



Best Practices Network

Advancing Post-Secondary Student Mental Health Summer 2024 Newsletter

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BP-Net New Logo & Website Redesign

The Best Practices Network team is excited to unveil our new logo with the dissemination of this newsletter!

We are in the process of redesigning our website to improve the user experience. Stay tuned for more details as the new website is set to launch in January 2025.



Advancing Decolonization and Indigenization in Post-Secondary Student Mental Health and Wellbeing

**Bison Walks an Infinity Pathway: Using a Métis Worldview and
Inspiration from Bison to Inform Mental Health Practices in Canada**

August 14, 2024 from 12:00-1:00pm ET

Join us for the next session in our Conversation Series: Advancing Decolonization and Indigenization in Post-Secondary Student Mental Health and Wellbeing. Presenter Tyler Twarowski, Canadian Mental Health Association (CMHA) National Senior Manager, Indigenous Wellness and Reconciliation will discuss how integrating Métis cultural perspectives into contemporary healthcare systems can transform mental health care. By employing metaphors like the bison and the Métis infinity symbol, this presentation highlights the use of strengths-based, culturally attuned methodologies and participatory methods like Talking Circles. Join us to explore innovative approaches that honor both Indigenous and Western knowledge systems, aiming to meet the unique mental health needs of Métis communities.

[Register Here](#)



Canadian Campus
Wellbeing Survey

Bien-être sur les
campus canadiens

Webinar Recording: Using CCWS Data to Inform Institutional Practices: Perspectives from Three Participating Institutions & Technical Overview

Hosted by the Best Practices Network and the Canadian Campus Wellbeing Survey (CCWS), this presentation featured three institutional case studies who have implemented the CCWS and how the data has informed their institutional practices. Lina Di Genova from McGill University, Meaghan Blake from John Abbott College and Sandra Gibson from the University of Waterloo share their experiences and offer insights into how the data has informed institutional programs and initiatives. The second part of this presentation is led by Dhruvi Nishar, a CCWS Analyst who provides an in-depth technical overview of the CCWS Tableau dashboard reporting tool.

[Watch the Recording](#)



The Best Practices Network Needs Assessment Survey

Your voice matters! Please complete our needs assessment and let us know the post-secondary mental health and wellbeing topics that matter most to you. Your feedback will help us plan for and create content that is meaningful for you and your work.

[**Complete our Needs Assessment Survey Here**](#)



The Best Practices Library: Submit your Practice!

Does your institution have a program or intervention that is positively impacting student mental health and wellbeing? Would you like to receive national recognition, showcase the innovative and evaluative successes of the program, and contribute towards establishing best practices to support post-secondary student mental health at a national level? We invite you to submit the program to our Best Practices Guide and Library.

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 within our Library, with the goal to advance and promote evidence-based mental health practices for the benefit of post-secondary students across Canada.

Make a national difference with your local success! If you would like to learn more about this initiative, please contact katharine.hamilton@utoronto.ca and sandra.yuen@utoronto.ca

[Learn More Here](#)



The Best Practices Library: Call for Reviewers!

As valued staff, faculty, or students with expertise and/or lived experience in areas related to post-secondary mental health, we invite you to apply to become a Best Practices Reviewer. As a reviewer, you will provide expertise and feedback on a submitted practice in post-secondary mental health and determine the practice's designation along a continuum from cutting-edge to emerging, promising and finally best practices.

Reviewers are matched with submissions in their stated areas of expertise. The time commitment for reviewers is approximately 3 hours per year.

[Become a Reviewer Here](#)

Community Events and Resources:

Post-Secondary Student Mental Health Research Training Series:

Created by INLIGHT: Student Mental Health Research, and co-designed with students, staff, and researchers, this training series outlines how to engage students in post-secondary student mental health research.

[Access the modules here](#)

The International Health Promoting Campuses Conference:

Date: June 16-19, 2025

Location: Limerick, Ireland

Save the date for the 2025 [International Health Promoting Campuses Conference](#) (IHPCC) taking place in Ireland. The theme of the conference is to reflect on the advancements in campus health promotion since the signing of the Okanagan Charter and discuss what comes next, such as opportunities for collaboration and evaluation.

The IHPCC invites those interested in registering for the conference to complete the [Expression of Interest Form](#) online by August 6th, 2024.

National Standards Toolkit:

Created by the Centre for Innovation in Student Mental Health (CICMH), this toolkit is designed to help post-secondary institutions comprehend the National Standard and facilitate the application and implementation of the Standard within the campus setting.

[Access the toolkit here](#)

Essential Skills Series:

Date: August 19-22, 2024

Location: Downtown Toronto

The Canadian Evaluation Society National Chapter is hosting a 4-day [Essential Skills Series](#). Facilitated by Dr. Paul Favaro, this in-person course is intended to provide learners with the foundations of professional evaluation including underlying evaluation theory, ethical considerations and standards, identifying objectives, stakeholder engagement, describing programs, creating evaluation questions, identifying indicators, research design and methods, data management and analysis, work planning, evaluation reporting.

[Register by August 14th here](#)

Building Data Culture and Data Literacy through Dialogue:

Date: September 19, 2024

Location: Online

The Excellence through Quality Improvement Project (E-QIP) is hosting a webinar series on [Unlocking the Power of Data](#). In this session, Building Data Culture and Data Literacy through Dialogue, participants will learn how to: (1) Facilitate data-driven discussions across organizational levels; (2) Enhance data literacy and analytical thinking; and (3) Build a strong data-centric culture.

[Register for the webinar here](#)



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