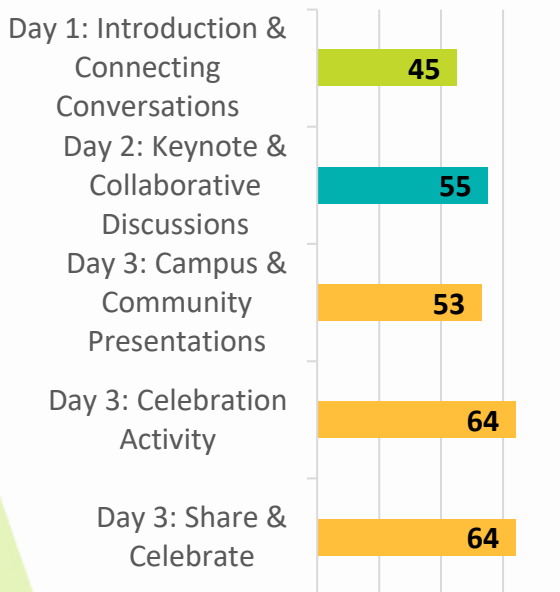


Healthy Campus Alberta 2022 Annual Wellness Summit Report

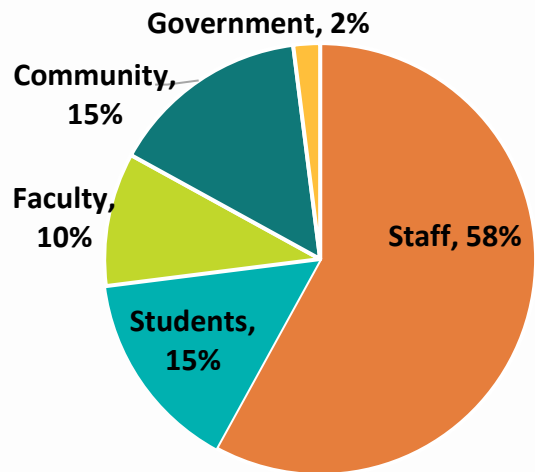
The Healthy Campus Alberta Wellness Summit is an annual event for the HCA Community of Practice to gather to learn, share, and celebrate the work being done across the province to strengthen post-secondary mental health and wellness. This year's event took place online over three days from June 14 to 16, 2022. The theme of the 2022 Wellness Summit was **"Connect, Collaborate, Celebrate"** and was intended to honour the strong foundation of Health Campus Alberta and its work to create caring campus communities.

The Summit was attended by **83** unique participants over the three days with representation from **17** campuses across Alberta and **8** community organizations.

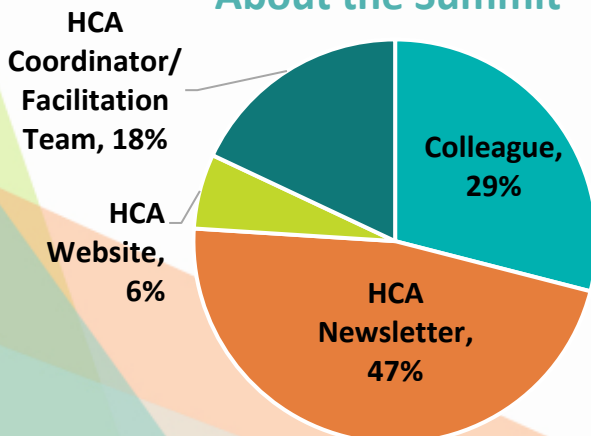
Session Attendance



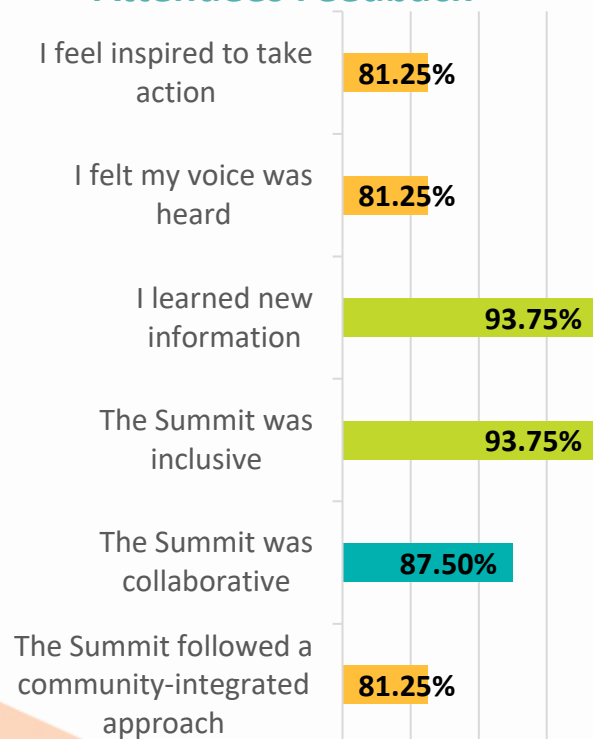
Participant Position



How Participants Heard About the Summit



Attendees Feedback



Event Summary

Day 1: Connect | June 14, 2022

Connecting Conversations Session facilitated by Helen Pethrick (HCA) and Cheyanne Soetaert (HCA)

This session provided dedicated space for the relationships integral to a community of practice. The first breakout paired participants with similar roles and responsibilities from different organizations and the second breakout group mixed organizations to give the opportunity to meet someone new. This session had **45** participants from **16** campuses and **4** community organizations.

“I left feeling recharged and like the work we do is worthwhile”
- Summit Participant

Day 2: Collaborate | June 15, 2022

Raising the Partnership Bar Keynote from Jocelyne Daw, JS Daw and Associates

In this keynote, participants learned practical principles and approaches to building effective partnerships for lasting impact and meaningful improvements in communities, including collaborative leadership, the need for intentionality, and a culture that supports collaboration.

This session had **55** participants from **16** campuses and **6** community organizations.

“I learned all of the campuses have the same issues and are open to sharing and learning from each other”
- Summit Participant

Day 3: Celebrate | June 16, 2022

Community and Campus Presentations

Participants chose to attend one of three community presentations and one of three campus presentation to learn from the knowledge and expertise of peers and seek inspiration for diverse campus contexts.

This session had **55** participants from **16** campuses and **6** community organizations.

Community Presentations

- **Buddy Up from the Centre for Suicide Prevention** with Akash Asif and Seth McVeity
- **Leading Change™ from the Alberta Council of Women’s Shelters** with Alyssa Hartwell
- **Forward with Hope: Protecting the Health and Promoting the Wellbeing of Individuals Impacted by the Stress and Stigma of a Parents Substance Use** from Starlings with Agnes Chen

Campus Presentations

- **Collaborating for the Promotion of Suicide Prevention Training: An Experiential Learning Opportunity from the University of Calgary** with Jacqueline Smith and Athena Liu
- **Campus Coalitions Role in Creating a Culture of Moderation around Alcohol from the University of Alberta** with Christine Cabildo
- **Grief Capacity Building Workshops for Faculty, Staff, and Students from the University of Calgary** with Julie Stewart

The Wellness Summit resulted in numerous resources to support whole campus wellness.

See the recordings, links, and documents on our website at:

<https://www.healthycampusalberta.ca/resources/hca-2022-wellness-summit/>



www.healthycampusalberta.ca



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