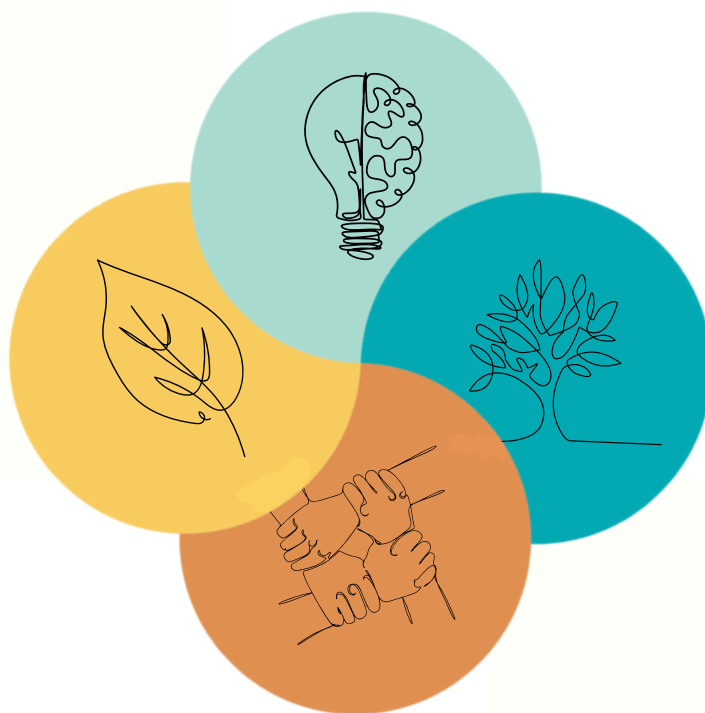


Healthy Campus Alberta's

2025 WELLNESS SUMMIT



Reimagining Campus Culture

Summit Program

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Summit Theme

Reimagining Campus Culture

Cultivating a culture of care, collaboration, and advocacy to create caring campus communities across Alberta lies at the heart of our work at HCA. The summit theme, “**Reimagining Campus Culture**”, serves as a call to action for our Community of Practice to come together in a purposeful dialogue about reshaping a campus culture where wellness, belonging, and inclusion are prioritized.

Culture is shaped by the people who live it every day. To create caring campus communities, we must first reimagine campus culture alongside the individuals who form its essence—students, staff, faculty, administration and community partners. By recognizing our shared responsibility, this theme gives us an opportunity to explore whole-campus upstream approaches to issues faced by students and staff alike, focusing on proactive and preventive strategies that address systemic challenges in the mental health and wellness landscape in Alberta.

The summit will offer a collaborative space to explore creative and transformative ideas to shape a campus culture that not only responds to current needs but anticipates future opportunities and challenges. By cultivating well-being as a shared responsibility, this theme invites everyone to reimagine their campus culture to inspire meaningful change and create healthier, more inclusive, and thriving campus environment throughout Alberta.



Summit Sub-Themes

Cultivating a Sense of Belonging



To develop a campus culture centered on wellness, it is important to understand how connection, inclusion, and a shared purpose contribute to shaping a thriving academic and social environment at a post-secondary institution.

A post-secondary institution is a place where students forge their identities, where people find purpose, and where peoples' careers spans years if not decades. A sense of belonging is the foundation upon which students, staff, and faculty can build resilience, navigate challenges, and achieve their full potential. Furthermore, a strong sense of belonging creates a stronger sense of community among the members of a post-secondary institution.

Strengthening Partnerships Across Campuses and Communities



Building meaningful and lasting connections is essential in post-secondary settings. This sub-theme emphasizes the value of collaboration—both across campuses and with surrounding communities—to create sustainable, inclusive approaches to mental health and wellness. Shared learning, collective action, and mutual support are key to addressing systemic and social challenges. Community partnerships and interdepartmental collaboration help tailor wellness programs to local needs, break down silos, and promote a unified culture of care. A campus grounded in collaboration reflects a transformative and resilient institutional culture—one where wellness is supported through connection, co-creation, and a shared commitment to well-being.

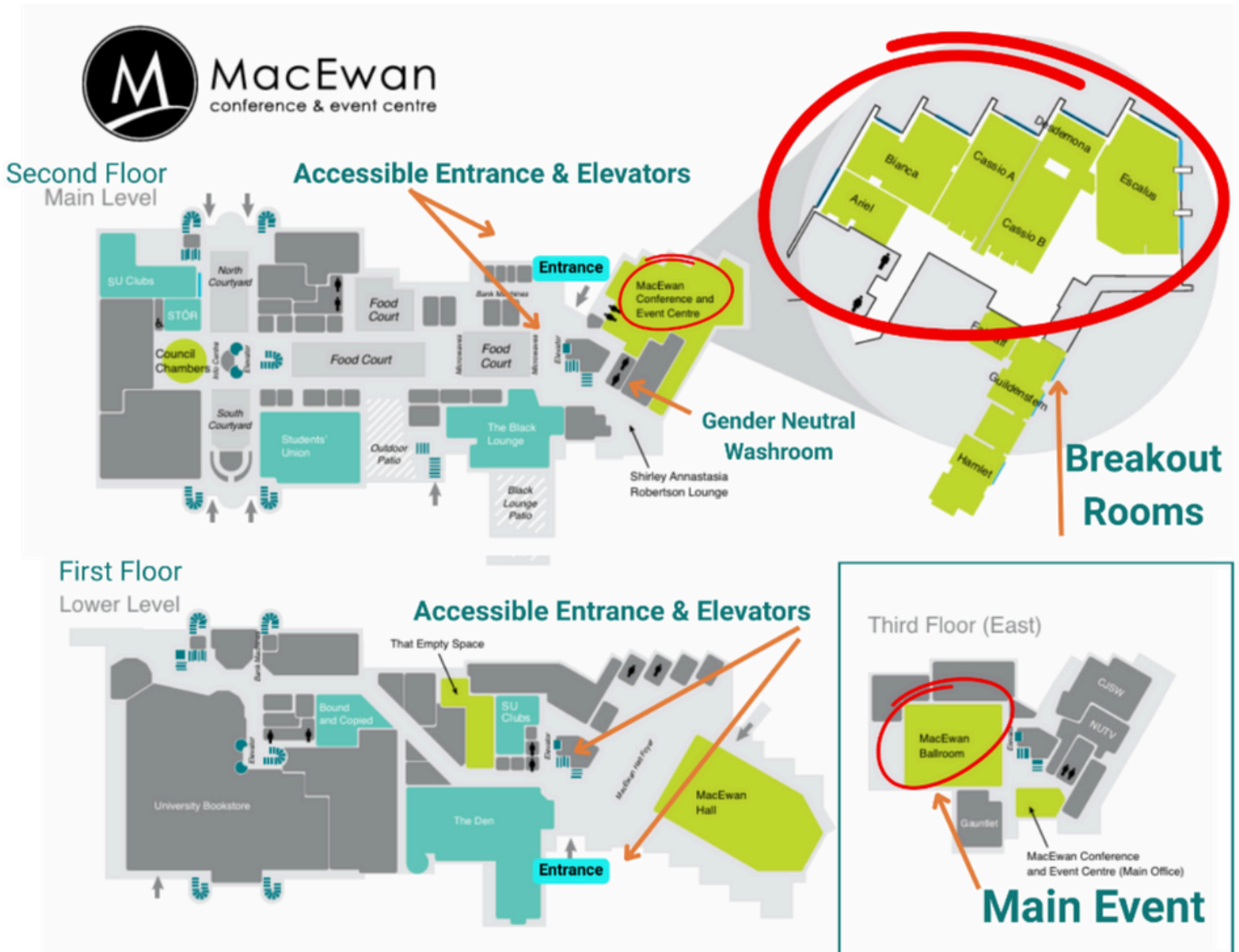
Integrating Wellness in Learning Environments



