



## 2022/2023 CARE<sup>2</sup> GRANTS

### Final Report

NIC recognizes that mental health is a core component of success for both individuals and communities, and that post-secondary institutions are uniquely positioned to provide leadership in the promotion of health and well-being. For the second consecutive year, Student Life once again opened applications for CARE (Compassion-Accessibility-Resilience-Engagement) Grants:

- ❖ *The CARE Teaching and Learning Grant* to be used for expenses related to the enhancement or promotion of mental health and well-being in a teaching and learning environment.
- ❖ *The CARE Campus Community Grant* to be used for expenses related to the enhancement or promotion of mental health and well-being in the NIC campus community.

CARE Grants were awarded to five innovative projects which were designed to enhance mental health and well-being throughout the campus community. A total of \$3,000 in Campus Community Grants was awarded.

Here is what these creative recipients accomplished...

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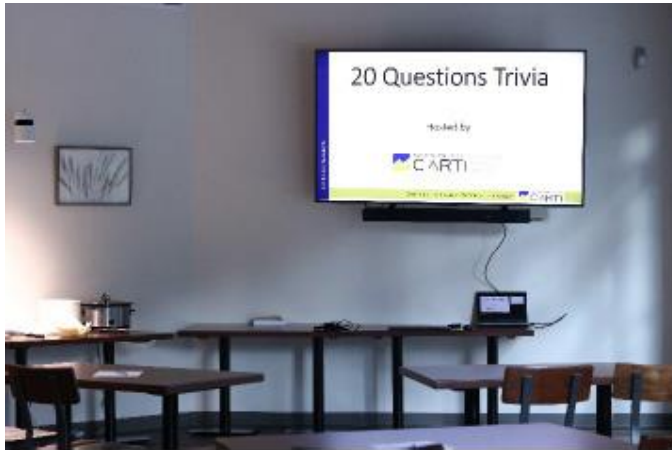
#### ARTWORK FOR CAMPBELL RIVER STUDENT SERVICES

Tara Idiens was awarded funding for the enhancement of the Student Services area at the Campbell River campus. Three beautiful images printed on canvases were purchased from Kim Windle Photography and hung in the area. The results have been far reaching, since they can be seen from the hallway by students and staff, as well as inside the office. They have brought some welcome brightness to the space. One day a couple of students came in and asked if they could take photos of them!



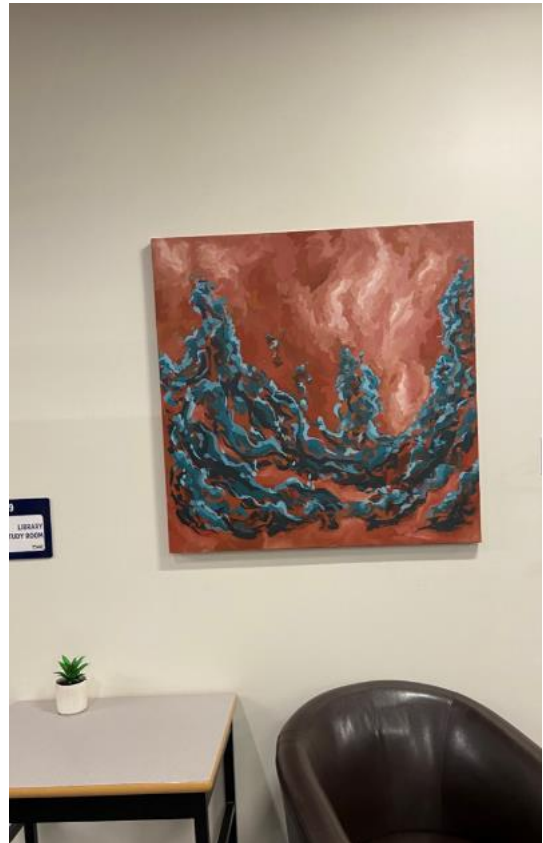
## CARTI - NIC STAFF TRIVIA EVENT

April Whalen put grant funds to good use by hosting a 20 Question Trivia. This was hosted by the CARTI team at the Bistro on Campbell River Campus on the 24<sup>th</sup> November, 2022. The CARE grant allowed for a series of prizes for the 12 participants as well as a variety of snacks during the trivia. All participants utilized the snacks provided and enjoyed the trivia, with some lighthearted banter about the questions and debate on the answers providing equally as much entertainment as the trivia questions. A discussion with participants after the event showed staff were interested in other lunchtime events such as tabletop games to socialize with the various teams at the Campbell River Campus.



