



# Best Practices Network

Advancing Post-Secondary Student Mental Health

## Winter 2024 Newsletter

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### **Survey on the National Standard for Mental Health and Well-Being for Post-Secondary Students**

The Best Practices Network in collaboration with the Mental Health Commission of Canada (MHCC), have created a survey to better understand if and how campuses are working with the National Standard for Mental Health and Well-Being for Post-Secondary Students (The Standard).

If your institution has not implemented The Standard, we'd also like to hear from you.

The information from the survey will be used to inform BP-Net and the MHCC's future event planning and resources to support this work. The survey is available in both English and French.

We will report the survey findings through a brief report available on the Best Practices Network website and circulate the results through this listserv.

[Complete Our Survey Here](#)



## **Collaborations for Change 2025 Virtual Conference - Last Call for Proposal Submissions!**

***Deadline: December 16 at 11:59pm***

Monday December 16th is the last day to submit an abstract for the 2025 **Collaborations for Change Conference**. We are accepting abstract submissions across the following five conference streams:

1. Transforming Post-Secondary Culture Through Strategy and Action
2. Post-Secondary Student Mental Health Research: Engaging the Next Generation of Student Researchers
3. Supporting Students Amidst Global Events
4. Integrating Well-Being into Teaching Practices: Promoting a Healthy Classroom Environment
5. Shifting to a Health Promotion Approach to Address Post-Secondary Mental Health and Well-being

For detailed stream information, [click here](#). Submit your proposal for a **presentation, panel, rapid-fire presentation, or workshop** today.

Don't miss this opportunity to share your work at this impactful event!

[Submit a Proposal](#)



# COLLABORATIONS FOR CHANGE

**Collaborations for Change 2025 Conference - Register Now!**

*Dates: August 13 and 14, 2025 (Virtual)*

Registration for the **2025 virtual conference** is open. We will again be bringing post-secondary students, service professionals, mental health providers, and researchers together to have meaningful conversations on how to best move forward to integrate research and practice in post-secondary mental health. Click on the link below and register today. Early bird registration closes **April 7, 2025**.

[Register 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 well-being 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](mailto:katharine.hamilton@utoronto.ca) and [sandra.yuen@utoronto.ca](mailto: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:

### Navigating Substance Use Issues and Recovery Supports in Post-Secondary Institutions

**Date:** December 16, 2024

**Location:** Online

Join the Centre for Innovation in Campus Mental Health (CICMH) for a webinar on student recovery initiatives in post-secondary institutions. Presenters Jason Parete (University of Windsor), and Mack Park (the Association of Recovery in Higher Education), will share strategies for reducing stigma and becoming an effective ally. They will discuss the impact of stigma on access to care and ways to address it, as well as practical tips for supporting students and advocating for recovery program models on campus.

[Register for the webinar here](#)

### Mental Health CoP Cocoa Chat

**Date:** December 16, 2025

**Location:** Online

CACUSS' mental health CoP Chat is an open forum for members to engage with CACUSS, your co-chairs, and one another. Please feel free to bring any questions or topics you'd like to discuss. These gatherings are informal yet always a valuable use of time.

[Register for the CoP here](#)

### The Art and Science of Creating Effective Infographics

**Date:** January 23, 2025

**Location:** Online

Are you interested in learning how to make impactful infographics that translate knowledge to different audiences? Join facilitator Sid Ali with the Canadian Evaluation Society Ontario Chapter for a workshop on The Art and Science of Producing Effective Infographics. This interactive session will cover the science on why we use infographics, underlying design theory, and specific design elements that can be used to create an effective infographic.

## **Eight Best Practices for Supporting Student Engagement in Post-Secondary Mental Health Research**

Created by the Inlight Student Mental Health Research Initiative, this resource outlines best practices on how to engage students in post-secondary mental health research. Student engagement emphasizes the active and timely participation of postsecondary students as knowledgeable contributors with lived experience in the decisions and processes that impact them and their communities. Collaborating with postsecondary student advisors and researchers, the Inlight engagement team co-created this set of best practices to enhance student involvement in mental health research within postsecondary contexts.

[Access the resource here](#)

## **International Association for Youth Mental Health Conference (IAYMH 2025)**

**Date:** March 18-21, 2025

**Location:** Vancouver, BC

The 7th International Association for Youth Mental Health Conference will take place in Vancouver, British Columbia with the theme, "Turning the Tide: Creating a global blueprint for the prevention and integrated care in Youth Mental Health." This conference is an opportunity to come together as a community to exchange knowledge about underlying causes, share insights into effective solutions, and discuss what has proven successful in youth mental health advocacy, research, and policy.

[Express your interest here](#)

## **GlobalCAMPUS: Global Collaboration to Advance Wellbeing in Post-Secondary Summit**

**Date:** March 21-22, 2025

**Location:** Vancouver, BC

Organized in partnership with the University of Toronto, King's College London, and the University of British Columbia, this event focuses on advancing research in post-secondary student mental health. This in person gathering will be held in Vancouver immediately after IAYMH 2025, and post-secondary students, staff, and faculty who are passionate about student mental health research are encouraged to attend. Registration for this event is free.

[Express your interest here](#)



# Best Practices Network

Advancing Post-Secondary  
Student Mental Health

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