This sub-theme embraces a whole campus approach, recognizing all learning environments as vital spaces for growth, well-being, and academic success. It calls for reimagining post-secondary education to prioritize mental health alongside academic achievement. By embedding wellness into classrooms and campus life, institutions can support holistic student development, reduce barriers to success, and promote staff well-being. A wellness-centered educational ecosystem begins in the learning environment, where students, faculty, and staff all play a role in shaping a culture that supports resilience, belonging, and life readiness. Integrating wellness into education ensures campuses nurture both academic and personal growth.

Venue Map

MacEwan Conference and Events Centre





DAY 1

Tuesday, June 17th, 2025

8:30 AM - 4:30 PM

- 8:30 am Registration and Breakfast
- 9:30 am Opening the Summit in a Good Way
- 10:15 am Connection Activity
- 10:30 am Break
- 10:45 am Concurrent Session 1
- 12:00 pm Lunch
- 1:00 pm Concurrent Session 2
- 2:00 pm Break
- 2:15 pm UCalgary Research and Knowledge Hub
- 3:45 pm Share and Celebrate
- 4:00 pm Break
- 4:30 pm Summit Dinner and Celebration, hosted by ROC

[View the Detailed Agenda](#)

Day One

Registration

8:30 am - 9:30 am

Welcome to the 2025 HCA Wellness Summit. Please check-in at the Registration Table and help yourself with some delicious breakfast.

Opening the Summit in a Good Way

9:30 am - 10:15 am

The HCA Staff Facilitation team will welcome everyone to the Summit, and invite everyone to join us in opening the summit in a good way.

Elder Betty Crazyboy is a proud member of the Blackfoot Confederacy from the Piikani (bee-gun-ee) Nation in Treaty 7 Territory. She is a survivor of the Indian Residential School System and a first-generation college graduate, having completed the Social Work program at Mount Royal University. Her life's journey has been one of strength, service, and healing.



Betty has dedicated her career to uplifting Indigenous communities across Alberta, working as a social worker in Edmonton, Calgary, and in her home nation. She walks the traditional path as a ceremonialist and is a respected pipe carrier, a sacred role earned through commitment to her culture and people. Betty is a recognized Elder not only in her home community, but also at SAIT and Mount Royal University, where she continues to be a powerful presence of guidance and care.

Day One

For the past two and a half years, Betty has worked closely with students and staff on SAIT's campus through Natoysopoyiis (nah-toy so-po yees), the Indigenous student centre. She shares her story as a residential school survivor with courage and hope, helping to foster understanding, healing, and resilience. Whether she's leading a healing circle, offering teachings, or simply visiting with students and staff over coffee, Betty offers wisdom, compassion, and a deep sense of community.

She is a loving mother, grandmother, auntie, and friend to many. Though she has faced personal loss, including the passing of two of her children, Betty continues to give selflessly—feeding and caring for those in need, both at home and on campus.

Connection Activity

10:15 am - 10:30 am

The Connection Activity is an opportunity to get acquainted with fellow attendees at the Summit. Attendees will complete a Bingo Sheet in the Summit Journal while engaging in one-on-one conversations and sharing experiences with each other.



Saugat KC (He/Him) is the Event Assistant for Healthy Campus Alberta. He's currently pursuing Mechanical Engineering at the University of Alberta. This is his second year of organizing the summit. His work at HCA is motivated by the need for mental health awareness and advocacy that he experienced as a student. Apart from school and work, he is fond of reading books, going on hikes, and trying out new recipes.

Day One

Summit Zen Den

10:30 AM - 4:00 PM (All Day), Ariel



The Zen Den, the Summit quiet space hosted by SAIT, is modeled after the Student Zen Den Pilot Project, an initiative designed to support student mental health and well-being. Aligned with the National Standard for Mental Health and Well-being for Post-secondary Students, this project fosters a supportive environment through mindfulness practices, educational workshops, and therapeutic activities - including guided relaxation and creative crafts. By offering both immediate stress relief and long-term resilience-building strategies, the project addresses a key area of student need identified in the CCWS (Canadian Campus Well-being Survey).



Julie Egers (she/her) is the Manager of SAIT's Student Development and Counselling. She is a Registered Psychologist in the Province of Alberta and has been a counsellor within various postsecondary counselling centres in Alberta and British Columbia. Her specializations include trauma informed care and positive psychology.



Gislaine Andrade (she/her) is the Student Wellness and Outreach Coordinator at SAIT. A Nutritionist and Master's graduate in Education and Health, she brings 15+ years of experience in post-secondary wellness, student engagement, and program development. Passionate about holistic well-being, she designs inclusive initiatives such as mindfulness workshops, outreach campaigns, and peer-led support programs. Outside of work, she enjoys hiking in the Rockies and spending time with family.



