CONFERENCE-IN-REVIEW

CMHA NATIONAL CONFERENCE 2018
CO-HOSTED BY CMHA-QUEBEC DIVISION

AHEAD BY A CENTURY
THE SHAPE OF THINGS TO COME
OCTOBER 22-24
THE MENTAL HEALTH COMMUNITY EN MASSE

Thought leaders, policy makers, front-line workers, researchers, and people with lived and experience: we were all there, numbering more than 850, carving out the future of community mental health in Canada.

“A healing model is defined by what you are becoming, not what you’ve been through. Lived experience is not a scar, it’s a gift.” — Louis Sorin

INDIGENOUS VOICES AND EXPERIENCE

In keeping with CMHA’s commitment to Truth and Reconciliation, the Conference opened with an honourable ceremony by Indigenous Elder Tom Dearhouse, that interspersed powerful emotion with humour, drumming and participatory song. Keynote speaker, Louis Sorin, helped change our perspective on experience.

Keynote speaker Karen Hetherington brought us to the next frontier in mental health promotion.
INTERNATIONAL KEYNOTES

"I don’t want to live in a country where people with money get access to treatment and those who do not can’t. Every family should have access to treatment regardless of income or means. It is a fundamental right.”
- Norman Lamb

"We are no longer talking about climate change but climate trauma. And we need to be resilient to deal with it.”
- Carolyn Baker

Norman Lamb, MP of North Norfolk, UK

Dr. Miguel Sabogal, Colombia

Carolyn Baker, USA
From top left:
The Honourable Ginette Petitpas Taylor, Minister of Health, Government of Canada

Dr. André Delorme, Director of Mental Health and Legal Psychiatric Services, Ministry of Health and Social Services, Government of Québec

Dr. Theresa Tam, Chief Public Health Officer of Canada
There is so much to take in, I wish I could divide myself into 20 selves and send one to each session.
“It was a fabulous event and a pleasure to hear both English and French and be able to understand both.”
Participation by Province and Territory

Participation by Profession/Affiliation

- CMHA staff or volunteer: 39.9%
- Sponsor/funder: 3.8%
- Person with lived experience of a mental health issue: 22.6%
- Service user/consumer: 6.8%
- Policy maker: 10.5%
- Health care provider: 14.3%
- Front-line worker: 22.6%
- Educator: 16.5%
- Conference presenter: 23.3%
- Researcher: 10.5%
- Other: 24.1%
This is the best conference I have ever been to. There were innovative ideas and forward thinking. Inclusive participation was fun and meaningful.
The theme **Ahead by a Century: The Shape of Things to Come** resonated throughout, propelling us in to the next century where mental health promotion and mental illness prevention will take centre stage.

“The future of mental health in Canada is transformative and proactive. The idea that the focus of resources is moving upstream as opposed to reactive efforts in mental health care was strongly present.”

Between the Wellness Room and the therapy dogs, the Conference didn’t just take care of our minds. It took care of our emotions.