

# Full Workshop Descriptions

Day 1, September 23rd, 2019

## Sessions A

Panel Presentations (90 mins)

10:30am to 12:00pm

*(this session will be simultaneously interpreted into FR)*

### A1: Intersectional Discourses on Healing

Stream: Embracing Diversity - Serving Diverse Communities

Serving diverse communities invites themes of resistance and liberation. This panel, grounded in sound analysis of colonization, patriarchy and capitalism features three presenters representing Indigenous, Black and Immigrant perspectives who weave personal, professional and political experiences on what has proven effective in building transformation and healing connections.

#### Learning Objectives:

Participants will learn:

1. a sound understanding of how the history is alive in the present impacting individuals, relationships and communities in profound ways
2. new ways of thinking about connection and healing
3. a more profound understanding of what's possible in building connections

#### Presenters:

- Angela Marie MacDougall
- Brandy Kane
- Rosa Elena Arteaga



**Organization:** Battered Women's Support Services

**Bios:**

**Angela Marie MacDougall** is an award-winning speaker, advocate and practitioner who consults with thousands of individuals and organizations on trauma informed practices grounded in anti-oppression theoretical frameworks. Based in Vancouver, with experience spanning 30 years, Angela works as executive director at Battered Women's Support Services, where she oversees a matrix of clinical and community-based services and dynamic team that support thousands of survivors. Born and raised in Vancouver, unceded Coast Salish Territories, Angela began her work as an as an advocate, activist, and front-line worker in 1992. She has brought tangible transformation to service and program delivery as well as community development and partnerships. Angela's impact includes development of empowerment and advocacy-based service delivery models grounded in strong theoretical frameworks and intersectionality that connect feminism, substance use, mental health, violence and women's leadership.

In recognition of this important work, Angela was named a Remarkable Woman by the City of Vancouver and Vancouver Magazine named her one of Vancouver's most powerful people.

My spirit name is Thunder Eagle Woman and my colonial name is **Brandy Kane**. I am a member of the Xaxl'ip Nation from St'at'imc territory near Lillooet, BC. As a St'at'imc woman I am well aware of the challenges faced by Indigenous women in today's society, included are racism, oppression, loss of culture and traditional ways of life. I am closely connected to spirit and ceremony, which I have witnessed benefit the Indigenous communities when healing from addiction, trauma, and other afflictions related to colonization, assimilation, and the intergenerational effects of residential schools. I have been on my own spiritual path and walking the Red Road for many years now. I believe in Indigenous ways of healing through culture, ceremony, decolonizing and reclaiming practices.

**Rosa Elena Arteaga** has been working in the anti-violence field for over twenty years delivering workshops on violence against self-identified girls and women and providing training to service providers at national and international level. In her role as Manager of Direct Services and Clinical Practice, she oversees a number of programs within Battered Women's Support Services. Since 2008, Rosa Elena has researched and addressed the issue of battered women being wrongfully arrested and has been successful with a number of police complaints. Rosa Elena holds a master's degree on Narrative Therapy and Community Work and she works from a decolonizing, feminist, anti-oppression, practice.

\*\*\*



## A2: Hidden Barriers: What Policies and Practices Have Yet to Consider

### Stream: Mentally Healthy Schools and Campuses

On post-secondary campuses, many “hidden” barriers are overlooked when addressing mental health: unaffordable food options, inflexible office hours, needing medical notes for absences... By emphasizing diverse student voices, we present an insider view on the nuanced barriers to wellness—both school-wide and/or group-specific—that persist despite increases in student health funding.

#### Learning Objectives:

1. To identify key barriers inhibiting students from achieving success (academically and holistically)
2. To recognize the value of student voices for building trust between administration and students AND improving efficacy of mental health efforts
3. To appreciate the diversity of students' experiences, recognizing that each student's path to wellness includes different barriers and different needs

**Moderator:** Dalya Kablawi, McGill University

#### Presenters:

- Julia Caddy, McGill University and Kids Help Phone McGill University
- Matthew McLaughlin, McGill University and Students in Mind
- Assia Messaoudi, University of Toronto

#### Bios:

**Julia Caddy** grew up in Calgary, Alberta, but is currently a student at McGill University studying Psychology and Communications. As someone who has struggled with mental illness, she now dedicates herself to improving mental health culture, with a particular interest in integrating mental health literacy into public school curriculum. At McGill, she helps lead these changes as Co-President of McGill's Chapter of Jack.org, and as President of Students in Mind, which hosts an annual Mental Health Conference. Julia is an ambassador for the Alberta Children's Hospital Foundation and a national representative for Jack.org, where she continues to use her voice and insight to drive change.

**Assia Messaoudi** is a 23 year old Algerian woman born in Toronto, Ontario. She currently works in the mental health field, whilst completing her undergraduate degree at the University of Toronto, with the goal of becoming a social worker. She is primarily interested in creating accessible spaces for people with multiple marginalized identities within the mental health sector. Assia is also a poet; her poetry explores themes of domestic abuse, mental illness, and modern day romance. In her spare time, Assia enjoys cooking, writing, singing, photography and volunteering for causes near to her heart.



[Matthey McLaughlin](#) is a member of the Board of Directors of Kids Help Phone, and he is also Co-Chair of the organization's National Youth Council. He also sits on the national youth councils of ACCESS Open Minds and the Centre for Addiction and Mental Health. Matthew studies Urban Planning and Economics at McGill University and serves as Executive Director of the McGill Policy Association. One of his primary areas of interest is the relationship between public policy and mental health.

A student at McGill University, [Dalya](#) has been passionate about mental health advocacy and support throughout her studies, with particular interest in increasing awareness of and accessibility to mental health resources within the McGill community. She has helped to curate and design mental health conferences in Montreal, and has spent the past few years volunteering with the Peer Support Centre at McGill. She has received SafeTalk and ASIST certification for suicide first aid and has been appointed Mental Health Commissioner of the undergraduate student society at McGill.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

### **A3: Cannabis and Mental Health in Canada: Advancing Community-based Perspectives**

#### **Stream: Substance Use Disorders and Mental Health**

This interactive panel presentation will provide the current state of the evidence world-wide regarding cannabis and mental health and showcase two highly participatory community-based research forums designed to elicit lived-experience considerations for future research investments in cannabis and mental health.

#### **Learning Objectives:**

Participants will gain an increased understanding of:

- the current state of the evidence world-wide regarding cannabis and mental health
- where future research is needed to assess the potential harms associated with mental health/illness, and the potential benefits to mental health and wellbeing reported by people who have used cannabis
- the application of innovative and highly participatory community-based forums to support community engagement in research
- priority areas of focus for upcoming community-based research investments in cannabis and mental health, and how to create low-barrier processes to facilitate this work.

#### **Presenters:**

- Tracy Sarazin, Inuit Tapiriit Kanatami (ITK)
- Kira London-Nadeau, Canadian Students for Sensible Drug Policy (CSSDP)



- Rebecca Jesseman, Canadian Centre on Substance Use and Addiction (CCSA)
- Krista Benes, Mental Health Commission of Canada (MHCC)
- Rebecca Haines-Saah, University of Calgary

\*\*\*

#### **A4: National Guidelines for Substance Use Disorders among Older Canadians**

##### **Stream: Substance Use Disorders and Mental Health**

This proposed session will present the finalized Clinical Guidelines on Substance Use Disorders among older adults. The presentation and facilitated discussion will span issues across the continuum of care from evidence and findings on best practices for the prevention, screening, assessment and treatment of Substance Use Disorder among older adults.

##### **Learning Objectives:**

1. To review some of the key recommendations from the recently released CCSMH Guidelines for alcohol benzodiazepine, cannabis and opioid use disorders among older adults in Canada
2. To understand approaches for preventing, assessing and treating substance use disorders
3. To contribute ideas regarding the implementation of the Guidelines in their region

##### **Presenters:**

- Dr. Jonathan Bertram is a Focused Practice Addictions & Pain Medicine Physician
- Dr. Christopher Kitamura is a staff psychiatrist at Baycrest Health Sciences.
- Amanjot (Mona) Sidhu is currently a clinical scholar at McMaster University and practicing Geriatric Medicine at Hamilton Health Sciences
- Marilyn White-Campbell is recognized as a Canadian pioneer in the treatment of substance use issues in older adults. She is the provincial lead and co-chair of the Older Adult Substance Use Collaborative with Behavioral Supports Ontario.

