



HEALTHY  
CAMPUS  
ALBERTA



Canadian Mental  
Health Association  
Alberta  
Mental health for all

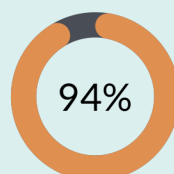
## RESULTS OF THE HCA 2022 COMMUNITY IMPACT SURVEY

In June 2022, we shared the HCA Impact Survey, asking the Healthy Campus Alberta community of practice how being engaged with HCA had impacted them. A total of 19 participants responded. We are happy to share the results of 2022 HCA Community Impact Survey.

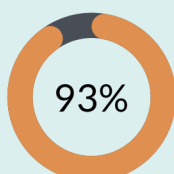
### THOSE WHO RESPONDED FOUND INFORMATION THAT RESONATED WITH THEIR EVERYDAY PRACTICE.



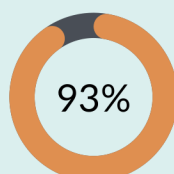
100% were **sometimes** or **often** able to transfer what they heard in HCA to their work environment



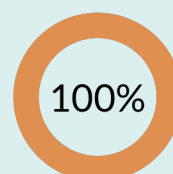
94% **sometimes** or **often** found new initiatives or projects through HCA



93% **agree** or **strongly agree** that HCA contributed to new ways of providing care for post-secondary mental health and addiction in this past year



93% **agree** or **strongly agree** that HCA contributed to changing the culture of Alberta campus communities in this past year



100% **agree** or **strongly agree** that HCA increased awareness about campus initiatives across Alberta in the past year

We asked for ways that HCA has been valuable in the past year.

### HERE ARE THE HIGHLIGHTS:

“Networking, shared challenges make them lighter, respect and belonging.”

“One on one support to get specific guidance for my campus.”

“The discussion group for implementing the National Standard.”

### WEBINARS CONTINUED TO BE ONE OF THE MOST MEANINGFUL HCA ACTIVITIES, FOLLOWED BY FINDING RESOURCES ON THE WEBSITE, TOOLKITS, AND CONVERSATIONS WITH OTHER COMMUNITY MEMBERS.



Word cloud represents most commonly mentioned meaningful HCA activities.

“The webinars are always extremely informative, and the toolkits and online resources are also great sources of information.”

“Webinars have been timely and relevant.”

### BUILDING STRONG RELATIONSHIPS WITH THIS COMMUNITY CONTINUES TO BE VALUABLE.

The HCA community of practice is comprised of members across all 26 publicly funded Alberta postsecondary institutions and 5 First Nations colleges, and community organizations.



80% **agree** or **strongly agree** that HCA members are motivated to share resources



76% **agree** or **strongly agree** that they feel part of the HCA community

Feelings of connection among HCA community members were high throughout the year.

80% **agree** or **strongly agree** that they feel part of the HCA community\*



80% **agree** or **strongly agree** that HCA members have a common understanding



65% **agree** or **strongly agree** that they felt their voice was heard



87% **agree** or **strongly agree** that they felt their voice was heard\*

\*Averaged responses from the 2021 Community of Practice Meeting and the 2022 Wellness Summit



### WHAT ARE THE NEXT STEPS?

Get involved with HCA by signing up for the newsletter, attending webinars and events, or finding resources on the website.

**Visit the HCA website for more information!**