### **ARTWORK FOR LIBRARY & LEARNING COMMONS – CAMPBELL RIVER CAMPUS**

Katherine Percival applied for funds to commission an original painting by Kendra Dewar, a NIC Fine Arts student. The goal was to create a Library that is visually pleasing for all students, faculty and staff support and promote NIC's talented students improve well-being by creating a sense of place through art that is abstract and colorful to invigorate the space. Katherine contacted Elizabeth Russell, NIC's Fine Arts Instructor who recommended a talented Fine Arts student, Kendra Dewar. Elizabeth incorporated the painting into Kendra's class work so the painting would be completed within the timeframe of the grant.



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### **CEDAR PLANTERS - CAMPBELL RIVER CAMPUS**

Another initiative by Katherine Percival has been undertaken to add four cedar planters to the outside space in the back of the Library. This space is currently concrete, underused and has potential to be a great greenspace for the NIC campus community. This project has been given a deadline extension as the purchase of plants was not possible over the fall/winter time period in which the cedar planters were received, so the project will be concluded by March 15th.

## **NIC WALKS – COMOX VALLEY AND CAMPBELL RIVER CAMPUSES**

NIC Walks is a series of resources, events and trails developed to support healthy activities for students, employees and the wider college community. The resources pull together local knowledge of campus walking routes with detailed descriptions and maps on an easy-to-access NIC webpage. Together, they bring awareness to active transportation routes, build community connections and support ongoing events at the Comox Valley and Campbell River campuses.

The initiative includes guided walks led by staff & faculty volunteers in Winter 2023, which connect employees and students at each campus and build on existing events planned for Thrive and the National Day for Truth and Reconciliation. For example, by incorporating the Paths of Reconciliation, a digital video reflection guide developed as part of NIC's 2022 National Day of Truth and Reconciliation and Orange Shirt Day events, the community is encouraged to reflect on the impacts of residential schools and take steps towards reconciliation in non-obtrusive, year-round activities.

Working with Facilities and Campus Planning, campus signage will also be established at the start of various walking routes to promote the resources to the wider community who walk campuses at all times of the day.

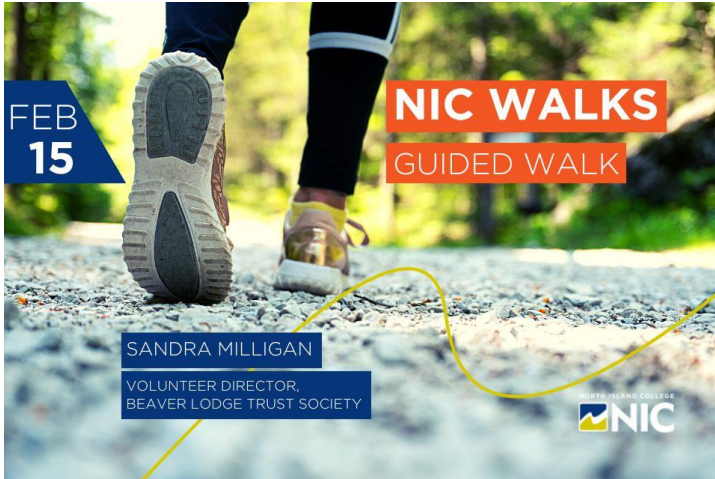
All resources, events and support were created by the NIC Public Affairs and Communications Team, with the generous support of an NIC 2022 CARE<sup>2</sup> grant. Suzanne Jolly's research and design is based on evidence-based work originally developed as part of UBC Wellbeing's physical activity and sedentary initiatives.

### **Future Work & Needs**

We hope to expand this initiative with walking routes at the Port Alberni and Mixalakwa campuses and allow NIC community members to add new routes to the existing maps for the Campbell River and Comox Valley campuses.

We are currently connecting with trail builders from the 7 Stewards Society, an Indigenous non-profit organization that provides Indigenous youth and people in recovery opportunities to engage as keepers of the land to build a new trail connection. We are exploring an opportunity to rebuild a bridge through the forest area, hopefully in partnership with the City of Campbell River, at the back of the Campbell River campus – a route which is currently used by NIC and Timberline Secondary students, despite the route being in disrepair and having both safety and environmental concerns.

These new relationships and opportunities have begun to develop as a result of the NIC Walks initiative. We hope to further work on these relationships for NIC to expand upon active transportation access routes to/from campuses. We also hope this work will lay the foundation for garnering further funding and support to develop more walkable campuses and active transportation routes with the City of Courtenay, City of Campbell River and in future, the Port Hardy and Port Alberni communities.



<https://www.nic.bc.ca/walks/>

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**HONORABLE MENTION:** Port Alberni Campus's Mona Fournier developed the idea to create an Indigenous land acknowledgment sign, and this was expanded on to include all campuses. This project has been distributed across many departments and is now with the Indigenous Education department.

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**FOR MORE INFORMATION ON THE CARE<sup>2</sup> GRANT INITIATIVE VISIT:**

<https://www.nic.bc.ca/about-us/the-nic-commitment/care-grants/>