

HEALTHY CAMPUS ALBERTA 2022

Calgary Regional Gathering Report

Held at MacDonald Hall, SAIT on November 29, 2022, the meeting was attended by **26 participants** from **8 Alberta campuses** and **2 community organizations**. **71%** were new HCA community members.

Event Summary

The **Get To Know You Activity** included a series of introductory activities to build relationships within the HCA community of practice. Top **priorities** shared by participants during this activity were:

- Increasing engagement among students, staff and faculty
- Re-establishing connections among community members
- More meaningful and purposeful interactions
- Peer support and safe spaces
- Learning and training to deal with mental health

In the **Collaboration Activity**, participants collaborated with others in a problem-solving workshop activity. Participants' discussions were summarized by the following **themes**:

- Engaging our community
- Fostering connections
- Accommodating groups with diverse needs
- Creative outreach to student populations
- Lessening stigma
- Supporting whole health

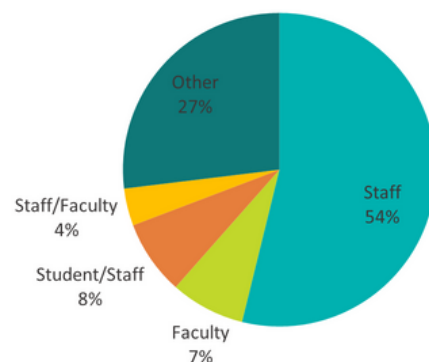


Chart showing the **roles** of the participants at the Regional Gathering.



Photograph of participants' poster about **what does wellness mean to you?**



Photograph of participants engaged in discussion.

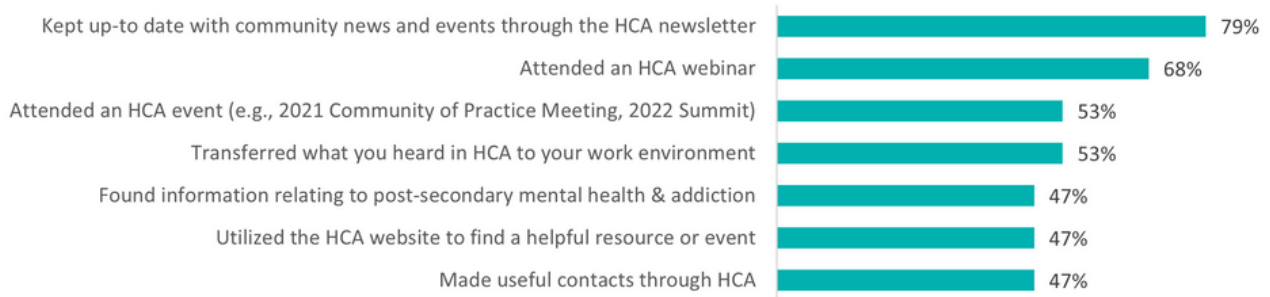


During the **Share & Celebrate Activity**, participants reflected that:

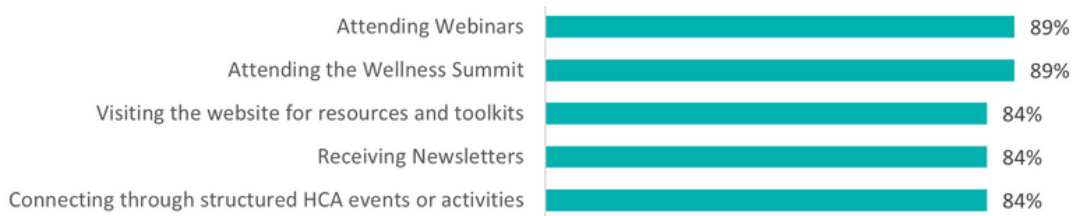
- "...this served as a good reminder of how many smart people are in this community and the resources we have available"
- "... we all shared similar struggles but also had creative answers to address them"

Input on HCA Activities

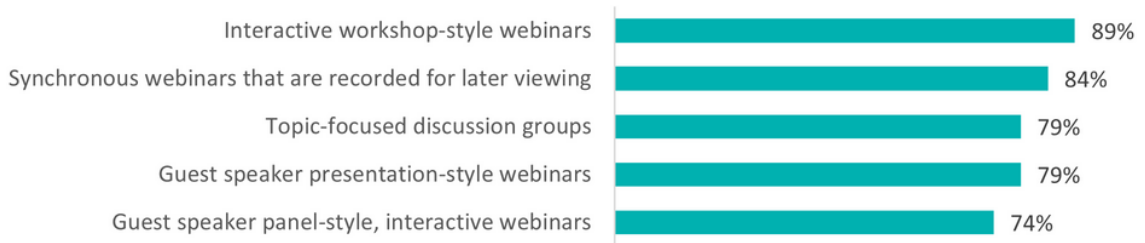
How have you engaged with HCA in the past year?



How do you want to engage with HCA?



What types of learning opportunities would you like to see?

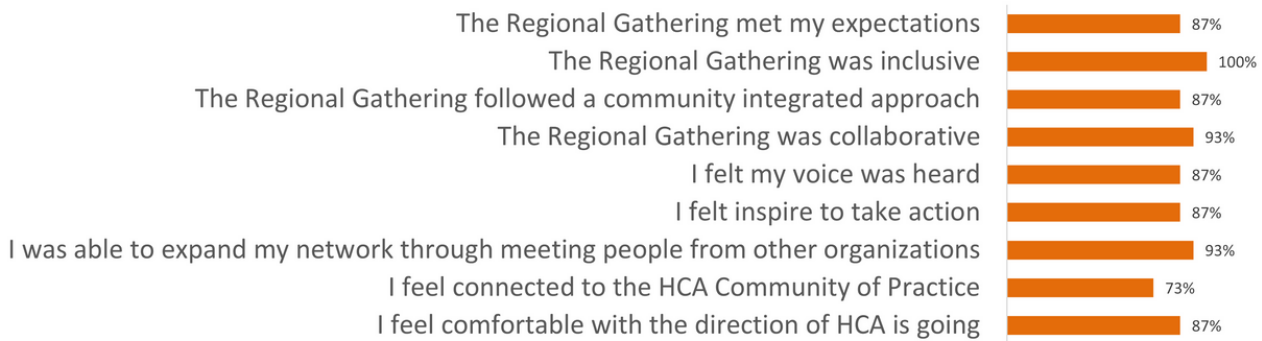


Charts showing the percent of participants who selected the response during the meeting polls. The **top five** responses are shown.

grateful energized
 engaged inspired validated
 connected

Participants shared **one word** that described how they felt after attending. The top responses are shown.

Participant Feedback



Percent of participants who **agreed or strongly agreed** with the statements in the post-event feedback survey.



Participants shared their most significant **takeaway** from the Regional Gathering:

- "...there is collaboration across PSI's. And many are working through similar challenges to support their respective communities"
- "...connection and community is needed"

What's Next?

Upcoming Event: **HCA 2023 Wellness Summit**

Leading Change: It starts with us!

- In-person
- 1.5 Days
- Between June 13-15th, 2023
- More information coming in early 2023!

The HCA staff facilitation team will be putting our learnings from the **Regional Gatherings** into actionable steps over the coming months. If you missed the Calgary Regional Gathering, join us online or in Edmonton!

For more information, visit www.healthycampusalberta.ca/resources/hcagatherings/



Canadian Mental Health Association
in Alberta
Mental health for all

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