



Wellness Webinar Series



Engaging Student Voice to Cultivate Wellness Culture

Land Acknowledgement



We acknowledge the traditional territories of the Indigenous peoples of Treaty 4, Treaty 6, Treaty 7, Treaty 8, and Treaty 10 throughout Alberta, which is a gathering place for First Nations people, Métis, and Inuit.

<https://native-land.ca/>



Housekeeping

Zoom

- Video is enabled for presenters only
- Closed captions available

Technical Details

- Send a message in the chat if you have technical difficulties
- This session **will** be recorded



Introductions

Theresa Chris-Amadin, Event Assistant

Melodie Esau, Coordinator

Cynthia Ma, Past Event Assistant

Lisa Nguyen, Community Engagement Assistant

Helen Pethrick, Research & Knowledge Exchange Facilitator

Aubrianna Snow, Past Communications Assistant

Cheyenne Soetaert, Past Community Engagement Assistant

Participants, feel welcome to introduce yourself in the Zoom chat!



Today's Agenda

12:00 Introduction

12:05 Presentation

12:25 Q&A Panel

12:50 Reflection Activity and
Wrap Up



Engaging Student Voice to Cultivate Wellness Culture Webinar handout

Resources: Workplace wellness culture and student staff practices

Canadian Association of College and University Student Services (CACUSS). (2021). Working towards inclusion: Equitable practices for hiring student staff and new professionals. <https://www.cacuss.ca/resources/publications-and-webinars.html#P15>

Frock, D. (2015). Identifying mentors for student employees on campus. *European Journal of Training and Development*, 43(1), 43-58. <http://doi.org/10.1108/EJTD-09-2013-0099>

Healthy Campus Alberta (HCA). (2020). Student led initiatives toolkit. <https://www.healthycampusalberta.ca/toolkit/student-led-toolkit/>

Hernandez, C. L., & Smith, H. G. (2019). Leadership development in paraprofessional roles. *New Directions for Student Leadership*, 162, 75-89. <https://doi.org/10.1002/yd.20335>

Melnyk, B. M., Amaya, M., Szalacha, L. A., & Hoying, J. (2016). Relationships among perceived wellness culture, healthy lifestyle beliefs, and healthy behaviors in university faculty and staff: Implications for practice and future research. *Western Journal of Nursing Research*, 38(3), 308-324. <https://doi.org/10.1177/0193945915615238>

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Simula, B. L., & Willink, K. (2021, July 29). Navigating the continuing psychological pandemic. *Inside Higher Ed*. <https://www.insidehighered.com/advice/2021/07/29/how-academic-leaders-can-help-support-faculty-through-pandemics-next-phase-opinion>

Resources: What you can do for you

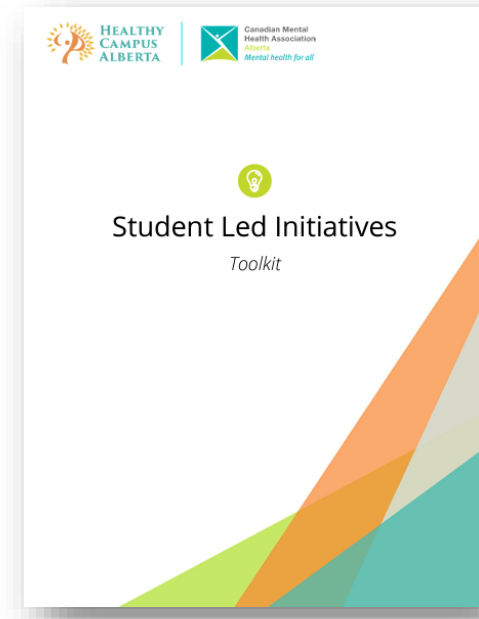
- The Eight Dimensions of Wellness: https://www.youtube.com/watch?v=2NR4_5dt7JA
- The Mental Health Continuum: <https://www.healthycampusalberta.ca/resources/alberta-framework/>
- Coaching Up: <https://www.workplacestrategiesformentalhealth.com/resources/dealing-with-a-stressful-boss#coach>
- Stress Strategies: <https://www.stressstrategies.ca/>
- Working Through It <https://www.mentalhealthworks.ca/resources/working-through-it/>
- Check Up from the Neck Up: <https://mooddisorders.ca/sites/mooddisorders.ca/quiz2/checkup.php>
- Access campus wellness services
- Explore provincially available resources, such as BounceBack



Background

What is the role of student staff?

