



HEALTHY CAMPUS ALBERTA

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Tools for Holistic Mental Health Approaches: Redeveloped Toolkit Launch

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Introductions

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Introduce Yourself!

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



Housekeeping

- Audio will only be enabled for presenters
- Please use the chat box to communicate questions and comments
- This webinar will be recorded, but the chat box will not be included in the recording
- Afterwards, the recording and relevant resources will be shared on the HCA website





Holistic Mental Health Approaches

Toolkit

Learning Objectives

By the end of this webinar, you will be able to...

- Articulate why it is important to ground holistic mental health approaches in student diversity;
- Apply the Grounding Strategies in Diversity tool to your practice;
- Access the Tools for Holistic Mental Health Approaches toolkit on the HCA website;
- Connect with the HCA Community of Practice.



Background

The ACMHI Story

- Funding for student-led mental health initiatives from 2013-2016
- Legacy tools

The HCA Toolkits

- Student Led Initiatives Toolkit
- Complex Collaboration Model Toolkit
- **Holistic Mental Health Approaches Toolkit**



Holistic Mental Health Approaches

POLL:

What words come to your mind when you think about holistic mental health approaches on postsecondary campuses?



Holistic Mental Health Approaches

The Holistic Mental Health Approaches Toolkit

- What is a “holistic mental health approach”?

A perspective and strategy to support student mental health that is both systemic and comprehensive.

- Who is it for?

Program planners, mental health professionals, leaders.

- What could it be used for?

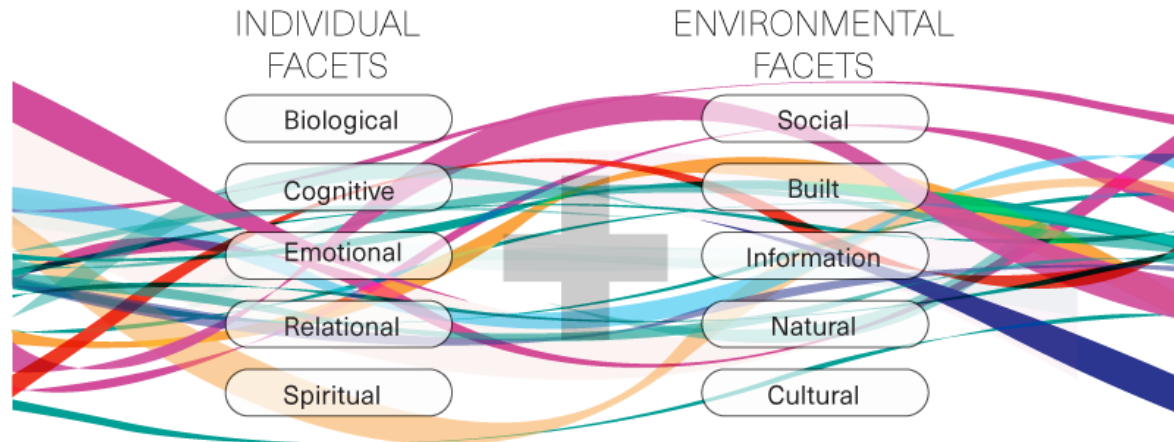
Designing, implementing, and evaluating holistic mental health approaches.



Holistic Mental Health Approaches

Establishing a common mindset.

- Positive mental health is holistic.



Holistic Mental Health Approaches

Establishing a common mindset.

- Effective approaches to support positive student mental health are be systemic and comprehensive.
- **Systemic:** incorporate multiple, inter-related factors
- **Comprehensive:** address holistic nature of mental health



