



Pre-Summit Webinar #2: Moving Upstream in Challenging Landscapes

Themes and Resources

Theme: Establishing Common Understandings of Upstream Approaches to Mental Health

- Cory Keyes' dual continuum model places mental health and mental wellbeing on different continuums, which people can fluctuate through during their lives.
- The COVID-19 pandemic has had a major impact on people's lives across Alberta. We are navigating uncertain waters in terms meeting mental health needs as we experience the pandemic.

Theme: Challenges to Moving Upstream

- It can be difficult to engage students while they are away from campus, due to the summer months or online classes. Students may have technology access issues.
- Urgent tasks in day-to-day operations can present challenges to adopting a preventative approach. Levels of distress among students seem to pull our work downstream.
- Leadership priorities may differ, for example, being more intervention focused.
- Concerns about funding cuts and job security.

Theme: Addressing the Challenges

- Sometimes an upstream approach is working to build your relationships and connections within your community – allows you to collaborate on how to expand upstream work.
- Grassroots movements don't need to be large; a small number of people can make a big difference.
- Everyone can be resilient regardless of mental health illness. Recognizing that there are struggles and challenges and adopting a strengths-based approach.

Theme: Existing Upstream Approaches

- Mental health awareness weeks;
- Training programs (e.g., Inquiring Mind, More Feet on the Ground);
- Equity work by departments;
- Healthy physical spaces;
- Harm reduction;
- Flexibility in academics.
- Upstream approaches can be direct or indirect; formal or informal.

Theme: Taking Action

- Taking steps toward adapting programs to the online environment.
- More collaboration to leverage resources and partnerships.



- Resource specialists could streamline front line care.
- Using physical space to promote wellness.

Resources Recommended by Carla

- <https://casel.org/>
 - Academic resources related to social and emotional learning (foundations of mental health)
- <https://www.publichealthontario.ca/>
 - PHO has a great section solely about Health Promotion (upstream) work/practice and offers free courses
- <https://bp-net.ca/program-categories/mental-health-promotion/healthy-campus/>
 - Best Practices in Canadian Higher Ed
- <https://www.nccih.ca/en/>
 - National Collaborating Center for Indigenous Health

Resources Recommended by Webinar Participants

- <https://morefeetontheground.ca>
 - More Feet on the Ground program
- <https://campusmentalhealth.ca>
 - Centre for Innovation in Campus Mental Health
- <https://www.healthycampusalberta.ca/wp-content/uploads/2020/02/Jan31-2020-Preventing-Alcohol-Related-Harms-on-Campus-v8.4-FINAL.pdf>
 - Preventing Alcohol Related Harms on Campus