

Community of Practice

FISU Healthy Campus

Mental Health & Wellbeing (Criteria #82–#89)

Tuesday, 28 July 2026



Seek support
when needed



Thrive together

Agenda

1. Welcome & Mental Health Snapshot
2. Keynote Presentation (Rohenna Young – **Victoria University**)
3. Keynote Presentation (Anna Farmer– **CQUniversity**)
4. Best Practice Examples
5. Healthy Campus Hack (Ashleigh Apps – **Curtin University**)
6. Discussion & Knowledge Sharing
7. Wrap Up & Next Steps



Welcome & Why Mental Health Matters

Why Are We Talking About Mental Health & Wellbeing?

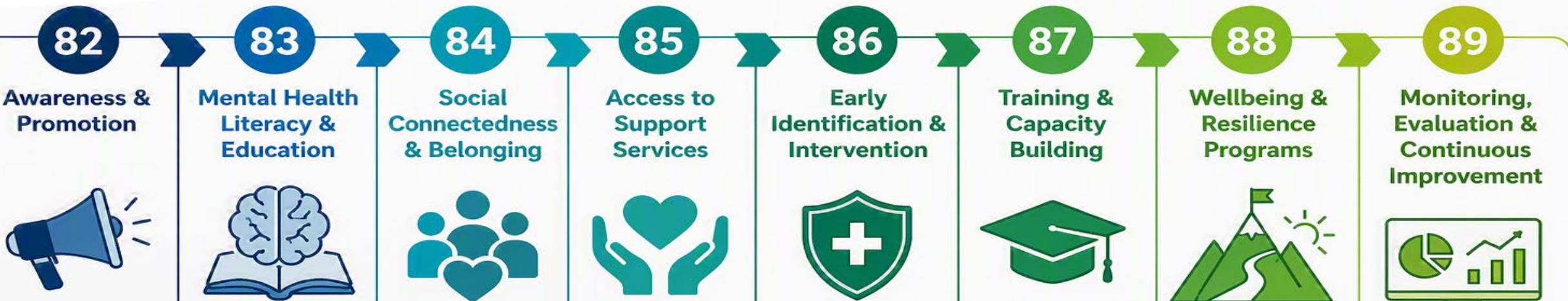
Universities globally are reporting:

- Increasing student anxiety and stress
- Growing demand for support services
- Social isolation and loneliness
- Cost-of-living pressures
- Increasing complexity of student wellbeing needs

Why It Matters

Mental health impacts:

- ✓ Student success
- ✓ Retention
- ✓ Belonging
- ✓ Academic performance
- ✓ Staff wellbeing



Keynote Speaker

Victoria University – thrive*

Presented by

Rohenna Young - Director, thrive*

Topic: Embedding Wellbeing, Connection & Belonging Into Everyday Campus Life

What You'll Hear

- Moving beyond clinical models
- Creating visible wellbeing opportunities
- Building social connection through activity
- Addressing student disengagement
- Practical initiatives universities can replicate



Why thrive* was established

University life after COVID -

- Reduced sense of connection and belonging
- Increased wellbeing challenges
- Changing engagement patterns
- Fragmented activity offerings
- Evolving expectations
- Rebuilding university culture and community

Who/what thrive* supports

- VU Strategic Driver - A thriving place to study and work
- Staff & students together in the one program
- A visible and tangible program that is woven into the everyday VU experience.



Key aspects of thrive*

- Low barriers, high frequency
- Co-creation of the experience
- Inclusive and accessible
- Relationships and connection
- Collaboration and partnership
- Uplifting experiences
- Academic and personal growth



How thrive* was implemented

- Initially, a one-month pilot
- Extensive data collection – a body of evidence of the impact
- Leadership involvement
- Key relationships – acknowledgement of work
- Build trust, build brand

thrive* day to day

- Campus activation Pop-Ups
- Scheduled ongoing activities
- Scheduled one off, or a series of activities
- Booked Cohort activities
- Self-generated



Results @ Q2, 2026

"I've participated in many of the thrive activities, and they are uniformly fantastic."*