- Mentorship?
- Learning?
- Growth?
- Engagement?



Type in the chat: How do you work with student staff in your role?

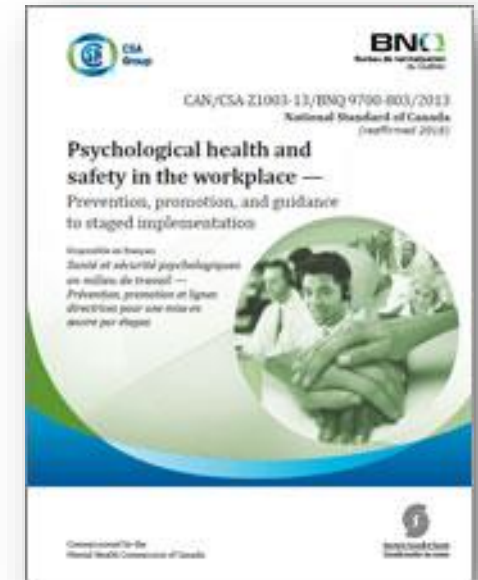
References: Frock (2015), Hernandez and Smith (2019), HCA (2020)



Background

What is wellness culture?

- An aspect of workplace culture
- “organizational **policies**, and evidence-based **programs** and **supports**” and workplace **norms** that promote mental well-being



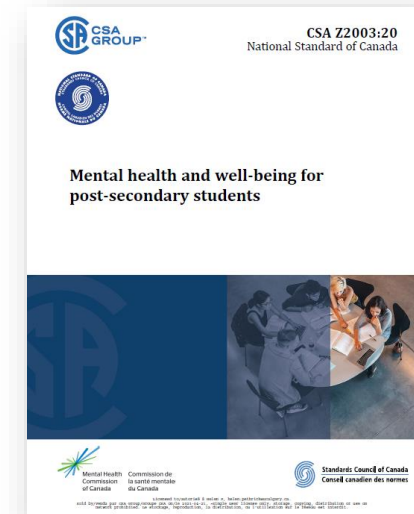
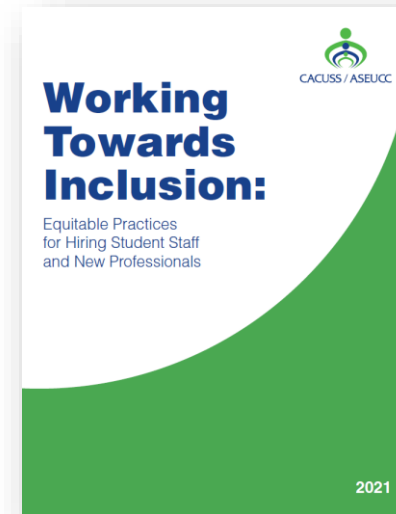
References: Melnyk et al. (2016, p. 30), MHCC (2019), MHCC (2013)



Background

How and why is wellness culture enacted in student services work environments?

- Equity and inclusion
- Challenges and opportunities



Type in the chat or raise your hand: What are you already doing to include student staff in the wellness culture conversation?

References: MHCC (2020), MHCC (2019)



The HCA Student Staff Strategy

Key concepts

- Acknowledge we participate in work as whole people
- Acknowledge wellness will always show up
- Align strategy with values and team culture
- Role model best practice in workplace mental health
- Embed wellness across team life

