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## SAIT's Adoption of the Okanagan Charter

With guidance from the *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*, SAIT pledges to:

- 1) **Incorporate mental health into policies, procedures and program structures**
  - SAIT's policies, procedures and program structures will be reviewed and updated to ensure students receive timely, appropriate and supportive messaging regarding mental well-being. Additional policies will be created to mobilize all campus community members in the shared goal of student success. Improved flexibility will be integrated into our program structures to better enable our students to thrive.
- 2) **Foster a supportive and inclusive campus**
  - SAIT is committed to fostering a supportive and inclusive campus for both our current and prospective students. Our marketing and communication channels will celebrate the diversity of our student and staff populations. Universal design principles will be integrated into our physical spaces and curriculum. Students will be offered diversity and inclusion training to prepare them for the workplace, and instructors will receive training on student development.
- 3) **Increase resilience and mental health literacy**
  - SAIT will continue to support student success by promoting personal and academic resiliency throughout the entire student experience — from discussing workload expectations with prospective students to providing preventative supports for incoming and current students. Student communication will prioritize resource awareness and mental health understanding.
- 4) **Enhance services to support student mental health and well-being**
  - Good mental health is essential to the academic success and engagement of our students. We'll enhance our support services for student mental health by providing faculty and staff with training in the early identification and referral of students. We'll also promote timely access to appropriate services and evaluate existing services to ensure we meet the mental health and well-being needs of our students.
- 5) **Respond to students in distress**
  - SAIT will build partnerships with provincial service providers and community organizations to assist students. Faculty and front-line staff will receive training — customized to the SAIT community — in recognizing the signs and symptoms of mental health concerns, talking to people in distress and making referrals. We'll also work to improve how employees respond to contextual barriers that may impede the academic success and well-being of our students.

Dr. David Ross  
President and CEO

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