

Healthy Campus Alberta

2022 Wellness Summit Agenda

June 14 – 16, 2022



Canadian Mental
Health Association
Alberta
Mental health for all

In the know...

Looking for a link, resource, or the next session?

Check out the **Summit Dashboard**:

<https://bit.ly/HCASummitDash>

A screenshot of a Padlet dashboard titled "2022 Wellness Summit Dashboard". The dashboard is organized into two rows of cards connected by a dashed horizontal line. The top row includes a "Welcome!" card with a logo, a "Connecting Conversations 2" card for Day 1 (1:50 to 2:25 pm), a "Celebration Activity" card for Day 3 (11:15 to 11:45 am), and a "Resources" card. The bottom row includes a "Connecting Conversations" card for Day 1 (1:15 to 1:40 pm), a "Collaboration Group Discussions" card for Day 2 (10:45 to 11:55 am), a "Share and Celebrate" card for Day 3, and an "Evaluation" card with a "YOUR FEEDBACK MATTERS!" sign and a survey link: <https://www.surveymonkey.com/r/2022HCA-Attendee>. The dashboard interface includes a top navigation bar with "REMAKE" and "SHARE" options, and a bottom right corner with a pink plus sign icon.

Summit Theme



June 14

Connect



June 15

Collaborate



June 16

Celebrate

Healthy Campus Alberta (HCA) began out of a collective desire to have a place where students, staff, faculty, and administrators from post-secondary campuses, along with community and government could come together to share ideas and resources, connect, and work together to build capacity and create caring campus communities across the province.

The 2022 Wellness Summit honours continuing from this foundation and incorporates what we have created together.

When we connect, we learn from others who listen and share from their own knowledge, experience, and resources. Collaboration is a mindset and a process reserved for the most complex problems.

By celebrating we aim to inspire others and spark ideas for solutions.

Agenda

Overview

Day 1: Connect

Tuesday, June 14, 2022 | 1:00 – 2:30 pm

1:00 pm Welcome and Introduction to the Summit

1:15 pm Connecting Conversations

Day 2: Collaborate

Wednesday, June 15, 2022 | 9:30 am – 12:00 pm

9:30 am Keynote – Jocelyne Daw

“Raising the Partnership Bar”

Day 3: Celebrate

Thursday, June 16, 2022 | 9:30 am – 12:00 pm

9:30 am Campus and Community Presentations

11:15 am Celebration Activity

11:40 am Closing Share and Celebrate

Close captioning will be enabled for all sessions.

Day 1: Connect

Connecting Conversations

1:00 pm to 2:30 pm

Participants will have the opportunity to connect with other community members in two small breakout gatherings. The first gathering will be organized on their role and area of work, with the intention of providing a space for participants to learn how other campuses approach different facets of health and wellbeing. The second gathering will provide a space for participants to access the experience, knowledge, expertise, and context of different campuses and approaches.

Helen Pethrick, MA (she/her) joined the HCA Team in Spring 2020 as a student-staff member. As of Fall 2021, Helen is the Research and Knowledge Exchange Facilitator and is responsible for creating space for conversation related to implementing evidence-informed mental health promotion programs, policies, and practices. She brings her background in student services, research, and teaching to the Healthy Campus Alberta team.

A skilled facilitator, Helen is driven by an excitement for learning experiences and a passion for supportive, inclusive post-secondary environments.



Cheyenne Soetaert (she/her) is a fourth-year student at MacEwan University in the Child and Youth Care program. She brings her experience and education in research, mental health and community services to the Healthy Campus Alberta team. She has a passion for advocacy and believes in working from a strength-based and relational approach to promote belonging and community. She enjoys hiking and kayaking in the mountains and loves spending time with friends and family.

Day 2: Collaborate

Raising the Partnership Bar

Keynote Address and Breakout Discussions

9:30 am to 12:00 pm



This session will
be recorded for
future viewing

How do we raise the Partnership Bar? We start by recognizing the collaborative work across the province to address the growing demands on resources and increasing complexity of issues. The keynote session will introduce the practical principles and approach it takes to build effective partnerships for lasting impact and meaningful improvements in communities will be shared. Participants will learn the need for intentionality, the key attributes of effective partnerships, the different types of partnerships, and the skills required for collaborative leadership.

Jocelyne Daw (she/her) is a recognized innovator and thought leader in the evolution of authentic multiple- sector partnerships to drive innovation and positive social change. She has worked in all three sectors and has helped build dozens of meaningful community partnerships and innovations. Her experience allows her to maneuver effectively across and between all sectors and organizational divides to build trust and positive results.



