Responsibility Engagement Equity'. The bottom half of the cover has a green background with a white topographic map pattern. In the center of this green section, the text 'NORTH ISLAND COLLEGE' and '2021 - 2026' is written in white capital letters.

Seeing the  
whole  
picture...or is  
it still  
emerging?