Grounding in Diversity

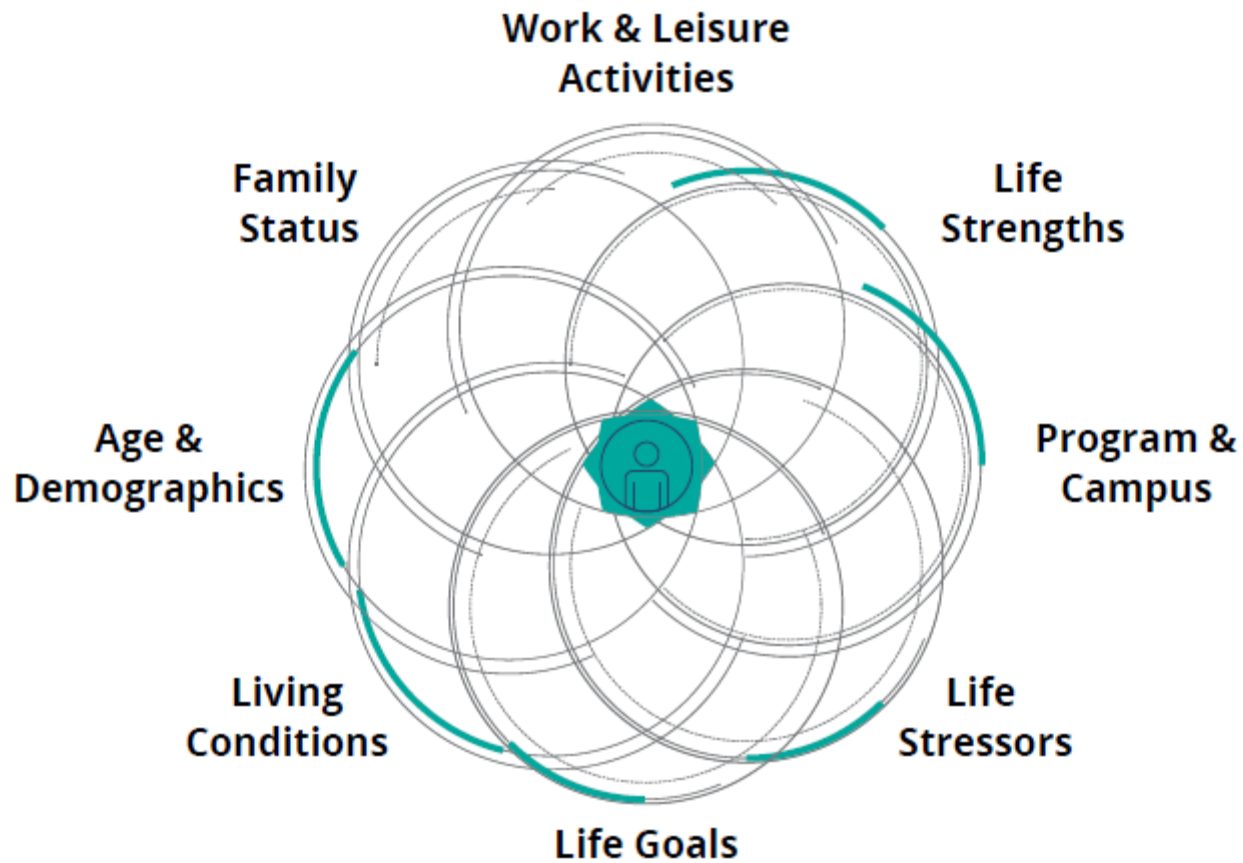
Why diversity?

- **Diversity:** identities and capacities
- Every student's mental health journey is unique.
- Post-secondary campuses are becoming more diverse.

Holistic mental health approaches are designed around student diversity.

- An effective approach is designed for all.

