



DOUGLAS COLLEGE

Commitments for the

Adoption of the Okanagan Charter

An International Charter for Health Promoting Universities and Colleges

Douglas College is committed to focusing on “strategic, structural, and process changes that will help create the necessary conditions for wellness. This includes long-term planning and preparation at a College-wide level, as well as strategies to address wellness at an individual level” (Douglas College, 2020).

By adopting the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges, Douglas College commits to the following overarching goals:

- To create an environment that supports students and employees in achieving positive mental wellness, promoting full engagement in their learning and work experiences.
- To foster a culture of psychological safety and resilience for members of the college community.

We further commit to the following principles for action:

- Use settings and whole system approaches
- Ensure comprehensive and campus-wide approaches
- Use participatory approaches and engage the voice of all Douglas College community members
- Develop collaborations and partnerships within and outside the College
- Promote innovation and evidence-informed action
- Build on strengths
- Value local and Indigenous communities' contexts and priorities
- Ensure health action embodies principles of social justice, equity, dignity and respect for diversity