\*\*\*

#### **A5: Supporting Mental Health Promotion & Prevention with Health Literacy**

##### **Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

Mental health and substance use (MHSU) literacy is important to mental health promotion and mental illness prevention; promoting MHSU literacy in children, youth and families is



key to preventing serious challenges from arising. This presentation will define MHSU literacy and provide guidance and insight for developing tools and skills.

#### Learning Objectives:

1. To understand health literacy and how it relates to MHSU promotion and prevention
2. To demonstrate how inter-agency collaboration can support MHSU literacy across the lifespan
3. To provide examples of the ways MHSU literacy can support many settings, including the home, schools and health care settings

#### Presenters:

- Aazadeh Madani, BC Mental Health & Substance Use Services
- Andrew Tugwell, BC Children's Hospital
- Michelle Horn, BC Children's Hospital

#### Bios:

**Aazadeh Madani** is a Senior Project Manager with BC Mental Health & Substance Use Services. Aazadeh leads provincial strategic specialized mental health and substance use initiatives across the province.

**Andrew Tugwell** is the Director of Health Promotion and Prevention with the Provincial Child Health program, BC Children's Hospital. Andrew's role is responsible for facilitating the development of and leading programs and services that promote the physical and mental health and wellbeing of children, youth and families.

**Michelle Horn** is a Program Manager in Health Literacy at BC Children's Hospital. Michelle manages a provincial resource centre for BC's children, youth, and families, as well as leads a number of initiatives to promote the mental health of BC families.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

### **A6: Up to Standard: Government of Canada Changing Culture**

#### Stream: Mental Health in the Workplace

The Standard has garnered interest and uptake across Canada and the globe. This presentation will highlight how the largest employer in Canada has put the Standard into action. The presentation will showcase specific case studies, highlight the role of union, and provide insight on using data to make informed decisions.



**Learning Objectives:**

1. To increase knowledge about effective initiatives, tools, resources and programs
2. To gain insights on how to engage and collaborate with unions, ensuring employee participation
3. To increase literacy around using data and business intelligence to inform actions.

**Moderator:** Sapna Mahajan, Treasury Board of Canada Secretariat

**Presenters:**

- Denis St. Jean, Public Service Alliance of Canada and Centre of Expertise on Mental Health
- Melanie Winzer, Canadian Space Agency

**Bios:**

**Sapna Mahajan** (moderator) – Sapna recently joined the Office of the Chief Human Resources Officer within the Treasury Board of Canada Secretariat as the Director and Employer Co-chair leading the Centre of Expertise on Mental Health in the Workplace.

**Denis St. Jean** – Denis is the National Health and Safety Officer with the Public Service Alliance of Canada and Co-chair of the Centre of Expertise on Mental Health.

**Melanie Winzer** – Melanie is the Executive Director of Programs and Integrated Planning and Head of Performance Measurement at the Canadian Space Agency. Melanie is also a speaker with the Federal Speakers Bureau on Healthy Workplaces.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

**A7: The Case for Mental Health Promotion in First Nations Schools****Stream: Working with Indigenous Peoples to Support Mental Health**

First Nations organizations and communities in partnership with academic researchers are bringing evidence to action so that children can lead “mino pimatisiwin” (the good life). This panel will present population-level mental health and school indicators for First Nations children and evaluation results of a school-based mental health promotion program. Discussion will include Indigenous and academic perspectives.

**Learning Objectives:**

1. To understand the role of research in addressing the TRC calls to action



2. To learn about the population-level outcomes of Manitoba First Nations Children based on health and education administrative data.
3. To learn about a participatory action project where a school-based mental health promotion intervention was evaluated in collaboration with First Nations communities and organizations, government funders and academic researchers.

#### Presenters:

- Mariette Chartier PhD, University of Manitoba
- Nora Murdock PhD, Manitoba First Nation Education Resource Centre
- Gary Munro, Cree Nation Tribal Health Centre
- Scott McCulloch MSc, University of Manitoba.

#### Bios:

**Mariette Chartier** PhD is a senior research scientist at the Manitoba Centre for Health Policy and Assistant Professor in Community Health Sciences at the University of Manitoba.

**Nora Murdock** PhD is director of Instructional Services at Manitoba First Nation Education Resource Centre.

**Scott McCulloch** MSc is a research coordinator of the PAX-Good Behaviour Game in First Nations communities project at the Manitoba Centre for Health Policy at the University of Manitoba.

\*\*\*

### A8: Board Leadership & Engagement: Fundamentals for Success

#### Stream: Embracing Diversity - Serving Diverse Communities

This session is *Governance 101*, giving a high level overview of the legal duties, roles and responsibilities of the nonprofit board, and expectations of individual board members. Conflict of interest and managing risk will be addressed, and effective board structures will be reviewed. Strategies for effective board meetings and approaches to board evaluation will be shared.

#### Learning Objectives:

1. Demonstrate a working knowledge of the roles and responsibilities of nonprofit boards
2. Avoid conflicts of interest and appropriately manage risk
3. Structure your board's work to leverage the board's value
4. Energize board meetings and evaluate effectiveness

**Presenter:** Sharilyn Hale, Watermark Philanthropic Counsel





**Bio:** As Founder and President of Watermark Philanthropic Counsel, Sharilyn helps social profit organizations deepen their governance performance. With a 20+ year career spanning the charitable sector, she is a noted governance expert as an advisor and trainer with [BoardSource](#), a [Chartered Director \(C.Dir\)](#) and member of the [Institute of Corporate Directors](#).

Steeped in leading governance theory, Sharilyn is also an experienced board director and community volunteer. She is Vice Chair and Chair of the Governance Committee at the [Toronto Public Library Foundation](#), and a leadership volunteer for the [Imagine Canada](#) accreditation program for charities in Canada. She was a Provincial Appointee to the [Ontario Trillium Foundation](#), which is Canada's largest grant-making foundation; and is Past Chair of [CFRE International](#), the global credential which sets the standard for effective and ethical fundraising.

Sharilyn is an author, speaker and educator. She holds a graduate degree in Philanthropy & Development and was instrumental in establishing Canada's first and only graduate program in Philanthropy & Nonprofit Leadership at Carleton University. A doctoral candidate, Sharilyn will soon complete her research on family philanthropy governance.



**Sessions B****Oral Presentations (60 mins)****2:30pm to 3:30pm****B1: Adapting the Collaborative Care Model for Diverse Populations****Stream: Embracing Diversity - Serving Diverse Communities**

Two projects are described that adapted the collaborative care model to meet the needs of two diverse communities. One project supports frail seniors with chronic illnesses and symptoms of depression or anxiety. The other project identifies and treats mental health issues in adolescents living with type 1 diabetes.

**Learning Objectives:**

1. To describe key elements of the collaborative care model
2. To understand the value and findings of collaborative care models that address the physical and mental health needs of adolescents with diabetes and of seniors with chronic illnesses
3. To discuss how learnings can be applied with diverse communities

**Presenters:**

- Dr. Ian Zenlea
- Dr. Richard Shulman
- Dr. Elizabeth Mansfield
- Dr. Judith Versloot, Phd
- Carly Ellis
- Sheryl Parks

**Organization:** Trillium Health Partners

**Bios:**

**Dr. Ian Zenlea**, MD, MPH, is a Paediatric Endocrinologist at Trillium Health Partners and a Clinician Scientist at the Institute for Better Health. He is an Assistant Clinical Professor, Department of Paediatrics, University of Toronto

**Dr. Richard Shulman**, MDCM, FRCPC, is the Geriatric Psychiatry Service Medical Director at Trillium Health Partners and Assistant Professor, University of Toronto.



[Dr. Elizabeth Mansfield](#), Phd. is a Scientist at the Institute for Better Health and an Assistant Professor, University of Toronto

[Dr. Judith Versloot](#), Phd, is an Assistant Scientist at the Institute for Better Health and a Research Lead for the Medical Psychiatry Alliance.

[Carly Ellis](#) is a Project Manager with Partnership Projects at Trillium Health Partners

[Sheryl Parks](#) is a Senior Project Manager and Clinical Team Leader with Partnership Project at Trillium Health Partners

\*\*\*

## **B2: Your Time to Lead! Action and Impact in the Workplace**

### **Stream: Mental Health in the Workplace**

Join CivicAction's Linda Weichel for a story-telling tour of workplaces taking action through its MindsMatter/SoutienBienÊtre program and a chat with Gowling WLG General Counsel Michael Herman on his own journey and return to work. Learn and be inspired by what your organization can do and what difference it can make.