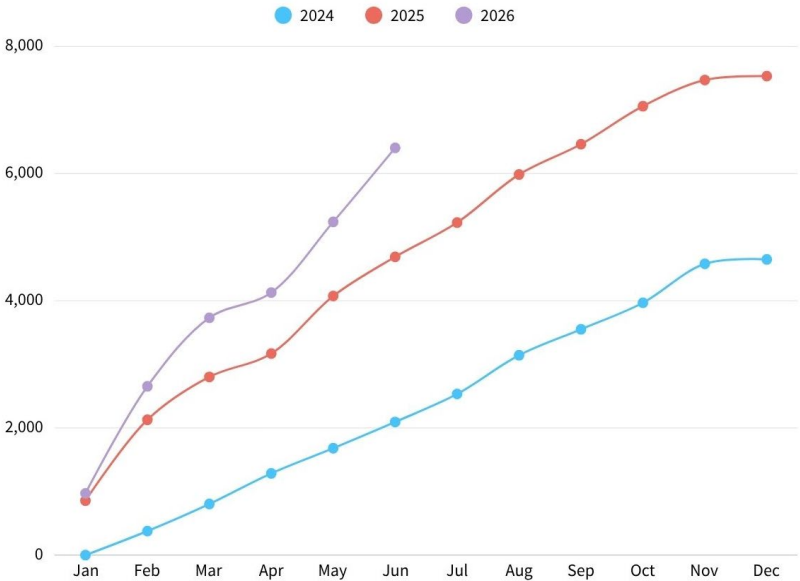
"I've witnessed how thrive has forged bonds both within my team, but also with colleagues across the university."

"A truly holistic program genuinely centred on staff and student wellbeing, run by passionate people who work tirelessly, innovatively & enthusiastically to make VU a wonderful place to work and learn."

"This program has a transcending power to connect people in the most meaningful ways – through laughter and fun!"

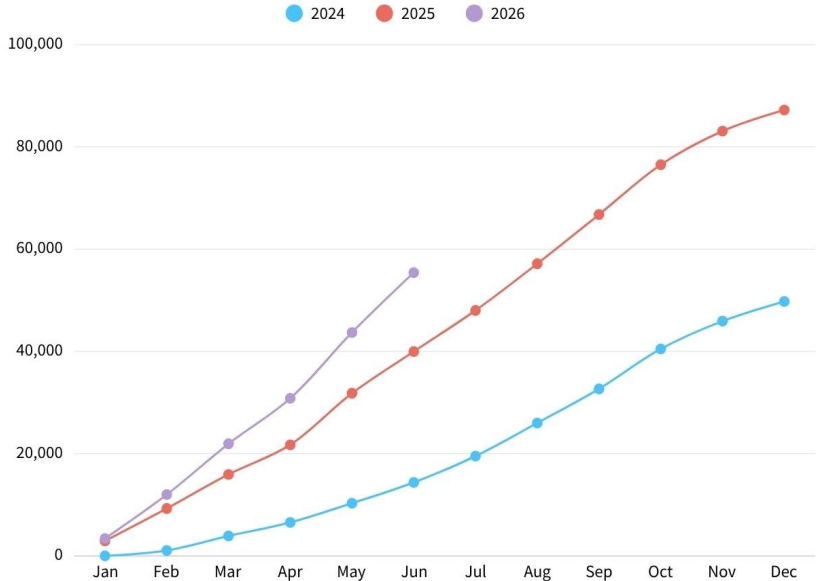
"Programs like thrive are such a valuable part of the VU experience. They offer a chance to unplug, connect, create, and most importantly, to have fun."*

Individual Participation (Cumulative)



Participation - Q2 2024 - Q2 2026 up 209%

Engagements (Cumulative)



Engagements - Q2 2024 - Q2 2026 up 285%



Questions & Discussion



Keynote Speaker

Central Queensland University

Presented by

Anna Farmer and Paige Cole: Wellbeing Directorate 2026

Topic: Mindwaves 2.0 Plan 2024–2028

What You'll Hear

- The vision behind Mindwaves 2.0
- A whole-of-university approach to mental health and wellbeing
- Creating a culture of belonging, connection and support
- Supporting student and staff wellbeing across the university
- Prevention, early intervention and mental health promotion
- Key learnings from the journey



Mindwaves 2.0: Mental Health & Wellbeing Plan

A whole of university approach.

