

bc healthy minds/healthy campuses project

a community of practice to promote campus mental health

PRACTICING SOLIDARITY IN CAMPUS MENTAL HEALTH PROMOTION

A community of practice approach

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Kelowna, BC

LOCATING MYSELF

Researcher

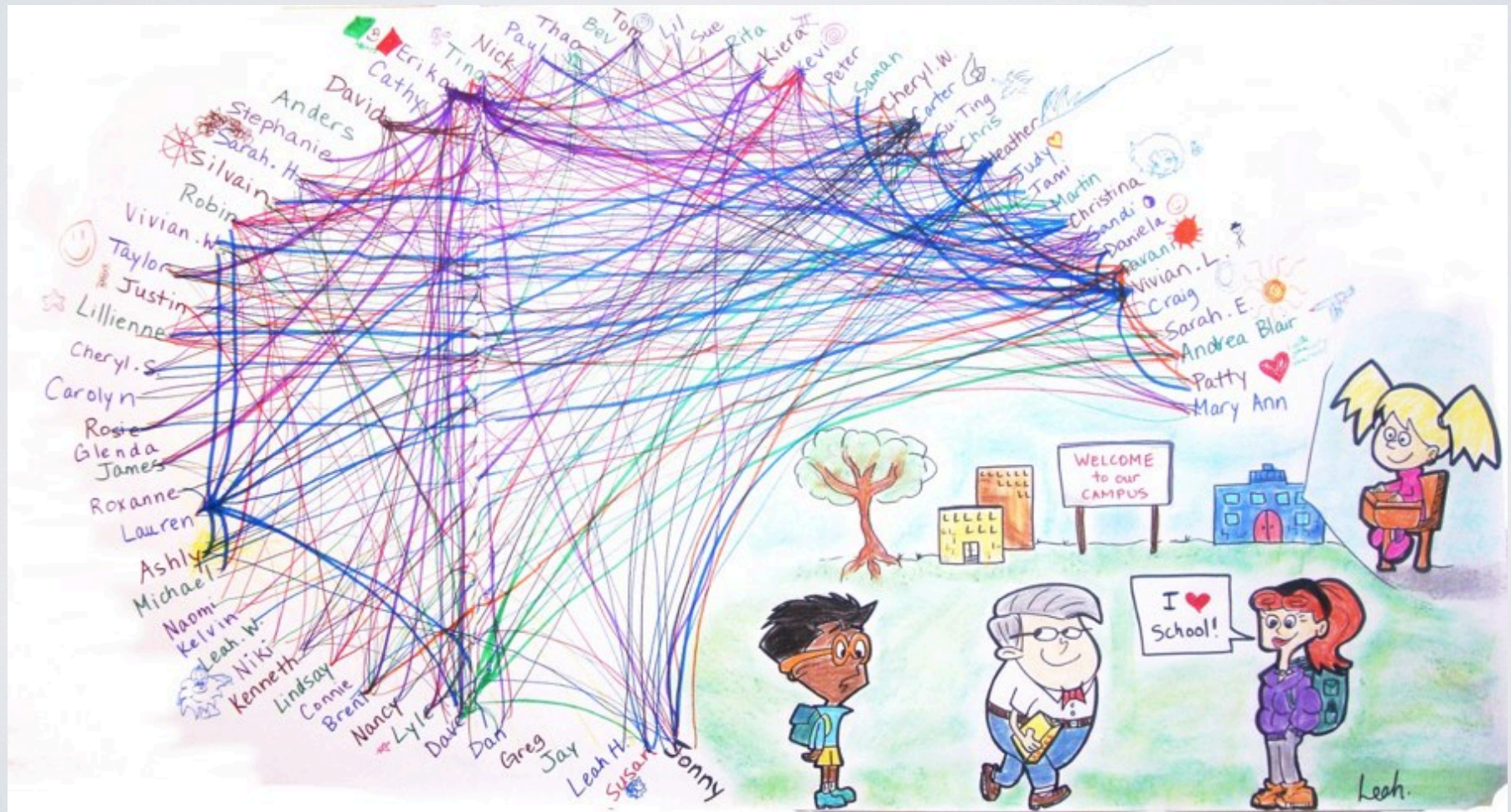
Graduate Student

Sessional Instructor

Counsellor

Healthy Minds/Healthy Campuses

“PEOPLING THE ROOM”



OVERVIEW

- Brief tour of theoretical underpinnings of CoPs
- Field trip to Healthy Minds/Healthy Campuses
- Exemplar learning activities
- Questions and answers