#### **Learning Objectives:**

1. To learn what organizations are doing and what difference it's making, with practical examples to take back to their workplaces
2. To understand the perspective of an employee and their experience of an organization's policies and practices
3. To be inspired by these examples of leadership and motivated to act.

**Presenters:** Linda Weichel, CivicAction and Michael Herman, Gowling WLG.

#### **Bios:**

[Linda Weichel](#) is VP, Initiatives at CivicAction. She draws on her business and communications leadership and passion for city-building as she drives action across sectors to improve the Toronto region's economic, social, and environmental prosperity. Linda is leading CivicAction's MindsMatter/SoutienBienÊtre program that has seen 1000+ organizations take the MindsMatter assessment and that now have the actions they need to benefit the mental health of more than 2 million employees.

[Michael Herman](#) is general counsel and a partner in Gowling WLG's Toronto office and past co-leader of the firm's Corporate Finance, M&A and Private Equity Group.

\*\*\*



### **B3: Working in Isolation: Managing your own Well-being while Working Independently**

#### Stream: Mental Health in the Workplace

Working for yourself can be amazing, but it is not without challenges. Those of us who work on our own may find that no one is looking out for us. No one has our backs. No one is protecting our psychological safety. And in the relentless pursuit of making a living, we may neglect our own well-being. But it doesn't have to be that way. We learned from those who may have learned the hard way, but developed successful strategies for working on their own. Take this session to support your own ultimate success and well-being.

#### Learning Objectives:

At the end of this session, participants will be able to:

1. Identify strategies that have supported the success of independent workers
2. Create an action plan to better support your own mental, physical and professional well-being

**Presenters:** Mary Ann Baynton, Great West Life

#### Bios:

**Mary Ann Baynton** proudly serves as the Director of Strategy and Collaboration for Workplace Strategies for Mental Health which develops and provides free tools and resources for anyone who wishes to prevent, manage or improve psychological health and safety at work. She is passionate about eliminating unnecessary suffering and increasing unnecessary joy.

\*\*\*

*(this session will be simultaneously interpreted in FR)*

### **B4: Living Life to the Full First Nations Cultural Adaptation Project**

#### Stream: Working with Indigenous Peoples to Support Mental Health

Participants will experience Living Life to the Full, a CBT-based program developed in response to service gaps for people with stress and low mood. Presenters will share findings on the work with Yukon First Nations communities through an Adaptation Project. They will highlight challenges, successes and learnings of the project.

#### Learning Objectives:

1. To describe principles and practice of Living Life to the Full
2. To present the Cultural Adaptation project led by CMHA Yukon Division and findings



- To identify the opportunities and challenges in adapting the program when serving First Nations populations

**Presenters:** Tiffanie Tasane, CMHA Yukon Division, and Anne-Laure Combot, CMHA BC Division

**Bios:**

**Tiffanie Tasane** is the Executive Director of CMHA, Yukon Division. She visited the Yukon over 20 years ago and, like so many before her, was captivated by its spell and never left. Her previous professional experience includes family education and work with victims of violence.

**Anne-Laure Combot** is the Living Life to the Full National Manager and works at CMHA BC Division.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

**B5: Challenges in Spreading and Scaling Evidence Based Community Services**

**Stream: Understanding Mental Health and Mental Illness through a Scientific Lens**

The use of evidence in the delivery of community based mental health services has been a challenge for many years. The lack of focus on applied research, limited funding have prevented major barriers in scaling services such as ACT, Early Psychosis Treatment Teams, Housing First, Intensive Case Management, Integrated Tx.

**Learning Objectives:**

- To understand which community mental health services are evidence based
- To understand how funding of services is or isn't tied to evidence
- To review strategies to use data that is currently collected to inform investments

**Presenter:** Steve Lurie, CMHA Toronto

**Bio:** Steve Lurie C.M., has been working has been working in a leadership role at CMHA since 1975 and has been involved in a number of policy and community based research projects, including analysis of mental health funding, the first survey of community mental health and addiction programs conducted in Ontario, and the establishment of the common data set in Ontario. he chaired the Ontario Act data monitoring workgroup which produced annual reports on the outcomes Ontario Act teams were achieving. He was also the chair of MHCC Service Systems Advisory Committee and is an adjunct professor of health and mental health policy at the University of Toronto.



*(this session will be simultaneously interpreted into EN)*

**B6: (presented in FR) Université de Montréal's Mental Health Prevention Programs**

**Stream: Mentally Healthy Schools and Campuses**

Student mental health is one of the Université de Montréal's main institutional priorities. Following the submission of the institutional report on mental health in the university student community, the Centre de Santé et de Consultation Psychologique shaped its service offer to introduce prevention programs and reinforce the social fabric of compassion across campus. In this session, we will present efforts to generate interest in the university community about the importance of maintaining robust mental health and how everyone has a hand in creating an academic environment that fosters student well-being; we will present the sentinels program, the peer support program, Défi Soi and the campus-wide campaign "Ça va aller."

**Learning Objectives:**

1. Present the Centre de Santé et de Consultation Psychologique's strategies to develop programming that fosters good mental health among students.
2. Share the programs implemented with interested schools.

**Presenter:** Virginie Allard-Caméus, University of Montreal

**Bio:** Virginie Allard-Caméus has been the director of the Centre de Santé et de Consultation Psychologique for the past three years. Her mission is to implement a prevention strategy to ensure good student mental and physical health.

\*\*\*

*(this session will be simultaneously interpreted into EN)*

**B7: (presented in FR) Québec's Digital Strategy for Suicide Prevention**

**Stream: Embracing Diversity - Serving Diverse Communities**

The Association Québécoise de Prévention du Suicide is developing a strategy to use new online technology to inform, identify and intervene with suicidal individuals. The session presents the evidence-based participative approach used to develop the strategy, the major findings of preliminary efforts, and services and technology under development.

**Learning Objectives:** Participants will learn more about online prevention and intervention practices with suicidal individuals and their loved ones.

**Presenter:** Jérôme Gaudreault, Association québécoise de prévention du suicide



**Bio:** Jérôme Gaudreault is the managing director of the Association Québécoise de Prévention du Suicide. He has wide-ranging professional experience in health care, youth and employability. He has spent many years calling on players in Québec society to take action to prevent suicide.

\*\*\*

**B8: Leaders and Laggards: Which Jurisdictions in Canada Are Ahead - And Which Are Behind - in Ensuring Equal Access to Depression Medications that Work?**

**Stream:** Public health's role in mental health promotion, mental illness prevention and shaping mental health policies

On the heels of a soon to be released, ground-breaking report card that shines a bright spotlight on which provinces offer the most equitable access to depression medications and which lag sadly behind, a panel of experts discuss the study's findings with a view to improve equitable access. Among others, panelists include a senior research analyst, a well-known radio host and founder of a trending, national mental health movement, a provincial politician, a former provincial deputy minister, and a national coalition leader with lived experience.

**Learning Objectives:**

1. To shine a light upon the disparity of patient access to innovative depression medicines across Canada's provinces and territories
2. To underscore how a job lottery —namely, access to a privately-funded drug plan— should not determine a citizen's access to recovery from mental illness
3. To reveal to Canada's legislators and decision-makers that equitable access to depression medicine must become a national healthcare priority

**Presenters:**

- Alexandra Apavaloae, senior research analyst, Nanos Research (facilitator)
- Michael Landsberg, well-known radio host and founder of #sicknotweak
- Colin Andersen, former Ontario deputy minister of health
- Brianne Moore, co-chair Canadians for Equitable Access to Depression Medications and person with lived experience;
- Ontario MPP
- A general practitioner



**Sessions C****Paired Presentations (2 x 30 mins)****4:00pm to 5:00pm****C1: Paired Presentations - Mental Health Continuing Education****Stream: Mentally Healthy Schools and Campuses****C1-1: The Invisible Thread that Connects Us: Building Community Through Education**

Recovery Colleges are educational environments where students share their lived experiences and knowledge. When students come together and are invited to share their authentic perspectives and insight, connections will naturally develop and communities will grow. This presentation will explore how communities flourish from the common thread of recovery.

**Learning Objectives:**

1. To describe Recovery Colleges as a real life opportunities where students can meet others with shared experiences and connect.
2. To explore how colleges create opportunities for students to empower themselves to build their own communities that are meaningful and supportive.
3. To show testimony of student describing their experiences via video.

