

Spring 2025 Newsletter



Best Practices Network

Advancing Post-Secondary Student Mental Health

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Upcoming Webinars

"Five Years In: What We Know About Implementation of the National Standard & Early Outcomes"

Date: August 19th, 2026

Time: 1:00 pm – 2:00 pm (ET)

Location: Virtual

Speakers:

Stephanie Knaak, PhD, Senior Research Consultant, Mental Health Commission of Canada (MHCC); Adjunct Professor, University of Calgary; Principal, INSIGHT Research & Consulting

Laura Mullaly, MPH, Manager, MHCC

Sarah Ferguson, MSW, Program Manager, MHCC

Presented by the MHCC, this session shares insights from a recent evaluation initiative exploring how institutions are engaging with the National Standard five years after its release. The webinar will highlight how institutions put the Standard into practice, common barriers and enablers, and early outcomes of this vital work.

Drawing on a mixed-methods approach, the evaluation integrates survey data and key informant interviews to provide evidence-based insights. Participants will have the opportunity to reflect on these findings within the context of their own work and gain practical insights to support campus mental health planning.

[More Information Available Here](#)

Stay Tuned for More!

Make sure to sign up for the BP Net listserv to stay up to date on this session and other upcoming webinars later this year. Don't miss our future session co-hosted by the MHCC and Indspire: "Navigating Mental Wellness: Indigenous Learners' Experiences in Post-Secondary Spaces."

[Sign up For Listserv Here](#)



2025 C4C Report Published

2025 C4C Report Published!

[Access the Conference Report \(English\)](#)

[Access the Conference Report \(French\)](#)

Hosted by the Best Practices Network and the University of Calgary Community Mental Health and Well-Being Strategy, this two-day virtual event brought together students, practitioners, student life professionals, faculty, and researchers from across Canada, Ireland, the United Kingdom, and the United States. Attendees gathered to exchange knowledge as well as emerging and promising practices to enhance the mental health and well-being of post-secondary students, with 50 post-secondary institutions represented among registrants and presenters.

Save the date for C4C 2027!

Our 2027 conference will take place virtually on August 11 and 12. Stay tuned for more important updates about our 2027 conference including themes, call for proposals, keynote speakers and more.

Follow us on social media and stay tuned to our e-newsletters.

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 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.

[More Information Available Here](#)

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.

[More Information Available Here](#)



Community Events and Resources

CACUSS 2026: NAVIGATING the Future: What's Next for Student Affairs

Date: June 2-4, 2026

Time: 11:00-5:00pm (ET)

Location: Virtual

Description: The 2026 CACUSS Conference Theme is **Navigating the Future; What's Next for Student Affairs?** The question invites participants to think hopefully and pragmatically about what the future holds, as they continue to navigate change, uncertainty, and challenges. With focus on supporting student success, participants will hear from

diverse voices across the country who will ask questions, propose solutions, and share ways in which our future will be resilient and strong, despite very real challenges. Conversations will include addressing wellbeing and burnout, considering leadership approaches, discussing how external factors are changing our work, and how our community can address solutions to move us forward in a good way.

JED Campus Virtual Information Session

Date: June 9, 2026

Time: 2:00 pm (ET)

Location: Virtual

Description: Designed for campus leaders who want to learn how to strengthen their approach to student mental health and suicide prevention, this session introduces JED Campus—a four-year partnership that helps colleges and universities build a comprehensive, systems-level approach to supporting student well-being. Participants will learn about JED's Comprehensive Approach, see a clear picture of the JED Campus journey from assessment to strategic planning, and discover how their institution can join more than 600 participating campuses. The session will also feature a live Q&A with Mental Health and Suicide Prevention Consultants. Whether you are exploring options or preparing a leadership proposal, this session provides the necessary context to take the next step.

Empowering Concussion Recovery: Tools, Strategies, and Stories for Healing

Date: June 11, 2026

Time: 11:00-12:00 pm (ET)

Location: Virtual

Description: Join Judy Gargaro from Neurotrauma Care Pathways and Ryan Sutton and Seth Mendelson from the Headsup Concussion Advocacy Network as they discuss concussion impacts and essential care. Learn about evidence-based best practices, assessment tools, and key management strategies that can be used in the post-secondary community settings, along with tips to identify reliable resources. Hear inspiring stories from those who have transformed their concussion experiences into support for others. French closed captioning will be available.

Dialogue to Action: Skills for the Future 2026 CICMH Annual Conference

Date: November 10, 2026

Location: Virtual

Description: This year's theme, "Dialogue to Action: Skills for the Future," emphasizes intentional skill-building across several key streams, including EDIAA, changing systems, Indigenous student wellness, and the role of technology in addressing psychological distress among youth. General registration is now open for the conference taking place on November 10, 2026. Please note that accepted presenters will be required to register by October 29, 2026, to be included in the final program. Register for the conference [here](#).



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The Best Practices Network is a national mental health community of practice and knowledge exchange network focused on promoting evidence-based post-secondary student mental health initiatives and strengthening the evaluation capacity across Canadian post-secondary institutions. This initiative is a formal partnership between the University of Toronto, Queen's University, McGill University, and the University of British Columbia.

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