INTRODUCING OUR COMMUNITY OF PRACTICE

COMMUNITY OF PRACTICE

“Formed by people who engage in a process of collective learning in a shared domain of human endeavour . . . who share a concern or a passion for something they do and learn how to do it better as they interact regularly.” (Wenger)



COMMUNITY OF PRACTICE

- “A self-governed learning partnership among people who:
 - Share challenges, passion, or interest;
 - Interact regularly;
 - Learn from and with each other;
 - Improve their ability to do what they care about” (Wenger)

“A focus on learning, not teaching” (Wenger)



THREE KEY ELEMENTS_(WENGER)

(1) Shared domain of interest: Promotion of mental health, reduction of harmful substance use, and prevention of suicidal behaviour

THREE KEY ELEMENTS (WENGER)

(2) Community: Engagement in joint learning activities, discussions, mutual support, and information sharing. Regular interaction and collaborative learning.

THREE KEY ELEMENTS (WENGER)

(3) Development of a shared repertoire of resources: use of experiences, stories, tools, and approaches to commonly occurring problems - development of a *shared practice*. Time and sustained interaction are key! (e.g. LEARN)

ANIMATING QUESTIONS

- What might you be able to accomplish in a CoP given your current role?
- How might participating in a CoP benefit your practice?

HEALTHY MINDS COMMUNITY OF PRACTICE

Design Team

Regular Participants

Peripheral Participants

HEALTHY MINDS COMMUNITY OF PRACTICE

- BC Institute of Technology
- Douglas College
- Simon Fraser University
- University of Victoria
- University of British Columbia
- Vancouver Community College
- Thompson Rivers University
- UNBC
- Camosun College
- Capilano University
- Kwantlen Polytechnic University
- Selkirk College
- Vancouver Island University
- College of the Rockies

Dreaming Big/Acting Big - Research Informed Approaches (White, 2010)

	Well-being promotion	Education and early detection	Intervening with at-risk individuals	Postvention responses
Students				
Faculty/Staff				
Specialized Student Services				
Campus Environment				
Organizational policies, leadership, communications/marketing, evaluation/monitoring				

DREAMING BIG/ACTING BIG

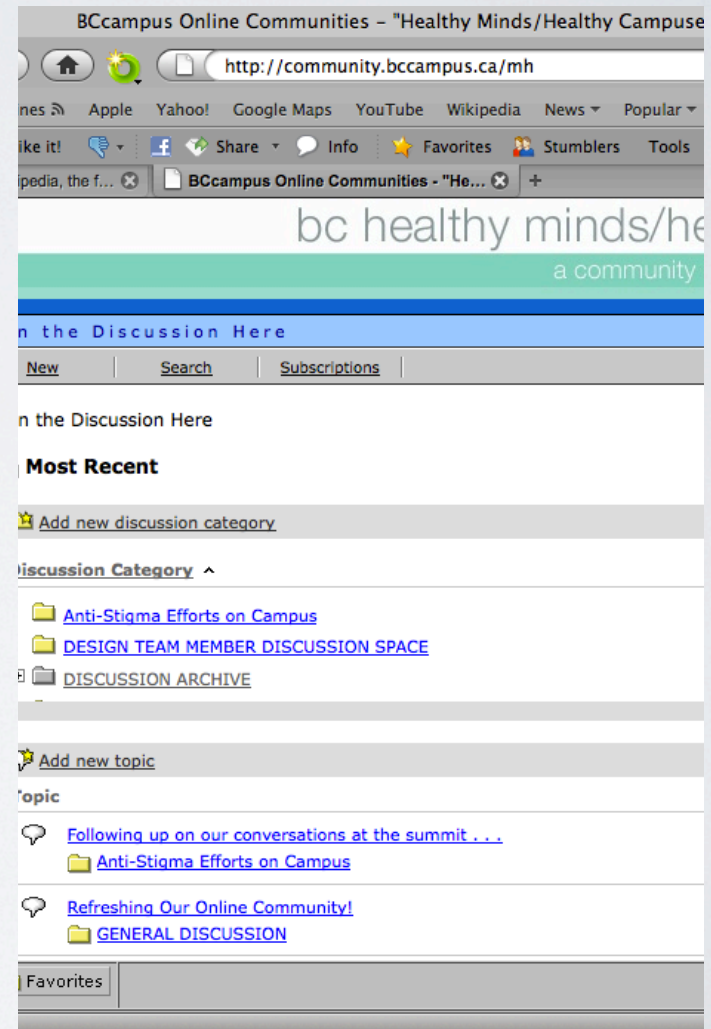
- Building healthy public policy (e.g. campus pub)
- Creating supportive environments (e.g. academic policy)
- Strengthening community actions (e.g. stigma reduction)
- Developing personal skills (e.g. coping)
- Re-orienting health services (e.g. shift from individualized focus)



