

NATIONAL FORUM ON WELLNESS IN POST-SECONDARY EDUCATION 2019: RECAP

THURSDAY & FRIDAY, OCTOBER 17-18, 2019

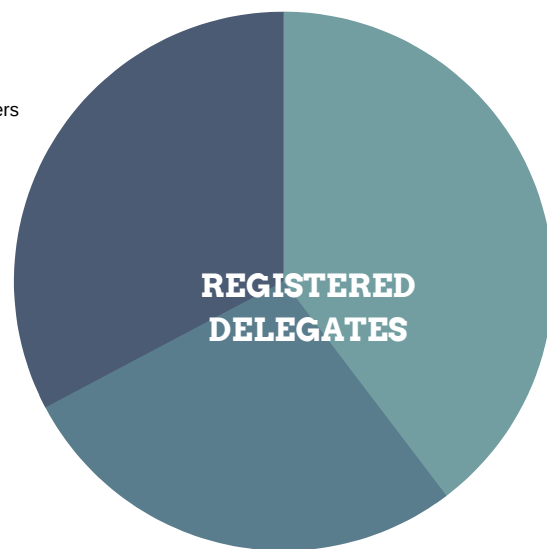
University of British Columbia

HOSTED BY UNIVERSITY OF BRITISH COLUMBIA, UNIVERSITY OF CALGARY, WERKLUND SCHOOL OF EDUCATION & EVER ACTIVE SCHOOLS

The Delegates:

59 registered delegates from five provinces across Canada & 67 teacher candidates from UBC gathered for two days to discuss wellness in post-secondary education. A total of 14 universities and nine partner organizations were represented.

Allied Partners
32.8%



Faculty Members
39.7%

Students
27.6%



Universities

- University of British Columbia
- Concordia University of Edmonton
- Keyano College
- MacEwan University
- McGill University
- Mount Royal University
- Simon Fraser University
- University of Alberta
- University of British Columbia, Okanagan Campus
- University of Calgary, Werklund School of Education
- University of Lethbridge
- University of Ottawa
- University of Saskatchewan
- University of the Fraser Valley



Partner Organizations

- Canadian Institute for Substance Use Research, University of Victoria
- Canadian Mental Health Association, BC Division
- College of Alberta School Superintendents
- DASH Dedicated Action for School Health
- Ever Active Schools
- Le Grand defî Pierre Lavoie
- McConnell Foundation (WellAhead)
- PHE Canada
- School District 67, PHE-BC

National Forum 2019

One Thing I Hope to Take Away...

We opened the conference asking delegates what they hoped to take away from the two days and the following themes were identified:

- better understand comprehensive school health approach;
- build network and understand what other institutions are doing to promote comprehensive school health;
- research in K-12 setting and extending to post-secondary; and
- different ways to engage student voices

Opportunities to address each of these hopes were present throughout the conference in the CSH Crash Course on Thursday afternoon, networking opportunities throughout the conference, breakout sessions from institutions who are actively embedding health and wellness into their faculties, and the student led presentations both on the panel and during the Friday morning Voices of Students plenary.



The Frameworks

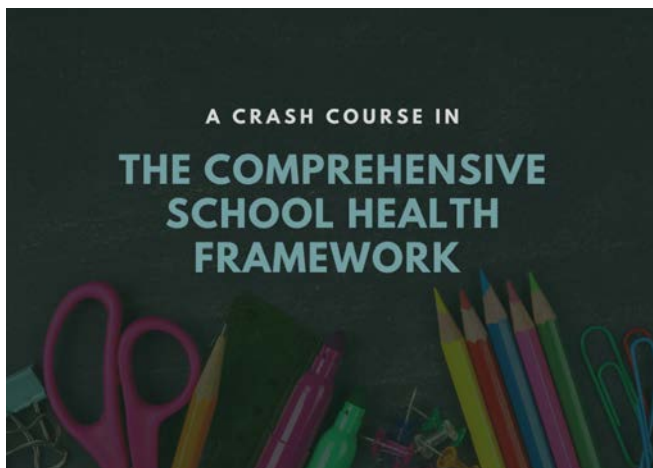
UBC Wellbeing, the Okanagan Charter & the Comprehensive School Health (CSH) Framework:

Matt Dolf, Director of UBC Wellbeing, opened the conference on Thursday morning with an overview of the work being done at UBC to adopt the Okanagan Charter for Health Promoting Universities & Colleges. Check out the Okanagan Charter here:

<https://wellbeing.ubc.ca/okanagan-charter>. Matt emphasized the importance of taking a university approach with people-focused commitments. Priority areas for action at UBC include: Collaborative Leadership, Mental Health & Resilience, Food & Nutrition, Social Connection, Built & Natural Environments, and Physical Activity.