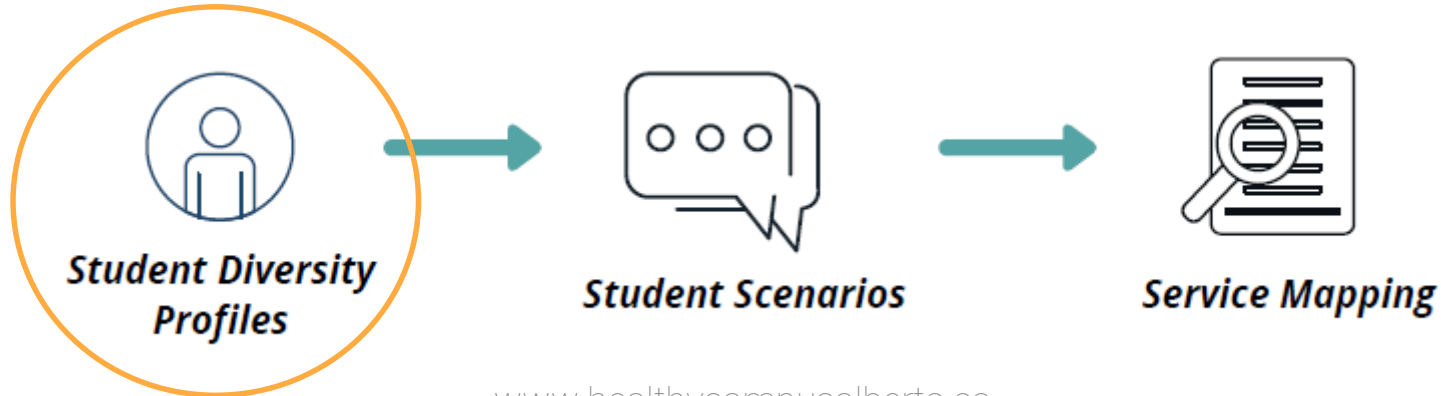




Tools

How to Use the Grounding Approaches in Diversity Tools

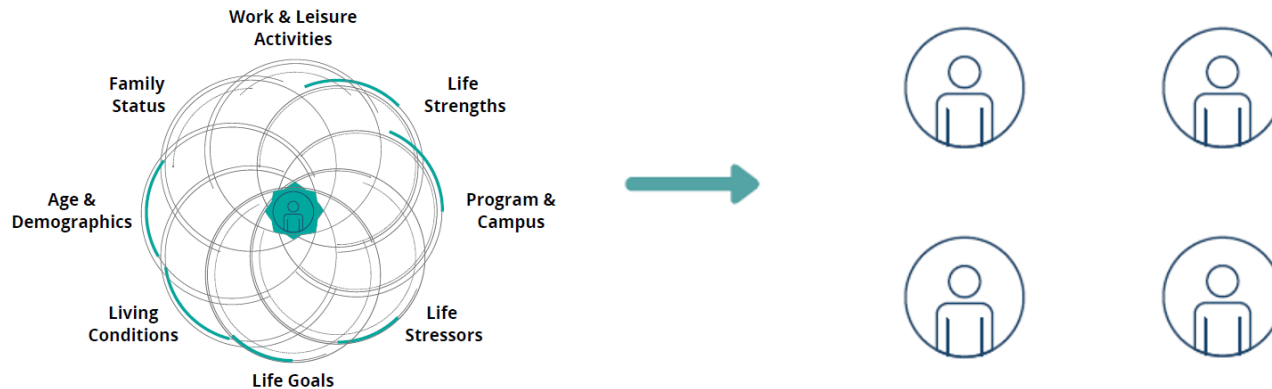
- Rationale: This three-part tool will help you understand student diversity on your campus and evaluate your campus' services without having to necessarily seek out student input.



Tools

Student Diversity Profiles

- Purpose: This tool will help you develop profiles of diverse students on your campus.



Tools

WHITEBOARD

Who is on your campus? Think about some groups of students on your campus. Type some attributes on the whiteboard.



Tools

Student Diversity Profiles

- Example



Mona

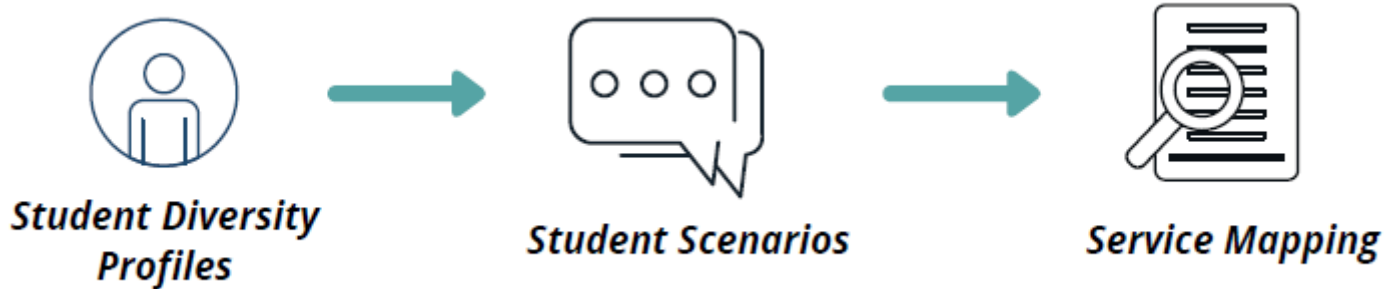
- Age 35
- Born and raised on Fishing Lake Metis Settlement in northern Alberta
- Single
- Kids (2 x teenagers) living with her
- Canadian Born / Schooled
- BSW at a small urban college – on completion, looking to take an education certificate
- No student activities so far, but seeing a poster for a History club and thinks that might be interesting.
- Works part time as a delivery truck driver
- Life stressors: Mona raised 2 kids as a single mother. One daughter is going through a rough patch and she worries about her.