Ottawa Charter (1986)
Healthy Minds/Healthy Campuses (2011)

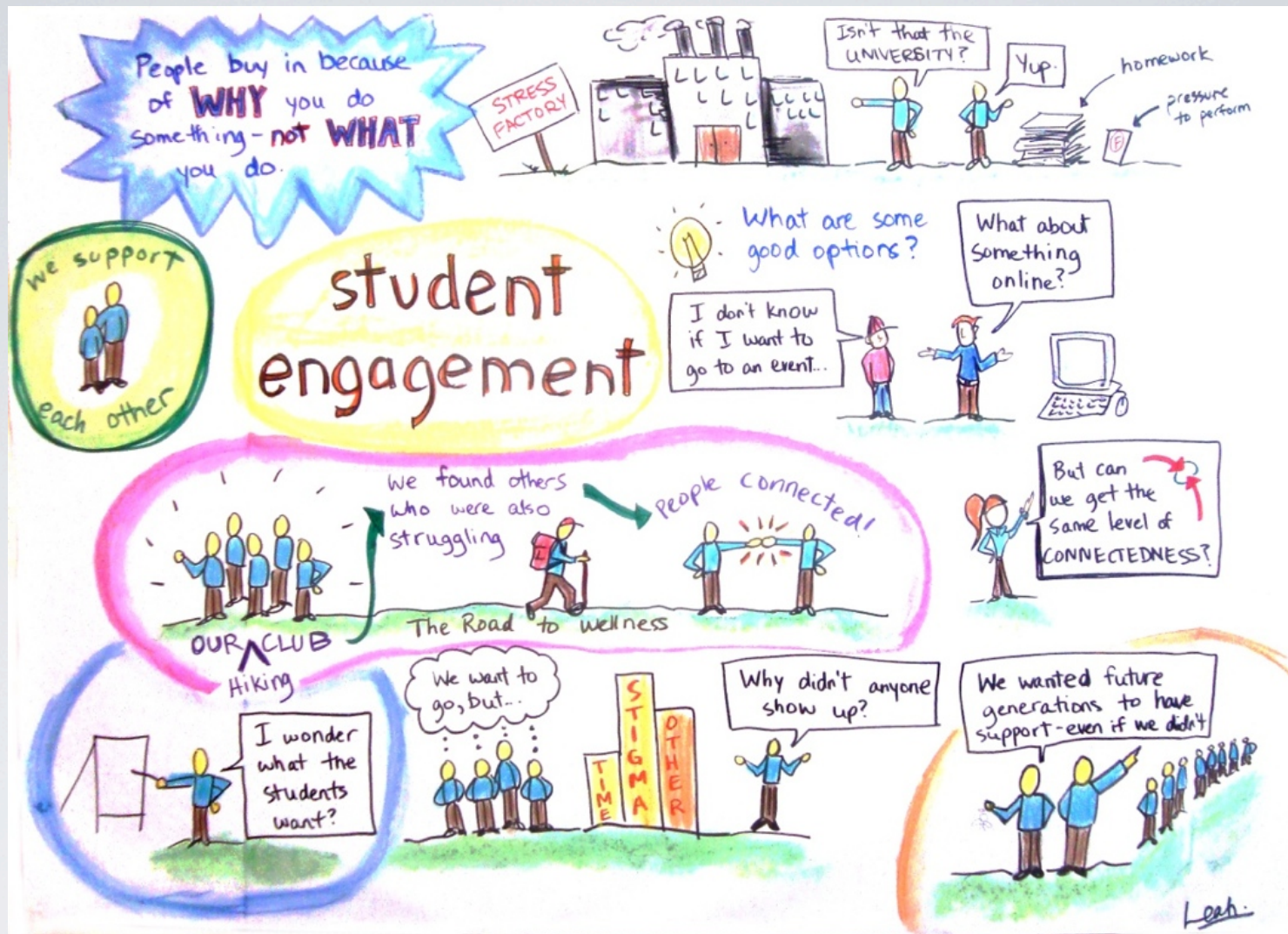
COLLECTIVE INTELLIGENCE

- Online Interactive Community Platform
- Summer 2009 - Conference with a Difference
- Fall 2010 Summit - Dialogue for Change*
- Regular Mental Health Literacy Webinars
- Student-Led Initiatives
- Partnerships and Collaborations (provincial/national)
- Initiative Website - launching summer 2011
- Provincial positive mental health planning document





