

## **Sydney’s Tips for Building Supportive Campus Communities**

### Questions to consider:

What is your definition of a supportive campus community? What does a supportive campus look like? What/who should be included in a supportive campus community? Why is it important to have a supportive campus community? Who should be responsible for creating a supportive campus? How do you maintain a supportive campus?

### Program/Initiative Planning Tips:

- Identify your target population
  - Who are you trying to create a supportive campus community for? Depending on your population the approach may differ.
  - If the whole campus is the target, try breaking up the campus into smaller populations to ensure you are meeting the needs of the individuals. Think of it as pieces to a puzzle- you need all the pieces to create the full picture.
- Complete an environmental scan and needs assessment
  - What’s being done on campus already, who’s facilitating programming, what are people asking for, what does the data say?
  - Seek feedback from your target population.
- Use a collaborative approach
  - Identify key stakeholders (students, staff, faculty, community members, etc.) and meet those people. Make connections- it’s hard work, but it’s worth it!
  - Rather than “reinventing the wheel” is there room for collaboration?
  - Create common goals.
  - Plan programming collaboratively (consider inclusivity, diversity, and equity of programming).
- Implement programming and collect ongoing feedback
  - Create evaluation metrics.
  - Implement programming.
  - Seek feedback throughout implementation and listen to feedback.
  - Adapt programming, based on needs, feedback, and feasibility.
- Evaluation of programming
  - Did the program meet its goal?
  - Is the goal still relevant?
  - Review feedback; how can you adapt the program for more success?
  - Can you include more collaborators?
  - What are your successes? Challenges?
- Repeat steps to continue to build supportive campus communities

Helpful Resources:

Campus Wellness Strategies/Frameworks or Mental Health Strategies/Frameworks:

- Does your campus have a Strategic Plan or Framework to support wellness? Your campus Strategy or Framework can have a lot of great information to support the building of supportive campus communities.

Canadian Association of College & University Student Services (CACUSS) and Canadian Mental Health Association (CMHA):

- Post-Secondary Student Mental Health: Guide to a Systemic Approach-  
<https://healthycampuses.ca/wp-content/uploads/2014/09/The-National-Guide.pdf>

This guide is designed as a resource to support the creation of campus communities that are deeply conducive to transformative learning and mental well-being through a systemic approach to student mental health in colleges and universities in Canada. It provides a framework to support campus self-assessment, strategic goal setting, and the identification of options for change that can be used to inform planning and evaluation.

Canadian Health Promoting Campuses Network:

- Okanagan Charter- <https://healthpromotingcampuses.squarespace.com/okanagan-charter>

The purpose of the Charter is threefold:

1. Guide and inspire action by providing a framework that reflects the latest concepts, processes and principles relevant to the Health Promoting Universities and Colleges movement, building upon advances since the 2005 Edmonton Charter.
2. Generate dialogue and research that expands local, regional, national and international networks and accelerates action on, off and between campuses.
3. Mobilize international, cross-sector action for the integration of health in all policies and practices, thus advancing the continued development of health promoting universities and colleges.

Healthy Campus Alberta:

- Alberta Post-Secondary Mental Health and Addiction Framework-  
<https://www.healthycampusalberta.ca/resources/alberta-framework/>

This document outlines key concepts, considerations and action strategies for addressing student mental health and addiction problems in post-secondary institutions. The goal of the framework is to provide comprehensive, systemic and Alberta-specific ideas for the creation of healthy, inclusive and resilient campus communities.

- Student Led Initiatives Toolkit- <https://www.healthycampusalberta.ca/toolkit/student-led-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.

Healthy Minds | Healthy Campuses (BC):

- Supportive Environments- <https://healthycampuses.ca/take-action/supportive-environments/>

This resource highlights the importance of a supportive environment and provides examples, key considerations, and links to other resources.

Public Health Ontario:

- Program Planning and Evaluation- <https://www.publichealthontario.ca/en/health-topics/public-health-practice/program-planning-evaluation>

This page contains information, resources and related links. Health promotion program planning and evaluation tool includes everything from assessing needs, setting goals and objectives, planning activities, implementation and measuring outcomes.