



HEALTHY  
CAMPUS  
ALBERTA



Canadian Mental  
Health Association  
Alberta  
*Mental health for all*

*Healthy Campus Alberta*  
**2020 Wellness Summit:**  
***Moving Upstream***

How can we look upstream at the individual, relationship, and community level to promote flourishing and positive mental health on post-secondary campuses?

## **Webinar #1 - Upstream 101**

June 16, 10AM - 11AM

Upstream approaches to mental health can enhance our community's ability to flourish in times of uncertainty and change. In this webinar, join us for an in-depth exploration of the concepts of health promotion, prevention, and the social determinants of health, and how they apply in the context of post-secondary mental health and wellness.

Presented by **Fabiola Aparicio-Ting.**

## **Webinar #2 - Facilitated Conversation: Envisioning Upstream**

June 18, 1PM - 2PM

The shift to upstream thinking presents new opportunities and challenges for post-secondary mental health. In this informal spin on a webinar, join us for a short presentation and facilitated conversation as we acknowledge and address these challenges as a community. Come prepared with open minds and hearts as we explore new perspectives, ideas, and capacities to help make this shift possible.

Facilitated by **Carla Kembel.**

# **HCA 2020 Wellness Summit: Moving Upstream**

## **Creating Mentally Healthy Campuses: It Starts Way Upstream** with **Dr. Trevor Hancock**

Mental and social wellbeing are two-thirds of the WHO definition of health, yet both have generally been neglected. Moreover, as with physical wellbeing, we tend to focus most of our energy and resources on treating the problem rather than preventing it. But it is much better if people do not have impaired mental and social wellbeing in the first place. The population health promotion approach has taught us that the most important determinants of health lie upstream, in the environmental, social, organisational, economic and cultural environments in which we live. What are the implications of this understanding for creating mentally healthy campuses, and what will this mean in terms of policy and practice?

# Agenda

## *June 23rd, 2020*

TIME	ACTIVITY
10:00AM	Welcome
10:10AM	Keynote with Dr. Trevor Hancock
10:55AM	Break
11:05AM	Breakout Discussion 1
11:50AM	Lunch
12:20AM	Breakout Discussion 2
1:05PM	Break
1:15PM	Share and Celebrate
1:50PM	Closing



# Breakout Sessions

**Creating a Campus-Wide Strategy:** How can post-secondary campuses advocate for and strengthen health at the institutional level?

**Centering Wellness in Teaching and Learning:** How can program and curricular strategies promote positive mental health in the classroom?

**Strengthening Personal Skills, Relationships, and Resilience:** How can wellness programs build individual skills in coping, self-esteem, and resilience?

**Building Supportive Campus Communities:** How can post-secondary institutions build campus communities that reduce stigma and foster a sense of connection and belonging?

**Collaborating with Health Services:** How can we partner with health services to best meet the mental health needs of post-secondary students, staff, and faculty?

**Engaging the Student Voice:** How can student-led initiatives, involving post-secondary students in inception, planning, and/or delivery, champion positive mental health in their campus communities?

# Speakers and Facilitators

## Keynote Speaker: Dr. Trevor Hancock

Dr. Trevor Hancock is a public health physician and population health promotion consultant, recognised internationally for his work on health promotion, healthy cities and communities, and the relationship between health and the natural and built environments. In recent years he has been thinking and writing about mental health promotion, including in the university and college setting and in early childhood. In 2018 he retired from his position as a Professor and Senior Scholar at the School of Public Health and Social Policy at the University of Victoria. Before that, from 2002 to 2011 he was a Medical Consultant in Population and Public Health at the British Columbia Ministry of Health, where he led the development of core public health functions and clinical prevention policy for the province. From 1986 to 2002 he was an independent consultant in population and public health, having spent 6 years from 1980 working as a health planner and Associate Medical Officer of Health for the City of Toronto. He was made an Honourary Fellow in the UK's Faculty of Public Health in 2015. In 2017 he was awarded the Defries Medal, the CPHA's highest award, presented for outstanding contributions in the broad field of public health, as well as a Lifetime Contribution Award from Health Promotion Canada.