Day One

Concurrent Session 1

This year's summit features concurrent sessions with presentations on various sub-themes, explored by expert presenters who facilitate discussions on emerging topics in the current post-secondary mental health landscape in Alberta.

By attending these sessions, participants will gain a deeper understanding of the topics and sub-themes, providing an opportunity for reflection. These presentations aim to inspire attendees to implement important lessons on their campuses through action-oriented approaches, driving systemic change.

For more details about each presentation, please refer to the provided summaries and presenter bios in the following pages.

Concurrent Session 1 Presentations

Ballroom	Truth-First Partnership: Bridging Campuses and Communities
Cassio	HCA: A Successful Community of Practice in Action- Looking back to build forward
Escalus	Build Your Own Campaign to Cultivate Belonging: Lessons Learned from Suicide Prevention Campaigns at the U of A
Bianca	Post-Secondary Mental Health & Wellness: A Partnership Story

Legend



Interactive
workshop



Presentation
and facilitated
discussion



Innovation
showcase

Truth-First Partnership: Bridging Campuses and Communities

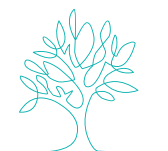


10:45 AM - 11:45 AM, MacEwan Ballroom

Rooted in her Truth-First Reconciliation framework, this session explores how speaking and centering Indigenous truth is the foundation for meaningful healing and partnership. Michaela Lewis shares her personal story of navigating identity loss, addiction, intergenerational trauma, and undiagnosed ADHD, and how reclaiming culture and community as a student at SAIT became a turning point in her journey. Through powerful storytelling, she invites participants to reflect on the role of truth in reconciliation—truth that is personal, painful, and ultimately transformative. Campuses are called to move beyond intention by building relationships grounded in listening, accountability, and Indigenous-led approaches to healing and connection.



A Dene woman from Buffalo River Dene Nation (Treaty 10 Territory), **Michaela Lewis (she/her)** is a 60s Scoop survivor, advocate, filmmaker, and public speaker. Drawing on her lived experience and her Truth-First Reconciliation framework, she blends personal storytelling with interactive tools to help campuses and communities move from intention to impact. She recently completed her Film & Video Production diploma at SAIT and will graduate in June 2025. Michaela has keynoted SAIT's Truth & Reconciliation series, spoken to high school audiences with the Legacy of Hope Foundation, and delivered workshops for corporate Canada—always centering Indigenous-led truth as the first step toward healing.



HCA: A Successful Community of Practice in Action- Looking back to build forward



10:45 AM - 11:45 AM, Cassio Room

Healthy Campus Alberta is a dynamic community of practice, unique in the Canadian post-secondary landscape for its longevity and application of community of practice theory. Healthy Campus Alberta (HCA)'s mission is to foster an inclusive, collaborative, and community-integrated approach to mental health and wellness across post-secondary campuses in Alberta. The goal of this session is to foster an understanding of community of practice (CoP) theory as it informed the creation of HCA and to explore the continued relevance of this theory today in the context of post-secondary mental health and wellness.



Danielle Stewart-Smith (she/her) is a community member on the HCA Advisory Team and enjoyed the privilege of being the HCA provincial facilitator from 2015-2018. Professionally, she is a chiropractor in private practice. Daniaelle holds a special place in her heart for the work of HCA and the value it holds in advocating for post-secondary mental health in Alberta. In her downtime, Danielle loves to spend time with her husband and three daughters, playing games, wake surfing to some summer tunes, and reading a good book.



Debbie Bruckner (she/her) served as Senior Director of Student Wellness, Access & Support at the University of Calgary from 2006 until her retirement in 2022. She was active in developing the Campus Mental Health Strategy and its implementation as well as the Suicide Awareness and Prevention Advisory Committee, implementing a framework that aligns with the Zero Suicide model. Debbie was a founding member of Healthy Campus Alberta and has continued to serve as a volunteer. Her interests include leadership, mental health, suicide awareness and prevention, and safer substance use. She loves cooking, yoga, walking, bicycling, reading and spending time with family & friends.



Kevin Friese (he/him), Assistant Dean of Students, Health and Wellness at the University of Alberta, has over 25 years of experience promoting well-being. He leads a multidisciplinary team supporting students, families, faculty, and staff, focusing on mental health, homelessness, and overall wellbeing. A Queen's Platinum Jubilee Medal recipient, he actively participates in Healthy Campus Alberta and co-founded the Alberta Post-Secondary Health Association.



Build Your Own Campaign to Cultivate Belonging: Lessons Learned from Suicide Prevention Campaigns at the U of A



10:45 AM - 11:45 AM, Escalus Room

NCHA and CCWS data highlights that loneliness remains a significant concern for students, and research indicates that loneliness is a key risk factor for suicidal ideation. Additionally, our co-published scoping review on suicide prevention in post-secondary institutions reveals gaps in campus suicide prevention programming. Our team has developed and implemented suicide prevention campaigns designed to: foster meaningful connections among students; increase awareness of formal and informal support resources; build skills that help individuals support themselves and others. We will share how our research has shaped these campaigns, lessons learned in development, and key considerations such as theme selection, strategic partnerships, and implementation. Participants will also have the opportunity to brainstorm ideas for launching their own suicide prevention campaigns.



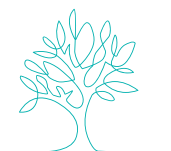
Heather Ritz (she/her) is a community social worker with 20 years of experience. She is passionate about how healthy community can be fostered through meaningful participation of its members. Her role includes facilitating workshops, programming and mental health campaigns. Heather loves pottery, walking her dog in the trees, and gardening.



Brianna (Bri) Bucalo (she/her) is a Community Social Worker and has worked in post-secondaries for over 17 years supporting community building for the well-being of campus members. Her role includes facilitating workshops such as the AHS Community Helpers Program, programming and mental health campaigns. She enjoys taking her kids out camping and cozying up on the couch with a good book and tea.



Tiffany Sampson (she/her) is a Community Social Worker at the University of Alberta. Tiffany works with amazing campus community members to support post-secondary students' mental health and well-being. Tiffany is passionate about community building, happy when travelling to another country or taking a day trip, and can't get enough of PBS Masterpiece.



