

Appendix – Additional Case Studies

This section is dedicated to the additional submissions to the toolkit. These promising practices are meant to encourage institutions to connect and learn from one another and learn more about the promising practices displayed here.

INSTITUTION	Red Deer College
INITIATIVE	Wellness Workshops Wednesdays
CACUSS DIMENSION	3 – Mental health awareness
PROMISING PRACTICE	<p>Wellness Wednesday Workshops occur on a bimonthly basis and are open to all RDC students, alumni, faculty, and staff. In two hour sessions, participants are engaged through resources that are in accordance with the Alberta Health Services Community Helpers Program, with the aim of gaining practical skills, expanding knowledge of mental health issues, and bridging supports.</p> <p>During the workshops, participants are provided with a folder with a workbook pertaining to the topic, a list of campus and community resources, and a list of stress management techniques. These workshops take place in partnership with the Alberta Health Services Community Helpers Program, as the workshops focus on one of the 21 modules of the program. These workshops provide practical skills that individuals can use in their day-to-day life. The modules aim to expand knowledge of mental health issues, bridge “formal” and “informal” support for young people, reduce stigma and labelling of mental health issues, focus on prevention and early identification for individuals who may be at risk, provide extensive training in managing crisis situations effectively and ethically, and improve interventions for those who may be at risk of suicide. Moreover, students are eligible to receive certification and co-curricular notion for the Wellness Wednesday Workshops when specified criteria are met. ●</p>

INSTITUTION	Lakeland College
INITIATIVE	Inquiring Minds for Instructors/ Staff
CACUSS DIMENSION	3 – Mental health awareness
PROMISING PRACTICE	<p>Lakeland College offered the Inquiring Minds to a large number of students through a unique approach. Working with faculty, they were able to embed mental health training within the learning environment.</p> <p>Two hundred students in Human Services, Energy Sciences, Foundational Learners, Business, University Transfer, and Agriculture participated in the Inquiring Minds training in the fall of 2019. During the previous spring, an additional 150 students also participated in the training. Prior to this time, a counsellor had offered mental health training to staff, administrators, and faculty based on training received from the University of California. ●</p>

INSTITUTION	Southern Alberta Institute of Technology
INITIATIVE	Wellness Check
CACUSS DIMENSION	3 – Mental health awareness
PROMISING PRACTICE	<p>Student Development and Counselling and Lamb Learner Success Centre staff engage students in a Wellness Check after midterms and prior to the institutional withdrawal deadline. A key feature of the initiative is for students to access tools from both counselling and academic coaching staff to reinforce that academic and personal well-being are interconnected.</p> <p>The mid-term point in the semester is a key time for students to reflect on their academic portfolio as well as on their personal well-being. SAIT’s Student Development and Counselling, with the support of the Lamb Learner Success Centre, encourage students to support their success by:</p>

- Checking in on their personal and academic well-being;
- Identifying strategies they could use for the rest of the semester to be psychologically and academically successful;
- Finding out about the people and resources available on campus to help them succeed in maintaining positive well-being;

The Wellness Check was first run as a pilot in November 2016, during which time students provided a wealth of positive feedback about the program. This pilot garnered significant institutional support and interest from departments, including Communications, Learner Services, and Academic Service areas. Since the pilot, the project has been repeated annually.

Additional link:

1. [Wellness Check](#) 

INSTITUTION	Southern Alberta Institute of Technology
INITIATIVE	Therapy Assistance Online and 7 Cups
CACUSS DIMENSION	3 – Mental health awareness
PROMISING PRACTICE	Therapy Assistance Online (TAO)-Self Help is an online collection of interactive wellness tools designed to help students navigate challenges commonly faced by students. 7 Cups connects students to anonymous and confidential online chat with trained listeners around the globe. This helps to gradually build new skills, gain confidence and learn to focus on the positive.