**Presenters:** Sheryl Giesbrecht, CMHA Manitoba and Winnipeg

**Bio:** Sheryl Giesbrecht has been with CMHA Manitoba and Winnipeg for 18 years, currently in the role of Manager of the Well-being Learning Centre. In addition to education focused on Disability Studies, Sheryl has been educated through lived experience. Because of peer support and the personal glimpse into mental health, recovery has become a daily practice and passion.

**C1-2: Embedding Mental Health Supports in an Adult Literacy Program**

Adult learning on Lombard a fulltime literacy program where adult students with trauma history, mental health, addictions and life challenges engage in educational and well-being programming. Collaborative partnership of teachers and mental health professional, work





with students to create a community that promotes mental health, learning and skill development that enrich their lives and enable them to flourish in community.

### Learning Objectives:

1. To describe mental health and wellness supports in academic learning settings
2. To demonstrate how a Wellbeing program can enrich a learning experience for students and empower teachers
3. To describe how the collaboration creates opportunities to approach student engagement in a holistic way and the impact it has on their sense of self and sense of worth

### Presenters:

- Candace Rea, River East Transcona School Division
- Ela Partyka, CMHA Manitoba and Winnipeg

### Bio(s):

**Candace Rea** - Director of Education with River East Transcona School Division. Worked for 13 years in government leading portfolios which include adult education, special education programming, school evaluation reviews and Indigenous education. Passionate about creating learning environments which inspire students and teachers. Active community board member for the City of Winnipeg Libraries and supporter of community-based literacy for all.

**Ela Partyka** – Manager in the Canadian Mental Health Association Manitoba and Winnipeg. Eighteen-year career in health and mental health both in direct service provision and leadership. Enthusiastic about process improvement and excellence in service delivery.

\*\*\*

## C2: Paired Presentations - Youth Advocacy

### Stream: Mentally Healthy Schools and Campuses

#### C2-1: The Benefits of Giving Young People More power

How giving young people with mental health more power at a governance level in an organisation can be incredibly beneficial.

### Learning Objectives:

1. To express the importance and value of giving young people a voice and say at all platforms of mental health.



2. To make sure everyone has an understanding of empowering people with their recovery.
3. Viewing current mental health matters through the eyes of young people.
- 4.

**Presenters:** Meghan Teviotdale, Vikki Versey and Chantel Keen, Norfolk and Suffolk NHS Foundation trust

**Bios:** Meghan, Vikki and Chantel have all been treated in the Norfolk and Suffolk NHS Foundation trust with mental ill health, however they have also grown alongside the trust, 3 vulnerable girls were given power to make a difference, now these 3 vulnerable girls are confident, head strong women, Youth governors, governance members and clinicians.

## C2-2: Youth Voice: The Mental Health Priorities of Young Advocates

Jack.org is a national youth mental health charity working with over 2800 young people. Recently, Jack.org asked its national network of young mental health advocates how adult decision makers could help them change systems to better promote their mental health. After listening, we would like to share their thoughts.

### Learning Objectives:

1. To share learnings around youth engagement and youth centric data collection
2. To learn tangible youth-based policy recommendations to promote mental health
3. To learn how young people's perspectives can inform policy and programs that affect their mental health

**Presenters:** Pratik Nair and Shayan Yazdanpanah, Jack.org

**Bios:** Pratik Nair is the Evaluation & Knowledge Translation Lead at Jack.org. In this capacity, Pratik conducts evaluations and produces deliverables (tools, reports, presentations) to inform and support Jack.org programs. His approach to this kind of work involves illuminating practice with theory and reimagining theory in light of practice. Pratik holds a Master of Public Health degree from the University of Toronto and has conducted evaluations on programs and policy for children's television, health services in Ontario municipalities, and harm reduction services in South America.

Shayan Yazdanpanah is a Programs Assistant and young leader at Jack.org. As the Programs Assistant, Shayan supports the programs team in the design, delivery, and evaluation of Jack.org's programs. Previous to working at Jack.org, Shayan volunteered as a Jack Talks speaker for 3 years delivering talks across southern Ontario. Shayan also acted as one of 12 Network Representatives for 2 years where he gave feedback across various Jack.org programs and initiatives. Shayan is currently in his 5th year of Aerospace Engineering at Ryerson University in Toronto. Although engineering isn't inherently linked to mental health advocacy, Shayan finds there are many design thinking opportunities when supporting young people in such revolutionary work.



### C3: Paired Presentations - E-Mental Health for Students

Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies

#### C3-1: Get A-Head Inc, a Novel E-Mental Health Solution for Supervision

Get A-Head is a conduit to mental health support and enhanced clinical practice. It is one of the only mental health platforms focusing on the experience of students, and the supervisor. It will disrupt the traditional way that supervision occurs, offering increased exposure to clients, greater feedback, and increased access.

#### Learning Objectives:

Participants will:

1. have exposure to a new method for counselling students to see patients and receive feedback from supervisors online
2. learn about the importance of relatability as it pertains to the therapeutic relationship
3. learn about leveraging Artificial Intelligence (AI) to analyze counselling conversations to identify distress signs

**Presenter:** Ahad Bandedy Association of Atlantic Universities

**Bio:** Ahad Bandedy is currently the Founder and CEO of Get A-Head Inc. Ahad received an M.Sc. in Exercise Science with a focus on behavioral psychology from the University of Toronto. His focus shifted from the theoretical while in PhD at University of Toronto to the practical, the company he now owns. He has a robust research background and is currently working on an MBA in Executive Leadership and Healthcare Technology from the Jack Welch Management Institute.

#### C3-2: HealthyMindsNS - An E-Mental Health Project

E-mental health technology integrated into the Stepped Care model provides more low-intensity, high-engagement interventions for those students experiencing mild to moderate distress. This presentation will review the creation, implementation, and results of an e-mental health suite of products across Nova Scotia, called HealthyMindsNS.

#### Learning Objectives:

Participants will learn:

1. how to use an evidence-base to choose e-mental health products for post-secondary institutions
2. implementation science, specifically lessons learned (set backs and big wins)



- the replication of the model, specifically, how this holistic Stepped Care and e-mental health approach can be replicated

**Presenter:** Dr. Elizabeth Cawley, Association of Atlantic Universities

**Bio:** Dr. Elizabeth Cawley is currently the Regional Mental Health Coordinator for the Association of Atlantic Universities (AAU). Dr. Cawley received her PhD in Psychiatry from McGill University. Her research focuses on help-seeking behaviour in post-secondary students and developing online strategies to increase early help-seeking via mental health literacy and self-assessment. Dr. Cawley has consulted at a number of top Canadian universities, assisting them with the development and implementation of their mental health strategies.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

#### **C4: Paired Presentations - Mental Health Surveillance**

**Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

##### **C4-1: Status of Mental Health in Ottawa: First Local Surveillance Report**

Ottawa Public Health produced the first local surveillance report to describe the mental health and well-being of Ottawa residents using the PHAC Positive Mental Health Surveillance Framework. Participants will learn about the report findings, implications for policy and programming, and how it can be replicated in regions across the Country.

##### **Learning Objectives:**

Participants will learn:

- how to conduct local mental health surveillance
- what mental health data is available at a local level
- what limitations and gaps exist when conducting population level mental health surveillance
- the opportunities to use the local data to influence policies and programs

**Presenter:** Benjamin Leikin, Ottawa Public Health

**Bio:** Benjamin is an accomplished and award winning leader in Mental Health and Suicide Prevention. Benjamin is actively involved across the Country, sitting on the Board of Directors for the Canadian Association for Suicide Prevention, Co-Chairing Suicide Prevention Ottawa, and Co-Chairing the Mental Health Promotion in Public Health Community of Practice.



## C4-2: The Positive Mental Health Indicator Framework: Ongoing Surveillance

The Positive Mental Health Surveillance Indicator Framework (PMHSIF) was developed by the Public Health Agency of Canada. This tool provides an overview of the state of mental health in Canada, while also capturing estimates of risk and protective factors for the national surveillance of positive mental health.

