

Healthy Campus Alberta

2025 Wellness Summit Community Report

The annual Healthy Campus Alberta Wellness Summit is a flagship event for the HCA Community of Practice to gather to learn, share, and celebrate the work being done across the province to strengthen post-secondary mental health and wellness. This year's event took place at the **University of Calgary** on **June 17 and 18, 2025**. The theme of the 2025 Wellness Summit was **"Reimagining Campus Culture"**, which sought to encourage discussions centered around the whole-campus approach to inspire systemic change on post-secondary campuses at the individual, community, and institutional levels.

The Summit was attended by **156** unique participants over the two days with representation from **25** campuses across Alberta, and **11** different organizations including government, healthcare, and community agencies.

Session Attendance

Session	Number of Participants
Day 1: Concurrent Session 1	120
Day 1: Concurrent Session 2	110
Day 1: UCalgary Research & Knowledge Hub	110
Day 2: Concurrent Session 3	99
Day 2: Concurrent Session 4	82
Day 2: Collaboration Session	90
Day 2: Closing Keynote	90

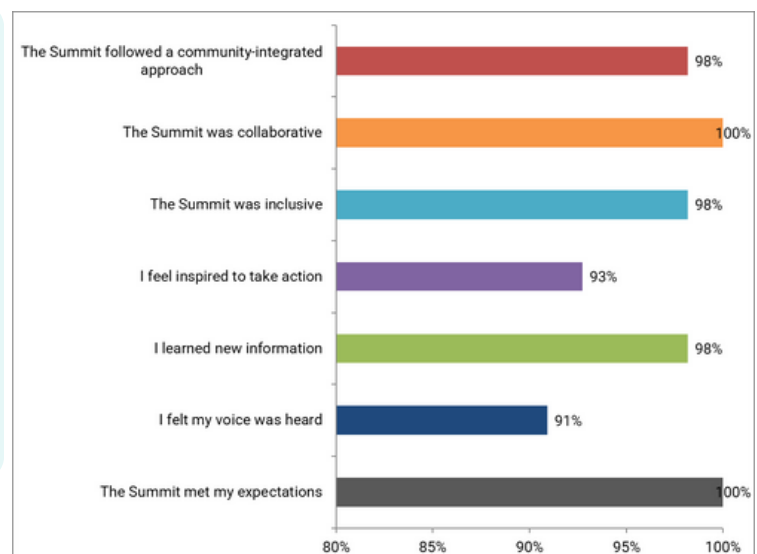


Participant Takeaways

"...I learned the importance of collaboration and working together to find the best solutions to help campus community members..."

"... learning and hearing from diverse speakers helped to keep me informed and aligning both my Indigenous ways of knowing and being to the Western world..."

Participants' Feedback



Event Summary

Day 1 - Tuesday, June 17th

Opening the Summit in a Good Way

The Wellness Summit was opened in a good way by Elder Betty Crazyboy who blessed the event with a ceremonial smudge, inviting all the attendees to take part in a sacred prayer.

The HCA Facilitation Team also provided a brief overview of the summit to the attendees during the session.

Connection Activity

The attendees participated in a Connection Activity by completing a Bingo Sheet on their Summit Journals. This activity served as an ice-breaker and encouraged the attendees to make new connections with other attendees at the summit.

Concurrent Sessions

The concurrent sessions focused on three sub-themes of the Summit:

- Cultivating a Sense of Belonging
- Supporting Partnerships Across Campuses and Communities
- Integrating Wellness in Learning Environments

The sessions, facilitated by expert facilitators, were an opportunity for the participants to engage in insightful discussions to reimagine the current post-secondary mental health culture in Alberta.

Concurrent Session 1

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

Concurrent Session 2

- It's 100% mental: Unmasking the hidden opponent in a student athlete's journey
- Ready to Scale: Peer-Led, Research-Informed Campus Recovery Programs
- Empowering Security Staff: Trauma-Informed Crisis Intervention in Post-Secondary Institutions
- Residence Connect: The power of a student neighborhood

UCalgary Research & Knowledge Hub

This session was a collaborative workshop facilitated by the University of Calgary where the inaugural Post-Secondary Mental Health and Well-Being Research and Knowledge Hub was presented to the attendees. The workshop provided the attendees an opportunity to discuss emerging research priority topics, and co-identify priorities and opportunities relevant to post-secondary campus communities.

Day 2 - Wednesday, June 18th

Concurrent Session 3

- Self-Compassion for Workplace Stress and Burnout
- The Value of Questions and Uncertainty to Promote the Goals of EDI
- Student Session: Building Student Resilience During Challenging Times
- Expanding Student Access to Mental Health Services: Insights and tools from a drop-in counselling pilot

Concurrent Session 4

- miyomahcihowin & miyo-wicêhtowin: The Role of Relationality in Supporting Post Secondary Indigenous Student Wellness
- Empowering Student Well-being: Peer-Led Approaches to Building Inclusive and Supportive Learning Environments
- Bridging Campus Wellness: Health Promotions, Student Representatives, and Community
- Rethinking Participation: Boosting Neurodivergent Student Engagement for a Thriving Campus Culture
- Enhancing Educator Wellbeing and Student Support: Utilizing a Faculty Mental Health Toolkit

Collaboration Session

The Collaboration Session invited the attendees to explore what a caring campus community could look like in their context and in their work followed by the identification of practical steps to help bring that vision to life.

Closing Keynote: Dr. Michael Ungar

Dr. Ungar's Keynote, "Nurturing Resilience through a Strong Campus Culture," redefined resilience as a socially embedded, collective responsibility rather than an individual trait. Drawing on global research and real-world examples, he offered practical strategies for building campus environments that cultivate connection, shared purpose, and sustainable well-being for all.

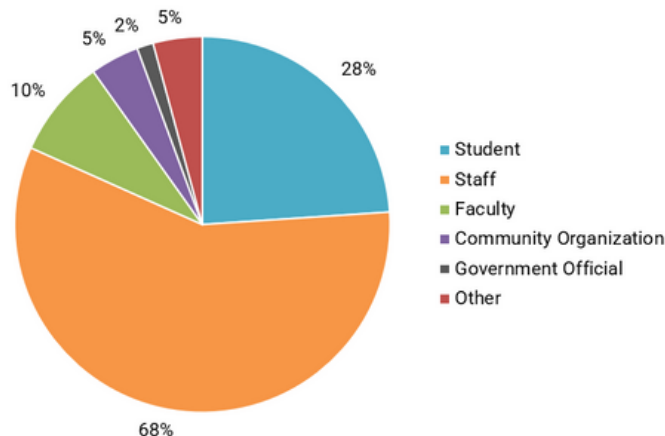
Event Summary

Participant Takeaways

"...I really appreciate the overall message that it takes a village to support student wellness and mental health...."

"...I'm inspired to design based on the Summit's findings and clarity it provided. It has also motivated me to continue working in this sector."

Participants' Position



How Participants Heard About the Summit



What's Next?

Access reports and resources resulting from the Summit on the HCA website:

<https://www.healthycampusalberta.ca/events/hca-2025-wellness-summit/>

@ hcaadmin@cmha.ab.ca

www.healthycampusalberta.ca

happy rejuvenated validated
inspired supported empowered
healthy proud grateful satisfied connected
invigorated

The top responses from participants during the Share & Celebrate session when we asked them to share one word about **how they felt** at the end of the 2025 Wellness Summit.



A photograph of the "Celebration" poster cards with messages from the participants answering **what they want to celebrate** at the summit.

HCA Regional Gatherings:

Regional Gatherings will return in 2025/2026.

Watch the HCA newsletter & website for more information on dates and locations.

