

HEALTHY CAMPUS ALBERTA 2021

Community of Practice Meeting Report

Held online on November 2, 2021, the meeting was attended by **33 participants** from **12 Alberta campuses, 4 community organizations** and **1 non-Alberta campus**. **48% of those attending were new** to HCA in the past year. We connected with one another, exchanged ideas and gathered input to inform the direction of HCA.

This is **your** community or practice. Thank you for sharing how you want to engage in HCA (see page 2). The HCA staff facilitation team will be putting our learnings from the 2021 Community of Practice meeting into actionable steps over the coming months!



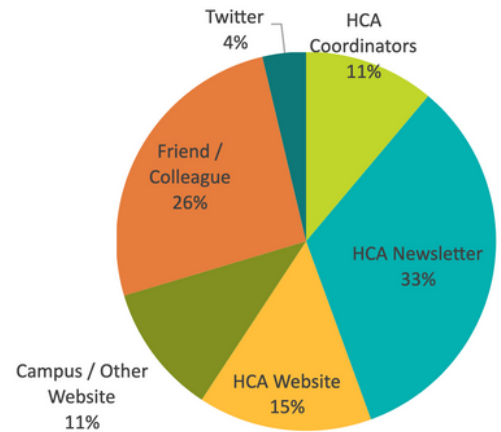
"My most significant takeaway is that so much post-secondary and mental health expertise exists within this group."

"I've learned that others are trying to solve the same issues as myself and that I can reach out."

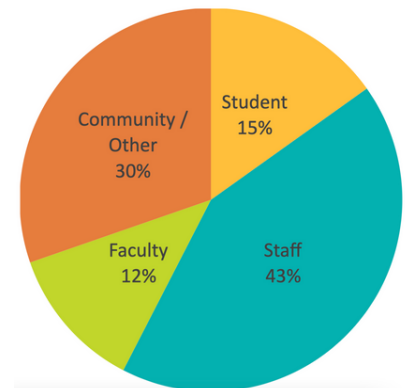
"The CoP Meeting has inspired me to connect with others, share my work and collaborate towards similar goals."

"I have learned that many of the challenges I experience are not unique to my campus."

