

Peer Support Webinar Series

Mind the Gaps: Strengthening Mental Health Support on MRU's Campus

Presented by

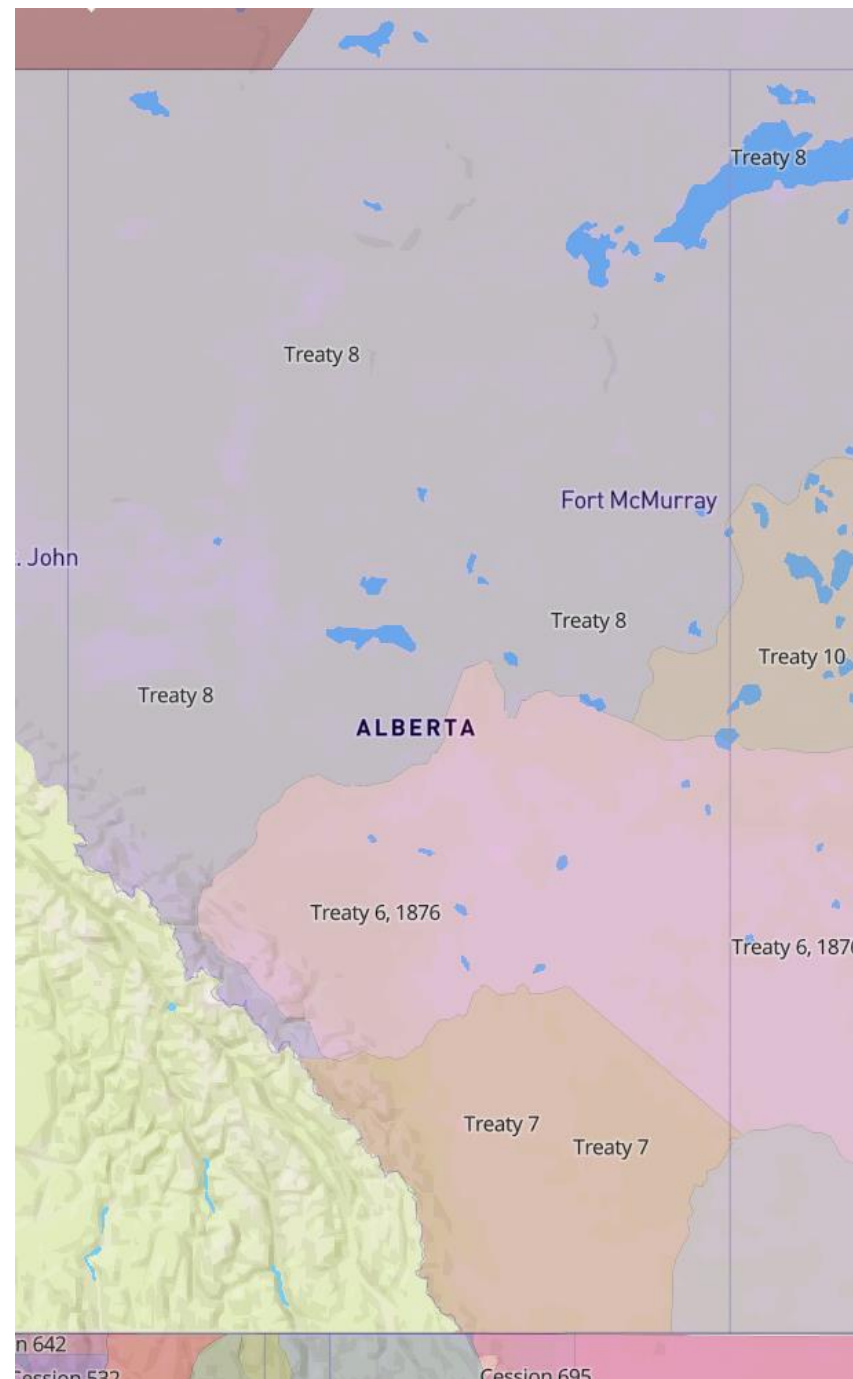


**MOUNT
ROYAL
UNIVERSITY**



**HEALTHY
CAMPUS
ALBERTA**

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/>



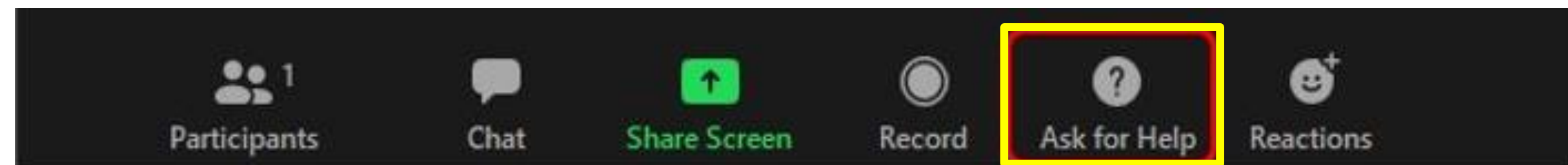
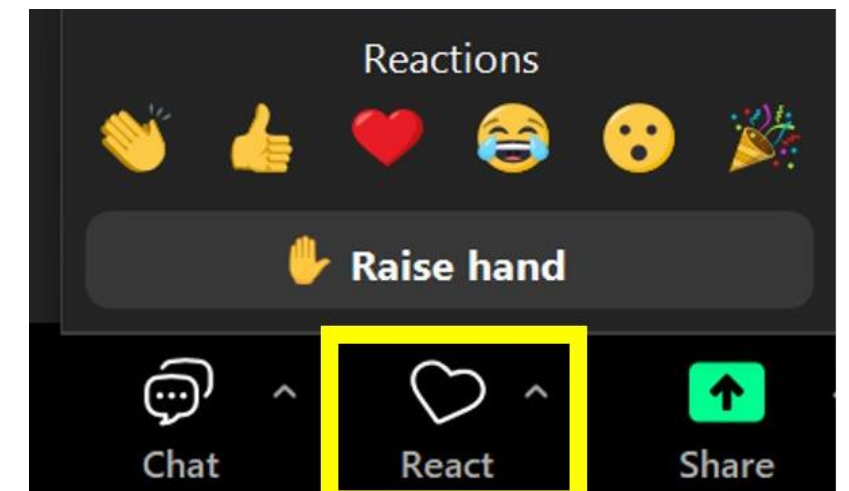
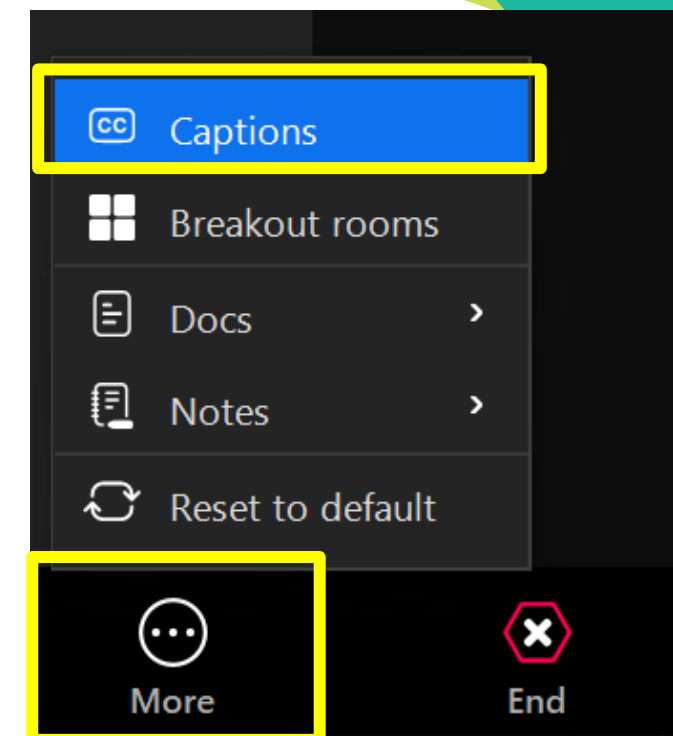
Housekeeping

Zoom

- Closed captions available
- Raise hand feature/chat to ask questions
- Reminder that this Webinar is being recorded.
- Ask for help button if needed when in breakout rooms

Technical Details

- Send a message in the chat if you have technical difficulties



Introductions



Julia Nicholls (she/her)

After Hours Peer Support
Program Coordinator



Sarah Dubreuil Karpa (she/her)

After Hours Peer Support
Program Coordinator



Spencer Matthews (he/him)

After Hours Peer Supporter

...and feel welcome to introduce yourself in the Zoom chat!