Post-Secondary Mental Health & Wellness: A Partnership Story



10:45 AM - 11:45 AM, Bianca Room

This presentation highlights a small, independent institution's innovative approach to post-secondary mental health and wellness. Through strategic partnerships, we have expanded wellness education and counseling services, providing students with expertly guided experiences, greater convenience, choice, and continuity of care. These collaborations have strengthened student engagement, deepened community ties, and fostered a tangible culture of wellness on campus. By integrating holistic well-being, service delivery, and support, we have initiated critical conversations that drive meaningful change. Attendees will gain insights from our preliminary results and receive practical tools for building sustainable, reciprocal, and accountable campus-community partnerships.



Lisa Teigen (she/her) is the Accessibility and Wellness Coordinator at The King's University, in Edmonton. Lisa loves building relationships with students and seeing them grow and thrive, which is why she loves being part of the Wellness Team at King's. Lisa is a juggler of events, time, people, but never balls. Outside of work she love to spend time with her husband and 2 teenage boys. You can find her weeding, reading, or finding ways to soak up the sun.



Jenny McAlister (she/her) M.A., R.Psych (AB), is a registered psychologist and the founder of Strathearn Psychology, a thriving group practice located in Edmonton, Alberta. With a 15-year registration history, Jenny has consistently demonstrated her commitment to the field through her extensive experience in providing supervision across diverse professional settings. Currently overseeing both interns and provisional psychologists, she brings a wealth of knowledge and passion to her role. Jenny is deeply dedicated to the practice of supervision and is actively engaged in advancing the field, currently pursuing her PsyD. with a focus on research related to adequate supervision. Recognized for her outstanding contributions, Jenny earned a spot in the prestigious Top 40 Under 40 list in 2019, acknowledging her unwavering dedication to individual and community well-being. Additionally in 2023, she proudly received the Queen's Platinum Jubilee medal for her exemplary community service.



Cora-Lee Conway (she/they) is the Dean of Students at The King's University in Edmonton, Alberta. With over ten years of experience in student affairs, Cora is deeply passionate about student development and holistic well-being, dedicating her work to fostering environments where students thrive academically, emotionally, and socially. Outside of work, Cora is developing a community gospel choir, loves planning road trips, is an avid podcast listener, and is nurturing a growing interest in gardening.



Day One

Concurrent Session 2

This year's summit features concurrent sessions with presentations on various sub-themes, explored by expert presenters who facilitate discussions on emerging topics in the current post-secondary mental health landscape in Alberta.

By attending these sessions, participants will gain a deeper understanding of the topics and sub-themes, providing an opportunity for reflection. These presentations aim to inspire attendees to implement important lessons on their campuses through action-oriented approaches, driving systemic change.

For more details about each presentation, please refer to the provided summaries and presenter bios in the following pages.

Concurrent Session 2 Presentations

Main Ballroom It's 100% mental: Unmasking the hidden opponent in a student athlete's journey

Cassio Ready to Scale: Peer-Led, Research-Informed Campus Recovery Programs

Escalus Empowering Security Staff: Trauma-Informed Crisis Intervention in Post-Secondary Institutions

Bianca Residence Connect: The power of a student neighborhood.

Legend



Interactive
workshop



Presentation
and facilitated
discussion



Roundtable
discussions



Panel
Discussion

It's 100% mental: Unmasking the hidden opponent in a student athlete's journey



1:00 PM - 2:00 PM, Main Ballroom

Student-athletes are often celebrated for their strength and resilience, but this expectation, sometimes based on masked realities, can leave their mental health struggles overlooked. In this panel discussion, participants will hear the stories of current and former student athletes, explore the unique challenges student-athletes face, including performance pressures, identity struggles upon leaving athletic programs, and the stigma of seeking help, and learn about some great initiatives across the province such as the Hidden Opponent, Student Athlete Mentality Initiative at UCalgary, working student athlete-specific policy into campus-wide strategy and supporting athletes transitioning out of post-secondary. Together, we will collaborate on upstream, whole-campus strategies that are strength-based to ensure student-athletes can be leaders in their spheres of influence to address mentality in sport and be included in conversations about mental health, fostering a championship culture of care, belonging and advocacy



Isaiah Neil (he/him) is a current student and former 5 years Golden Bears Football player at the University of Alberta. Before he became a keynote speaker, he was a full-time student-athlete for the Golden Bears Football Team. On the field, he was dominating some of the best teams in the country, but off the field, he was in a fight for his life, battling with his mind, and slowly losing the will to live. He is now using his lived experience to make an IMPACT on the youth mental health crisis with every moment of opportunity he's given. Not only has he spoken to thousands of youth, but he has also been featured on CTV and CBC News and has worked with two of Canada's largest mental health charities and initiatives — Jack.org and Bell Let's Talk. Offstage, you can find him enjoying the hottest Netflix series or working out at the gym.



Maddie Rissling (she/her) is a student-athlete alumni from the University of Calgary Dinos Women's Track and Field team. She is also an alumni from the UofC's Bachelor of Arts Faculty and Master of Public Policy Program. Throughout her degrees, Rissling had the opportunity to lead and empower other student-athletes through various leadership roles. As part of her role on the student-athlete council, she has been a strong advocate for women in sport and student-athlete mental health. Here she started the Student-Athlete Mentality (SAM) initiative which also inspired her master's research, "Building the Foundation for Sport Mental Health Policy: Addressing Student-Athlete Mental Health at the University of Calgary." Despite being an alumni, Rissling continues to train and compete in track and field and was recently drafted to the Canadian Track and Field League's Bears team as a long jumper!



Sonia Skobkareva (they/them) is a Pandas Tennis varsity student athlete and Honors Psychology major at the University of Alberta. Drawing from their own lived experience, they advocate for student-athlete mental health through their involvement with The Hidden Opponent. In their (limited) free time, they enjoy spending time outdoors and playing guitar.