Matt further highlighted the importance of taking a whole-university approach through a quote from Dan Reist, UVic Canadian Institute for Substance Use Research, which read: *"If the frogs in a pond started behaving strangely, our first reaction would not be to punish them or even to treat them. Instinctively, we'd wonder what was going on in the pond."*

For more information on the work that UBC Wellbeing is doing check out their website at: <https://wellbeing.ubc.ca>



Later in the day delegates went through a crash course in Comprehensive School Health that further connected this internationally recognized framework, traditionally used in the K-12 setting, with the Healthy Promoting Universities Framework in the Okanagan Charter.

For more details on the CSH Framework see: www.jcsh-cces.ca

For more details on the Health Promoting Universities Framework see: wellbeing.ubc.ca/okanagan-charter

Student Voice

Connecting Across Canada - Student Panel Conversation

On Thursday afternoon we ended the day with a panel of students in faculties of Education from across Canada. The panel was moderated by Dr. Dianne Gereluk, Dean of Werklund School of Education, UCalgary, and Dr. Marianne McTavish, Associate Dean of Teacher Education, UBC.

Students were asked about the opportunity to enhance well-being teacher preparation programs, their experience in their teacher preparation programs, recommendations they had to stop, continue or start doing regarding wellness in their programs, what one question was that they were holding in that moment, and what they would take away from the panel conversation. Some highlights from the panelists are included below:

Sarah Hutchison, Concordia University of Edmonton: "If the faculty is role modeling for us, we can role model for our own students. This cyclic model of role modeling helps create a healthy environment."



Ben Beland, University of Lethbridge: "I also think creating different levels of policy creates a standard that keeps faculty and students accountable and sets a standard of where we want to move forward."

Ruth Panaguiton, University of Calgary: "The listening part is so important, and the listening and internalizing and understanding what students have to say- what the core problem is. It is often a combination of different issues, and when we are strong in ourselves and healthy we are able to properly listen and do something about those problems."



Bailey Shandro, University of British Columbia, Vancouver Campus: "When it comes to CSH and health in general, we spend so much time on teaching and learning, but behaviour change is very, very hard. How do we make CSH a culture, not a conversation? Until CSH is a culture, it is going to be very hard for us to be fully well."

Sina Derichsweiler, University of British Columbia, Okanagan Campus: "I believe that it is time to move away from the dominant understanding of school effectiveness to a much broader idea of education. I think wellness education could be a promising approach to theorizing our education system."



Taylor Del Bianco, University of Alberta: "There's a common narrative of mutually endured suffering going into our practicums, and I was stressed about the stress going into my practicum. That doesn't sit well with me. Both of my practicums have been incredible and I didn't need to be that stressed. Changing up the narrative would be helpful."

Wellness in Teacher Preparation

The 2019 National Forum was closed with an Open Space session that allowed delegates one last opportunity to discuss a topic that was on their mind at the end of day two. Six topic areas were identified: Mental Health, How to Continue the Conversations, Teacher Well-being, How Do We Measure Wellness?, Resources, and Celebrations and Pain.

Some highlights from these table conversations included:

- The notion of language when we discuss mental health, why isn't mental health referred to as just health in general?
- The importance of including student voice when considering mental health efforts at a post-secondary institution.
- The need to take a holistic approach to wellness within a faculty, and be bold with goals and actions.
- The idea that wellness is not a box that can be checked.
- Understanding that reflection is a key starting point when considering what wellness is, or looks like.
- Remembering that wellness is different for everyone.
- The need for a system to vet and organize resources to support wellbeing in school communities.
- The importance of Indigenous perspectives and experiences.

