

Best Practices

IN CANADIAN HIGHER ED.

Making a positive impact on student mental health.

Spring 2023 Newsletter

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News & Updates

Best Practices Guide - Submit a Practice!

We invite you to participate in the [Best Practices Guide!](#)

Would you like to receive **national recognition** and **showcase** a student mental health

practice that is working on your campus? Are you interested in finding evidence-based initiatives to **improve mental health programing on your campus**? Are you looking to **align with the National Standard**?

The [Best Practices Guide](#) is a national initiative outlining a process to assess student mental health and wellbeing practices. Practices are then showcased and shared, helping spread evidence-based practices across Canadian campuses.

Make a national difference with your local success! We encourage anyone with an evidence-informed or evidence-based practice to [submit](#). If you have any questions about the eligibility of your project or would like assistance with your submission, please feel free to contact sandra.yuen@utoronto.ca.

Canadian Campus Wellbeing Survey (CCWS) 2023-2024 Deployment

Preparations for the 2023-2024 deployment of the Canadian Campus Wellbeing Survey (CCWS) are now under way. The CCWS aims to help post-secondary institutions assess health and wellbeing on campuses, identify priorities for intervention, and increase capacity to link research with policy and practice. Participating in the CCWS in 2024 provides an opportunity to collect data that will help to set a new baseline as we look to post-pandemic recovery and, for institutions who have already participated, to track progress since their last deployment. Aligned with the National Standard for Mental Health and Well-Being for Post-Secondary Students, the CCWS vision is for a comprehensive and coordinated evaluation system for Canadian post-secondary student mental and physical health and wellbeing.

Learn more [here](#)

Upcoming Events

Collaborations for Change (C4C)

Date: August 16 to 17, 2023

Location: Online

Collaborations for Change 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. This year's theme will focus on 1) Systemic Approaches; 2) Equity, Diversity, Inclusion, and Accessibility; 3) Decolonization and Indigenization; 4) Impact; and 5) Collaborations and Partnership

Learn more and register [here](#)

Community events

International Student Mental Health Virtual Summit

Date: April 27, 2023, 8:30am to 4:00pm EST

Location: Online

Join the Centre for Innovation in Campus Mental Health (CICMH) to learn from and discuss with community members about how to support the unique needs of international students. This event includes sessions on peer supports, sexuality, food insecurity, financial insecurity, panel discussions, and opportunities to network.

Learn more and register [here](#)

Cross-Cultural Mental Health: Research and Practice Forum

Date: May 5, 2023, 8:45am to 1:00pm PDT

Location: Simon Fraser University, 10285 University Drive, Surrey, BC

This in-person event hosted by Simon Fraser University will bring together researchers and practitioners to learn about how to improve cultural safety in mental health services. This event

will include a keynote presentation, poster presentations, showcase booths of community programs, and a panel discussion on culturally responsive mental health care for equity deserving groups.

Learn more and register [here](#)

24th Canadian Collaborative Mental Health Care Conference

Date: June 9 to 10, 2023

Location: Pinnacle Harbourfront Hotel, Vancouver, BC

The 24th Canadian Collaborative Mental Health Care Conference will bring together diverse mental health stakeholders to share and learn about research, interventions, and programs relating to this year's theme: integration across the mental health care continuum from research to practice. The focus of the theme will highlight the importance of integrated systems of care and bridging the gap between knowledge and practice within healthcare systems.

Learn more and register [here](#)

2023 Canadian Evaluation Society Conference

Date: June 17 to 22, 2023

Location: Hilton Hotel, Quebec City, QC

Join the Canadian Evaluation Society for this year's annual conference. This event is open to anyone interested in evaluation and is an opportunity to share and learn about new and emerging evaluation practices. This year's theme "evaluation in a changing world", will explore how evaluation evolves and how to manage the complexity of change.

Learn more and register [here](#)

New Postings

Explore new projects, research toolkits, webinars, and presentations posted on bp-net.ca

Research

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

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

The National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students

Stay up to date with the newest resources on the National Standard.

We welcome anyone to send us community resources for implementing the National Standard.

About BP-Net

[Project Team](#)

[Strategic Plan](#)

[Participating Institutions](#)

[History](#)

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