Ready to Scale: Peer-Led, Research-Informed Campus Recovery Programs



1:00 PM - 2:00 PM, Cassio AB

This session highlights the University of Calgary's integrated approach to building recovery-friendly campus environments through peer leadership, applied research, and a culture of care. Drawing from our Impact Report and Sustainability Plan, we'll share key insights from recent initiatives—including the Peer Recovery Navigator Program, province-wide evaluation efforts through Recovery on Campus Alberta, the SUPR Study on substance and process addictions in post-secondary settings, and research on substance-free housing and student belonging. Together, these efforts demonstrate how student-led support, data-driven evaluation, and inclusive policy approaches can be scaled to strengthen recovery ecosystems across campuses.



Amrit Kaur Matharoo (she/Her) is the Recovery Support Specialist with Recovery on Campus and the UCalgary Recovery Community. She is a social worker, educator, and researcher with over nine years of experience supporting youth, families, and communities navigating recovery, justice, and care systems. When she's not working, you'll find her hunting for the perfect ceramic mug, watching the newest thriller movie, or chasing sunshine with her dog.



Ashley Ethier (she/her) is a third-year clinical psychology doctoral student with the University of Calgary's Addictive Behaviours Laboratory. Her research explores the correlates of concurrent disorders, underlying etiology mechanisms, and strength- and evidence-based approaches to understanding substance use.



Chelsie Graham (she/her) is a registered social worker and Manager of Recovery On Campus Alberta. A UCalgary alumna, she champions recovery-friendly campuses through inclusive programming, education, and advocacy. Inspired by personal experiences, Chelsie works to support all recovery pathways, addressing substance use and behavioral health across Alberta's post-secondary institutions.



Krysia Denys (she/her) is a volunteer with the UCalgary Recovery Community, and was a Peer Recovery Navigator in the Fall and Winter semesters. She is entering her Honours year of a combined degree in Psychology and Biological Science, hoping to pursue clinical psychology in the field of addiction recovery. Outside of school, she is a folk dancer and enjoys creating mixed media art.



Renaud Gom (he/him) is a research associate with the Recovery on Campus Center of Excellence. He completed his PhD in Neuroscience and is now spearheading the evaluation of the programs and direct services offered by the University of Calgary Recovery Center (UCRC) and Recovery on Campus Alberta. He is a lover of dairy, and everything outdoors.



Shelbi Snodgrass (she/her) is a Research Assistant at UCalgary Recovery Community (UCRC). She is currently a doctoral student at the University of Calgary in the Relational Practices research lab. Her research interests include addiction and recovery, well-being and burnout, and sport and performance. She is actively involved in advocacy within post-secondary and the Canadian Sport Psychology Association. Outside of work she enjoys traveling and fitness classes with friends.



Dr. Victoria Burns (she/her), PhD, RSW is an associate professor at the University of Calgary, founder and director of the UCalgary Recovery Community, and Recovery on Campus Alberta. As a registered social worker, educator, researcher, and advocate she has worked in the homelessness and addiction-recovery sphere for over 15 years. She combines her lived experience with a passion of storytelling and the arts, including documentary film, to raise awareness and combat stigma for marginalized populations in scholarly and mainstream spaces alike.



Empowering Security Staff: Trauma-Informed Crisis Intervention in Post-Secondary Institutions



1:00 PM - 2:00 PM, Escalus

This session will emphasize the importance of equipping security staff in post-secondary institutions with trauma-informed crisis intervention strategies for providing after-hours support to students in crisis. The focus will be on how active listening, de-escalation, and trauma-sensitive approaches help security personnel manage high-stress situations and offer emotional support. This approach enhances security staff's ability to respond with sensitivity to students in mental health crises, fostering a supportive environment prioritizing student safety. The session is crucial given the impact of policing on marginalized student populations, ensuring security personnel interact with empathy, awareness, and sensitivity to promote safety and avoid exacerbating harm.



Jody Arndt (she/her) is the Director of Wellness Services at Mount Royal University. She joined MRU with a PhD in Psychology, an MSc in Psychiatry, and over a decade of leadership experience in provincial healthcare, specializing in primary care and mental health. At MRU, she works to ensure students have safe, timely access to appropriate health and mental health care by working across teams to expand internal services and build strong community partnerships to support overall student well-being.



As Director of Security Services at Mount Royal University, **Manesha Sidhu (she/her)** leads a team of 30 professionals dedicated to creating a safe, welcoming campus environment. With over a decade of experience, she brings expertise in crisis response and behavioral threat assessment, and champions a community-focused approach that redefines campus security beyond traditional enforcement models.



Residence Connect: The power of a student neighborhood



1:00 PM - 2:00 PM, Bianca

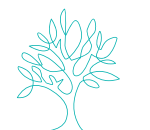
“Because in residence, you’re more than just a student—you’re part of a neighbourhood that uplifts and empowers.” Lakeland College’s Residence Connect applies the principles and practices of Asset-Based Community Development (ABCD) to the Vermilion Campus Residence to foster a culture of connection, care, and belonging for student residents. Residence Connect encourages students to be good neighbours—sharing skills, gifts, and experiences to build a thriving, inclusive campus neighbourhood. By strengthening relationships within residence, students are able to navigate challenges, make healthier choices, and experience improved well-being. Join us for a conversation to discuss the process, learnings, and the impact of Residence Connect.



Judy Eyben (she/her) is the Residence Life Facilitator at Lakeland College on the Vermilion Campus. With 29 years of experience in the role and 24 of those spent at Lakeland, she is a seasoned professional in the field. Outside of work, she enjoys spending time with friends, reading books, and watching movies.



Lorelee Marin (she/her) is an experienced Health Promotion Facilitator with Recovery Alberta, dedicated to empowering communities and individuals through evidence-based strategies in mental health promotion and substance use prevention. With over 20 years partnering with Lakeland College, she has been a steadfast advocate for wellness. Lorelee is deeply committed to asset-based community development and is proud to champion initiatives that foster connection and a strong sense of belonging within the campus community.



Day One



University of Calgary Research and Knowledge Hub Presentation and

2:15 PM - 3:45 PM, Main Ballroom

This session will introduce participants to UCalgary's inaugural Post-Secondary Mental Health and Well-Being Research and Knowledge Hub (The Hub), a collaboration between UCalgary's Community Mental Health and Well-being Strategy and the Mathison Centre for Mental Health Research & Education. Through a uniquely integrated, whole-institution approach to mental health and well-being research and grounded in a commitment to community collaboration, the Hub seeks to enhance the health and well-being of individuals and communities. In this session, we will share the history and co-design process for the Hub. Participants will have opportunity to discuss emerging research priority topics, co-identifying priorities and opportunities relevant to our post-secondary communities.



