



## Executive Summary

The 3<sup>rd</sup> annual Healthy Campus Alberta Health and Wellness Summit was held on June 20 and hosted at the University of Calgary. The summit had 193 attendees including students, faculty, staff, administrators, government and community partners. The theme of Resilience was based on significant interest from the Community of Practice, who are ready to take action.

We were also joined by the Honourable Marlin Schmidt, Minister of Advanced Education and the Honourable Brandy Payne, Associate Minister of Health for an exciting announcement. The Alberta Government will be providing \$25.8 M to Alberta Post-Secondary Mental Health over the next 3 years!

For the full summary report of the Health and Wellness Summit, visit [www.healthycampusalberta.ca](http://www.healthycampusalberta.ca) or contact Danielle Stewart-Smith at [danielle.stewart@ucalgary.ca](mailto:danielle.stewart@ucalgary.ca) or 403.220.6927

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*The Canadian Mental Health Association (CMHA), Alberta Division is pleased to welcome Healthy Campus Alberta (HCA), Alberta's post-secondary community of practice as a named project within the CMHA Alberta Division family.*

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## Highlights

193 attendees

22 post-secondary institutions represented

13 community and government partners

15 speakers

6 sessions

144 cards – *Defining Resilience*

- #1 - community
- #2 - support
- #3 - strength

97 cards – *Defining Resilience Together*

- #1 - community
- #2 - connection
- #3 - collaboration

