



Student Led Initiatives

Toolkit

Introduction

About the Tools and Toolkits

These tools and toolkits are hosted by **Healthy Campus Alberta**, a provincial community of practice committed to cultivating caring campus communities in Alberta. Originally developed by **Alberta Campus Mental Health Innovation** (an initiative carried out by the **Alberta Students Executive Council**), the tools and toolkits are learning-focused, living documents that serve to support our community of practice.

About the Student Led Initiatives Toolkit

This toolkit was developed for student leaders in post secondary institutions who are planning and implementing student mental health initiatives on their campus. Others who are planning and delivering post secondary mental health initiatives may also find the toolkit useful for their purposes, including those aimed at students as well as faculty and staff, or those aspiring to take their institution to a new level of mentally healthy campus. It will be particularly useful to understand the roles and contributions that students, student leaders and student associations can make in advancing the impact of mentally healthy campuses.

Who could use this toolkit?

- Student leaders involved in student government or student organizations;
- Program planners in post-secondary student services or administration;
- Mental health professionals who work with post-secondary students.

What purposes could this toolkit serve?

- Providing justification for student-centered and student-led approaches to addressing post-secondary student mental health;
- Supporting student leaders during their terms with creating, implementing, and evaluating student mental health initiatives;
- Supporting students who are involved in the creation, delivery, or evaluation of mental health initiatives through student organizations or institutional initiatives;
- Informing the development and evaluation of student-centered initiatives to support student mental health;
- Offering helpful tools to be used in everyday practice by students, staff, and faculty.

Toolkit Contents

Conceptual Tools

A conceptual tool provides framing perspectives for the toolkit.

Framing Student Led Initiatives

Mental health initiatives for students, by students can be an effective way to build mentally healthy campuses. This conceptual tool provides rationale for collaborative and student-led mental health initiatives.

Overview of "Mental Health"

What is mental health? Why does it matter how mental health is defined? This conceptual tool reviews key concepts like mental health, mental wellness, mental illness, and addictions in the post-secondary context.

Practical Tools

A practical tool is a resource that can be used in day-to-day practice.

Student Leader Guide

This tool shows prospective or incoming student leaders how to best utilize this toolkit during their term and achieve the goal of mentally healthy campuses.

Student Journey Map

Although every student will experience post-secondary education differently, there are common milestones, events, and stressors. This tool provides a visual that shows the typical student journey from orientation to graduation.

Mentally Healthy Campuses Maturity Model

Tackling complex systems challenges like mental health requires a host of factors to work together. A maturity model is a scorecard that helps organizations understand their own capability and capacity to create and influence desired change.

Evaluation and Learning Framework

Key to any successful mental health initiative is ongoing learning and evaluation. The Evaluation and Learning Framework is a starting point for measuring, reporting, and evaluating mental health initiatives.

Strategies for Mentally Healthy Campuses

Student leaders and program planners who are organizing mental health initiatives must have a strategic perspective to ensure success. This tool offers strategic ways that mental health initiatives can be delivered from start to finish.

Resources



View the rest of the [Student Led Initiatives Toolkit](#).



View the Holistic Mental Health Strategies Toolkit



View the Complex Collaboration Model Toolkit

Questions for Consideration

- What parts of the toolkit are most useful for your context?
- What other resources do you use when planning student-led mental health initiatives?
- Are there any resources that you often refer to in your practice that are missing in this toolkit?
- How are students involved in mental health initiatives on your campus?