Dr. Jennifer Thannhauser (she/her) is a Registered Psychologist (AB) with 11+ years experience as counsellor, administrator, and researcher with UCalgary's Student Wellness Services. She is also the Evaluation Lead for UCalgary's Community Mental Health & Well-being Strategy and team lead for UCalgary's inaugural Post-secondary Mental Health and Well-being Research and Knowledge Hub. Jennifer's research and clinical work focuses on improving post-secondary students' mental health and well-being through strengths-based and systems approaches, emphasizing resilience.



Dr. Andrew Szeto (he/him) is the Executive Director of the University of Calgary's Office of Institutional Commitments, which unites efforts to advance Community Mental Health and Well-being (CMHW); Equity, Diversity, Inclusion and Accessibility (EDIA); and Sustainability under one integrated framework. He is also a Full Professor in the Department of Psychology in the Faculty of Arts. Over the past 14 years, Dr. Szeto has focused on the development and evaluation of mental illness stigma reduction and mental health promotion programs, such as The Working Mind, The Inquiring Mind Post-Secondary, and The Inquiring Mind Youth. He is also a member of the Technical Committee that developed the Canadian Standards Association and Mental Health Commission of Canada's National Standard for Post-Secondary Student Mental Health and Wellbeing.



Brittany Lindsay (she/her) is a PhD candidate, Killam scholar, and sessional instructor at the University of Calgary. Her research focuses on understanding and reducing the stigma towards mental illnesses and suicide thoughts and behaviours through program creation and evaluation. She is also a mental health champion on campus, dedicated to promoting and prioritizing mental health and wellbeing across campus. Whether it be through her research, conversations with colleagues, teaching students, or participating in committees, Brittany approaches all her work through a mental health lens.



Day One

Share & Celebrate

3:45 - 4:00 PM, Main Ballroom

Share & Celebrate is an informal session where we will have a quick debrief on Day One of the summit by encouraging reflection and knowledge-sharing.

Summit Dinner and Celebration Hosted by Recovery on Campus Alberta

4:15 PM - 7:00 PM, Main Ballroom



The Summit Dinner and Celebration, hosted by Recovery on Campus (ROC) Alberta is an opportunity to celebrate the summit and recognize the post-secondary institutions involved in creating collegiate recovery programming on their campus, the Lived Experience Award winners, and ROC successes so far.

Join us for mocktails, a delicious dinner, connection, and celebration!

4:15 PM

Mocktails and Networking

4:30 PM

Introduction and Performance by Notorious Cree

5:30 PM

Buffet Dinner

6:00 PM

Celebration

Welcome, introduction and ROC Recap
Thank you and ROC Awards

7:00 PM

Summit Day 1 close and mingling



DAY 2

Wednesday, June 18th, 2025

8:30 AM - 3:00 PM

- 8:00 am Doors Open and Breakfast
- 8:30 am Welcome and Day 1 Reflection
- 9:00 am Concurrent Session 3
- 10:00 am Break and Connection Time
- 10:30 am Concurrent Session 4
- 11:30 am Collaboration Session
- 12:30 pm Lunch
- 1:30 pm Keynote Address - Dr. Michael Ungar
- 2:45 pm Share and Celebrate & Closing in a Good Way

[View the Detailed Agenda](#)

Day Two

Doors Open

8:30 AM - 9:00 AM, MacEwan Ballroom

Breakfast will be served in the MacEwan Ballroom before the concurrent sessions.

Concurrent Session 3

This year's summit features concurrent sessions with presentations on various sub-themes, explored by expert presenters who facilitate discussions on emerging topics in the current post-secondary mental health landscape in Alberta.

By attending these sessions, participants will gain a deeper understanding of the topics and sub-themes, providing an opportunity for reflection. These presentations aim to inspire attendees to implement important lessons on their campuses through action-oriented approaches, driving systemic change.

For more details about each presentation, please refer to the provided summaries and presenter bios in the following pages.

Concurrent Session 3 Presentations

Ballroom Self-Compassion for Workplace Stress and Burnout

Cassio A The Value of Questions and Uncertainty to Promote the Goals of EDI

Escalus Student Session: Building Student Resilience During Challenging Times

Bianca Expanding Student Access to Mental Health Services: Insights and tools from a drop-in counselling pilot

Legend



Interactive
workshop



Presentation
and facilitated
discussion



Innovation
showcase

Self-Compassion for Workplace Stress and Burnout



9:00 AM - 10:00 AM, Main Ballroom

This workshop is designed to help individuals recognize, manage, and prevent burnout through self-compassion strategies, mindfulness techniques and boundary setting. Participants will gain practical tools to restore balance and enhance overall well-being. Objectives:

- Identify signs and causes of burnout and workplace stress
- Develop self-care strategies using self-compassion practices
- Practice mindfulness techniques to reduce stress
- Identify and set healthy workplace boundaries



Chantel Walker (she/her) is a Registered Psychologist at Lakeland College with over two decades of experience supporting student mental health in educational settings. Chantel is also a published academic and has shared her work at both local and international conferences. In 2015, she was honored with the Murray Jampolsky Award for Outstanding Practising School Counsellor in Alberta. When Chantel is not counselling or facilitating workshops, she enjoys walking her dog, meditating, going to silent meditative retreats and attending Yoga classes.



The Value of Questions and Uncertainty to Promote the Goals of EDI



9:00 AM - 10:00 AM, Cassio A

Those committed to creating inclusive campuses rich in diversity, are exploring what is required to realize this vision. While there is much to celebrate, campus members report a tendency to avoid discussing potentially contentious EDI themed topics. Attend this presentation to learn how groups at MRU were invited to 1) engage with self-reflective questions and 2) participate in facilitated dialogue, to gain a more complex understanding of selves, others, and what a commitment to EDI goals might entail. Participants in this session will be invited to engage in activities to get a taste of the value of questions and uncertainty.