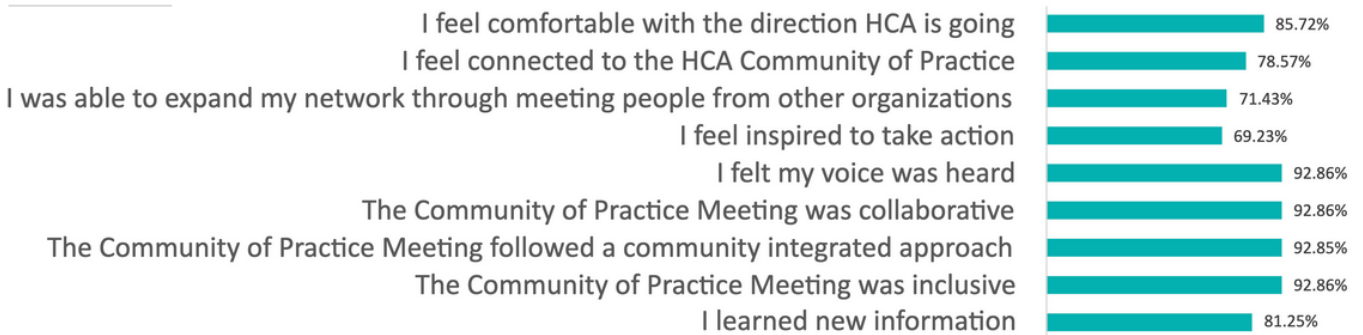
How attendees heard about the meeting



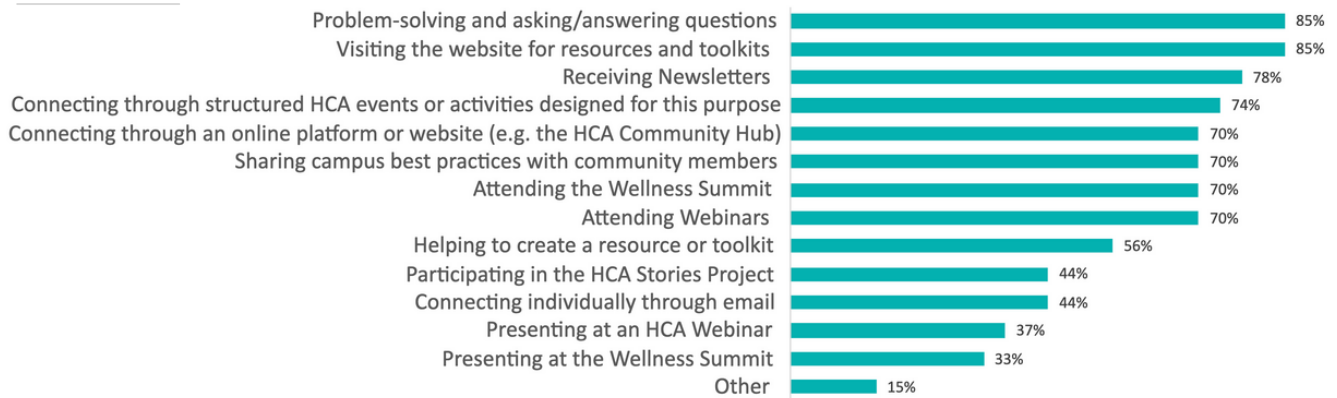
Attendee position



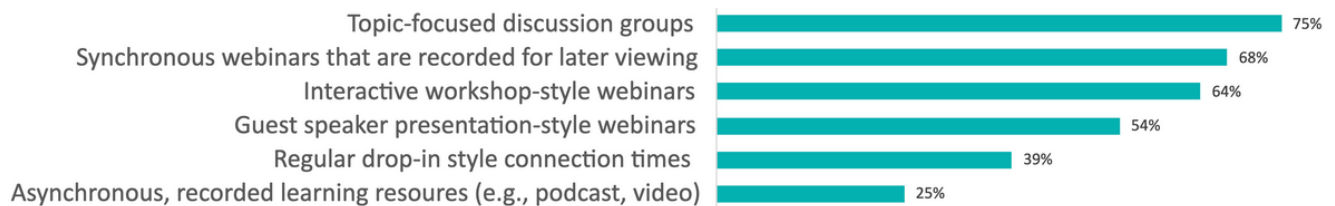
Attendees' feedback



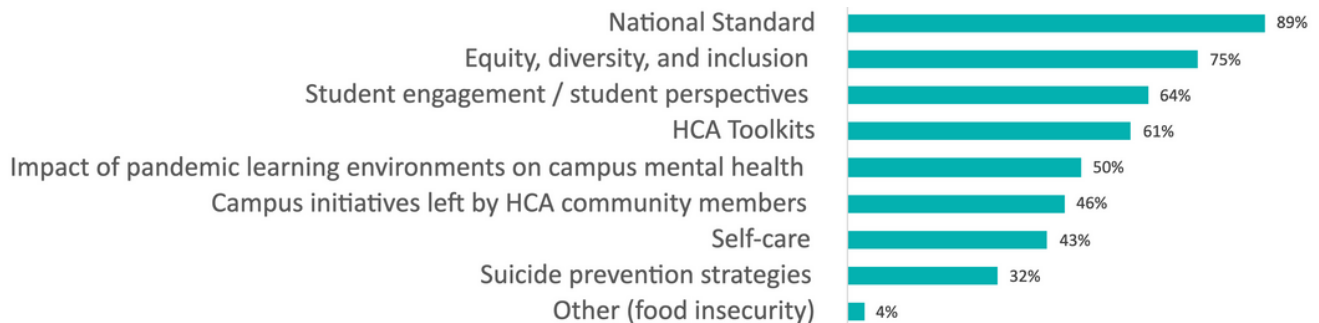
How do you want to engage with HCA?



What types of learning opportunities would you like to see?

