



## HCA Community Meeting: January 31, 2017

January 31, 2017 in Edmonton was our annual Healthy Campus Alberta meeting. We were excited to have 23 members from 11 campuses, community and student groups present to collaborate together in moving our community forward. The weather was exceptionally challenging, so a huge thank you to everyone who was able to attend. We were also glad that everyone arrived in Edmonton and then made it home safely after the meeting.

Summary of Community of Practice (CoP) Meeting

### GOAL:

Participants were asked to consider a variety of questions related to emerging topics on campus, as well as the operations of the CoP; the following information emerged out of table discussions

## SUSTAINABILITY OF HEALTHY CAMPUS ALBERTA

### General Thoughts

- **Increased membership and grow connections**
- **North and South provincial campus presence**
- **Cooperate with Student Unions and Student Associations**
- **Platform development for social media (Facebook, LinkedIn) and webinars**
- **Have representatives identify why sustainability is of value to their campus**
- **Use practicum programs for students to learn and participate**
- **Increase social media presence**
- **Sign on with commitment**
- **Showcase different campus' success**
- **Awareness, involvement and buy-in are needed**

### HIGHLIGHTS

- 30 registered; 23 participants
- 11 different organizations and post-secondary campuses from across AB
- Student representation through ASEC, CAUS, and AB-GPAC

### Meeting Objectives

1. To discuss HCA sustainability moving forward.
2. To discuss topics for future HCA learning agenda and June 20, 2017 Summit.

**SAVE THE DATE!! JUNE 20, 2017**

HCA Summit: *Building Resilient Campus Communities*

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## CONSISTENCY OF HEALTHY CAMPUS ALBERTA

### General Thoughts

- Add experts and best practice for peer support
- Support from many different groups such as consistent funding
- Ensure a common agenda amongst institutions
- Some initiatives may need to be faculty specific
- Bring various campus departments together for joint initiatives
- Partner faculties and student groups/clubs
- Keep participants engaged year round
- Keep grass roots approach
- Engagement of international students

## EXPECATIONS OF HEALTHY CAMPUS ALBERTA (1-5 YEARS)

### General Thoughts

- Spotlight on different institution successes
- A central repository and contact person for all information
- Permanent home outside of post-secondary institutions
- Each institution with their own coordinator who would liaise with central coordinator
- Mentorship program for new CoP members
- International collaboration

### TOP 4 WEBINAR TOPICS IDENTIFIED

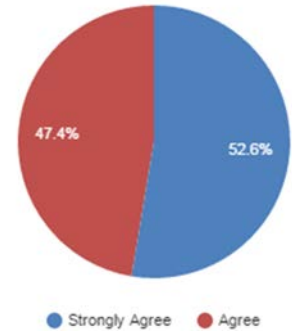
1. Fentanyl Use
2. Marijuana Legalization
3. Trauma
4. Self Care

### TOP 6 SUMMIT TOPICS IDENTIFIED

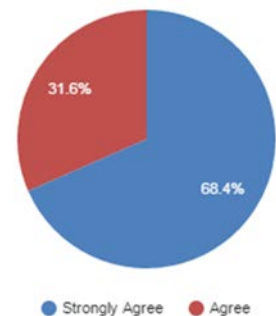
1. Engaging the unengaged
2. Making a difference
3. Holistic approach to mental health
4. Measuring success
5. Prevention and promotion
6. Resiliency and Identity

## Feedback from Participants

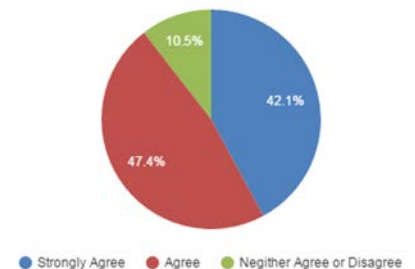
There was collaborative dialogue between community members and concepts related to HCA were discussed



Based on the organization and content of this meeting, I will attend future meetings



I felt that HCA is actively involved in increasing awareness of mental health on Alberta post-secondary campuses



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## Key Thoughts from Table Discussions on 4 Topic Areas

### ADDICTIONS

#### General Thoughts

- Institutions need guidance and support with policy development
- Hosting campus events without alcohol
- Balance legalization with impairment and safety risks
- Better understanding of Human Rights related to restrictions, what questions can be asked
- Fentanyl updates about what is happening across the province
- Presentations regarding harm reduction from Police or EMS
- Move from intention to activity; how do crises get resolved
- Confidentiality and fear of the unknown are barriers

### SELF-CARE

#### General Thoughts

- Often gain the most student buy-in with self-care
- Compliment other topic areas; pair with a program approach
- Communicate concrete strategies; what works
- Need to address how to implement at institution level
- Need to discuss how to be strategic and implement in daily activities; who is doing this well
- Stigma is a critical topic
- Share positive strategies used for preventative measures
- What enables resiliency; focus on resiliency factors

### PROGRAM PLANNING

#### General Thoughts

- Many great resources, no one to execute
- What are we measuring and how; will this shift culture
- Many campuses are struggling to measure success
- Great ideas, low engagement
- Define mental health literacy to different groups; students, faculty, researchers, staff, family members
- How to engage the unengaged now rather than later

### CHALLENGING TOPICS IN MENTAL HEALTH

#### General Thoughts

- Is there a coordinated campus response; prevention and post-intervention
- Need an intentional approach
- Training on how to respond
- What about sexual violence
- Be aware of those with lived experience
- Answer how to engage faculty

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