



Best Practices Network

Advancing Post-Secondary
Student Mental Health

Spring 2025 Newsletter

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Collaborations for Change 2025 Conference - Keynote Speakers Confirmed!

Dates: August 13 and 14, 2025 (Virtual)

There will be two keynote speakers at the upcoming [Collaborations for Change Conference](#)! Jean M. Twenge, Professor of Psychology at San Diego State University, and Angela Sterritt, award-winning journalist and author of "Unbroken", will be speaking at the conference.

Session 1 Talk: Understanding the Smartphone Generation's Mental Health
August 13, 2025

Jean Twenge's talk will explore Gen Z's mental health. As the first fully digital generation, Gen Z brings distinct perspectives and challenges to the classroom, from navigating higher anxiety levels to a strong drive for external rewards.

Jean will share the latest research and practical insights to help educators and campus professionals better support Gen Z students in today's learning environment.

Session 2 Talk: Inspiring Teachers
August 14, 2025

Angela's journey from a homeless teen to a renowned storyteller and educator is a testament to the influence of supportive mentors. She credits her teachers for nurturing her passion for journalism and providing guidance during challenging times.

Angela recognizes the vital role educators play in understanding Indigenous peoples and their cultures, as well as in fostering a sense of community and support.

For detailed program information, [click here](#).

Don't miss this opportunity to join these impactful conversations!

[Register Here](#)



ThriveTMU



Upcoming Webinars: Spotlighting Toronto Metropolitan University's Thriving in Action Program!

Dates: June 4 and 25, 2025

Join The Best Practices Network for two webinars on Toronto Metropolitan University's (TMU) Thriving in Action (TiA) program.

TiA was developed by Dr. Diana Brecher (Clinical Psychologist) and Dr. Deena Kara Shaffer (PhD) and has been peer-reviewed and rated as a “Best” practice for the [Best Practices Library](#). TiA guides learners through key habits, mindsets, and tools for personal and academic resilience, drawing from Positive Psychology practices, CBT insights, and wholistic learning strategies. TiA is an upstream, early alert program for equity-deserving students who struggle academically and personally.

Webinar 1: Cultivating Campus Flourishing: The Thriving in Action Story

June 4, 2025

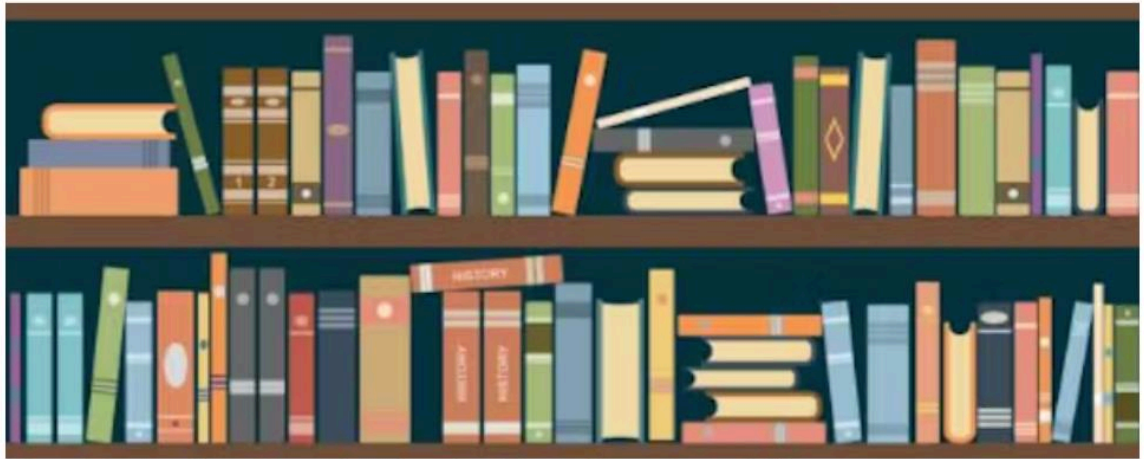
Dr. Brecher and Dr. Shaffer will share the evolution of TiA, showcasing how thoughtful conversations between colleagues blossomed into a framework supporting diverse learners across Canada.

Webinar 2: Perspectives on Implementing The Thriving in Action Program in Campus Settings

June 25, 2025

A panel of post-secondary colleagues that have adapted or adopted TiA at their institution will share their experiences.

[Register Here](#)



New Emerging Practice in The Best Practices Library: Pets Assisting with Student Success

Developed by MacEwan University, Pets Assisting with Student Success (PAWSS) is a low barrier Animal Assisted Intervention (AAI) designed to support student wellness.

PAWSS programming currently provides drop-in sessions on campus, where students, staff, and community members are invited to interact with PAWSS-certified animals and their handler.

Using data collected between 2017-2018 with 546 participants at MacEwan University, the PAWSS team explored how AAIs impacted university students' perception of momentary stress. Results from this research showed participation in the AAI session reduced students' perception of momentary stress.

The Library is growing...another program is currently under review. Stay tuned!

[Learn More Here](#)

The Best Practices Library: Submit your Practice!

Does your institution have a program or intervention that is positively impacting student mental health and well-being? 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 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 submission.

[Become a Reviewer Here](#)



Follow us on LinkedIn!

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Community Events and Resources:

Canadian Institute for Health Information Webinar

Date: May 14, 2025

Location: Online

Join Healthy Campus Alberta (HCA) and The Canadian Institute for Health Information (CIHI) for a webinar on CIHI's 2025 survey, "Navigation and Early Intervention of Mental Health and Substance Use Services." Attendees will gain insights into CIHI, what data is being collected, and how to work with the survey data.

[Register for the webinar here](#)

CACUSS 2025: Keeping the Wind in Our Sails; Cultivating Joy in our Purpose

Date: June 8 - 11, 2025

Location: Halifax, Nova Scotia

The CACUSS 2025 theme, "Keeping the wind in our sails; Cultivating joy in our purpose," speaks to the essence of student affairs and service professionals' roles with a mission to champion students interests, offer holistic support, and acknowledge the diverse identities and viewpoints of students.

[Register for the conference here](#)

Healthy Campus Alberta 2025 Wellness Summit: Reimagining Campus Culture

Date: June 17-18, 2025

Location: University of Calgary

Join HCA for their 2025 Wellness Summit. This year's theme, "Reimagining Campus Culture," encourages a united effort to reshape campus life across Alberta by fostering well-being, a sense of belonging, and inclusivity. It highlights the importance of involving students, staff, faculty, leadership, and community stakeholders in a shared commitment to evolve campus culture.

[Register for the summit here](#)

The International Health Promoting Campuses 2025 Conference

Date: June 16-19, 2025

Location: Limerick, Ireland

The 2025 International Health Promoting Campuses Conference marks 10 years since the creation of the Okanagan Charter. The theme of the conference is to reflect on the advancements in campus health promotion since the signing of the Charter and discuss what comes next, such as opportunities for collaboration and evaluation.

[Register for the conference here](#)

Understanding Problematic Pornography Use Among Post-Secondary Students

Date: June 19, 2025

Location: Online

Join the Centre for Innovation in Campus Mental Health (CICMH) for a webinar on Problematic Pornography Use (PPU) among post-secondary students and its effects on their mental well-being and interpersonal relationships. Dr. Beáta Bóthe and Émilie Gaudet from the University of Montréal will delve into the underlying reasons for pornography consumption, indicators of problematic usage, potential harms, screening methods, and treatment strategies for PPU, as well as its influence on romantic partnerships.

[Register for the webinar here](#)



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Advancing Post-Secondary Student Mental Health



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info@bp-net.ca

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