MIND THE GAPS: STRENGTHENING MENTAL HEALTH SUPPORT ON MRU'S CAMPUS

Presented By:

Julia Nicholls, MSW, RSW

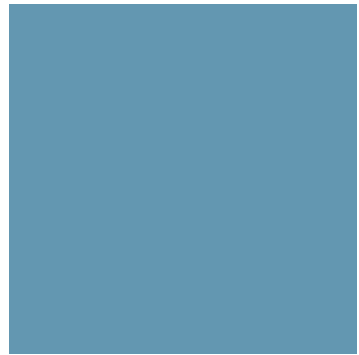
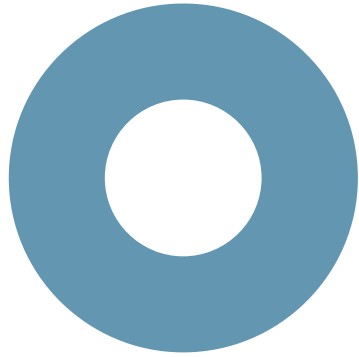
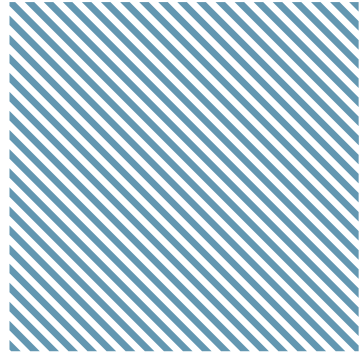
**Sarah Dubreuil Karpa, MEd, MSW,
RSW**

Spencer Matthews



LAND ACKNOWLEDGEMENT

Mount Royal University is situated on an ancient and storied land steeped in ceremony and history that, until recently, was occupied exclusively by people indigenous to this place. With gratitude and reciprocity, Mount Royal acknowledges the relationships to the land and all beings, and the songs, stories and teachings of the Siksika Nation, the Piikani Nation, the Kainai Nation, the Îethka Stoney Nakoda Nation (consisting of the Chiniki, Bearspaw and Goodstoney Nations), the people of the Tsuut'ina Nation, and the Métis.



POLL QUESTIONS



AGENDA

1

Meet the After Hours Peer Support Centre

2

From spark to strategy: The story behind the After Hours Peer Support Centre

3

Lessons from the launch: Our first-year journey

4

Through their eyes: Student perspective

YOUR PRESENTERS



Spencer Matthews
Peer Supporter/Student



Julia Nicholls, MSW, RSW
Program Coordinator



Sarah Dubreuil-Karpa,
MEd, MSW, RSW
Program Coordinator

MEET THE AFTER HOURS PEER SUPPORT CENTRE

AFTER HOURS

**PEER SUPPORT
CENTRE**

Generously supported by Viewpoint Foundation

Peer Led

- Highly Trained Peer Supporters
- Diverse & Inclusive Team
- Support from Students, for Students

Information & Resources

- On and Off Campus Supports
- Working alongside systems
- Supporting growth through experience

Non-judgemental

- Trauma-Informed Approach
- Confidential & Respectful
- Supportive Listening and Peer Model

Connection

- Reducing isolation
- Engaging programming
- Campus Collaboration

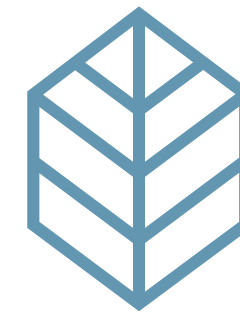
FROM SPARK TO STRATEGY: THE STORY BEHIND THE AFTER HOURS PEER SUPPORT CENTRE



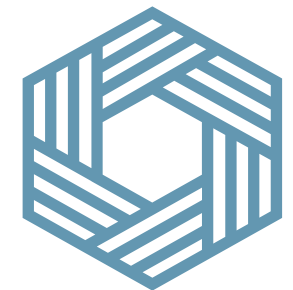
Responding to the rising mental health needs of students.



Reducing strain on community mental health services.



Empowering students as trained peer supporters.



A vision for sustainability and expansion.