## Webinar 1: Fabiola Aparicio-Ting



Fabiola Aparicio-Ting, MPH, PhD, is a Senior Instructor in the Department of Community Health Sciences at the Cumming School of Medicine. She is also the Director for Health & Society, Bachelor of Health Sciences Honours program and the Lead for Public Health Education and Capacity Building at the Global Health Office of the Cumming School of Medicine. She currently teaches a number of undergraduate courses that focus on the social determinants of health, health equity, epidemiology and population health. Dr. Aparicio-Ting has two research areas; social epidemiology and the scholarship of teaching and learning. Dr. Aparicio-Ting completed her Master of Public Health at the University of Texas Health Science Centre Houston and her PhD in Epidemiology at the University of Calgary.

## Webinar 2: Carla Kembel

A social worker and self-proclaimed "post-secondary nerd", Carla brings a passion for whole campus health and wellness, grassroots community engagement and capacity building. The AHS Mental Health Promotion and Illness Prevention team's work includes population health-focused community engagement and capacity building, mental health resource development, trainings, coaching/mentoring and disaster psychosocial support resources and training for AHS staff, community stakeholders and the general public across the province. Our work engages and supports Albertans of all ages and identities, across the life span.



## Kevin Frieze

Kevin Frieze is the Assistant Dean of Students, Health and Wellness at the University of Alberta. With over twenty years of experience in the field of health & wellness, Kevin has the privilege of leading a multidisciplinary team of health professionals that support a holistic approach to the wellbeing of students, their families, faculty, and staff at the U of A. He sits as a member on the Healthy Campus Alberta Design Team, and is the Chair of the Edmonton Regional Post-Secondary Mental Health Committee.

## Dr. Carmen Arth

Dr. Carmen Arth has worked as a post-secondary educator for the past 20 years and currently works as an Assistant Professor at Concordia University of Edmonton, in Psychology. Alongside teaching and researching, Carmen also works in private practice as a Narrative Therapist. Carmen grounds her teaching, research and therapeutic work in actively noticing and creating inclusivity and diversity, well-being, and optimism. Carmen thrives in creating experiential-based environments that open space for challenging oppressive discourse and practice, while promoting growth-oriented learning.



## Andrea Chute

Andrea has been a nurse for over 30 years and has been teaching in the Faculty of Nursing at MacEwan University for the past 13 years. In the past few years, Andrea and other faculty members noticed a significant increase in student stress among first year nursing students and decided to approach the issue with Pets Assisting With Student Success or PAWSS was established. PAWSS is going into its third year at MacEwan and has 3 program streams: PAWSS drop-in program, which runs every Friday from 4:30-6:00 PM in two locations across campus; PAWSS in the workplace; and PAWSS in the classroom. PAWSS has also expanded into the community with programs at three Edmonton Public Schools and Norquest College.



## Kelly Grant

Kelly Gallant is a Career Specialist at UCalgary, supporting both current students and Alumni with their career planning and development needs. Kelly is also a Strengths Facilitator and Mental Health First Aid Instructor. She founded Kelly Gallant (KG) Consulting and Coaching, which offers diverse workplace training and development to organizations. Kelly is a recent graduate of the M.Ed. (Adult Education) at the University of Calgary specializing in Work and Learning. Kelly believes in a collaborative and constructivist approach in practice and a strengths-based and humanistic perspective.





## Rachelle McGrath



Rachelle McGrath is the Director of Wellness Services at MRU, a department which includes health services, student counselling services, the MRU injury and prevention clinic, and the healthy campus team. Her work includes a focus on strategy and assessment, and on embedding conditions for well-being into the campus environment. Rachelle enjoys collaborations with a focus on sustainable capacity building, and she is passionate about creating systems that engender wellbeing. She is involved in the sharing of knowledge and practices related to campus health at the local, provincial, and national level.

## Sydney Bennell

Sydney is a Registered Nurse with a passion for health promotion and mental health. Since starting with MacEwan University in October 2016, she has focused her efforts on creating a supportive campus for all. Sydney is the coordinator for the Peer Health Education Team, MacEwan's Mental Health Week, the Inquiring Mind: Campus Mental Health and Wellness workshop, and the MyHealth online health & wellness resource. She has an active role in MacEwan University's mental health initiative, Changing Minds. Additionally, Sydney collaborates with various campus and community partners to enhance the MacEwan University campus community.



## Marie Wanty



Marie Wanty is currently the Manager of Mental Health and Counselling at Medicine Hat College and has been a Counsellor at the college for 11 years. They introduced the Stepped Care Model of counselling incorporating the Behavioral Health Measure 20 (BHM) assessment tool in September 2017 initially due to more student demand and less resources. The session will focus on how they have utilized this model over the last 3 years, the successes and the challenges we have encountered.