Acknowledgement of Country.

CQUniversity would like to respectfully acknowledge the Traditional Owners and Custodians of the land on which we gather today.

We recognise their deep and ongoing connection to this land, its seas, skies, and waterways, and the role they continue to play in caring for Country.

We also honour their right to self-determination, acknowledging the importance of their guidance and leadership in shaping our futures.

We pay our respects to Elders past, present, and emerging, honouring their wisdom, leadership, and the cultural traditions they uphold.

May their strength and connection to the land guide us as we come together today.

Chasing Dreams
CQU's Indigenous Artwork
by Coolamon Creative.

Why Mindwaves?



A geographically dispersed university



From reactive to proactive whole-of-uni model



Built on a shared evidence base



Primary cohorts: students and staff

From Mindwaves to Mindwaves 2.0



+ **Broadened scope:** Mindwaves 2.0 expanded beyond mental health alone to encompass wellbeing more broadly, reflecting the full range of factors that shape how our students and staff thrive.

Governance



Mindwaves team

Oversees day-to-day implementation and operationalisation of the Plan — sits alongside, and reports to, the Steering Group.



Mindwaves Steering Group



**Monthly & Quarterly reports to
Student Success Committee
& Academic Board**

**Annual reports to
University Council &
University Management Committee**



**University-wide
visibility & oversight**

Three pillars, one design lens

The pillars progress from systems-level and community-level practices through to targeted supports and individual intervention, ensuring wellbeing needs are addressed holistically.



Policy, Governance, Leadership

Strengthening our systems to better support wellbeing.

Systems-level



Healthy, Safe Environments for Mental Health & Wellbeing

Promoting community, knowledge, awareness and behaviours that are supportive of mental health and wellbeing.

Community-level



Early Response & Therapeutic Services

Improving outcomes at an individual or priority population level, including the provision of appropriate and responsive supports.

Individual-level

Design Lens: Wellbeing

A broad, connected ecosystem

Health Promotion	Capability Building & Wellbeing Literacy	Culture & Communications	Decision-making
- Health Promotion Event Days (UMHD, RUOK, Stress Less, GP Day) - Sextember - Student Wellbeing Hub - Wellbeing workshops - Ally Program - International Student Cafes - Flu Vaccinations	- Leadership (psychological and psychosocial safety) - Trauma-informed practice - Responder skills - Wellbeing Check-ins - MHFA & AMHFA - Wellbeing Curriculum	- Comms reviews - Academic Social Hour - Student Advising Model - Feedback loop language "You said, We did" - Harmful Behaviours Tool - Be a Better Human - Mindwaves Connectors - Cuppa and Yarn - IDAHOBIT	- Wellbeing Impact Assessment Tool - Student Policy Review - Prioritising Co-Design - MW outcomes in Uni Planning



Aligned across the ecosystem

New university strategies are being built aligned with Mindwaves 2.0:

Learning & Teaching Strategy

Disability-Informed Action Plan

Retention Equity Program

Gender-Based Violence Prevention & Response Plan

The throughline across all of it: partnerships and collaboration.

Impact

Evidence of shift toward proactive, embedded wellbeing culture



Reach

4,086

students participated in wellbeing programs and activities (2025)

1,500+

students utilised the Counselling service. **85%** of students: "counselling helped me stay enrolled"

1062

students accessing Student Wellbeing Hub

Capability building

162

67 staff trained or reaccruited, 95 students completed MHFA & AMHFA (2025)

132

student Mindwaves Connectors trained since 2021

88%

of staff agree: "My wellbeing matters to my direct supervisor" (2025)

7.0 → 8.6 /10

student confidence accessing wellbeing supports, pre- to post-wellbeing event

Supports & evidence base

60

research papers published by the Cluster for Resilience and Wellbeing (2024)

SEWB team established

social and emotional wellbeing support for First Nations students

In progress

Student policy review

using the Wellbeing Impact Assessment framework

29th

worldwide for SDG 3: Good Health and Well-Being

Times Higher Education Sustainability Impact Ratings, June 2026 — evaluating 1,646 universities across 116 countries.