### Learning Objectives:

1. To provide a description of the Positive Mental Health Indicator Framework and data tool
2. To describe temporal trends and characteristics of positive mental health outcomes
3. To examine risks and protective factors associated with positive mental health outcomes

**Presenter:** Mélanie Varin, Public Health Agency of Canada

**Bio:** Mélanie Varin works as an epidemiologist on the Suicide and Positive Mental Health Surveillance team at the Public Health Agency of Canada. She is the lead on the Positive Mental Health Indicator Framework.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

## C5: Paired Presentations - Listening to Indigenous Voices

### Stream: Working with Indigenous Peoples to Support Mental Health

#### C5-1: Trauma Informed Practices While Working with Indigenous People

The Native Women's Association of Canada have created a resource that encompasses the best practices for service providers, so they can provide holistic & culturally safe trauma informed care while working with Indigenous peoples and members of the 2SLGBTQ+ community through a practical approach on intersectionality, harm & stigma reduction.

### Learning Objectives:

Delegates will better understand:

1. what a intersectional/holistic approach to trauma informed care
2. what harm reduction and stigma reduction looks like in practice while working with Indigenous populations.

**Presenter:** Torri Weapenicappo, Native Women's Association of Canada



**Bio:** Torri Weapenicappo is the knowledge translation coordinator for the health team of the Native Women's Association of Canada. Growing up in a secluded Northern reserve gives her the lived experience with a background in the social sciences and a current student of neuroscience and mental health.

### **C5-2: WHO AM I? Understanding the Indigenous Perspective to Mental Health**

The focus of the presentation will be on 'wise practices' that ONWA utilizes throughout Communities across the province. Areas of interest that will be discussed include: providing cultural competency through building awareness of the colonial history and subsequent impacts; the utilization of sacred items and medicines, as well as cultural teachings and land-based healing to ensure a wholistic traditional approach in prevention and recovery.

#### **Learning Objectives:**

Participants will learn:

1. to understand the subsequent impacts of colonization with regards to mental health and addictions within Indigenous communities
2. four sacred medicines, what they are used for and why
3. to identify four wise practices utilizing sacred cultural teachings for traditional approaches to healing.

**Presenter:** Tanis Thompson, Ontario Native Women's Association

**Bio:** Tanis Thompson currently works with the Ontario Native Women's Association (ONWA). Tanis brings with her a background in psychology, social work, training in trauma and suicide prevention, and over 10 years of experience servicing Indigenous populations within various communities across the province. Tanis's current focus at ONWA as the Mental Health Coordinator is geared towards building capacity of services and creating awareness regarding mental health and addictions. This is accomplished by providing knowledge to communities to build further understanding of the impacts of colonization amongst Indigenous peoples, and how these historical traumatic events have a noticeable effect on the health and mental wellbeing of Indigenous peoples. Her personality, positive attitude and passion for this issue is evident in her work, as she strives to remove prejudices', racism, and reducing stigma's by addressing mental health issues, addictions, family violence and suicides within communities across the province with a high need for expansion in services.

\*\*\*



*(this session will be bilingual - FR and EN - simultaneous interpretation will be available)*

## **C6: Paired Presentations - School-Based Mental Health Programs**

### **Stream: Mentally Healthy Schools and Campuses**

#### **C6-1: *(presented in FR)* HARDIS: an innovative program for preventing anxiety and other disorders**

Our presentation will cover the HARDIS Program, created to prevent anxiety disorders in high school. It has been introduced in a number of regions of Québec and has two components: universal prevention for all students and early intervention for more vulnerable students. We will present the evaluation results for the version of the program implemented in 2019-2020.

#### **Learning Objectives:**

Participants will learn:

1. the relevance of the program
2. the development process for the program
3. best collaborative practices in deploying the program
4. the results of the evaluation of the program

**Presenter:** Julie Lane, Université de Sherbrooke

#### **Bios:**

**Julie Lane**, professor in the Faculty of Education at Université de Sherbrooke and Director of the Centre RBC d'Expertise Universitaire en Santé Mentale for children, teens and young adults.

#### **C6-2: *(presented in EN)* But I'm Not a Counselor: Supporting and Referring Post-secondary Students**

This session seeks to address the lack of training on mental health that responds directly to the specific needs of post-secondary students within the post-secondary environment. This training is intended for non-clinical campus professionals looking to understand more about mental health and refer a student to relevant programs.



**Learning Objectives:**

Participants will learn:

1. to make use of the training tool and adapt it to fit the mental health education needs of their staff.
2. to distinguish the areas of greatest mental health training needs on their campus
3. to develop psycho-education workshops to meet those needs.

**Presenter:** Pearlyn Ng, Centre for Innovation in Campus Mental Health

**Bio:** Pearlyn Ng is the Research and Knowledge Exchange Coordinator at the Centre for Innovation in Campus Mental Health (CICMH) based at the Canadian Mental Health Association, Ontario Division. CICMH is a partnership project involving Colleges Ontario, the Council of Ontario Universities, the Ontario Undergraduate Student Alliance, the College Student Alliance and the Canadian Mental Health Association, Ontario Division. Pearlyn runs all the knowledge sharing activities at CICMH – such as hosting webinars and writing toolkits – to help Ontario’s colleges and universities enhance their capacity to support student mental health and well-being.

\*\*\*

(this session will be bilingual - FR and EN - simultaneous interpretation will be available)

### **C7: Paired Presentations - Employee Mental Health**

#### **Stream: Mental Health in the Workplace**

#### **C7-1: (presented in FR) The Positive Workplace Framework (PWF) initiative: reconnecting for collective well-being**

This workshop will present the Positive Workplace Framework that was implemented almost two years ago in eight schools in Eastern Ontario. An initial measurement of the Well-being and Resiliency Framework compared with 2019 results shows an increase in its eight dimensions. We will also share the concrete contributions of the PWF and conduct two awareness-raising activities.

**Learning Objectives:**

1. To identify basic concepts of well-being and resiliency, as defined by the PWF
2. To experiment with PWF resources and understand their use
3. To extract lessons from conclusive data from almost two years of experimentation in Eastern Ontario

**Presenter:** Marie Drolet, Centre psychosocial d'Ottawa





**Bios:** Marie Drolet TSI, Ph.D. in social work, is a project manager at Ottawa's Centre Psychosocial, a French-language mental health agency. A career social worker, she has taught and conducted research for over 20 years as a professor at the University of Ottawa's School of Social Work.

### **C7-2: (presented in EN) The Tallest Poppy: Solving the Silent Systemic Syndrome**

The Tallest Poppy study surveyed Canadian women and examined how their emotional and psychological well-being had been impacted by Tall Poppy Syndrome. The results are discouraging and a wake-up call for organizations and leaders across the country. This session examines The Tallest Poppy with lead researcher, Dr. Rumeet Billan.

#### **Learning Objectives:**

1. To build awareness and understanding of Tall Poppy Syndrome
2. To examine and analyze the data collected by over 1500 Canadian women in the workplace
3. To explore strategies to create an ecosystem where employees can thrive in the workplace

**Presenter:** Dr. Rumeet Billan, Viewpoint Leadership Inc.

**Bio:** Dr. Rumeet Billan is an award-winning, internationally recognized entrepreneur, learning architect, speaker, author and humanitarian. Her mission is to raise potential by designing experiences that build resilience. Dr. Billan is the President and CEO of Viewpoint Leadership and was twice named one of Canada's Top 100 Most Powerful Women. She completed her PhD at the University of Toronto and has designed and facilitated programs, courses, and training sessions across industries and sectors. She led the groundbreaking national research study on The Tall Poppy Syndrome which reveals the impact of the silent systemic syndrome on women in the workplace. Recently, she released her first bestselling book, *Who Do I Want To Become?*, designed for children and adults who are struggling with the question of what they want to be when they grow up. To learn more, please visit [www.rumeetbillan.com](http://www.rumeetbillan.com)

\*\*\*

### **C8: Strategic Board Recruitment & Development**

#### **Stream: Embracing Diversity - Serving Diverse Communities**

A whirlwind tour of the board-building cycle grounded in the board's responsibility to ensure it has the appropriate composition to achieve its strategic objectives. From director identification, cultivation and recruitment, to director orientation, education and involvement, this session will also look at the importance of diversity and inclusion at the board table. Building a robust board culture through evaluation, rotation and celebration will be explored.



**Learning Objectives:**

1. Articulate the need for and value of a governance committee
2. Effectively implement each step of the board-building cycle
3. Integrate commitment to diversity and inclusion in strategic board recruitment
4. Engage board directors in a way that sets them up for success

**Presenter:** Sharilyn Hale, Watermark Philanthropic Counsel

**Bio:** As Founder and President of Watermark Philanthropic Counsel, Sharilyn helps social profit organizations deepen their governance performance. With a 20+ year career spanning the charitable sector, she is a noted governance expert as an advisor and trainer with [BoardSource](#), a [Chartered Director \(C.Dir\)](#) and member of the [Institute of Corporate Directors](#).

