

Thrive Planning Committee

TERMS OF REFERENCE

Background

The University of Waterloo (UW) has identified that mental health is a priority on campus. In 2017, the President's Advisory Committee on Student Mental Health formed to collect data, and make observations and recommendations in the area of student mental health. Several of the recommendations suggested that UW continue to raise awareness about available mental health supports and services, and strive to create a better sense of community.

The Thrive Planning Committee (TPC), previously the Mental Health Wellness Event Planning Committee (MHWEPC), recognizes that mental health is a continuum and that everyone on campus has a role to promote positive mental health and support those in distress. In 2018, the MHWEPC chose the Thrive brand for replacing the Mental Health Wellness Day events. The Thrive initiative was developed by the University of British Columbia in the spring of 2009 and has been adopted by more than 11 Canadian colleges and universities. The committee was also responsible for planning, marketing and implementing the Thrive 2018 events.

Purpose of TPC

The purpose of this committee is to coordinate and communicate the annual mental health initiatives/events¹ across campus in order to encourage and support mental health and wellness for the university community. This would also include promoting dialogue about wellness and reducing stigma related to mental health.

¹ Initiatives/Events:

- Thrive Week (weeklong events) in the fall semester
- Thrive Days in the winter/spring semesters

Goals

- Plan, implement and evaluate wellness initiatives/events focused on the three pillars² of Thrive
- Market and advertise Thrive events
- Continually promote the Thrive brand

Core Membership

- Campus Wellness (CW)
- Occupational Health (OH)
- Federation of Students (Feds)
- Graduate Student Association (GSA)
- Affiliated Colleges
- Access Ability Services
- UW Police
- Student Service Centre (SSC)
- Athletics & Rec Services
- Student Success Office (SSO)
- Residence Life
- Other interested campus partners

Supplementary Membership

- University Communications
- Satellite Campuses (Kitchener, Cambridge, Stratford)
- Thrive Ambassadors³

² UW three pillars of Thrive:

- Build mental health literacy
- Build healthy habits and self-care skills
- Foster a supportive and inclusive community

³ Ambassadors: Students, staff/CUPE, faculty members who promote the Thrive brand and events in their departments/faculties

Process

- Meeting frequency – monthly or as needed
- Development of Agenda – co-chairs to create with input from committee
- Co-Chairs – to be rotated annually each year
- Members – rotating, minimum term of one year
- Minutes – rotating between co-chairs, to be taken each meeting with identifiable action items

Accountability

- To the Associate Provost, Students