For more information,
contact:

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cqu.edu.au/mindwaves

Questions Discussion



Global Best Practice

University of British Columbia (Canada)

Domain Strength: Whole-of-University Wellbeing Framework

Why it stands out:

- Wellbeing is embedded across the institution rather than sitting solely within counselling services.
- Guided by the [Okanagan Charter](#) and a university-wide wellbeing strategy.
- Includes leadership accountability, wellbeing targets, staff and student wellbeing, mental health literacy, inclusion and continuous evaluation.

FISU Criteria Alignment:

- 82 Mental health promotion
- 83 Mental health literacy
- 84 Social connection
- 87 Capacity building
- 89 Evaluation & continuous improvement



Australian Best Practice

Monash University

Domain Strength: Whole-of-University Mental Health Strategy

Why it stands out:

- Mental health literacy training
- Crisis response pathways
- Counselling and psychological services
- Resilience-building programs
- Data-driven monitoring and improvement

FISU Criteria Alignment:

- 83 Mental Health Literacy
- 85 Access to support services
- 86 Early intervention
- 87 Capacity building
- 89 Evaluation & continuous improvement



Australian Best Practice

University of Western Australia (UWA)

Domain Strength: Health Promotion & Active Wellbeing Culture

What makes it successful?

- One of the original FISU Healthy Campus pilot universities
- Strong integration of physical activity and wellbeing
- Focus on preventative health and healthy lifestyles
- Cross-campus approach involving students, sport, recreation and wellbeing services
- Long-standing commitment to creating a healthy campus environment

FISU Criteria Alignment:

- 82 Mental health promotion
- 84 Social connection & belonging
- 88 Wellbeing and resilience programs



UNI MENTAL HEALTH AND WELLBEING DAY

Get involved in a range of activities designed to support your wellbeing:

- Brunch giveaway and tips for healthy, low-cost eating.
- Mental Health Maintenance Workshop.
- Create a personalised sleep plan at The Living Room.
- Budgeting that works Workshop.

Find more info and register for the events on Unihub.

Healthy Campus Hack

Curtin University

Presented by

Ashleigh Apps - Senior Manager, Sport & Recreation

Topic: Implementing Healthy Campus Across a Large University

What You'll Hear

- Developing a Healthy Campus implementation plan
- Establishing governance structures and committees
- Setting priorities across Healthy Campus domains
- Building a communication and engagement strategy
- Lessons learned from the first stages of implementation



Healthy Campus Hack

From program intent to implementation ready

The goal is to convert the broad framework into assigned standards, evidence and accountabilities.

1. Map

Translate the 100 criteria into portfolio ownership, lead areas and evidence requirements.

2. Govern

Create executive sponsorship, a steering committee and working groups to ensure project clarity.

3. Prioritise

Start where current activity is strongest, while identifying gaps requiring action.

4. Evidence

Use the tracker to capture status, evidence links, owners, due dates and commentary.