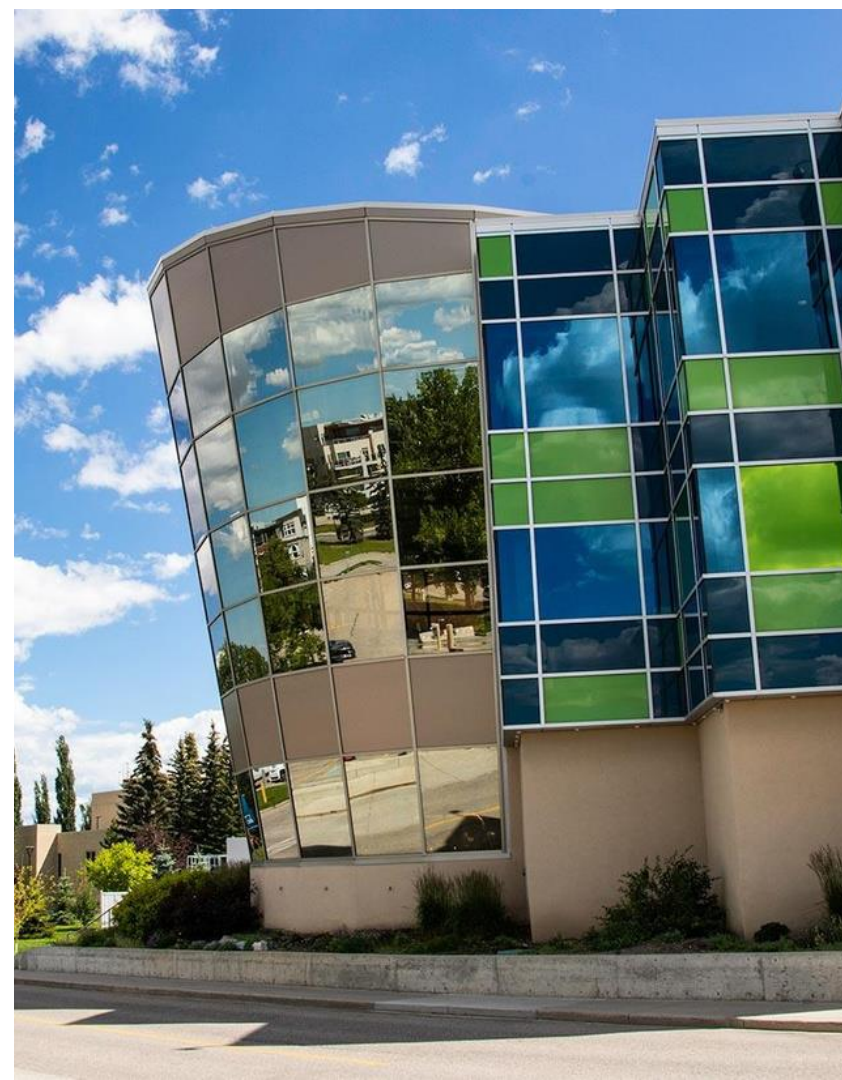


BUILDING ON STRENGTHS, BACKED BY GENEROSITY

Leveraging existing peer support successes

A sustainable, campus-rooted model

A shared vision for community-based mental health support





VIEWPOINT FOUNDATION

- **Who is Viewpoint?**
 - A private, family-owned organization founded by the Van Wielingen Family.
- **What does Viewpoint do?**
 - Focus on responsible capital management and transformational philanthropy.
- **Viewpoint's Commitment**
 - Investing in markets, society, and the future with purpose and impact.

CREATION OF THE AFTER HOURS PEER SUPPORT CENTRE

Recruitment

Peer Supporters from
various faculties

Social work placement
opportunities

Trainings as motivation to
participate

Training

80+ hours of training

Professional
development
opportunities

Collaboration with
community and campus
partners

Programmin

Peer led programming

Student connections to
campus and community

Increases access to
supports

Procedures/Policie

Standardized Risk
Assessments

Values and ethics
embedded in the
program

Evidence-based best
practices

PROGRAM TRENDS

Retention of Peer Supporters

- Practicum Students transitioned to volunteers
- 100% of eligible volunteers plan to return for year two

Aligns with the Student Life Cycle

- Programming aligned with peak engagement
- Reduced Peer Supporter participation during reading week and exams

Increased Internal Capacity Reducing External Intervention

- Safe, accessible space for expression
- Proactive support
- Highly trained Peer Supporters

Strengthening University Connections

- Cross-program and Faculty connections
- Enhanced campus culture through relationship building



LIMITING FACTORS

Collaboration Overload

- Being intentional with collaborators
- Balancing competing demands
- Risk of overextension