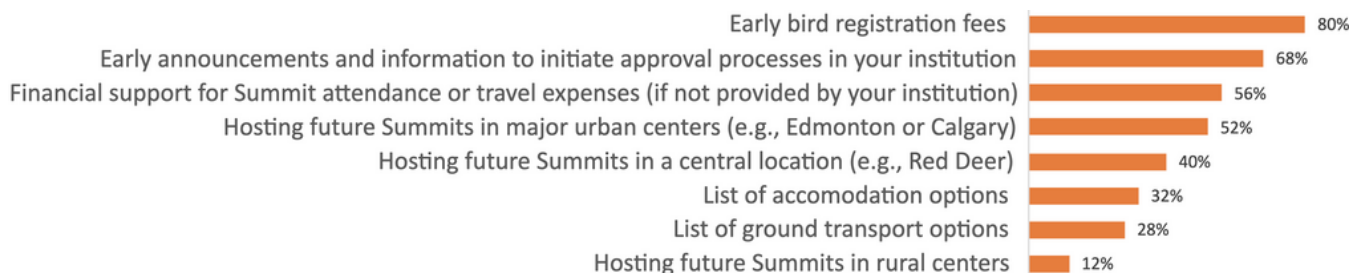


What topics would you like to see included in future learning opportunities?



When asked about holding the 2022 Wellness Summit in-person or online, **60%** of attendees prefer in-person and **40%** online.

Which of the following supports are most valuable to you for an in-person Summit?



The **Collective Learning Activity** asked attendees to identify a challenge or question, then join a breakout group to discuss common themes arising from everyone's challenges and questions. The themes covered many areas of practice and used the collective capacity of the groups to identify how to approach solutions for the questions and challenges raised.

THEME | **Evaluating, Assessing and Reporting Well-Being**

- This theme explored the significance of campus surveys in compiling well-rounded and relevant data that can influence mental health supports at an institutional level.
- One takeaway was the need to integrate the many mental health frameworks and evaluation methods available to campuses.

THEME | **Creating Holistic Mental Health Supports and Frameworks**

- This theme discussed the importance of campus environments that promote collaboration and prioritize mental, physical, emotional, and social well-being.
- Takeaways from this discussion included sharing resources that prioritize mental health and advocacy for a whole-campus approach.

THEME | **Fostering Community, Support, and Belonging**

- This theme recognized that campus communities can facilitate inclusive, accessible experiences on campus that foster connection and bridge isolation.
- The main takeaway was the importance of implementing and supporting student-led initiatives to ensure supports are relevant, meaningful, and collaborative.

“ You shared many of **your own** takeaways throughout the meeting.

"We are all here because we want to look after our campus communities."

"Knowing where to start can be overwhelming at times, but there are a ton of great tools out there, along with a genuine commitment from staff and students to make campuses healthier."

"Mental health is truly a shared responsibility."

"Appreciating the affirmation that so many have offered this morning about the opportunities and challenges that our campus communities are working on right now."

“ We asked you to share **one word** that described how you felt after attending the meeting.

aligned
hopeful
inspired
motivated
connected
supported

Looking for further learning and resources? The HCA toolkits can help!

- Tools for Holistic Mental Health Approaches:
www.healthycampusalberta.ca/toolkit/tools-for-holistic-mental-health-strategies/
- Complex Collaboration Model Toolkit:
www.healthycampusalberta.ca/toolkit/complex-collaboration-model-toolkit/
- Student Led Initiatives Toolkit:
www.healthycampusalberta.ca/toolkit/student-led-toolkit/
- Tools for Success: Models for Exemplary Student Mental Health Initiatives at Alberta Post-secondary Institutions (developed by Mount Royal University)
www.healthycampusalberta.ca/toolkit/toolsforsuccess/

What's Next?

Our next community gathering will be the annual **Wellness Summit**, held in **June 2022**. We hope to see you there! More details to come.

Stay tuned for more information on how to share your stories, thoughts and suggestions through the **community environmental scan** in 2022.



@healthycampusab
 hcaadmin@cmha.ab.ca
 www.healthycampusalberta.ca