5. Communicate

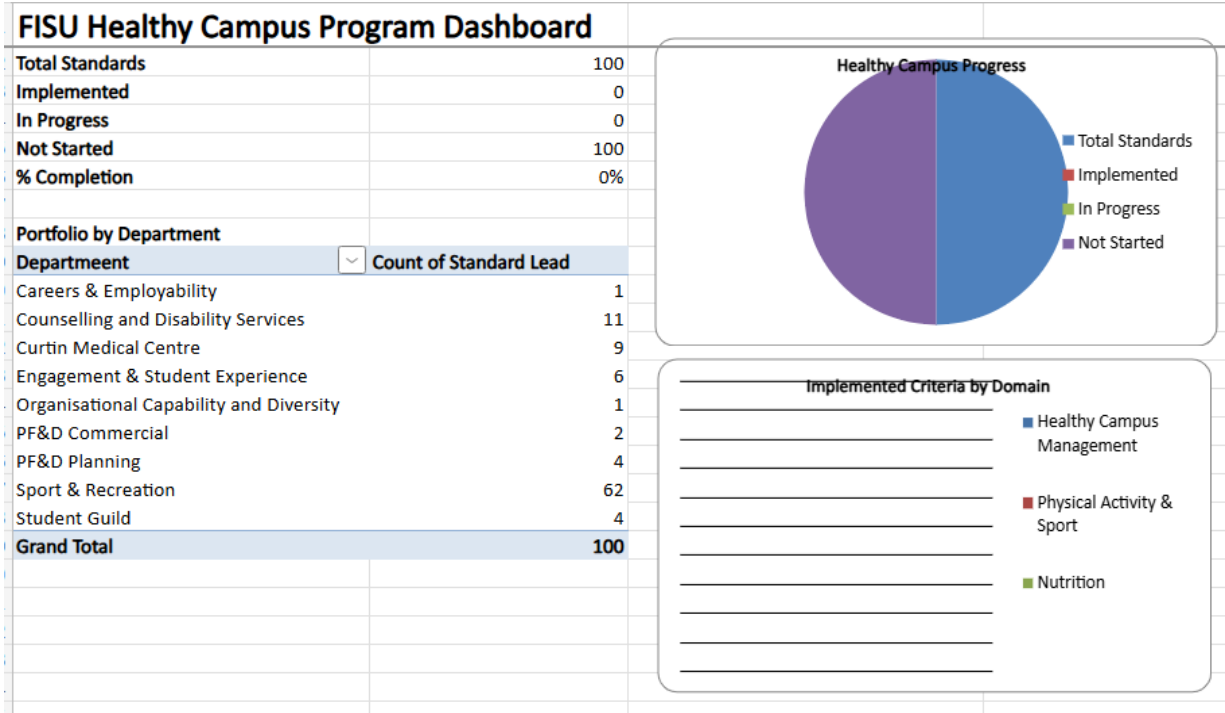
Position Healthy Campus as coordination of existing work — not a new standalone program.



Healthy Campus Hack

The Standards Tracker

A single source of truth for ownership, evidence, prioritisation and reporting



100

Healthy Campus criteria mapped

7

Healthy Campus domains

62

Standards led by Sport & Recreation

Accountability

Each standard is assigned to an executive sponsor, lead area and portfolio owner.

Evidence management

Evidence summary and evidence link fields make progress auditable, not anecdotal.

Status scoring

0%, 50%, 75% and 100% evidence states create a practical maturity scale.

Governance reporting

Progress can be rolled up by domain, lead area and portfolio for SET/committee updates.

Start with a standards tracker that makes ownership visible, evidence collectable and progress reportable.

The Standards Tracker

Domain	Total Criteria	Implemented
Healthy Campus Management	33	0
Physical Activity & Sport	33	0
Nutrition	8	0
Disease Prevention	7	0
Mental & Social Health	8	0
Risk Behaviour	5	0
Environment, Sustainability & Social Responsibility	6	0

[illegible]

Healthy Campus Hack

From program intent to implementation ready

The goal is to convert the broad framework into assigned standards, evidence and accountabilities.

1. Governance ready

Executive sponsorship, a steering committee and working groups clearly defined, easy of tracking information

2. Positioning

Language around coordination reduces resistance, strengthens existing work and relationships

3. Prioritise visible wins

Start with domains where evidence and ownership already exist, while using the tracker to expose gaps.

4. Build communication into early delivery

Use executive, director, staff and student messages so the work is understood at every level.



Key Takeaways

Mental health is a campus-wide responsibility

Prevention and social connection matter

Good practice already exists across Australia

Healthy Campus provides a framework for capturing and recognising that work

Sharing ideas strengthens the whole sector



Thank You

**See you in Our Next CoP
on 22 Sept 2026 (Physical Activity & Sports)**



Do Subscribe for Healthy Campus Newsletter!

**Your Suggestions are most appreciated
(manik.vohra@unisport.com.au)**