OPENING & HOLDING SPACE



CATALYST PRESENTATION

OPENING SPACE

BIRCH ROOM								
ELLA DOLA ive ceptance	CASSIAR Importance of Language	DELTA How to do prevention initiatives with a full caseload	ESQUIMALT Considering mental health needs in faculty consultation	FERNIE Spirituality BC chapter of CASMH	GIBSONS Balancing + Prioritizing Life	HOPE Networking + Collaboration at UBC	INVERMERE Substance Use policies on campus	JEWEL LAKE Multi-cultural Mental Health Promotion
nsitioning udents st-grad	Culture of Competition	Campus collaboration + student engagement in Substance use issues	Inclusion	Eco-psychology connecting to the earth as wellness	Building a Calm Unity on Campus	Commuter +/or Distance Ed Students	Strategies for an anti- Stigma Campaign	Student Engagemen
ALAHAT	NAKUSP	OLIVER	PARKSVILLE	QUESNEL	REVELSTOKE	SMITHERS	TAHSIS	UCWELET
lging Social personal ies in ception	9 ¹⁵ -10 ³⁰ NAKUSP	9 ¹⁵ -10 ³⁰ OLIVER	9 ¹⁵ -10 ³⁰ PARKSVILLE	Ending Social isolation on campus	9 ¹⁵ -10 ³⁰ REVELSTOKE	9 ¹⁵ -10 ³⁰ SMITHERS CYPRESS ROOM	9 ¹⁵ -10 ³⁰ TAHSIS CYPRESS ROOM	Defining + explaining the modern Student
borating w student-led health clubs.	10 ⁴⁵ -12 ⁰⁰ NAKUSP	10 ⁴⁵ -12 ⁰⁰ OLIVER	Technology as a medium in mental health work	Building student community.	Bridging the gap between students, staff, professors + admin.	10 ⁴⁵ -12 ⁰⁰ SMITHERS CYPRESS ROOM	10 ⁴⁵ -12 ⁰⁰ TAHSIS CYPRESS ROOM	Senior practitioners legacy + mentorship / knowledge transfer across generations