Jocelyne is an Accredited Partnership Broker and Authorized Practitioner Partnership trainer for the global Partnership Brokers Association. She is an internationally published author and speaker in the field of innovation and partnerships. Through her consulting firm, JS Daw & Associates, she is committed to helping organizations and people build successful partnerships through coaching, training, and facilitation.

For more information visit: www.jsdaw.com

Day 3: Celebrate

Campus and Community Presentations

9:30 am to 11:15 am

This session will celebrate initiatives, resources, and programs that foster connection or feature collaboration across our campuses.

Participants will be able to attend multiple presentations of community and campus initiatives to learn from the knowledge and expertise of peers and seek inspiration for diverse campus contexts. More information will be provided at the start of the session. See the presentation summaries and presenter bios below!

Round 1 | Community Presentations:

- Buddy Up
- Leading Change™
- Forward with Hope: Protecting the Health and Promoting the Wellbeing of Individuals Impacted by the Stress and Stigma of a Parents Substance Use

Round 2 | Campus Presentations:

- Collaborating for the Promotion of Suicide Prevention Training: An Experiential Learning Opportunity
- Campus Coalitions Role in Creating a Culture of Moderation around Alcohol
- Grief Capacity Building Workshops for Faculty, Staff, and Students

Community Presentations:

Buddy Up

9:50 am to 10:25 am

Buddy Up promotes authentic conversations among men and their buddies. Thousands of men die by suicide every year and knowing how to have a conversation with someone we're worried about can help make a difference in that person's life. Buddy Up includes awareness-raising materials that direct people to a micro-site of evidence-based, expert-vetted suicide prevention resources to help guide men as they talk to their friends.

Akash Asif (he/him) holds Bachelor of Commerce, Bachelor of Science, and Master of Public Policy degrees from the University of Calgary. After a few years in the energy sector, Akash joined the Centre for Suicide Prevention in 2019. As External Relations Director, Akash helps identify and engage new and current audiences in the organization's mission to reduce stigma and increase awareness of suicide prevention training and education. In addition, Akash leads the Centre's Buddy Up campaign, which is focused on men and suicide prevention.



Seth McVeity (he/him) holds a Bachelor of Business Administration with a major in marketing from Mount Royal University. Seth joined the Centre for Suicide Prevention in 2021 as the External Relations Coordinator. His role interacts with external audiences to reduce stigma and increase awareness of suicide prevention training and education. Seth is also a project coordinator for the Buddy Up campaign, which promotes authentic conversations among men and their buddies.



Community Presentations: Leading Change™

9:50 am to 10:25 am

Informed by domestic violence shelters across the province, with a specialization in primary violence prevention, Leading Change™ will provide an informative presentation with a high-level overview of the impacts of coercive and controlling dating violence on student wellness. The presentation will highlight the many ways Leading Change™ can engage with campus communities to build capacity to address student needs around dating violence, including violence prevention, bystander engagement, and creating trauma-informed pathways to support for those who have experienced violence.

Alyssa Hartwell (she/her) is a Leading Change™ Community Developer with the Alberta Council of Women's Shelters. She holds a Bachelor of Arts –Sociology (Hons.) with a minor in Women's & Gender Studies from Mount Royal University and a Master of Public Health and Social Policy from the University of Victoria. With a particular affinity for empowering women and evoking systemic change, Alyssa has delivered and developed public health curricula for the last ten years at Mount Royal University and the Alberta Society for the Promotion of Sexual Health. Alyssa also has front-line experience as a Counsellor at the Calgary Women's Emergency Shelter and completed her graduate practicum at the Association of Alberta Sexual Assault Services.



Community Presentations:

Forward with Hope: Protecting the Health and Promoting the Wellbeing of Individuals Impacted by the Stress and Stigma of a Parents Substance Use

9:50 am to 10:25 am

Starlings Community vision is that every child in Canada who is impacted by the stress and stigma of a parent's substance use is supported to heal.

Find out more here: <https://www.starlings.ca/>

Agnes Chen (she/her) is a Registered Nurse, child and youth advocate, and the founder and Director at Starlings Community, a not for profit in Calgary AB. Leading a national movement that recognizes the harm that substance use stigma imposes on the 1 in 5 Canadian youth who are exposed to the stress of a parents substance use, she utilizes her personal and professional experiences to empower a Canada that is committed to protecting the health and promoting the healing of impacted families.



Campus Presentations:

Collaborating for the Promotion of Suicide Prevention Training: An Experiential Learning Opportunity

10:40 am to 11:15 am

This session will have details of an ASIST pilot project being delivered in the Faculty of Nursing at the University of Calgary in partnership with the Calgary Centre for Suicide Prevention. The personal narrative of an undergraduate nursing student who witnessed the suicide attempt of a fellow student became the catalyst for her advocacy for suicide training for all undergraduate nursing students. The student project became the stimulus for further funding to expand the delivery of ASIST to faculty and staff in the Faculty of Nursing and to support well-being for all in personal and professional spaces.