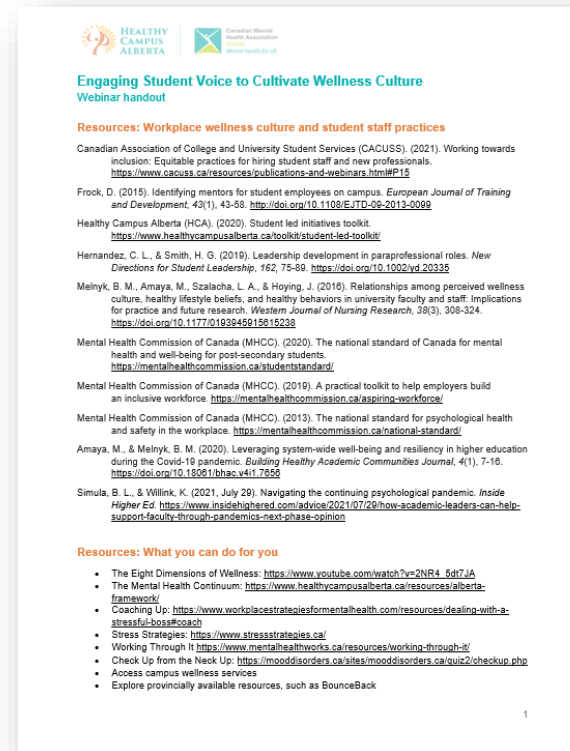


The HCA Student Staff Strategy

Implementation

- Orientation
- Weekly team meeting structure
- Working online
- Key Conversation workshop series
- Team wellness commitment

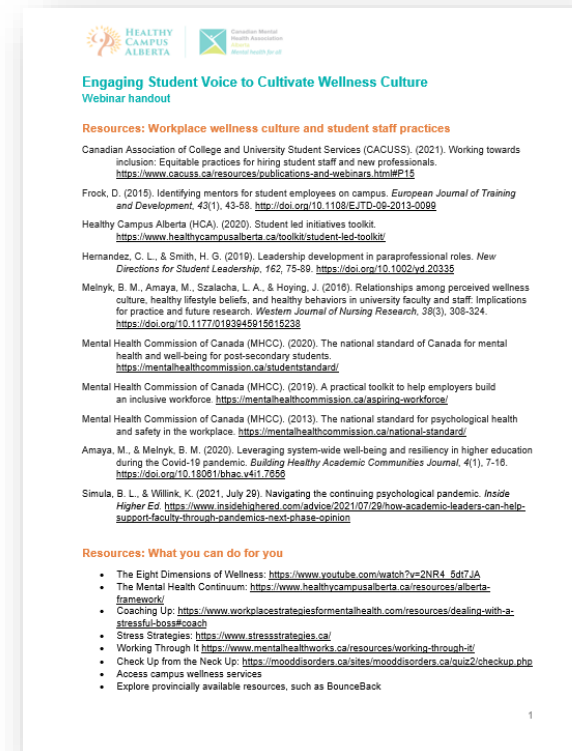
See p. 2 of the handout:



Resources

What **You** Can Do For You
What **We** Can Do For You

See pp. 1-2 of the handout:



HEALTHY CAMPUS ALBERTA **Canadian Mental Health Association**

Engaging Student Voice to Cultivate Wellness Culture Webinar handout

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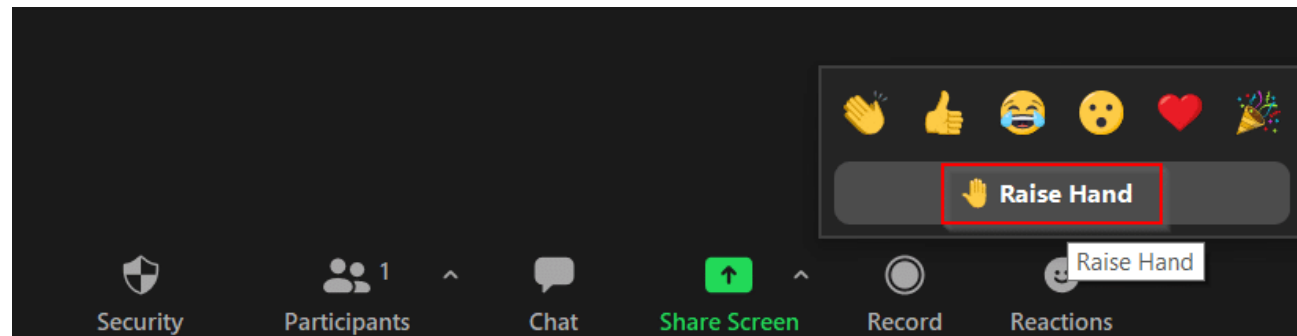
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HCA Student Staff Panel

You can ask questions by...