OUR AGENDA

Protected: Proceedings Notes

Working Session 1 – 2:00 to 3:00pm October 1

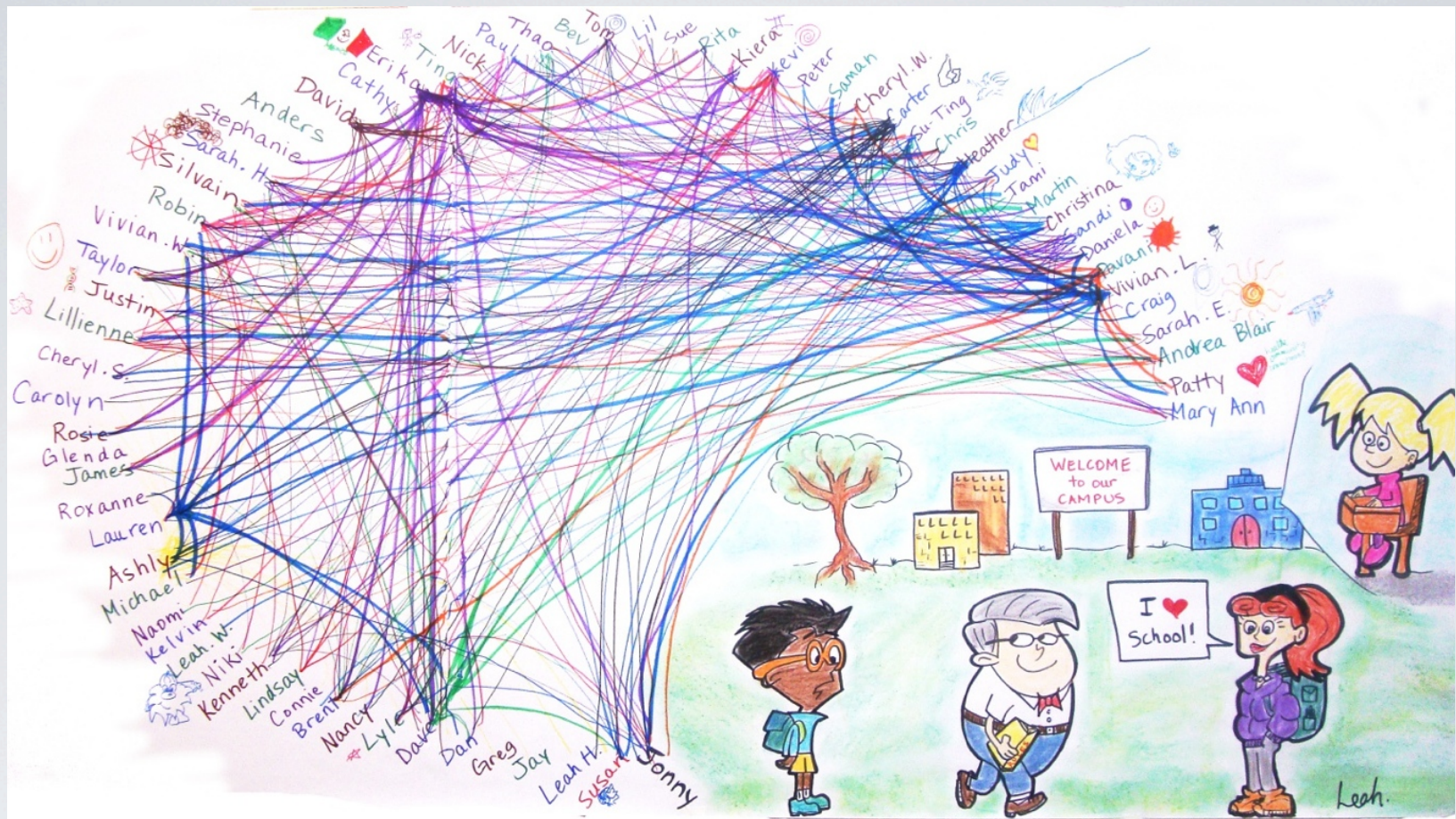
Sessions are identified first by the breakout space they were in and the topic of the discussion.

- **Atlin – Healthful Academic Policywork**
- **Bella Coola – Active Acceptance**
- Cassiar – Language and its role in stigma reduction (**Note 1** and **Note 2** – both were created from this discussion)
- **Delta – Preventative Initiatives**
- **Student Mental Health Needs in Faculty Consultations**
- **Fernie – Forming BC Chapter of CASMH**
- Gibsons – Balancing & Prioritizing Life
- **Hope – Networking and Collaboration at UBC**
- **Invermere – Campus Substance Use Policies**
- **Jewel Lake – Multicultural Mental Health Promotion**
- **Kamloops – Nutrition & Mental Health**

Working Session 2 – 3:15 to 4:15pm October 1

- **Atlin – What is Mentally Healthy Space**
- **Bella Coola – Transitioning Students Post-Grad**
- **Cassiar – Culture of Competition in Post-Secondary Life**
- **Delta – Campus Collaboration and Student Engagement in Substance Use Issues**
- Esquimalt – Inclusion
- **Fernie – Earth Based Connections for Wellness on Campuses**
- **Gibsons – Building a Calm Unity on Campus**

COMMUNITY PRIORITIES AND ACTIONS



CONNECTION

WWW.HMSUMMIT2010.CA

HOLDING SPACE FOR INSIDER KNOWLEDGE

- Collaborative learning



CONCLUDING COMMENTS

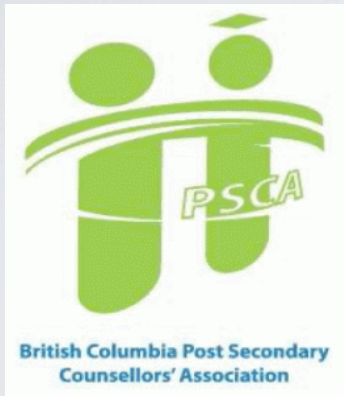
- Campus mental health, harmful substance use, and suicidal behaviour are complex phenomena
- Opportunity to bring a collective intelligence in response
- A community of practice helps produce knowledge, emphasizes localized wisdom and expertise, and accomplishes contextually relevant action

CULTIVATING MENTALLY HEALTHY CAMPUS COMMUNITIES

“... the capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well being that respects the importance of culture, equity, social justice, interconnections and personal dignity ...”

Proceedings From the International Workshop on Mental Health Promotion
(cited in Lakaski, 2008)

PARTNERS



vanouver
foundation



THANK YOU!

Contact me for more information:

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