Steeped in leading governance theory, Sharilyn is also an experienced board director and community volunteer. She is Vice Chair and Chair of the Governance Committee at the [Toronto Public Library Foundation](#), and a leadership volunteer for the [Imagine Canada](#) accreditation program for charities in Canada. She was a Provincial Appointee to the [Ontario Trillium Foundation](#), which is Canada's largest grant-making foundation; and is Past Chair of [CFRE International](#), the global credential which sets the standard for effective and ethical fundraising.

Sharilyn is an author, speaker and educator. She holds a graduate degree in Philanthropy & Development and was instrumental in establishing Canada's first and only graduate program in Philanthropy & Nonprofit Leadership at Carleton University. A doctoral candidate, Sharilyn will soon complete her research on family philanthropy governance.



## Day 2, September 24th, 2019

### Breakfast Sessions

#### Oral Presentations (45 mins)

8:30am to 9:15am

*(this session will be simultaneously interpreted into FR)*

#### **BR1: Newly Published Service Dog Prescriber Guidelines**

##### **Stream: Embracing Diversity - Serving Diverse Communities**

Service dogs are being requested more often for a variety of psychiatric illnesses. Two representatives from internationally accredited service dog schools will be present to educate and answer questions on the need for clear prescriber guidelines. They will also explain the skills of a service dog and the differences between.

#### **Learning Objectives:**

Participants will learn:

1. to understand the need for due diligence in the prescription of a service dog for psychiatric disabilities, particularly PTSD
2. the skills of a service dog and the benefits for PTSD patients
3. how to become a part of a solution to the epidemic of "fake service dogs" in our communities

**Presenters:** Thea Trussler, National Service Dogs, and Kristine Aanderson, Hope Heels Service Dogs

#### **Bios:**

**Kristine Aanderson** is a Registered Psychologist from Alberta. She is founder of Hope Heels Service Dogs and works closely with Assistance Dogs International members.

**Thea Trussler** is the client services coordinator for National Service Dogs in Ontario. She has developed a mental health strategy for the service dog industry.



*(this session will be simultaneously interpreted into FR)*

## BR2: Same Tree, Different Day

Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies

Do you think that a single tree can change your life? Mike Pach photographed a tree behind his home every day for a year. What started out as an exercise in creativity turned into an experience full of lessons about mindfulness, reaching goals and managing mental health.

### Learning Objectives:

Participants will learn:

1. how practicing mindfulness and creativity can shore up their mental health and can bring a greater sense of purpose to one's life
2. how to use a simple tracking tool to reach any goal they set for themselves

**Presenters:** Mike Pach, 3 Peaks Photography

**Bio:** Mike Pach is an internationally known, award-winning photographer and radio host from Colorado Springs, Colorado. Mike has been teaching photography classes since 2007. He has dealt with depression and anxiety since high school and feels he has endured these struggles so he can help others with the same issues.

\*\*\*

## BR3: Connecting the Circle

Stream: Working with Indigenous Peoples to Support Mental Health

For many Indigenous people there is a strong connection with a circle as it represents strength, heart beat, moon, sun and even the wind - to others a sharing of being one. Learn how one CMHA branch, through the generosity of a large community fundraiser, helped connect the circle by creating a drumming circle.

### Learning Objectives:

1. To understand the importance of drumming (therapeutic and cultural/spiritual perspective)
2. To expose people to the potential coping & healing strategies based on the teachings of cultural practices

**Presenters:** Shannon Patton, CMHA Regina Branch



**Bio:** Shannon Patton has a Bachelor of Social Work and Bachelor of Arts (psychology) degree. She possesses numerous certificates and is a facilitator in SafeTALK and the ASK program. She is a registered member of the Saskatchewan Association of Social Workers.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

## **BR4: Supporting Through Struggle: Learning How to have Supportive Conversations**

### **Stream: Mental Health in the Workplace**

Knowing how to support someone in struggle can feel overwhelming and complex. How we choose to respond can have a tremendous impact on whether the conversation continues. This workshop will focus on fostering key skills and practices to help you feel equipped to create safety and support in conversation with colleagues, employees, and peers.

#### **Learning Objectives:**

Participants will learn:

1. To highlight the importance of, and improve participant's practice of, self awareness and emotional intelligence to strengthen human connection
2. To foster skills that help us learn how to fully listen to others who may be in struggle using evidence-based tools such as active listening, non-judgement, empathy, and emotional validation

**Presenters:** Kim Sunderland and Hayley Peek

#### **Bios:**

Kim Sunderland has promoted workplace mental health and workplace peer support programs in organizations across Canada since 2010. As author of the MHCC Peer Support Guidelines, and the inaugural Executive Director of Peer Support Canada, she worked with workplace, clinical, and community organizations large and small.

Hayley Peek chose to use her lived experience with mental health to inspire her consulting career. She has Facilitated Peer Support Trainings, contributed to a panel of experts on the topic of Peer Support, and co-created a workplace interactive workshop that's focused on how to support someone in struggle.

\*\*\*



*(this session will be simultaneously interpreted into FR)*

## BR5: A YouTubers Guide to Social Media and Mental Health

### Stream: Mentally Healthy Schools and Campuses

Scott explains why social media is creating the loneliest generation and campuses in history. His experience working at Twitter and as a content creator on YouTube has revealed truths about how our time online has the power to influence behaviour and have a negative impact on campus mental health.

#### Learning Objectives:

Participants will learn:

1. why online awareness campaigns don't lead to action
2. how social media use changes behaviour and fuels loneliness
3. why campuses and residences need to focus more on in-person, community building activities

**Presenter:** Scott Ste Marie

**Organization:** Depression to Expression

**Bio:** Scott's journey into mental health advocacy started when he uploaded his very first YouTube video about his diagnoses of clinical depression and generalized anxiety disorder 6 years ago. His company, Depression to Expression, is now serving over 250,000 members online, reaching over 20 million people around the world. Offline, his presentations at schools and businesses challenge people to look beyond hashtags, awareness, and the main stream perspective of mental health.



**Sessions D****Panel Presentations (90 mins)****11:00am to 12:30pm**

*(this session will be simultaneously interpreted into FR)*

**D1: The Community Healing Project: Connecting Marginalized Communities Through Peer Support****Stream: Embracing Diversity - Serving Diverse Communities**

The Community Healing Project is an innovative initiative that supports youth violence prevention and community building by activating the capacity of youth within marginalized communities. This panel discussion will discuss the CHP model, our successes and challenges, and invite conversation between the audience and youth involved in facilitating the project.

**Learning Objectives:**

1. To describe and discuss an innovative, non-clinical, community-based, culturally relevant peer-to-peer mental health intervention.
2. To exemplify that once activated, capacity to strengthen, heal and contribute to positive mental health outcomes lies within communities.
3. To Compare and contrast the ways mental health is experienced in marginalized versus mainstream communities.

**Presenters:**

- Asante Haughton, Stella's Place
- Christina Alexiou, Stella's Place
- Zannalyn Robes, City of Toronto and Community Healing Project
- Jasmine Baker, Youth Peer Mentor Coordinator
- Jennille Seedial, Youth Peer Mentor Coordinator
- Abdul Nur, Youth Peer Mentor Coordinator
- Adjei Scott, Youth Peer Mentor Coordinator
- Arianna Vassell, Youth Peer Mentor Coordinator



**Bios:**

**Asante Haughton** is the Peer Development and Training Manager at Stella's Place. Asante is eternally optimistic and relentless in this vision. He seeks to provide hope and clarity to those he works with.

**Christina Alexiou** is the Community Healing Project Manager at Stella's Place. Christina is the community worker's community worker, always seeking new ways to build and connect communities to each other.

**Zannalyn Robest** is a Community Development Officer at the City of Toronto and Project Manager of the Community Healing Project. Zannalyn strongly believes that building mental health capacity is the key to creating sustainable and successful communities.

**Jasmine Baker** is a Youth Peer Mentor Coordinator. Curious and perceptive, Jasmine sees the strengths in others and is a relentless promoter of equity and inclusion.

**Jennille Seedial** is a Youth Peer Mentor Coordinator. Passionate that all voices deserve to be heard, Jennille believes strongly in social justice and the empowerment of all voices.