Tools

Next Steps: Student Scenarios and Service Mapping

- Purpose: In the next two tools, you will develop scenarios from the profiles and evaluate your campus' mental health services.

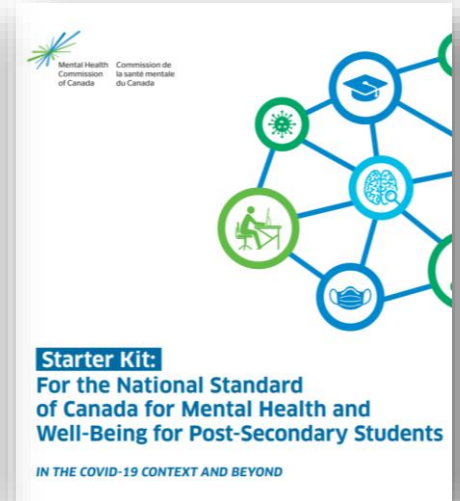
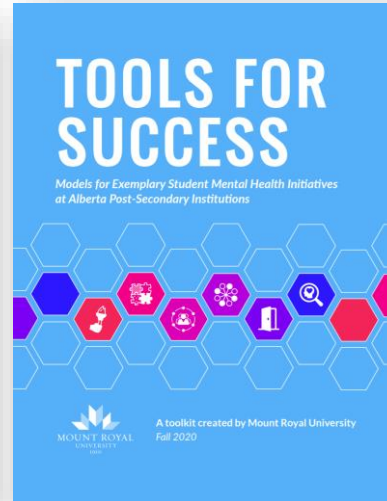
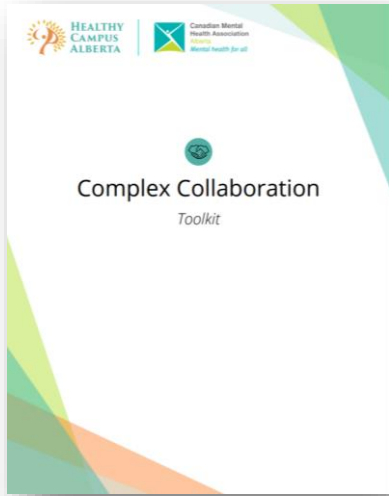


Tools

Ideas for Using the Grounding Approaches in Diversity Tool.

- To design a new program or initiative.
- To evaluate a current initiative or provide a new perspective.
- To complement evaluation data that incorporates student input.
- To pivot your services to changing postsecondary learning environments.





<https://www.healthycampusalberta.ca/tools-and-resources/>



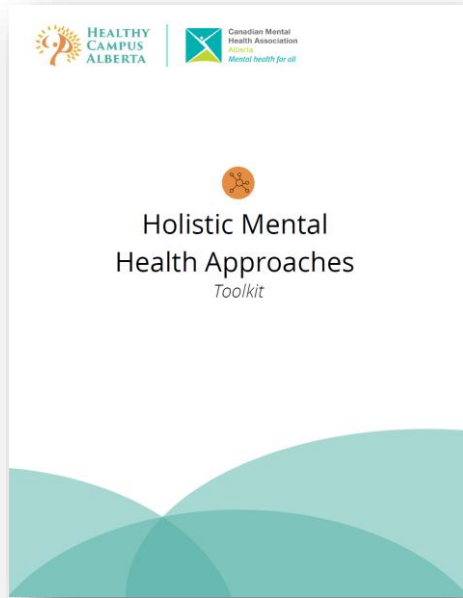
Wrap-Up

POLL

Will you access the Holistic Mental Health Approaches Toolkit?



Access the Toolkit!



<https://www.healthycampusalberta.ca/toolkit/tools-for-holistic-mental-health-strategies/>



Questions

Please type any questions into the chat box so that they can be answered.



Next Steps

- Thank you for your participation!

Please take a moment to complete our evaluation survey:

<https://www.surveymonkey.com/r/RQZN85B>

- Upcoming Webinars:

Mental Health and the Learning Environment Toolkit from CICMH & HCA Community

Discussion, December 8, 11:00 – 12:00 and 2:00 – 2:45 MST

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

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



Join the conversation!



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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!

A photograph showing a large group of people seated at round tables in a conference room, attending a presentation or workshop. A screen at the front of the room displays a presentation slide.

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