



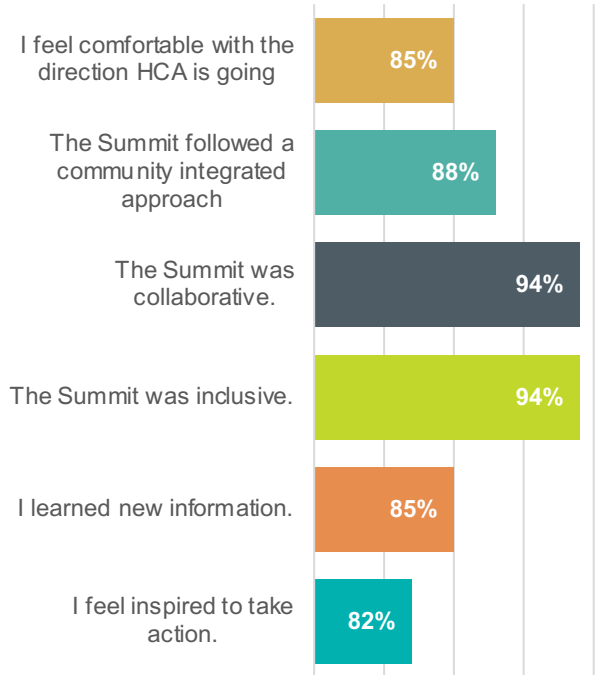
Healthy Campus Alberta 2021 Wellness Summit Report

The Healthy Campus Alberta Wellness Summit is an annual event for the HCA Community of Practice to gather to learn, share, and celebrate the work being done across the province to strengthen post-secondary mental health and wellness. This year's event took place in the form of an online Wellness Summit from June 15-17, 2021. Conversation was focused on the theme of **Telling Our Stories: Processes of Reflection and Growth**, as the community sought to connect after a year of dramatic change and uncertainty brought on by the COVID-19 pandemic.

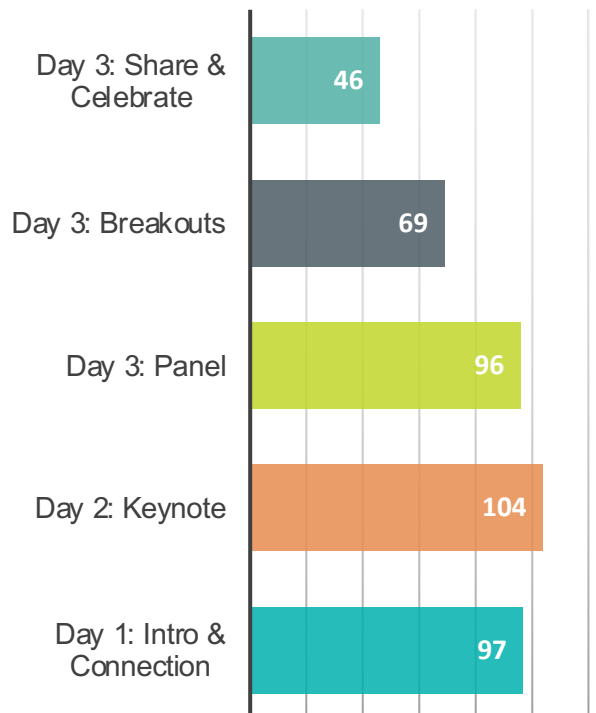
Unique attendance over the 3-day Summit was **146**, with **97** attendees on our first day, **104** on the second, and **96** attendees on day three. We had representation from **10** community organizations, **23** campuses from across Alberta, and **5** other Canadian campuses.

Note: Attendee's age and how they heard about Summit taken from survey data; position taken from registration data of attendees.

Attendees' Feedback



Session Attendance



Event Summary

Connection Session

June 15 – Facilitated by Makayla Freeman (HCA) & Aubrianna Snow (HCA)

This session focused on the relational community building integral to HCA. Participants met with each other to share their stories and discuss the theme of the summit in small breakout groups.

97 attendees, representation from **20** campuses and **9** community organizations

Keynote + Reflection with Françoise Mathieu from TEND

June 16 – Wading into the next normal – how to take care of your soul and heart

This keynote discussed some of the challenges of the pandemic while touching on the importance of personal wellbeing and taking the time to pause and reflect on our experiences of the last year before moving on to what's next.

