

Flourishing Mental Health across Conestoga College's Doon Campus

Organization: Conestoga College (Doon Campus, Kitchener, ON)

Lead Participant: Wendy Azzopardi



The project sought to engage members of the college community in a campaign to promote resilience and mental wellness/human flourishing for all, as well as develop and evaluate the use of infographics as a tool for increasing engagement and awareness of resilience and mental wellness. A total of eight infographics on mental health awareness, literacy and stigma were created. In collaboration with various student groups and faculty and students in various departments, human flourishing was promoted and infographics were disseminated at student events, which were positively received among the community. This resulted in the School of Health Sciences and Community Services at Conestoga College to incorporate the notion of human flourishing as an essential component of course content, as well as a part of the vision for its school. Additionally, Waterloo Interprofessional Health and Community Student Collaborative adopted the theme of human flourishing for the 2015-2016 school year.

"SPARK opened my mind to the power of Knowledge Translation and to the impact that it can have on our communities."

- Wendy Azzopardi, Professor, Conestoga College

Wendy Azzopardi is a Professor at Conestoga College whose areas of expertise relate to mental health including, mood disorders, acute care, dual diagnosis (developmental delay and mental illness) and older adults.

For information about this project or the SPARK program, please contact spark@mentalhealthcommission.ca