**Abdul Nur** is a Youth Peer Mentor Coordinator. Abdul has the uncanny ability of seeing all perspectives, supporting others to discover the commonalities that bring us all together.

**Adjei Scott** is a Youth Peer Mentor Coordinator. Adjei believes in the power of peace and love, exemplifying these values with the gentleness in which he connects with others.

\*\*\*

*(this session will be bilingual – FR and EN – simultaneous interpretation will be available)*

**D2: Workplace Mental Health: A National Discussion****Stream: Mental Health in the Workplace**

An organization's ability to address mental disorders rests on its ability to connect employees with appropriate treatment. Sun Life's Senior Mental Health Consultants will discuss Sun Life's mental health strategy aimed at improving access to treatment, coordination of care, and the importance of enhanced collaboration with health care professionals.

**Learning Objectives:**

1. To gain an appreciation of the importance of public & private collaboration
2. To identify existing gaps and potential solutions relative to mental health treatment
3. To gain an enhanced understanding of the important role the insurer plays in the coordination of care in responding to mental disorders





**Presenters:**

- Sam Mikail
- Valerie Legendre
- Carmen Bellows

**Organization:** Sun Life Financial

**Bios:**

Senior Consultants, Mental Health, provide coaching and training to improve case management skills related to mental illness. They support Sun Life clients with workplace mental health directly affecting the quality of support for claimants coping with mental illness, which in turn has a positive influence workplace mental health.

**Carmen Bellow** is a Registered Psychologist with a Master of Arts degree in Counseling Psychology. Carmen's extensive experience includes community and workplace mental health, working with survivors of torture and newly arrived refugees, critical incident response, large employee and family assistance programs, outpatient psychiatry departments and private practice.

**Valerie Legendre** is a psychologist with a Master's degree. She has completed doctoral studies in Psychology and postgraduate training in insurance and forensic medicine. She has been a consulting psychologist at Direction de l'indemnisation des victimes d'actes criminels, as well as a clinical psychologist in private practice for EAP programs.

**Dr. Sam Mikail** is a registered psychologist. His work focuses on mental health, health psychology, and rehabilitation. He maintains a part-time practice, is an Adjunct Faculty member at the University of Waterloo, is Board Certified in clinical psychology with the American Board of Professional Psychology and is currently President of the Canadian Psychological Association.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

**D3: Your Voice Matters: The Standard on Post-Secondary Student Mental Health****Stream: Mentally Healthy Schools and Campuses**

The Mental Health Commission of Canada is working collaboratively with the CSA Group to develop a Standard on Psychological Health and Safety for Post-Secondary Students. This session will showcase the new draft of the Post-Secondary Student Standard.



### Learning Objectives:

1. Learn about the development and importance of the Standard on Psychological Health and Safety for Post-Secondary Students
2. Engage in a discussion about the content of the Standard
3. Get the inside scoop on how you can actively participate in the public review of the draft of the Standard

### Presenters:

- Ed Mantler, Mental Health Commission of Canada
- Sandra Koppert, Mental Health Commission of Canada
- Dr. Elizabeth Cawley, Association of Atlantic Universities (AAU), CSA Technical Committee Member
- Donovan Taplin, Ryerson University Graduate Student, Vice-Chair of the CSA Technical Committee

### Bios:

**Ed Mantler**, a highly motivated visionary and an expert at building partnerships, fostering stakeholder engagement and aligning strategic objectives, Ed has led innovation and improvement in both health care and mental health for over two decades.

As Vice President of Programs & Priorities at the Mental Health Commission of Canada, Ed is dedicated to promoting mental health in Canada, and changing the attitudes of Canadians toward mental health problems and illnesses. By collaborating with stakeholders to improve access to effective, high quality mental health services and supports, he leads the way to change nationally and internationally. Ed leads efforts to advance the Mental Health Strategy for Canada and pays particular attention to reducing stigmas and increasing mental resiliency through innovative measures like Mental Health First Aid, The Working Mind/The Inquiring Mind, workplace mental health, student mental health, suicide prevention, and research into the impacts of cannabis on the mental health of Canadians.

Ed is accustomed to wearing many different hats. As Surveyor with Accreditation Canada, he contributes to quality and safety in healthcare across Canada and internationally. Ed is a Registered Psychiatric Nurse, holds a Master of Science Administration, and is a Certified Health Executive.

**Sandra Koppert**, Director, Programs and Priorities at the Mental Health Commission of Canada, oversees MHCC's leadership in the development and promotion of the forthcoming National Standard of Psychological Health and Safety for Post-Secondary Students. Some of Sandra's previous work at the MHCC includes leadership of the national By Health for Health Collaborative of health leaders to advance workplace mental health in healthcare settings.



**Dr. Elizabeth Cawley** is currently the Regional Mental Health Coordinator for the Association of Atlantic Universities (AAU). Dr. Cawley received her PhD in Psychiatry from McGill University. Her research focuses on help-seeking behaviour in post-secondary students and developing online strategies to increase early help-seeking via mental health literacy and self-assessment. Dr. Cawley has consulted at a number of top Canadian universities, assisting them with the development and implementation of their mental health strategies.

**Donovan Taplin** is from Bell Island Newfoundland and Labrador where they served for four years as a small-town Deputy Mayor and Councillor and also represented the province's youth on the Prime Minister's Youth Council. Donovan is completing a Master of Professional Communication degree at Ryerson University and is currently Vice-Chair of the committee developing Canada's National Standard for the Psychological Health and Safety of Post-Secondary Students. Donovan is also an ambassador for the 2019 "Faces of Mental Illness Campaign" with CAMIMH and helps lead health communication and knowledge translation projects for Health and Wellness at the University of Toronto.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

#### **D4: Promoting Life Together Collaborative: Life Promotion, Partnership Building and Engagement**

##### **Stream: Working with Indigenous Peoples to Support Mental Health**

Beginning with ceremony, this workshop will discuss elements of relationship building and partnerships between mainstream health organizations and Indigenous organizations/communities working together on life promotion and community wellness initiatives. Using the 'Promoting Life Together' collaborative, this workshop will demonstrate how partnerships support the work of teams and the collaborative overall to put reconciliation into action.

##### **Learning Objectives:**

1. To discuss elements of relationship building and partnerships between mainstream health organizations and Indigenous organizations/communities working together on life promotion and community wellness initiatives
2. To explore understanding and application of wise practices for life promotion, Indigenous mental wellness frameworks, and culturally safe practices.

##### **Presenters:**

- Carol Hopkins, Thunderbird Partnership Foundation
- Brenda Restoule, First People's Wellness Circle
- Carol Fancott, Canadian Foundation for Healthcare Improvement



- Despina Papadopoulos, Canadian Foundation for Healthcare Improvement

**Bios:**

**Carol Fancott** is Director, Patient and Citizen Engagement and Northern and Indigenous Health at the Canadian Foundation for Healthcare Improvement. Processes for meaningful engagement and development of respectful relationships is core to the work at CFHI. She is co-chair of the Promoting Life Together Guidance Group at CFHI.

**Carol Hopkins** is the Executive Director of the Thunderbird Partnership Foundation. She has spent more than 20 years in the field of First Nations addictions and mental health.

**Dr. Brenda M Restoule** (Waub Zhe Kwens) is from Dokis First Nation (Ojibwa) and from the Eagle Clan. She is a registered clinical psychologist who received her undergraduate training from The University of Western Ontario and her graduate training from Queen's University. Dr. Restoule is the chair of the First Peoples Wellness Circle which is an Indigenous led national organization on Indigenous mental wellness. The bulk of Dr. Restoule's practice is providing direct clinical services and consultation to First Nation peoples, communities in Anishinabek territory and past work with the Skhkagamik-Kwe Health Centre. She also acts as a consultant to government in the area of Indigenous mental health, addictions, and mental wellness including acting as co-chair with the Thunderbird Partnership Foundation, the Assembly of First Nations and First Nation and Inuit Health Branch on the development and implementation of the First Nation Mental Wellness Continuum Framework. She is an invited trainer and speaker to regional, national and international events and has authored book chapters and training manuals pertaining to Indigenous mental health and wellness. Some of Dr. Restoule's past work experience includes Prison for Women and the Royal Commission on Aboriginal Peoples. She has particular interest in cultural safety, Indigenous community development and capacity building, and reducing suicide rates in First Nation communities using Indigenous knowledge and practices.