TAO is self-directed and available anytime, with the purchase of an institutional licence. There is also the option of using TAO as an online counselling platform, with strict training requirements in place for counselling staff. Resilience 101 is a collection of TAO exercises that help students build resilience. Also available online, students can earn Co-Curricular Record for completing the Resilience 101 modules. A number of SAIT course instructors have asked to incorporate parts of the material into their curriculum, which we are able to do with customizable groups.

In regards to 7Cups, there is special content specifically catered for SAIT students available with the purchase of an institutional licence. 7 Cups is available 24/7 in 20+ languages.

Additional links:

1. [Therapy Assistance Online](#)
2. [7Cups](#) ●

INSTITUTION	University of Calgary
INITIATIVE	Post Alcohol Support Space
CACUSS DIMENSION	4 – Community capacity to respond to early indicators of student concern
PROMISING PRACTICE	<p>Post Alcohol Support Space (PASS) is a medically supervised, judgment-free space on campus where members of the university community can sleep off the effects of alcohol and/or cannabis. The goal is to try to lower the risk of alcohol and cannabis-related injury by monitoring intoxicated individuals – keeping them safe and regularly assessing the need for medical treatment.</p> <p>PASS was developed around three key principles: to make the space supportive, nonjudgmental and consequence free. A stay at the PASS will not be communicated to professors or family members and it does not go on any record – academic or otherwise. Any member of the university community can use the PASS without fear of consequence. The PASS is located in a residence hall, accessible through Safewalk, Campus Security, or the Student Medical Response Team, and is open Thursday evenings and for special events. The PASS is staffed with a registered nurse and Student Medical Response volunteers trained to ensure individuals get the level of care they require. ●</p>

INSTITUTION	Norquest College
INITIATIVE	Student Wellness Climate Survey
CACUSS DIMENSION	4 – Community capacity to respond to early indicators of student concern
PROMISING PRACTICE	<p>The Student Wellness Climate Survey is part of a research project that is meant to be inclusive of the entire learner community at NorQuest. The survey uses an innovative measurement tool and administrative procedure, incorporating an education component and a pencil-paper survey to gather data on sexual violence and awareness, and various wellness dimensions, from lower literacy level students.</p> <p>NorQuest College serves learners across the spectrum of English proficiency and academic abilities. However, when it comes to assessing our whole community on concepts such as health and wellness, the literacy level and terminology of common college surveys are limited in their reach. Part 1 of the survey asks about physical health, emotions and stress, time management, finances, and social wellness (e.g., relationships, belongingness, and perception of safety). Part 2 of the survey explores student understanding of and experience with interpersonal violence (physical, sexual, and emotional). Prior to delivery of each section of the survey, there is a brief discussion about relevant concepts and vocabulary. The survey information letter and informed consent documents are available in four different languages. Survey development involved consultation with language learning experts and a pilot in 2018 with our Canadian Language Benchmarks 5 and 6 students. Making this survey available to gauge student wellness, interests, and experience allows NorQuest students as a whole (e.g., not just our post-secondary students) to have a voice and also allows the college to be able to develop evidence-based initiatives for all our students. ●</p>

INSTITUTION	MacEwan University
INITIATIVE	Sexual Violence Support Guide
CACUSS DIMENSION	4 – Community capacity to respond to early indicators of student concern
PROMISING PRACTICE	<p>This campus-wide faculty and staff training program aims to foster understanding on experiences of sexual violence and the impact on mental health and wellness. The program is designed to engage faculty and staff as allies in addressing sexual violence, build their capacity to supportively respond to our campus community needs and allow ownership over everyone’s role in creating a culture of consent at our institution.</p> <p>The program includes training on foundational support skills based on the Rogerian method of counselling, and situates the initiative within a socio-ecological model of understanding health. Participants from the training have provided feedback that the skills learned have also been applied to responding to a variety of mental health concerns. ●</p>

INSTITUTION	Northern Alberta Institute of Technology
INITIATIVE	PAWs for a Break
CACUSS DIMENSION	5 – Self-management competencies and coping skills
PROMISING PRACTICE	<p>NAIT has an official wellness dog, which visits various locations on NAIT’s main and satellite campuses to give students the opportunity to relieve stress through play. This engagement is also used as an opportunity to connect with students and inform them of other resources on campus that they may find beneficial. ●</p>