Commuter Campus

- Low student presence after classes
- Challenges accessing campus after hours
- Limited campus amenities and services

Visibility on Campus

- New program at Mount Royal University
- Rebranding and pivoting during our first year
- Accessibility and visibility of location

Lack of Comparable Data

- Limited availability of similar data
- Differences in service context
- Lack of established benchmarks

SUCCESSSES FROM OUR FIRST YEAR

Uptake in Service Usage

Consistent growth and program awareness

Broader reach through faculty and department partnerships

Programming offerings enhanced access

Centre Expansion

Increased student team in both numbers and diversity

Strengthened collaborations across campus

Expanding programming offerings

Value of Peer Support

Peer Supporters became an integral part of community-based crisis interventions

Reduced reliance on emergency interventions

Increased access to mental health support

Student Capacity Building

Expanding skills and knowledge

Elevated confidence and experience

Creation of strong bonds and connections

STUDENT PERSPECTIVE

Career Enrichment

Direct experience with student help and crisis resolution strengthens career goals as a student.

The After Hours Peer Support Program offers expansive skills in the humanities that are not only transferable but invaluable.

Skill Enhancement

Relational Development

Team cohesion has promoted strong community connections and bolsters interpersonal relationships

Contributing to community needs, working against conflict, and expanding skills reinforces what I am passionate about and what is purposeful to me.

Personal Advancement

MOVING FORWARD

1

**Strategizing for Fall 2025
and Winter 2026**

2

**Momentum in
Engagement Efforts**

3

**Empowering Our
Communities**

THANK YOU. QUESTIONS?

Contact

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Sarah Dubreuil Karpa -
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General Inbox -
afterhourspsc@mtroyal.ca

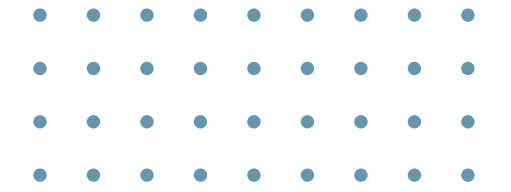


Generously supported by Viewpoint Foundation



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RESOURCES



- 211 Alberta - 2-1-1 - www.ab.211.ca
- 988 Suicide Crisis Helpline - 9-8-8 - www.988.ca
- AHS Mental Health Helpline - 1-877-303-2642 - <https://www.albertahealthservices.ca/amh/page16759.aspx>
- Alberta's One Line for Sexual Violence - 1-866-403-8000
- Distress Centre - 403-266-HELP (4357) - www.distresscentre.com
- Eastside Community Mental Health Services - 403-299-9699 - <https://www.woodshomes.ca/eastside-community-mental-health-services/>
- FearIsNotLove (formerly Calgary Women's Emergency Shelter) - 403-234-SAFE (7233) - www.fearisnotlove.ca
- First Nations and Inuit Hope for Wellness - 1-855-242-3310 - www.hopeforwellness.ca
- Health Link - 811 - www.albertahealthservices.ca/811
- Recovery on Campus - www.recoveryoncampusalberta.ca
- Trans Lifeline - 1-877-330-6366 - www.translifeline.org



Thank you to our presenters!



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Upcoming Events



2025 Wellness Summit

June 17 & 18, 2025 | University of Calgary

Reimagining Campus Culture



HEALTHY
CAMPUS
ALBERTA



Canadian Mental
Health Association
in Alberta
Mental health for all

www.healthycampusalberta.ca



Upcoming Webinar

Key Insights from CIHI's 2025 survey on
Navigation and Early Intervention of Mental
Health and Substance Use Services

May 14th, 10AM-10:30AM



 Canadian Institute
for Health Information

**We're in
this together**

Help improve mental health and substance
use services in Canada

Share your experience for the
chance to win a \$100 gift card





Join the conversation around
campus mental health & well-being on the

NEW
HCA Community Hub

healthycampusalberta.ca



We value your feedback!



Thank you for your
participation!

**Please take a moment to complete our
evaluation survey:**

[https://www.surveymonkey.com/
r/May7HCAWebinar2025](https://www.surveymonkey.com/r/May7HCAWebinar2025)





Connect with us!



hcaadmin@cmha.ab.ca



community.healthycampusalberta.ca



Canadian Mental
Health Association
Alberta
Mental health for all



centre for
suicide prevention



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