

Mr. Matt Dolf  
Director, Strategic Support, UBC Wellbeing  
The University of British Columbia, Vancouver Campus  
2321 – 2260 West Mall  
Vancouver, BC Canada  
V6T 1Z4

Re: Concordia University's application to join the Network of Health Promoting Universities & Colleges

Dear Mr. Dolf,

Concordia University's ongoing mission is to support its students and create an environment where they thrive. In 2017, President Alan Shepard requested a formal review on student health and wellbeing that would include attention to mental, physical and social wellbeing. His request offered a unique opportunity to explore how Concordia could build on its strengths in health prevention research to infuse prevention and wellbeing into the very core of its academics and operations.

The Review resulted in 25 recommendations in 7 strategic areas:

1. **Curriculum and Training** – including the development of credit and non-credit courses in life-management skills and healthy behaviours
2. **Services for Student Health and Wellbeing** – including the development of a comprehensive plan to deliver mental health services on campus
3. **Health Communications** – including the development of de-stigma campaigns
4. **Concordia Connections** – including a review of the built environment and introduction of informal recreational spaces where Concordians can congregate and make informal connections
5. **Policies and Processes** – including attention to policies that support health and wellbeing and the introduction of a Fall Break.
6. **Student Engagement** – including the development of opportunities for students to be involved as advisors in how health and wellbeing programs are delivered
7. **Foster a Culture and Community that Supports Wellbeing** – including an intentional effort towards promoting a collective responsibility to health and wellbeing.

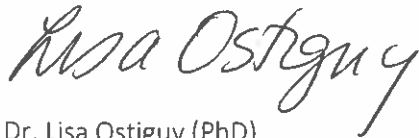
The 25 recommendations will be advanced through a 5-year action plan overseen by the Special Advisor to the Provost on Campus Life. We are also pleased to note that through the support of a donor's \$1 million investment, Concordia will start delivering tailored health and wellbeing services in the faculties in 2019.

A copy of the review is appended with this application. It holds more detail of the 25 recommendations that – in effect – represent Concordia's commitments to building and nurturing a healthy campus community.

We believe that our commitments are aligned with the Okanagan charter as well as the ethos of the Network of Health Promoting Universities and Colleges, and would like to present Concordia University's application to join the Network.

If you have any questions on our application, please do not hesitate to reach me.

Sincerely,

A handwritten signature in black ink that reads "Lisa Ostiguy". The signature is written in a cursive, flowing style.

Dr. Lisa Ostiguy (PhD)  
Special Advisor to Provost on Campus Life