Session Details

Legend

These icons will be used to provide additional information about each session.

Online, Synchronous
This session is live online using Zoom. Link for the session will be sent out day of session.

Participant Video/Microphone Use
Part of the session will have opportunities for participants to enable their video or jump on the mic.

Live Captioning Available
The session will have captioning available in the large room.

Small Group Discussion
The session will include small group breakout rooms.

Graphic Recorder Present
Sam Hester from 23rd Story will be capturing the highlights of the session for a visual road map of the Summit.

Asynchronous Recording Available Post-event
Formal presentation will be recorded and uploaded to the HCA website. Chat will not be included.

Notes Available Post-event
Session highlights will be compiled into summary notes document.
Connect

Check out the Summit Dashboard

HCA Wellness Summit Dashboard
Use this dashboard to navigate to the session specific padlets.

HCA Summit Dashboard

Find additional session resources • Share your summit experiences • Add wellness resources for the whole community • Ask questions
Our Theme

*Telling Our Stories: Processes of Reflection and Growth*

Our shared landscape of post-secondary mental health continues to feel the impact of campus restructuring while responding to the pandemic and shifting education and service delivery.

In the process, individuals have continually adapted to support their communities throughout some unique challenges, both personally and professionally.

This summit will focus on our experiences in navigating connection and redefining community not as an outcome but as an on-going process towards growth.
Subthemes

Redefining Community

Communities have increasingly become a malleable means of connection for individuals. No two communities are the same and in their uniqueness is the opportunity to grow with one another. Learn and share about new forms of connection and their value.

Enhancing Support Through Whole-System Collaboration

How do we collaboratively design programming within existing systems? Engaging multiple stakeholders in the mental health and wellness conversation helps us address campus well-being holistically. This includes multi-disciplinary teams working in collaboration across campuses and the entire province.

Evolving Inclusive and Holistic Approaches to Mental Health and Wellbeing

The work towards healthy post-secondary campuses is multi-fold and reflects the values of the community. Continuing to evolve fundamental frameworks and perspectives in mental health practice and holding space for these key conversations is essential work.
Agenda
Overview

DAY 1
Tuesday, June 15, 2021
1:30 - 3:00 pm  HCA Introduction + Connection Session

DAY 2
Wednesday, June 16, 2021
9:45 am - 12:00 pm  Keynote + Reflection Session

DAY 3
Thursday, June 17, 2021
9:00 - 10:20 am  Panel Session
10:35 - 11:35 am  Breakout Sessions
11:35 am - 12:00 pm  Closing Share + Celebrate Session
Day One  Tuesday, June 15, 2021

HCA Introduction + Connection Session

1:30 - 3:00 pm

In the Connections Session on the first day of the Summit, participants will have the opportunity to engage with their community and build relationships using icebreakers and discussion questions centered around the theme of “Telling Our Stories.” Speaking from their own experiences in small breakout groups, participants will share in the knowledge and experiences of other community members before being given the opportunity to commune with the larger group and explore the themes that emerge. Participants will leave the session with a greater understanding of the diversity the HCA Community of Practice and more connections across the province.

Makayla Freeman (she/her) worked with HCA in 2018 as the Student Communications Assistant and rejoined the team as the Project Assistant in 2019. She recently graduated from the University of Calgary with a Bachelors of Arts (Hons.) in Psychology and is pursuing a Master’s degree. She enjoys podcasts, trying new restaurants, and seeing communities grow and learn together.

Aubrianna Snow (she/her) is the HCA Student Communications Assistant. She is also in her final year of a Bachelor of Communications degree at MacEwan University. Outside of work, she enjoys music and spending time outdoors with her three large dogs.
Day Two  Wednesday, June 16, 2021

Keynote + Reflection Session

9:45 am - 12:00 pm

Topic: Wading into the next normal – How to take care of your soul and heart

As Canada reaches the 15th month of the pandemic, it is an important time for all of us to pause and take stock of how we are doing as individuals and as a community. The messages about “getting back to normal” are problematic if we do not first allow time and space for all of us to process how we are doing emotionally and physically, and also allow room to discuss the challenges of the past year. Please join us in an inspiring and positive exploration of the tools that we can use to make sure that we’re all in a good place for the next normal.

Françoise Mathieu, M.Ed., RP., CCC.
Secondary Traumatic Stress Specialist
Executive Director, TEND.

Françoise is Executive Director of TEND, whose aim is to offer consulting and training to professionals on topics related to secondary trauma, empathic strain, burnout, self-care, wellness and organizational health. Françoise is a Registered Psychotherapist and a subject matter expert on topics related to empathic strain and secondary trauma.

Before becoming a specialist on stress and trauma, Françoise worked as a mental health provider doing both crisis management and employee support. She worked at Queens University for 7 years and also worked for a decade with military personnel, college students, law enforcement and other community mental health professionals in need of psychological support.

Françoise was raised by two parents in the field of education, spending the early part of her life in Nunavik in Arctic Quebec where her mother was one of the creators of the first teacher training program for Inuit teachers and her father was a school principal with what is now known as Kativik School Board.

TEND’s program has grown in size and scope since its early inception and TEND is now present across North America offering training and consulting to a wide variety of workplaces. Françoise has worked with the University of Southern California, the Los Angeles Police, Cirque du Soleil, the Chief Coroner’s Office and many other organizations who do high stress exposed work.

Françoise is a TedX speaker and is one of the founding members of the Secondary Traumatic Stress Consortium. She is also the author of “The Compassion Fatigue Workbook” which was published by Routledge in 2012 as well as several articles and publications.
Day Three  Thursday, June 17, 2021

Panel Session

9:00 - 10:20 am

This panel session will unpack the summit theme of Telling our Stories through different campus perspectives and experiences. Hear from staff, students, faculty, and the external community as they take stock of mental health and wellness in their diverse campus roles across the province.