Dr. Jacqueline Smith (she/her) is an Assistant Professor in the Faculty of Nursing at the University of Calgary and is the team lead for the Mental Health and Wellness Teaching and Learning Community. She is an educator, graduate student supervisor and a published researcher within her field of research that addresses addiction and mental health across the life span. In addition to her academic responsibilities, Jacqueline is a community educator, a trauma (EMDR) therapist, and an advocate for emotional health and wellbeing. She has a part-time family counselling practice and is a mindfulness practitioner. Jacqueline supports community

service and is a member of the Alberta Children's Hospital Research Institute, Mathison Centre for Mental Health Education and Research, Hotchkiss Brain Institute and sits on the Advisory Committee for Drug Free Kids Canada.



Athena Liu (she/her) is a third year direct entry nursing student at the University of Calgary. She is currently involved with summer research with Dr. Jacqueline Smith on the feasibility of implementing Applied Suicide Intervention Skills Training (ASIST) into the nursing curricula. Athena is the current President of the Undergraduate Nursing Society, a student council/club that works closely with the Faculty of Nursing to provide support and learning opportunities for nursing students at the university.

Campus Presentations:

Campus Coalitions Role in Creating a Culture of Moderation around Alcohol

10:40 am to 11:15 am

Awarded the AHS Grant to create alcohol awareness programming on campus, a video centering around social norms' effects on alcohol use at the University of Alberta campus and provide ways students can stay safe when they use alcohol and a glimpse into what sober connections look like for university students.

Christine Cabildo (she/her) is passionate about student health and wellbeing, and part of that is reducing alcohol related harms among university students. She completed her BSc Family Sciences in 2018, and was part of the Healthy Campus Unit, now called Wellness Supports at the University of Alberta. Co-chair of the Coalition for Action on High Risk Drinking (CAHRD), she is able to increase awareness of alcohol use by using data from the National College Health Assessment, facilitating dialogue with students and other projects that keep the conversation going.



Campus Presentations Round 2: Grief Capacity Building Workshops for Faculty, Staff, and Students

10:40 am to 11:15 am

In response to ongoing and increasing experiences of loss and bereavement in our community due issues such as COVID-19 and the drug poisoning crisis, the Campus Mental Health Strategy Implementation Committee identified an opportunity to increase capacity in the campus community to respond to grieving community members with compassion, care, and institutionally appropriate support by fostering greater understanding of the effects of grief and by leveraging the community's own insider knowledge of living through loss. Keeta Gladue and Julie Stewart, both registered social workers, developed grief capacity-building workshops for faculty, staff, and students and began delivering the program in 2021. This presentation will describe the structure and philosophy of the workshops and how they have supported community members who are supporting others in grief, and those who are grieving themselves.

Julie Stewart, MA, MSW, RSW (they/them) is a counsellor with Student Wellness Services at the University of Calgary. They practice from a post-structuralist, narrative lens and are interested in non-pathologizing approaches to grief and loss.

Keeta Gladue (she/her) is currently serving her communities as the Indigenous Student Program Advisor for Writing Symbols Lodge. Cree and Métis, Keeta is a registered social worker with degrees in multiple disciplines, and experience working in rural Indigenous communities and urban city-centres. In her current role, she supports Indigenous post-secondary students as well as diversity, equity, and inclusion through intercultural relationship building and anti-racism work. Keeta is also an Indigenous social work researcher, focused on Indigenous holistic mental health and wellbeing, academic integrity, and the decolonization and Indigenization of post-secondary institutions.

Day 3: Celebrate

Celebration Cards Activity

11:15 am to 11:40 am

By celebrating together, we move forward in our successes and find encouragement to continue our work. Participants can submit completed Celebrate Cards from the mailout package to the online [Padlet](https://padlet.com/hcaadmin/celebrate_cards) (https://padlet.com/hcaadmin/celebrate_cards) or custom reflections that share and highlight a new initiative or work on their campus they wish to celebrate.



Zoom Platform

Guidelines & Tips

Before the Session

For the best Zoom experience, we recommend you [download the desktop app](#) and check for any [updates to the software](#) 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.

Joining a Session

You will be able to join the session 5 minutes before the posted start time. Before the session, you may be directed to a waiting room until the facilitators let everyone in.

All session links will be emailed to participants the morning of the session. For breakout sessions on Thursday, June 16 you will be given a choice between three concurrent sessions to join from the main Zoom room.

During a Session

In all large group sessions only the audio and video for the facilitator/presenter will be enabled. Sessions with group breakouts will have opportunities for you to contribute to the discussion by enabling your microphone and camera!

