




HEALTHY CAMPUS ALBERTA

www.healthycampusalberta.ca



Community Discussion:

Mental Health and the Learning Environment Toolkit from Centre for Innovation in Campus Mental Health

www.healthycampusalberta.ca

Introductions



Melodie Esau

Operations Coordinator, Healthy Campus Alberta

Introduce Yourself!

Type in the chatbox: Name, Position, Campus / Workplace

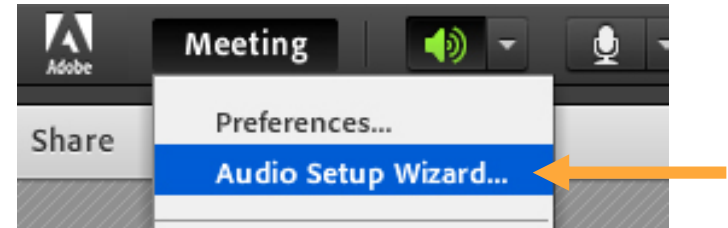
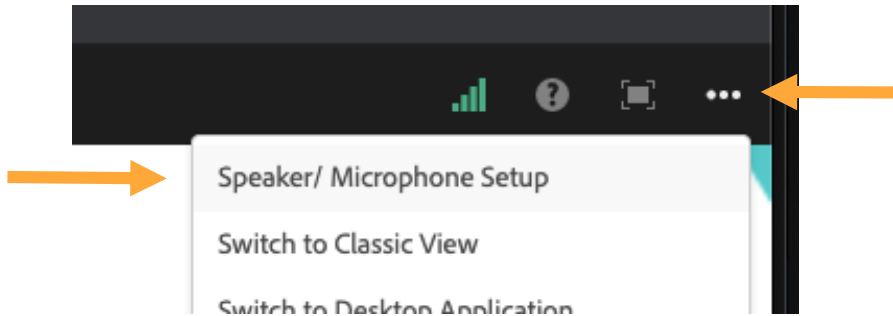
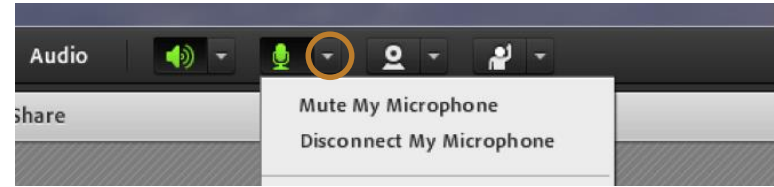
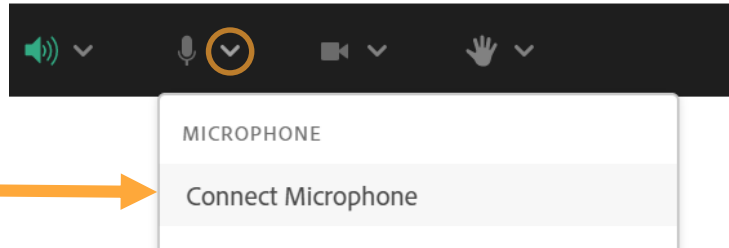


Housekeeping

- Audio is enabled for Hosts and Participants
- Please “mute” your microphone unless you are speaking
- Use the “raise hand” feature to indicate to the facilitators that you wish to speak
- Feel free to also use the chat box
- This session **will not** be recorded



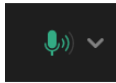
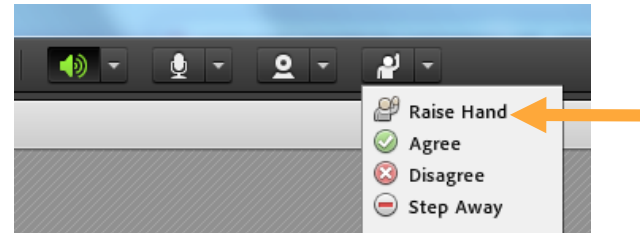
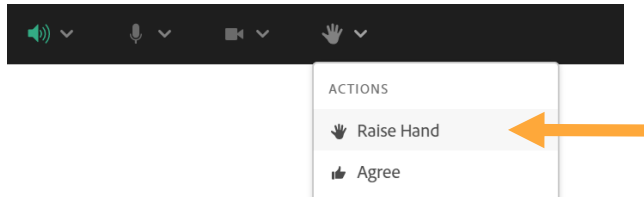
Housekeeping



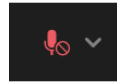
Let's try it out!



- Test your audio by raising your hand.



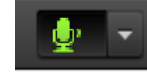
Speaking



Muted



Speaking



Muted



Conversation Guidelines

Respect

... for others' lived experiences and for our time together

Invitation to share

... when and what feels best

Understanding and humility

... towards positions and intentions (and technology!!)

Adapted from Arao and Clemens (2013) and Ahenkorah (2020).



Reflection



***Poll:** Did you attend the Centre for Innovation in Campus Mental Health webinar, Supporting Faculty to Create a Healthy and Engaging Learning Environment?*

***Poll:** What are you hoping to learn from this community discussion?
Type one thing you are hoping to learn in the poll.*



Recap



Access the toolkit:

<https://campusmentalhealth.ca/toolkits/faculty/>



Discussion



- Which parts of this webinar / toolkit resonated with you?
- What are the Alberta resources related to mental health and the learning environment that have been helpful to you?
- What are you doing in collaboration with faculty on your campus to support student mental health?



Concluding Reflection



- What is one thing that you are going to bring away from today's discussion? Think of an “action statement” for yourself.

You are welcome to write your action statement in the chat or click “raise hand” to share with the group.



Next Steps

- Thank you for your participation!

Please take a moment to complete our evaluation survey:

<https://www.surveymonkey.com/r/HQXX7H5>

- Upcoming webinars:

Supporting International Students Follow Up Discussion, December 10, 1:00 – 2:00 MST

Introducing Togetherall, January 12, 10:00 – 11:00 MST

Introduction to the new National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students, February 4, 10:30 – 12:00 MST

<http://www.healthycampusalberta.ca/webinars>

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Welcome to the Healthy Campus Alberta Website!

We are a community of practice committed to cultivating caring campus communities across the province of Alberta. Interested in learning more? Explore ["About Us,"](#) join the [Community Hub](#), or [sign up](#) for the community newsletter!



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