Mirjam Knapik (she/her) graduated with a BA from the University of Victoria and completed her PhD at the University of Calgary. She is a Registered Psychologist in the province of Alberta and has served as a counsellor at the Southern Alberta Institute of Technology and at the University of Calgary. She started at Mount Royal University in 2009 and currently serves as the Chair of Student Counselling Services. Her practice is informed by social constructionist approaches to counselling. Her training in family therapy has had a strong influence in her efforts to support talk across difference on post-secondary campuses. She loves to grow plants and relationships.



Student Session: Building Student Resilience During Challenging Times



9:00 AM - 10:00 AM, Escalus

Note: This session is specially designed for our student attendees.

Studies of resilience are showing that our ability to cope with change is not just about having the right personal qualities (for example, grit). It is much more about being a resourced individual with the right supports necessary to cope with crises. In this inspiring presentation, Dr. Ungar will explore twelve factors that are critical to student resilience. He will show that which factors matter most always depends on the kind of stress we experience and the quality of the physical and social environments we experience around us. A number of innovative strategies to improve student resilience will also be shared in ways that the audience can use immediately.



Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him the number one ranked Social Work scholar, with more than 250 scholarly papers and 18 books for mental health professionals, educators, researchers, caregivers and employers.



Expanding Student Access to Mental Health Services: Insights and tools from a drop-in counselling pilot



9:00 AM - 10:00 AM, Bianca

This session centers on student access to campus services. We will share our recent experience of scaling and then building a new initiative to increase access to mental health services from a Solution-Focused Therapy Framework. You will learn about how we developed our new drop-in service, "A Dose of Support" as well as engage in a scaling activity that aims to understand student access to your unit/services. There will be space for reflection, knowledge-sharing, and brainstorming, offering an opportunity to learn from one another's practices and perspectives within the field of student affairs.



Christina Spinelli (she/her) is a psychologist and the Associate Director of Counselling & Clinical Services at the University of Alberta. She values life-long learning and creativity and is motivated to foster campus collaborations that support mental health service access. Outside of work, she enjoys Lego, mystery novels, British panel shows, and discovering new restaurants!



Virginia Duran, MSW, RSW (she/her) is the One-At-A-Time Therapy Manager at the University of Alberta. She is passionate about developing creative and collaborative initiatives that holistically promotes wellness and a sense of belonging across campus. In her leisure time she enjoys adventuring, biking, hiking, solving puzzles, listening to podcasts, and connecting with others over coffee or tea.



Day Two

Concurrent Session 4

This year's summit features concurrent sessions with presentations on various sub-themes, explored by expert presenters who facilitate discussions on emerging topics in the current post-secondary mental health landscape in Alberta.

By attending these sessions, participants will gain a deeper understanding of the topics and sub-themes, providing an opportunity for reflection. These presentations aim to inspire attendees to implement important lessons on their campuses through action-oriented approaches, driving systemic change.

For more details about each presentation, please refer to the provided summaries and presenter bios in the following pages.

Concurrent Session 4 Presentations

Main Ballroom

miyomahcihowin & miyo-wîcêhtowin: The Role of Relationality in Supporting Post-Secondary Indigenous Student Wellness

Cassio A

Empowering Student Well-being: Peer-Led Approaches to Building Inclusive and Supportive Learning Environments

Cassio B

Bridging Campus Wellness: Health Promotions, Student Representatives, and Community

Escalus

Rethinking Participation: Boosting Neurodivergent Student Engagement for a Thriving Campus Culture

Bianca

Enhancing Educator Wellbeing and Student Support: Utilizing a Faculty Mental Health Toolkit

Legend



Interactive
workshop



Presentation and
facilitated discussion

miyomahcihowin & miyo-wîcêhtowin: The Role of Relationality in Supporting Post-Secondary Indigenous Student Wellness



10:30 AM - 11:30 AM, Main Ballroom

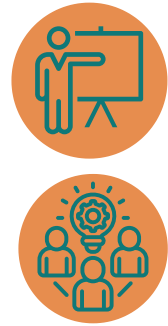
miyomahcihowin Indigenous Student Wellness is a two-year pilot project, developed and launched by Wellness Supports at the University of Alberta. miyomahcihowin provides opportunities for Indigenous post-secondary students to come together in community, participate in wellness activities on campus, and connect with mental health and wellness learnings and resources. This work supports students in grounding themselves in miyo-wîcêhtowin (good relations) as a part of their miyomahcihowin (well-being). We will look at Indigenous principles of relationality and holistic wellness as we follow the journey of miyomahcihowin so far, including program development, best practices, and lessons learned.



Crystal Pennell (she/her) is a Dënesųłiné and nehiyaw iskwew (Cree woman) from Cold Lake First Nations. Crystal recently completed her MEd (Indigenous Education) at UBC. As part of the Wellness Supports team at the University of Alberta, Crystal launched miyomahcihowin Indigenous Student Wellness, a pilot project promoting Indigenous student well-being.



Empowering Student Well-being: Peer-Led Approaches to Building Inclusive and Supportive Learning Environments



10:30 AM - 11:30 AM, Cassio A

This session will have two presentations from the University of Alberta and the University of Calgary:

The presentation from the UofA focuses on lived experience as a catalyst for inclusive campus environments where the presenters will explore the impact of multiple types of lived experiences including student experiences, experiences with mental health and/or disability, and cultural experiences.

The presentation from UCalgary focuses on the Wellness Classroom Visits initiative, which has reached over 41,000 students since its launch in Fall 2021. It will highlight the program's implementation and its positive impact on student well-being and academic development.



Nanako Furuyama (she/her) manages successful teams and programs for the Student Wellness Services, Faith and Spirituality Centre and Women's Resource Centre at the University of Calgary. With a background in community development, international relations, and career advising, she is passionate about empowering students realize their full potential and fostering a fair and just society through collaborative work. Outside of work, she enjoys playing the violin and piano, walking and skiing.



Rosa Herrera Figueroa (she/her) has coordinated the Wellness Classroom Visits initiative and supported various programs, including peer support since January 2024. Rosa is studying Psychology with a minor in Community Rehabilitation and Disability Studies. Her interests include developmental psychology, mental health, disability studies, and advocating for accessibility. Creating an environment which promotes well-being is most important to her.



Zainab Jirwuala (she/her), a Master of Public Health student at the University of Alberta, is passionate about community-driven public health solutions. She has experience in program evaluation, research, and mental health initiatives across academic and real-world settings. Outside of her academic interests, she enjoys hiking, painting, and traveling.



