

Best Practices

IN CANADIAN HIGHER ED.

Making a positive impact on student mental health.

Winter 2023 Newsletter

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News & Updates:

Best Practices Guide – NEWLY LAUNCHED!

We invite you to submit your practice to our library!

Would you like to receive **national recognition** and **showcase** a student mental health practice you are implementing at a Canadian

post-secondary institution? The [Best Practices Guide](#) is a new national initiative by [The Best Practices Network in Canadian Higher Education \(BP-Net\)](#). As foundational initiatives such as post-secondary mental health strategies, the National Standard, and Okanagan Charter highlight the importance of incorporating evidence-based practices, the Guide outlines a process and framework to categorize student mental health and wellbeing practices along a continuum. Resulting from an extensive year-long environmental scan and consultation process, the Guide is inclusive of practices with varying stages of evidence (cutting-edge, emerging, promising, and best) and impact, with consideration of Indigenous-specific practices and health equity. Submissions that are successful in receiving a Best Practices Guide designation will have their projects featured as part of a library on the BP-Net website.

We encourage anyone with an evidence-informed or evidence-based practice to submit. If you have any questions about the eligibility of your project, please feel free to contact sandra.yuen@utoronto.ca.

[Learn more](#)

Upcoming Events:

[Best Practices Network Presents: Campus Mental Health](#)

[Action Tracker with SRDC & MHCC - Register now!](#)

Date: January 16, 2023, 1:00 to 2:30pm ET

Location: Virtual

Championed by the Mental Health Commission of Canada (MHCC) in collaboration with the CSA Group, [*The National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students*](#) is an evidence-informed resource outlining flexible, voluntary guidelines to help post-secondary institutions (PSIs) support the mental health and well-being of their students. Since the Standard's release in 2020, MHCC has been supporting the development of a tool called the [Campus Mental Health Action Tracker](#) – led by the Social Research and Demonstration Corporation (SRDC) – to help PSIs track their progress with the Standard. To date, 20 PSIs have signed up as the first group of initial users as part of soft launch to begin using the Tracker, and there is now an opportunity to expand its use to a larger (though still limited) number of users.

This webinar will include representatives of both the MHCC and SRDC speaking to the Campus Mental Health Action Tracker as a tool that can help PSIs institutions track their progress and opportunities over time, as they implement the Standard. It will also feature guest speakers piloting the Tracker from Lambton College and the University of Ottawa to share their experience with it and how it informed their work with the Standard. During this session, participants can expect to:

- Hear about the latest Standard implementation resources and how these can further support PSIs to build on their strengths and identify new areas for action.
- Gain an inside look of the Campus Mental Health Action Tracker with a demo of the tool.
- Gain insights on how the Standard and Tracker are being used by different types of PSIs.

[Register today!](#) Please note this webinar **will not be recorded**. A summary of the webinar, including presentation highlights and takeaways, will be shared with all those who register.

[Le réseau « Best Practices » présente : L’Outil de suivi du campus en matière de santé mentale – avec la SRSA et la CSMC](#)

Dirigée par la Commission de la santé mentale du Canada (CSMC) en collaboration avec le Groupe CSA, [la Norme nationale du Canada sur la santé mentale et le bien-être des étudiants du postsecondaire](#) est fondée sur des données probantes et consiste en un ensemble de lignes directrices flexibles d’application volontaire qui a été conçu pour aider les établissements d’enseignement postsecondaire (EEPs) à appuyer la santé mentale et le bien-être des étudiants. Depuis la publication de la Norme en 2020, la CSMC collabore avec la Société de recherche sociale appliquée (SRSA) pour mener le développement d’un outil appelé [L’Outil de suivi du campus en matière de santé mentale](#)

pour soutenir les EEPs à suivre leurs progrès avec la Norme. À ce jour, une vingtaine d'EEPs se sont inscrits en tant que premier groupe d'utilisateurs initiaux dans le cadre d'un pré-lancement pour commencer à utiliser l'outil. La possibilité se présente d'étendre son utilisation à un plus grand nombre (bien qu'encore limité) d'utilisateurs. Ce webinaire comprendra des représentants de la CSMC et de la SRSA qui partageront au sujet de L'Outil de suivi du campus en matière de santé mentale en tant qu'outil qui peut soutenir les EEPs à suivre leurs progrès et leurs opportunités au fil du temps, à mesure qu'ils mettent en œuvre la Norme. Ce webinaire mettra également en vedette des conférenciers invités de deux EEPs dont le Collège Lambton et l'Université d'Ottawa pilotant l'outil pour partager leur expérience avec l'outil et comment l'outil a influencé leur travail avec la Norme. Au cours de ce webinaire, les participants peuvent s'attendre à :

- Découvrir les dernières ressources de mise en œuvre de la Norme et comment celles-ci peuvent aider davantage les EEPs à tirer parti de leurs points forts et à identifier de nouveaux domaines d'action.
- Obtenir un aperçu de L'Outil de suivi du campus en matière de santé mentale grâce à une démonstration de l'outil.
- Accéder à de plus amples renseignements sur multiples façons dont différents types d'EEPs utilisent la Norme et l'outil.

[Inscrivez-vous sans tarder!](#) Veuillez noter que ce webinaire **ne sera pas enregistré**. Un résumé du webinaire, y compris les points saillants et

à retenir de la présentation, sera partagé avec tous ceux/elles qui s'inscriront.

[2023 Collaborations for Change Conference – Save the Date!](#)

Date: August 16 to 17, 2023

Location: Virtual

Collaborations for Change (C4C) is hosting a national conference August 16th and 17th. C4C is a national conference focused on post-secondary student mental health within Canadian post-secondary education. The conference aims to bridge the gap between research and mental health campus services. The online, bi-annual conference first ran in 2021 and will run again in August 2023. Learn more about past conferences [here](#).

Stay tuned for the call for proposals that will be released later this month. More information about abstract submission and registration will be shared shortly and will be made available through [Collaborations for Change](#) and [The Best Practices Network](#).

[CSSHE Annual Conference 2023: Reckonings and Re-Imaginings](#)

[- Call for proposals!](#)

Date: May 27 to 30, 2023

Location: York University, Toronto, Ontario

The Canadian Society for the Study of Higher Education (CSSHE)

Annual Conference 2023 call for proposals is now open. CSSHE is a non-profit organization focused on promoting post-secondary education research.

Submissions can be made at the CSSHE Conference [OCS website](#) until January 9, 2022.

[CACUSS 50th Annual Conference 2023: Honour, Engage, and Evolve – Call for proposals!](#)

Date: June 4 to 7, 2023

Location: Niagara Falls, Ontario

The Canadian Association of Colleges and University Student Services (CACUSS) is hosting the Annual CACUSS Conference from June 4th to 7th in Niagara Falls, Ontario. CACUSS is a professional association supporting people working in Canadian post-secondary student services.

Learn more about the event, registration, and calls for proposals and reviewers [here](#).

New Postings:

Explore new projects, research toolkits, webinars, and presentations

posted on bp-net.ca

Research

Be sure to check out [Canadian Post-Secondary and Emerging Adult Research](#) and [Canadian Researchers](#) sections of the BP-Net website.

We welcome anyone to send us research studies on Canadian post-secondary mental health to be posted on the website.

About BP-Net.ca:

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