- Typing in the Zoom chat
- Participating over audio



Reflection Activity

How could your team include student staff in the wellness culture conversation?

- Open the resources handout
- Take a few moments to reflect on your own. Think of some ways that you could bring your learnings from today into your campus/team context.

Type in the chat or raise your hand: When you are finished, share one new practice/resource you heard today that inspired you!



Next Steps

Thank you for your participation!

Please take a moment to complete our evaluation survey:

XX

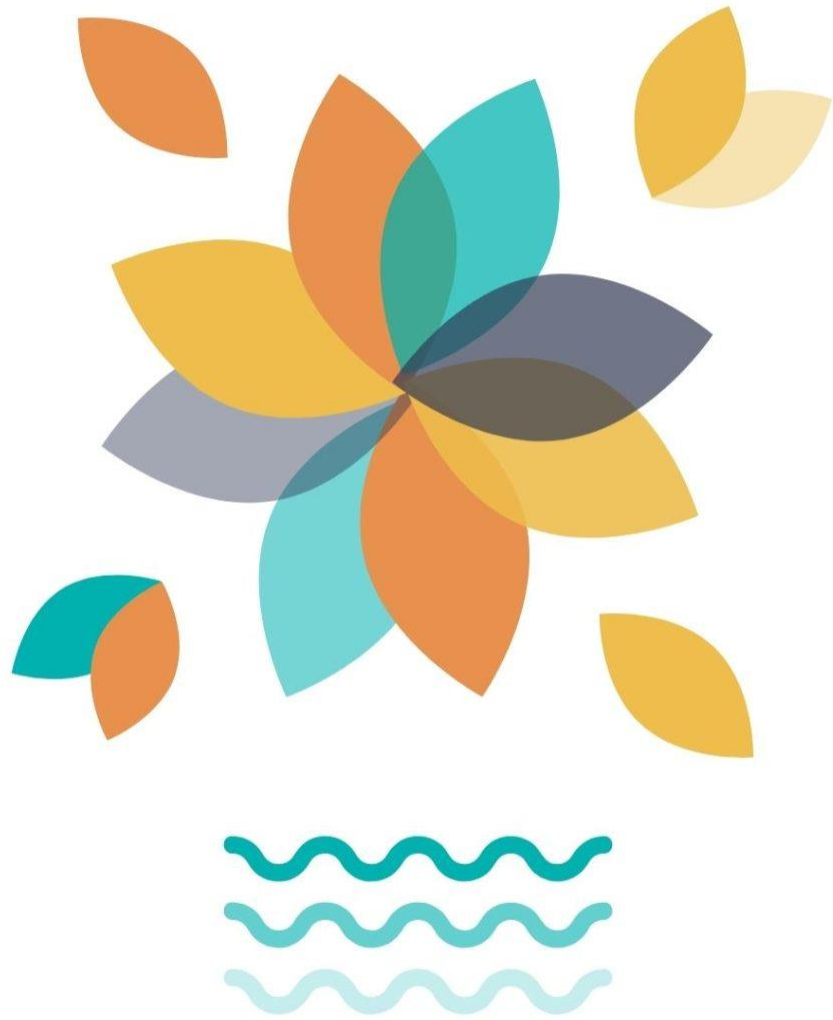
Upcoming Webinars

May 2, 11am-12pm, Alberta National Standard Discussion Group

Do you have an idea for a webinar, workshop, or other learning opportunity? Email

learning@healthycampusalberta.ca if you have an idea that you'd like to bring to the HCA community!





2023 WELLNESS SUMMIT

Leading Change: It Starts with Us

Tuesday, June 13, 2023 | 9:00 AM – 4:00 PM

Wednesday, June 14, 2023 | 8:30 AM – 1:00 PM

Location | Red Deer Polytechnic