

HEALTHY CAMPUS ALBERTA 2024

Online Regional Gathering Report

Held online through the Zoom platform on March 21, 2024, the regional gathering was attended by **16 participants** from **6 Alberta campuses** and **4 community organization**. 44 % 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 and share what is working well and not working well within post-secondary school mental health services. Challenges shared by participants during this activity were:

- Low student engagement
- Food insecurity
- Limited capacity
- Lack of funding
- Sustainability challenge with peer connector initiatives

In the **Collaboration Activity**, participants collaborated with others in a problem-solving workshop activity to make suggestions for the challenges identified during the **Get To Know You Activity**. Some of the suggestions shared across the breakout rooms were:

- Collaboration with other departments on campus and community organization
- Staying open to try new things
- Engaging students for feedback
- Expanding spaces for services through pop up events, after-hours support, text messages, and use of social media
- Provide compensation to students to support engagement

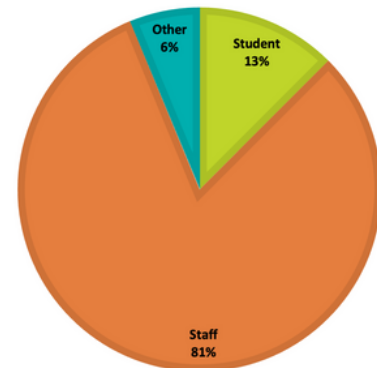


Chart showing the roles of the participants at the Regional Gathering.

What has not been working well with mental health services on your campus / workplace?

- Anonymous 14d Low Student Engagement
- Anonymous 14d food insecurity

Generate ideas or suggestions to address the challenges and what approaches may be helpful

- stay open to new things; try new things more than once

What contributed to the challenges / made it difficult for you to achieve your goals for last year?

- Lack of Funding

Limited Capacity

- Anonymous 14d Prevention activities that are appealing to students, e.g. beading
- Anonymous 14d Sharing learnings from other institutions
- Anonymous 14d Ensure events are planned to fit into the schedule of students.
- Anonymous 14d Creating more unstructured spaces for students to meet people and then informing those students of events, e.g. lounges with ping pong

Discuss what changes need to be implemented on campus for your suggestions/ideas to become successful?

- Increase collaboration between departments on campus - e.g., between Wellness Centre and/or Student Union and/or Human Resources/Staff wellness, and/or other interested department

Screenshots of participants' responses on Padlet to the "Get To Know You and Collaboration Activity questions"



The participants had opportunity to share some reflections:

- "...I really like these regional events and I appreciate that you do at least one online. It helps us stay engaged even though we are quite remote."
- "... the gatherings, whether in-person or online, are always the most helpful as I get to hear more in-depth of what other campuses or individuals are working on."

Input on HCA Activities

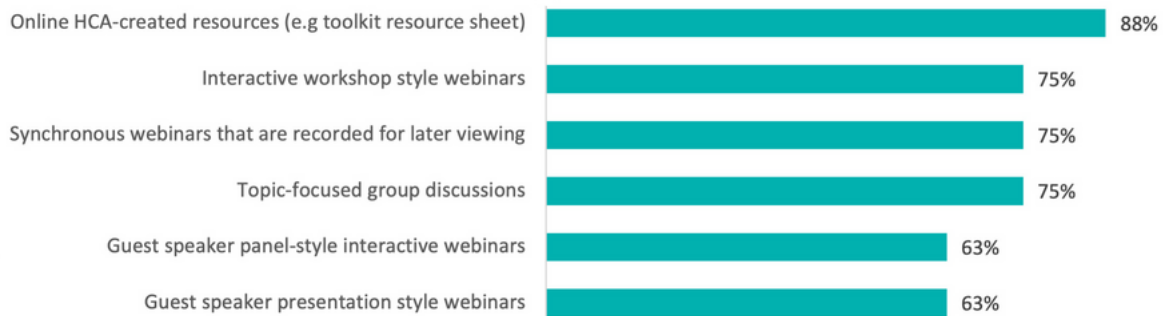
How have you engaged with HCA in the past year?



How do you want to engage with HCA?



What types of learning opportunities would you like to see?

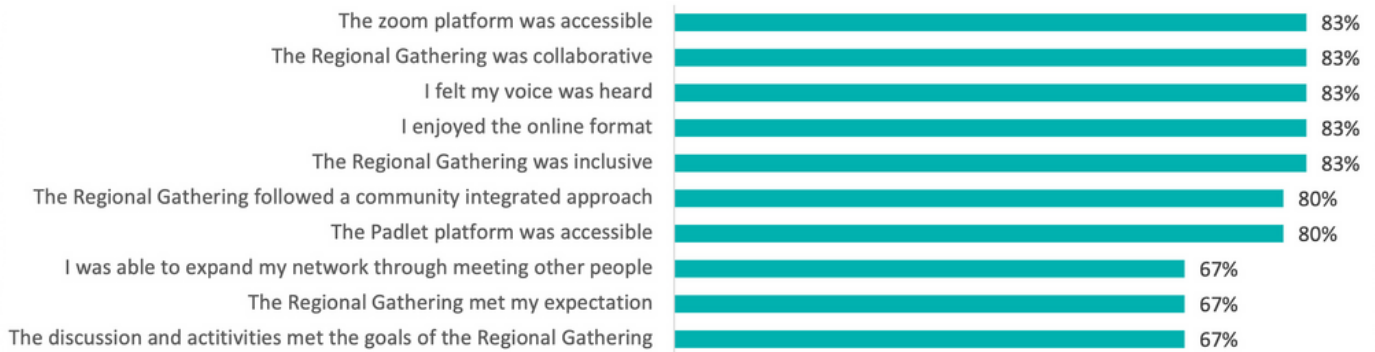


Charts showing the percent of participants who selected the response during the meeting polls. The **top six** responses are shown.



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. A total of 9 survey responses were collected.



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

- "...lots of good things happening on campus as well as likeness of the struggle"
- "...absolutely, what I heard today will help inform ongoing policy conversations regarding the post-secondary student mental health grant"

What's Next?

Upcoming Event: **HCA 2024 Wellness Summit**

Introspection:
Looking Back to Look Forward

June 13- 14, 2024
University of Alberta

For more information visit

<https://www.healthycampusalberta.ca/events/hca-2024-wellness-summit/>

The HCA staff facilitation team will be putting our learnings from the **Regional Gatherings** into actionable steps over the coming months.

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



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Mental health for all

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