104 attendees, representation from **19** campuses and **7** community organizations

Panel Session

June 17 – Moderated by Cynthia Ma (HCA)

The panel took stock of the post-secondary campus in the last few years with emphasis on student and faculty support, storytelling in community building, and the creation of safe and brave spaces for all. The panel included staff, students, and faculty from five different PSIs in Alberta; Kome Odoko (University of Calgary), Carmen Arth (Concordia University of Edmonton), Taylor Molstad (University of Lethbridge), Terri Suntjens (MacEwan University), and Nusrat Awan (Bow Valley College).

96 attendees, representation from **19** campuses and **9** community organizations

Participant Takeaways

People find authentic interaction more valuable than anything. It was so apparent in all of the interactive sessions.

I learned that our stories are important on an individual and community level and there is value in creating safe spaces in which to share and learn from those stories.

Breakout Sessions

June 17 - Attendees had the option of joining one of three breakout sessions around our 3 subthemes.

Subtheme #1: Redefining Community

Facilitated by Helen Pethrick (HCA), the session explored the idea of 'community' then delved into the function of a community of practice both personally and professionally. The session utilized Padlet to brainstorm common themes and engage with the discussion questions.

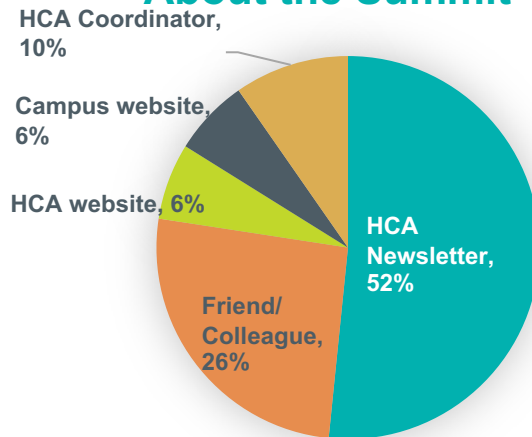
Subtheme #2: Enhancing Support Through Whole-system Collaboration

Facilitated by Amanda Balsillie (Grand Prairie Regional College), who emphasized the importance of the Indigenous community and working together for the purpose of helping students achieve success both academically and personally.

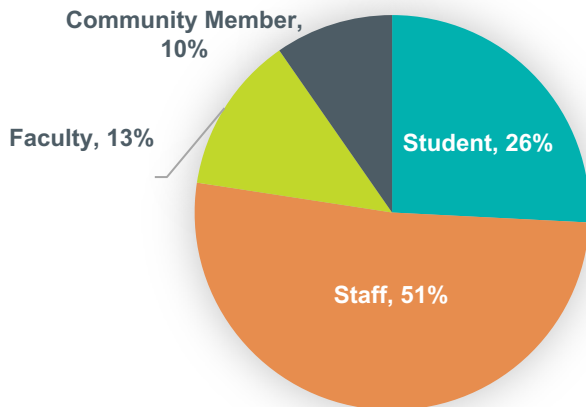
Subtheme #3: Evolving Inclusive and Holistic Approaches to Mental Health and Wellness

Facilitated by The Colour Factor, this session focused on decolonizing wellness. Topics discussed included appropriation of wellness, the commercial promotion of self-care, and the wheel of power and privilege.

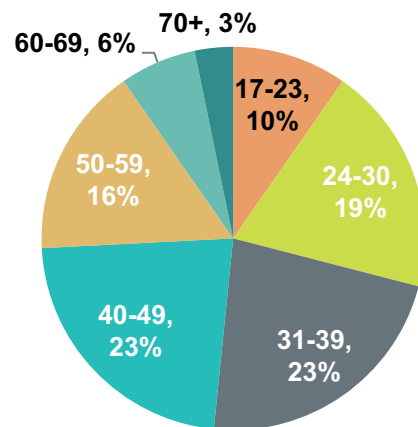
How Attendees Heard About the Summit



Attendee Position



Attendee Age



What's Next?

HCA Community of Practice Meeting November 2021, online

Our Fall CoP meeting is an opportunity to learn about the direction of the community of practice, gauge resonance, and impact future priorities. More details coming soon!

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[Click here for the 2021 Summit Resources](#)