Gurleen Kaur (she/Her) is the Engagement intern for National Standard for Mental Health and Wellbeing for Postsecondary students. She is a psychology student at University of Alberta. She is involved in several mental health initiatives and research projects around campus. She is passionate about destigmatization around mental health and illness!



Bridging Campus Wellness: Health Promotions, Student Representatives, and Community



10:30 AM - 11:30 AM, Cassio B

This session speaks about the opportunities and challenges to fostering holistic student well-being through strategic partnerships between campus Wellness teams, student associations, and community organizations. By leveraging the expertise of Wellness professionals and the peer-driven insights of student representatives, as well as resources from community, these collaborations create inclusive, student-centered health and wellness initiatives. This presentation will explore Lethbridge Polytechnic's successes and challenges in building and sustaining these partnerships, including shared programs and events, community gifts in kind, and working with classes such as Project Management to address student health and well-being.



Lori Harasem (she/her) has been the Health Promotion Coordinator at Lethbridge Polytechnic since 2022. Prior to that she worked for municipal government for 19 years and was responsible for areas such as not-for-profit grant distribution, subsidy programming, program development and implementation, events, not-for-profit sustainability, events, volunteer management, and oversaw the social service response to the pandemic for Lethbridge, receiving recognition from the United Nations and WHO for the partnerships and collaborations created during the early months of Covid.



Tosh Wells is a Business Administration student at Lethbridge Polytechnic with a strong focus on student leadership and campus wellness. As a student representative, Tosh has led mental health initiatives, strengthened student engagement, and advocated for better supports for students. Outside of his busy schedule, Tosh enjoys spending time with friends and family.



Rethinking Participation: Boosting Neurodivergent Student Engagement for a Thriving Campus Culture



10:30 AM - 11:30 AM, Escalus

To fully benefit from the post-secondary experience, students, employees and faculty must be engaged—but what if they aren't? Campuses are delivering what is requested, yet attendance remains low. With 1 in 5 people being neurodivergent, it's time to rethink traditional engagement expectations. This session explores simple, neuroaffirming practices to make all campus offerings more inclusive. Participants will gain practical tools to design campus activities that empower neurodivergent students, staff and faculty; foster meaningful connections; and build a thriving campus culture. Through interactive examples and actionable strategies, attendees will learn to create events that not only include but actively student, staff and faculty across your campus.



Jay Haukenfrers (she/her) is the Learning & Connection Coordinator for The Sinneave Family Foundation. She oversees Sinneave's Information & Navigation service and supports knowledge exchange activities including community engagement, workshops and presentations. Jay has more than 10 years experience offering support to diverse vulnerable populations.



Greta Heathcote (she/her) is the Associate Director, Work-Integrated Learning for Neurodivergent Students Initiative at the University of Calgary. Her work focuses on creating accessible WIL opportunities for neurodivergent students to thrive in post-secondary and beyond. A doctoral student in the Learning Sciences, her research looks at the power of co-designing educational approaches that use Universal Design for Learning in the classroom.



Enhancing Educator Wellbeing and Student Support: Utilizing a Faculty Mental Health Toolkit



10:30 AM - 11:30 AM, Bianca

During the pandemic, educator concerns about student mental health surged, with faculty feeling unprepared to offer appropriate support or make referrals. At the same time, instructors' own mental wellbeing was declining. To address these challenges, a faculty mental health toolkit was developed, providing guidance to our faculty. Join us in exploring the evolution of this toolkit, which has organically developed over the years to better support both student and educator wellbeing. Discover how it has become a vital resource for fostering mental health, community, and resilience in the classroom



Lindsey Fiebig (she/her) is a Registered Psychologist and Counsellor Chair at Bow Valley College (BVC) and has served BVC's diverse college population for over 18 years. She advocates for creating safer spaces for learning, breaking down barriers to mental health awareness on and off campus; works from an anti-oppressive lens, and consistently learning and moving towards a decolonizing stance in her practice.



Day Two



Collaboration Session: Reimagining Culture on your Campus

11:30 AM - 12:30 PM, MacEwan Ballroom

How do we shape post-secondary environments where there is a whole-campus approach to mental health and well-being? As we near the close of the Summit, this collaborative session invites you to reflect on your campus' current culture—and to reimagine what it could become.

Grounded in HCA's vision to educate, collaborate, and advocate to transform culture, this session brings together students, staff, faculty, and community partners from across the province to reflect on learnings throughout the Summit and consider how these insights can shape meaningful change on in their own communities. Through facilitated discussions, you'll explore what a caring campus community could look like in your context and in your work—and identify practical steps to help bring that vision to life.

Together, we'll consider how to strengthen partnerships across campuses and communities, cultivate a stronger sense of belonging, and integrate wellness into learning environments. The conversation will be shaped by your lived experience, your role on campus, and your aspirations for the future.

Facilitated by the HCA Staff Team, this session offers space to connect, reflect, and imagine, so that as you return to your own campus, you feel equipped and inspired to bring this imagination to life.

Day Two

Keynote

Nurturing Resilience through a Strong Campus Culture

1:30 PM - 2:45 PM, MacEwan Ballroom

How do we develop a campus culture for students, staff and faculty that builds individual and collective resilience? Based on Dr. Ungar's research on resilience and work with educational institutions and human service organizations around the world, this story-filled presentation will explore how a multisystemic approach to nurturing resilience shifts our focus from individual responsibility for change to the way every part of a campus shares responsibility for building and sustaining collective wellbeing. Building on Dr. Ungar's innovative definition of resilience as a social, ecological concept, this presentation will explore practical strategies for creating a campus culture that encourages collaborative approaches to growth and transformation.



Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him the number one ranked Social Work scholar, with more than 250 scholarly papers and 18 books for mental health professionals, educators, researchers, caregivers and employers.

Day Two

Share & Celebrate and Closing in a Good Way

2:45 PM - 3:00 PM, MacEwan Ballroom

The Summit will be concluded after a final Share & Celebrate session, where we will share our learnings, reflections, and experiences from the Summit. After, we invite you to join us for some fresh afternoon snacks to close off the Summit.

Healthy Campus Alberta would like to extend our heartiest gratitude to you for attending the annual HCA Wellness Summit. We hope to see you next year!