INSTITUTION	University of Alberta
INITIATIVE	ACCESS Network: A Campus Connected
CACUSS DIMENSION	2 – Supportive, inclusive campus climate and environment, 4 – Community capacity to respond to early indicators of student concern, 7 – Crisis management
PROMISING PRACTICE	<p>The ACCESS Network is made up of representatives from over twenty campus work units from multiple portfolios and faculties. The main goal of this network is to consolidate and formalize partnerships between University of Alberta student service providers.</p> <p>The ACCESS Network facilitates seamless and rapid access to appropriate and relevant student mental health and other services, creates a common language and understanding amongst student service providers, and co-ordinates efforts to provide a spectrum of responses to various student challenges.</p> <p><i>Principles include:</i></p> <ol style="list-style-type: none"> 1. Intentionality 2. Rapid access 3. Community of practice 4. Identify gaps <p><i>Additional links:</i></p> <ol style="list-style-type: none"> 1. ACCESS Open Minds National Project 2. ACCESS Outreach Team ●

INSTITUTION	University of Alberta
INITIATIVE	Suicide Prevention Framework
CACUSS DIMENSION	1 – Institutional structure: Organization, planning, and policy, 2 – Supportive, inclusive campus climate and environment, 4 – Community capacity to respond to early indicators of student concern, 6 – Accessible mental health services, 7 – Crisis management
PROMISING PRACTICE	<p>The University of Alberta Suicide Prevention Framework report is the result of a comprehensive review of support networks and outlines a five-part framework for enhancing suicide prevention. Specifically, this report identifies 36 recommendations across the five categories to build upon student, staff, and faculty mental health and wellness services and to improve the capacity and capability for suicide prevention at the UofA. In addition to the recommendations, suggestions for assessment and sustainability are also provided.</p> <p>The UofA's Suicide Prevention Framework acknowledges the systemic relationship between members of our community and addresses recommendations across five dimensions:</p> <ol style="list-style-type: none"> 1. Policy & Implementation 2. Education, Awareness & Communication 3. Supports & Services 4. A Welcoming, Connected & Supportive Campus Community 5. Supports Following A Campus Death <p><i>Additional link:</i></p> <ol style="list-style-type: none"> 1. University of Alberta Suicide Prevention Framework ●

INSTITUTION	University of Alberta
INITIATIVE	Heroes for Health
CACUSS DIMENSION	1 – Institutional structure: Organization, planning, and policy, 2 – Supportive, inclusive campus climate and environment, 4 – Community capacity to respond to early indicators of student concern, 5 – Self-management competencies and coping skills, 6 – Accessible mental health services, 7 – Crisis management
PROMISING PRACTICE	<p>The Heroes for Health Challenge encourages students, staff, and faculty to come together, think outside the box and work collaboratively to propose ideas for a healthier campus in four areas: social connections, physical activity, mental health, substance, and alcohol use. Ideas to support student well-being can be awarded up to \$5,000 to make the UofA a better place.</p> <p><i>Additional link:</i></p> <ol style="list-style-type: none"> 1. Heroes for Health ●

INSTITUTION	University of Alberta
INITIATIVE	Wellness Champions Program
CACUSS DIMENSION	2 – Supportive, inclusive campus climate and environment, 4 – Community capacity to respond to early indicators of student concern, 7 – Crisis management
PROMISING PRACTICE	<p>A Wellness Champion makes the campus community a better place. Their efforts positively influence how we experience university life – through academics, work, and play. A Wellness Champion connects people and helps build supportive environments. They may not even know they’re a champion for wellness and this is your opportunity to tell them. All efforts – big and small – contribute to creating a culture of wellness and a healthy university environment at the UofA.</p> <p><i>Additional link:</i></p> <ol style="list-style-type: none"> 1. Wellness Champions ● ●