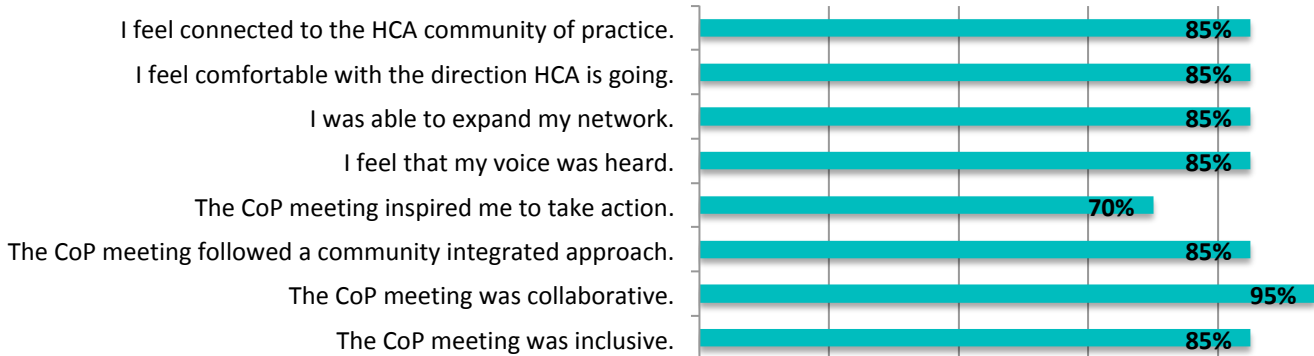


Healthy Campus Alberta 2019 Community of Practice Meeting Report

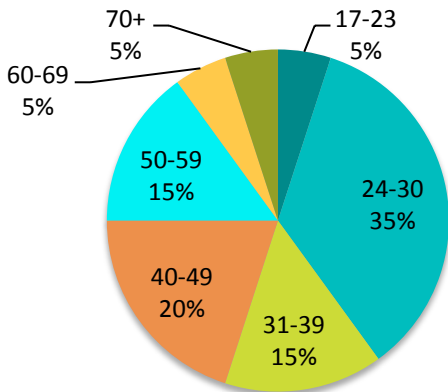
The 2019 Healthy Campus Alberta Community of Practice Meeting was held on November 5th at Red Deer College. The meeting was attended by **38** participants from **15** Alberta campuses and **3** community organizations. It was a great opportunity to connect, experience the exchange of ideas and gather input to inform the direction of HCA.



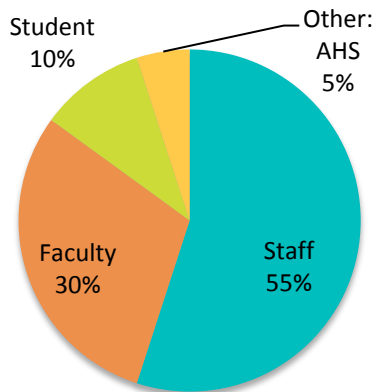
Attendees' Feedback



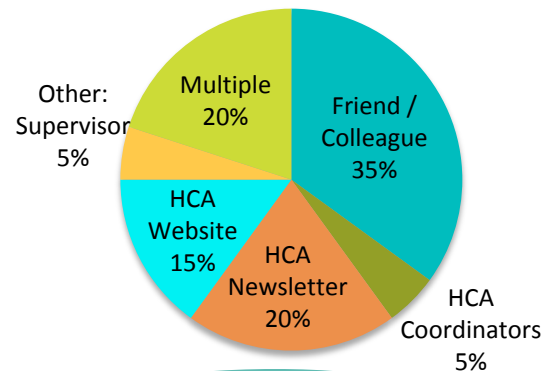
Attendees' Age



Attendees' Position



Heard About



"My most significant takeaway was the affirmations & confidence that our campus practices are on a great track!"

"My most significant takeaway was the opportunity to network & discuss sustainable embedded practice."

"My most significant takeaway was that we are not alone in this. Relying on the network to collaborate and inform."

Healthy Campus Alberta 2019 Community of Practice Meeting Report

Action Items

Our table discussions left us with some great ideas to consider and some concrete action steps. Here are the next steps that were decided by the group:

NCHA

- Sharing of docs about pitfalls and dissemination of NCHA data to Community Hub (DONE)
- HCA hosts a webinar about using NCHA data to inform programming

Upstream Mental Health Strategies

- HCA hosts a webinar discussing what upstream is and how to do (e.g. brainstorming ideas, sharing of successful initiatives, etc.)
- Participants in this discussion mentioned that the sharing of initiatives was valuable to their learning. We encourage community members to continue sharing stories of what you've tried on your campus and what you've learned from the process. As always, you can send your stories to hcaadmin@cmha.ab.ca.

MHCC Post-Secondary Standard

- HCA will keep informed and continue to update the community of practice
- HCA will provide opportunity for discussion and planning on how to use the standard after it is released

Influencing Provincial Direction / Strategy

- HCA will continue to be a space for the collective voice of the community of practice
- CMHA-AB will continue their advocacy with provincial government and will explore creative ways to communicate the needs of the community (e.g. a 1pg advocacy document)



What's Next?

HCA Wellness Summit

June 2020

Join us for the annual HCA Wellness Summit.

A great opportunity to connect and learn together!

Location and more details coming soon!



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Canadian Mental
Health Association
Alberta
Mental health for all

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