



Thrive Partner Guide

UBC Vancouver



THE UNIVERSITY OF BRITISH COLUMBIA

thrive.ubc.ca

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How to Run Your Thrive Event

- Planning checklist
- Activities and resources



01



Introduction

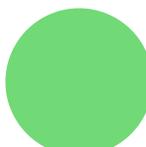
This section introduces you to the **Thrive 5**, the importance of mental health, and describes your role as a partner.





The Thrive 5



-  Moving More
-  Resting Up
-  Eating Well
-  Giving Back
-  Saying Hi



Mental Health at UBC

Mental health is our capacity to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Mental health exists on a continuum—it can change day to day and hour to hour, and is impacted by many different factors, including things such as sleep, nutrition and stress.

Supporting the mental health of students, faculty, and staff is a year-round priority for UBC and has been identified as one of six priority areas for action in the *Wellbeing Strategic Framework*. Under the current circumstances amid the COVID-19 global pandemic, now more than ever UBC recognizes the crucial role that mental health plays in one's ability to live, work, and learn well on our campuses, and Thrive is just one of many ways the University is committed to fostering mental health.

Supporting mental health goes beyond providing services; it is about equipping our community members with the skills they need to live well and creating environments that support them. Considering mental health in our policies, practices, and every day interactions helps create a campus culture where we can speak openly about mental health and support one another when facing challenges.

Thrive is a mindset and this month-long series of events is an invitation to help everyone at UBC explore their path to mental health. Thrive originated at UBC 10 years ago, and is now celebrated at numerous campuses across Canada, providing opportunities for important conversations about mental health to take place.

Thrive is for everyone—we all have mental health, and we all benefit from maintaining and fostering it. Whatever your pathway to mental health may be, we invite you to explore it, talk about it, and more during and beyond Thrive month.

Let's Thrive UBC!



What is Thrive?

It is both a mindset, and a month-long series of events, aimed at promoting and building positive mental health for all students, staff and faculty.

The Thrive Principles

- 1** Promote knowledge at UBC on what mental health is and how to foster and maintain it.
- 2** Be informed by evidence in the field of mental health.
- 3** Cultivate an approach that reflects and celebrates the diversity of experiences related to mental health at UBC.

What is Mental Health Literacy?

Mental health literacy is defined as:

- ✓ Understanding how to foster and maintain good mental health
- ✓ Understanding mental disorders and their treatments
- ✓ Decreasing stigma
- ✓ Understanding how to seek help effectively

Source: teenmentalhealth.org

Your Role as a Thrive Partner

There are four ways to partner with Thrive. You or your group can plan an event or highlight an already existing event, help promote Thrive Week or get people talking in support of mental health.

Event Partner

Plan and promote a special online Thrive event for students, faculty and staff, or all members of the UBC community



Not Myself Today Partner

Promote your regularly scheduled event or activity as a 'Thrive' event or host an online event for a specific audience such as your club or department



Promotional Partner

- Help promote Thrive by emailing your group or network, putting up posters, or spreading the message through social media



Faculty Partner

Foster positive mental health in your learning and teaching environments by promoting Thrive's key messages and healthy behaviours



02



How to Promote

This section supplies you with a **promo checklist** and introduces Thrive's **social media** promotion.



03



How to Run Your Thrive Event

- Planning checklist
- Activities and resources



Event Planning Checklist

PLAN YOUR ONLINE THRIVE EVENT

As you start planning your Thrive event, here are some questions to consider:

1. Who is the target audience?
2. Which of the Thrive 5 ways to boost your wellbeing will the event focus on? *(Not sure how your idea fits into the Thrive 5? We can help! See our contact info).*
3. What type of event will you host?
4. What resources are needed and who can help?

ANYTIME:

- ✓ Check out **UBC's event planning resources**
- ✓ Ensure that your event is **accessible and inclusive**
- ✓ Consider how you can **plan a more sustainable event**
- ✓ Recruit volunteers or team members to help host your event

TWO WEEKS BEFORE YOUR EVENT

- ✓ Start promoting Thrive and your event using the Thrive Promo checklist (page 12)

ONE WEEK BEFORE THRIVE

- ✓ Confirm your event details with your vendors, partners, and volunteers
- ✓ Consider ways to make your participants feel connected from afar. Try preparing an icebreaker activity, or choose a theme that people can prepare to take part in online.
- ✓ Send a written reminder to your participants about the event. Include information about anything they should bring or do before the event

DURING THRIVE

- ✓ Welcome participants and introduce them to the space. Point out platform features, security details, and ways to engage during the event.
- ✓ Be sure to mention that attendees are welcome to step out if needed
- ✓ Include a message about Thrive: Thrive month provides ways to explore your path to mental health
- ✓ Consider adding a movement break to your event (check out the [MoveU Crew](#) or the [Peer Health Educators](#))
- ✓ Ensure your volunteers are treated well, recognized, and appreciated
- ✓ Give attendees time to reflect and provide feedback after the event

Where to find support

WITH PLANNING...

- Your Thrive contact person
- Thrive Website [↗](#)
- Planning and Communications Toolkit [↗](#)
- UBC Wellbeing Website [↗](#)
- Events planning page [↗](#)



Or at the **Thrive Hub at the Wellness Centre** during Thrive Month



For more information about the Thrive 5, please visit wellbeing.ubc.ca/thrive [↗](#)

Next Steps:

→ Register as a partner at thrive.ubc.ca [↗](#)

? Reach out for help if needed ←

→ Enjoy Thrive!