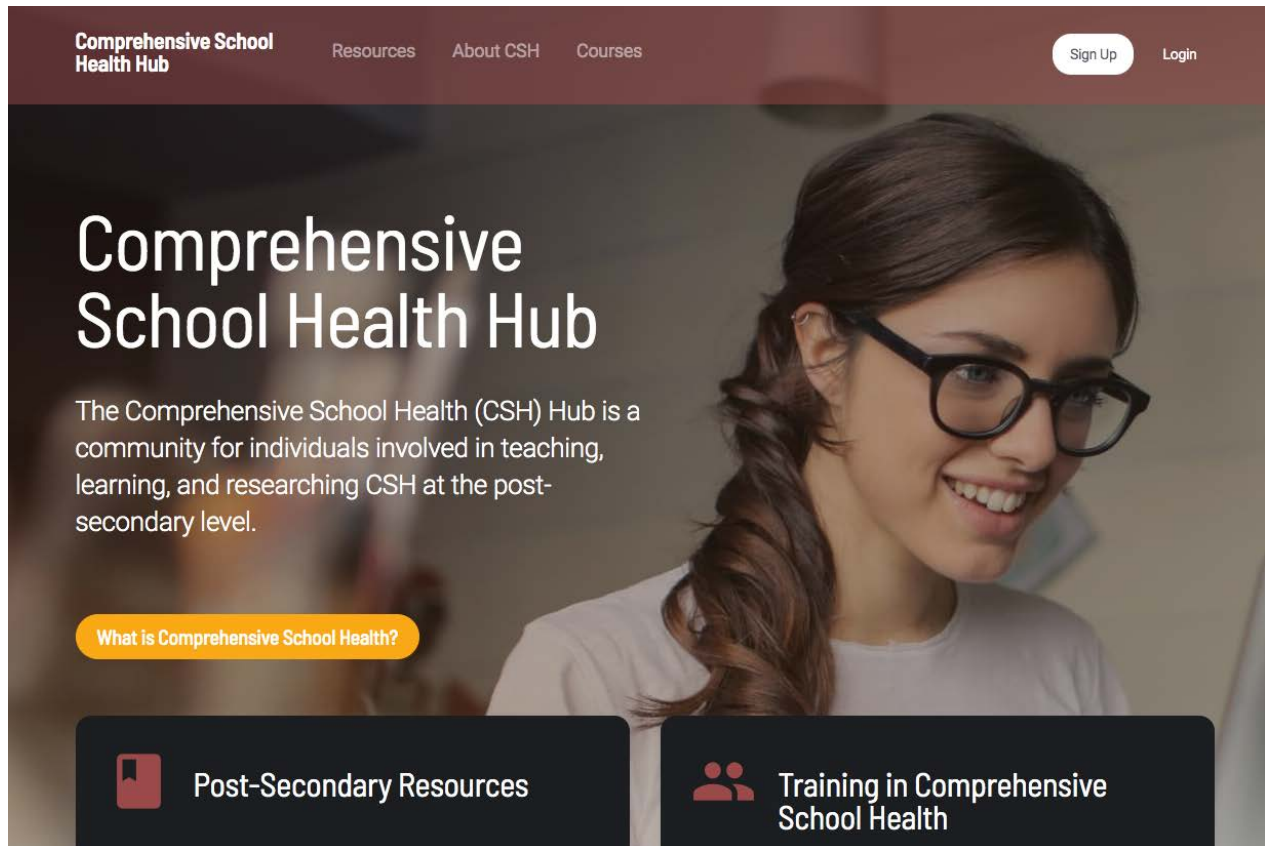


Staying Involved in the Network

The Comprehensive School Health Hub

The Comprehensive School Health Hub has been launched! The Comprehensive School Health (CSH) Hub is a community for individuals involved in teaching, learning, and researching CSH at the post-secondary level. The Hub is the primary way to stay involved in this national network. **To stay involved you'll need to register as a member on the Hub.** To be a registered member, you must be in a faculty, instructor or community partner role. Register by clicking the sign up button in the top right corner of the home page. Once you register you'll be able to see a variety of post-secondary resources to support your teaching, learning and research regarding comprehensive school health in your faculty. This site is meant for sharing; please use and contribute resources. Please be patient with us as we work to approve all of your requests for membership.

There is also an open access part of the site for everyone interested in comprehensive school health. Included on this portion of the site is a directory of K-12 health and wellness resources, and a courses page with online learning in the field of CSH (coming soon).



WWW.CSHHUB.COM

Next Steps for the Network

Pilot Program Opportunity

Looking for further support with embedding wellness in your faculty using the Comprehensive School Health framework? Since 2017 Ever Active Schools and the Werklund School of Education have been supporting faculties across Alberta with implementing the CSH Framework. We are now seeking up to 5 faculties of education, from across the country, to support through a pilot approach over the next year. This support includes four webinars and sharing opportunities, with the potential for in person meetings, and customized support from a project coordinator. We will help you work through the CSH process, from building a team, setting a shared vision, action planning to implementing and monitoring for progress.

If you're a health champion within your education faculty and want to learn more about this opportunity please join us at **1:00pm MST on Monday December 2nd, 2019**.

Join the webinar here:

<https://global.gotomeeting.com/join/288775965>.

Unable to make the webinar, or looking for more information? Please reach out to Louise McClelland, Provincial Projects Coordinator, Ever Active Schools, at louise@everactive.org



Research Opportunities

Interested in advancing a National Strategy for research about CSH in post-secondary education programs? Please reach out to Dr. Shelly Russell-Mayhew at mkrussel@ucalgary.ca. Shelly and other interested delegates are initiating a funding proposal to advance this work and would love your input and participation.

A sincere thank you to all of the delegates and teacher candidates that joined us for two wonderful days of sharing and networking. We look forward to seeing this network continue to grow. - National Forum 2019 Planning Committee.



THE UNIVERSITY
OF BRITISH COLUMBIA



UNIVERSITY OF CALGARY
WERKLUND SCHOOL OF EDUCATION



Ever
Active
Schools
www.everactive.org