## Jackie Koughan

Jackie Koughan works as the Nursing Supervisor at MacEwan University Health Center since 2018. Her roles there include, but are not limited to, process development and improvement, quality control support, clinical education, LGBTQ2+ clinic support and Refugee care. Jackie also autonomously facilitates an STI and PrEP program for students and family medicine patients. Jackie has previously specialized in Trauma and emergency nursing as well as Advanced practice in remote First Nation Communities. Personally, Jackie is an aunt of 4 (soon to be 5) children, an avid hockey fan and enjoys being outdoors with her dog Gunnar.



## Aaron So

Born and raised in Calgary, Aaron So is a psychology student at the University of Calgary who is passionate about supporting others within his community by engaging in discussions about mental health. Through his involvement with the university's campaign for the Campus Mental Health Strategy, along with having open discussions about mental health with his peers, Aaron believes it is vital to empower others through knowledge, stigma reduction, and open conversations.



## Philip William Yap

Philip William Yap (he/him/his), Lakeland College Alumnus and a second generation immigrant, struggled to find acceptance within himself before learning to make meaningful connections with his fellow students. Yap worked alongside the Student Commons to institute Safe Space stickers on campus. In 2018, Yap created a small support group and arranged a Pride Awareness Week. The group organized: a Student Pride BBQ with over 200 attendees, 3 Coming Out Stories Events and Lakeland's first-ever LGBTQ+ Prom. Yap served on Lakeland College's Board of Governors as the Student Member was awarded the Bronze Recipient of the CiCan Leadership Excellence Award for Students.





## Maura Frunza



During her time as a student at the University of Alberta, Maura began volunteering for the Peer Support Centre & Edmonton Distress Line. Through her volunteer work, Maura felt compelled to help those in need, and found a calling in providing support to those at risk. After completing her Bachelor of Arts degree, Maura worked in a wide range of public focused fields, including crisis intervention, group home work and research coordination. Through this work it became clear that working on campus and supporting students was what Maura was passionate about. Currently, Maura is the Services Manager at the Students' Association of MacEwan University. Here Maura oversees significant support services including Peer Support, the Pantry and Safe Walk fall. Additionally, she coordinates and provides Peer Support training to several Edmonton campuses.

## Corrie Mekar

Corrie Mekar (she/her) is a registered psychologist and post-secondary instructor in Edmonton, AB. Corrie is a full-time psychology instructor at NorQuest College in the University Transfer department. She is also a sessional instructor at MacEwan University and the University of Alberta. Corrie maintains a part-time private practice specializing in human sexuality. Corrie is looking forward to sharing ideas to enrich campuses that, in turn, nurture students.



## Lois Hayward



Lois is a Registered Psychologist and supervisor of SAIT's Student Development and Counselling services. She has over 20 years of experience working in student mental health and wellness and believes that brain health is critical to the success of post-secondary students. In this time, she and her team have established a proactive and responsive approach to student support that has resulted in higher than average male participation and no wait lists. She is a member of the Calgary Regional Post-Secondary Mental Health Committee. Lois co-chaired the SAIT Student Mental Health Strategy Task Force and she chairs the Mental Health Strategy Implementation Committee.

## Gina Marandola

Gina is the Post-Secondary Mental Health Grant Coordinator at SAIT. She has a decade of experience working in youth and student mental health with a particular focus on mental health promotion, research and evaluation, and project management. In this time she has been responsible for student mental health promotion at SAIT, developed research applications and evaluation protocols, and overseen the development, implementation, and evaluation of Phase 2 and 3 of the Post-Secondary Mental Health funding at SAIT. She is a member of the Calgary Regional Post-Secondary Mental Health Committee.





# Meet your HCA Team!



**Jennifer Nate**  
Administrative  
Assistant

**Katherine Liu**  
Student Event  
Assistant



**Katherine DeCoste**  
Student  
Communications  
Assistant

**Helen Pethrick**  
Student  
Research and  
Knowledge  
Exchange  
Assistant



**Makayla Freeman**  
Projects  
Assistant

**Melodie Esau**  
Operations  
Coordinator



# Join the Conversation!



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Community Hub

**healthycampusalberta.ca**