Meet Your Panelists:

Nusrat Awan (She/Her) volunteers as a Mental Health and Wellness Mentor at Bow Valley College. She is looking forward to serving communities as a Probation Officer after completing Justice Studies Diploma Program. Nusrat is passionate about mental health and human rights and strongly advocates for diversity, equity, and inclusion.

Terri Suntjens (she/her) is from Saddle Lake Cree Nation in Treaty 6 Territory. Professionally, Terri is the Director of Indigenous Initiatives & kihêw waciston at MacEwan University. Terri is the co-host and co-creator of “2 Crees in a Pod”, a podcast that amplifies Indigenous voices to honor Indigenous helping practices.

Taylor Molstad is currently getting her Master of Education in Counselling Psychology from University of Lethbridge. She graduated with a Bachelor of Arts in Psychology from the University of Calgary. She recently published a paper in Trauma Abuse and Violence on the academic consequences of sexual assault. She loves dogs, birding, and books.

Continued on next page...
Day Three  Thursday, June 17, 2021
Panel Session
9:00 - 10:20 am

Meet Your Panelists Continued:

Kome Odoko is a Registered Nurse and the Student Support Case Management Coordinator with the Student at Risk team at the University of Calgary. She graduated with her Bachelor of Science in Nursing from the University of Alberta and completed her Masters in Nursing at the University of Calgary. With a background in pediatric and adolescent psychiatry, she is passionate about working with students, faculty, and staff to increase levels of mental wellness, flourishing, and resiliency in our community.

Carmen Arth, PhD, RSW (she/her/they/them) is an Assistant Professor of Psychology at Concordia University of Edmonton. Carmen is active in researching topics related to well-being, thriving in life, and sexual and gender diversity-inclusion. As a Narrative Therapist and Inquirer, Carmen has a 23-year history of engaging story in her teaching, her research, and her therapeutic work. As such, Carmen is convinced that there is always more to the story and more stories to tell, and transformative change is possible through the intentional exploration of emergent stories.
Day Three Thursday, June 17, 2021

Breakout Sessions

10:35 - 11:35 am

Subtheme #1 - Redefining Community

Facilitated by Helen Pethrick

What does community mean to you? Over the past year, the way we engage in community has been challenged and redefined. Let’s explore together what we envision our diverse communities - both on and off our campuses - to look like going forward. This session will explore community as a sense of belonging and a group of people with a shared purpose. Whether you are new to the Healthy Campus Alberta community of practice or a longtime member, we will revisit the idea of a community of practice and discuss what it means to learn together in community. This session will encourage you to think about how you want to engage in your campus communities now and in the future. You will be invited to participate in the discussion with a variety of interactive tools. Let’s build some community together!

Helen Pethrick, MA, is the Student Research and Knowledge Exchange Assistant at Healthy Campus Alberta. She brings her background in student services, research, and teaching to the HCA team. Her research on well-being among university students has been shared widely in local, national, and international publications and conferences. Helen is a skilled facilitator, driven by an excitement for learning experiences and a passion for supportive, inclusive post-secondary environments.
Subtheme #2 - Enhancing Support Through Whole-System Collaboration

Facilitated by Amanda Balsillie

Topic: Working with Community Stakeholders

Collaboration, working together for a meaningful purpose of helping others achieve their personal journey both academically and personally. The collaboration and working with Indigenous community organizations is so important. Understanding relationships with Indigenous people and working with in a holistic manner.

Originally from Yellowknife, NT, Amanda Balsillie, MSW, RSW, now resides in the Peace Country with her Fiancé Stephen and a blended family of six children. Amanda is a proud Athabasca Chipewyan First Nation and finds her grounding in nature. Amanda’s emphasis in her social work career has always been helping others and creating an opportunity of learning about Indigenous history, the impacts of intergenerational trauma and the hopes of the healing journey through reconciliation. Amanda is also a committee member with the Alberta College of Social Workers on the Indigenous Social Work Committee. She brings over 10 years of social work experience ranging from school-based counselling, frontline crisis at emergency shelters and Mental Health Promotion. She currently works with Grande Prairie Regional College and Interactive Counselling.
Subtheme #3 - Evolving Inclusive & Holistic Approaches to Mental Health and Wellness

Facilitated by The Colour Factor

Topic: Decolonizing Wellness

Decolonizing wellness is about reclaiming wellness practices that are often stolen, commodified and appropriated during the process of colonization and restoring what’s been lost. During this session, participants will learn about the lasting impacts of colonization on the mental health care system, as well as tools to decolonize one’s personal practice. Topics covered include culturally inclusive language, leadership models, community care, appropriation vs. appreciation, holistic health and anti-racism.

The Colour Factor is a non-profit organization aimed at decolonizing wellness and creating brave spaces of healing for the BIPOC (Black, Indigenous, People of Colour) community, through conversation, collaboration and creativity.

More info: https://thecolourfactor.com/
Guideline & Tips

Before the Session

For the best Zoom experience, download the desktop app or update the software, if required prior to joining a session.

Set up Zoom to connect to your computer audio and camera. You will be prompted when you join a session. We suggest starting a personal Zoom meeting to see if there are any issues with audio or camera set up. In some instances, your computer settings may need to be configured to allow Zoom access.

Audio, Microphones, Video Camera

In all large group sessions only the audio and video for the facilitator/presenter will be enabled. Sessions with small group breakouts will have opportunities for participants to get on the mic and camera!

Joining a Session

You will be able to join the session 5-10 mins before the start time.

All session links will be emailed to participants for that day’s sessions in the morning. For breakout sessions, you will be given a choice between three concurrent sessions to join.