\*\*\*

**D5: Stigma Reduction through Community Engagement and Education Activities****Stream: Mentally Healthy Schools and Campuses**

Panelists living well with SUD will discuss opportunities to integrate individuals impacted by addiction into the broader community through peer support initiatives and community engagement projects. Participants will learn how to counteract the stigma and discrimination that contribute to the alienation of people living in or seeking recovery.



**Learning Objectives:**

Participants will learn:

1. what non-stigmatized partnership between professionals and people with lived experience look like
2. how to reduce the stigma and discrimination that contribute to social exclusion of people living in/seeking recovery
3. how to implement sustainable community engagement initiatives for people affected by addiction
4. how to raise awareness about stigma and recovery

**Moderator:** Gord Garner, CAPSA

**Presenters:**

- Lisha Di Giacchino, Community Addiction Peer Support Association
- Tim Simboli, CMHA Ottawa

**Bios:**

**Gord Garner** is the Executive Director of CAPSA working locally, nationally and internationally on reducing stigma and building systems of care, free from stigma and discrimination. Whether he is presenting at the United Nations Commission on Drugs, the Issues of Substance Conference or facilitating a local peer support group, compassion is the focus of his presentations.

**Lisha Di Giacchino** has lived experience with early childhood trauma and SUD. She holds a master's degree and conducts research focused on the prevention of adverse childhood events, SUDs, and prenatal drug exposures. Lisha is a Board member of the Community Addiction Peer Support Association.

\*\*\*

**D6: Towards Recovery: Inter-sectoral Plan to Advance Mental Well-being in NL****Stream: Understanding Mental Health and Mental Illness through a Scientific Lens**

This Panel will provide an overview of NL's significant investment in an ambitious plan to reform coordination of health care spending to better address diverse mental health needs and reduce disparity in access to recovery-focused, person-centered, and culturally-appropriate mental health care across the province.

**Learning Objectives:**

1. To gain knowledge of NL's system-wide action plan and investment to address significant health disparities in NL



2. To understand the value of inter-sectoral collaboration (community partners, lived experience, providers) in health care reform
3. To share lessons learned in implementation of NL's approach to provincial service redesign to inform best practices across Canada

#### Presenters:

- Niki Legge, Director of Mental Health and Addictions, Government of Newfoundland and Labrador
- Greg Radu, Associate Professor of Psychiatry, Family Medicine and University Counselling Centre
- Lisa Browne, CEO Stella's Circle, community support organization for adult
- Paula Corcoran-Jacobs, Provincial Executive Director CHANNAL, mental health peer support organization

\*\*\*

### D7: Meet the National Council of Persons with Lived Experience (NCPLE)

#### Stream: Substance Use Disorders and Mental Health

The National Council of Persons with Lived Experience will discuss the history of our council; the creation of the A New Model for \*PWLE Engagement and how this movement can be leveraged to increase involvement of persons with lived experience. We will end with an open discussion on creative ways to increase engagement.

#### Learning Objectives:

1. To increase visibility of persons with lived experience and the important role they play within the CMHA.
2. To increase national and provincial awareness of the NCPLE throughout CMHA and the importance of the new model for engagement
3. To encourage open discussions concerning best practices for including voices of persons with lived experience within organizations

#### Presenters:

- Margaret Rugg
- Leora Simon
- Mark K. Wade
- Glenn Roil
- Juanna Ricketts

#### Bios:

**Margaret Rugg** is currently attending the University of Manitoba completing her master's in Public Policy and Public Administration. She hopes to take her education into the field of mental health policy and/or the criminal justice system. Her personal experiences with



mental health issues have shaped her passion to improve the conditions in Canada. / Ken Reddig tried to heal himself from the sexual abuse he experienced at a young age. When he was 60 years old, and had survived numerous suicide attempts, he landed in a mental hospital. After two stays, he began to repair his life and work on a program of Recovery. Ken continues to tell his story to help others who have had similar experiences.

**Leora Simon** is the Quebec representative of the NCPLE. She has completed her Masters in Experimental Medicine at McGill and is currently working in research administration in the McGill Department Epidemiology and Biostatistics. She is a part of various initiatives to increase patient engagement within the healthcare system. Her personal struggles with mental health and experience in treatment fueled her passion to become involved in improving care.

**Mark K. Wade** serves as a critical care RN in Alberta. Mark is a passionate advocate for trauma informed care as well as harm reduction from a clinical, academic and educational viewpoint. He believes harm reduction and trauma informed care to be fundamental tenants in improving the practice of health care.

**Glenn Roil** is the NCPLE NL representative, a Mental Health Advocate, especially for PTSD and anxiety, serves as a Public Face for an anti-stigma campaign, and believes in the importance of connecting good nutritious food and beverages to assist with mental health wellness. He also sits on a number of boards and committees for changes in mental health policy and legislation in the community and with governments in NL and Canada.

**Juanna Ricketts** had a meltdown in 2014, which left her incapable of taking care of herself emotionally, physically, and financially. Juanna suffers from clinical depression and high anxiety. Juanna joined the CMHA Halifax/Dartmouth Branch as a club member and approximately two years ago she joined the board as a member at large and does various speaking engagements throughout Nova Scotia

\*\*\*

## **D8: The Board/Staff Partnership: Sharing Leadership and Getting Results**

### **Stream: Embracing Diversity - Serving Diverse Communities**

In the context of the board's main roles and responsibilities, this session will focus on the critical relationship between the board and the chief staff person. Characteristics of effective board/staff partnership will be explored, and common sources of conflict will be identified with strategies for how to avoid them. With a focus on building trust and shared understanding, we will explore the times when a board must take the lead, where the chief staff person may take the lead and times when they move forward in shared leadership.



**Learning Objectives:**

1. To identify the distinct roles of the board and of the chief staff person and the factors that influence their relationship
2. To cultivate an effective board/staff partnership and avoid common conflicts with clear and realistic expectations
3. To build a strong foundation for positive organizational culture with capacity for open and honest communication

**Presenter:** Sharilyn Hale, Watermark Philanthropic Counsel

**Bio:** As Founder and President of Watermark Philanthropic Counsel, Sharilyn helps social profit organizations deepen their governance performance. With a 20+ year career spanning the charitable sector, she is a noted governance expert as an advisor and trainer with [BoardSource](#), a [Chartered Director \(C.Dir\)](#) and member of the [Institute of Corporate Directors](#).

Steeped in leading governance theory, Sharilyn is also an experienced board director and community volunteer. She is Vice Chair and Chair of the Governance Committee at the [Toronto Public Library Foundation](#), and a leadership volunteer for the [Imagine Canada](#) accreditation program for charities in Canada. She was a Provincial Appointee to the [Ontario Trillium Foundation](#), which is Canada's largest grant-making foundation; and is Past Chair of [CFRE International](#), the global credential which sets the standard for effective and ethical fundraising.

Sharilyn is an author, speaker and educator. She holds a graduate degree in Philanthropy & Development and was instrumental in establishing Canada's first and only graduate program in Philanthropy & Nonprofit Leadership at Carleton University. A doctoral candidate, Sharilyn will soon complete her research on family philanthropy governance.





**Sessions E****Oral Presentations (60 mins)****2:30pm to 3:30pm****E1: Co-Design and Peer Support Training: Lessons Learned in Creating Responsive Peer Support Training Programs****Stream: Embracing Diversity - Serving Diverse Communities**

This presentation provides attendees with an opportunity to gain insight into Stella's Place's unique approach to Peer Support Training development & implementation through the Community Healing Project. Presenters will review the way that Stella's Place utilizes co-design as a means of delivering effective peer support training to help create culturally responsive peer supporters.

**Learning Objectives:**

Participants will learn:

1. the best practices and benefits of involving co-design in peer support training program development
2. the means of ensuring the adaptability of peer support training into various contexts within the community
3. the value of developing training that will capitalize on individuals' unique perspectives and create culturally responsive peer support services

**Presenters:** Asante Haughton and Allison Dunning, Stella's Place

**Bios:**

**Asante Haughton** is the Peer Support Training Manager at Stella's Place and a spokesperson and leader within the mental health community. Asante's passion for social change, equality and mental health resonate in all of his endeavours.

**Allison Dunning** is the Peer Initiatives Manager at Stella's Place. As a certified Peer Supporter with Peer Support Canada, Allison has had numerous opportunities to facilitate the development and implementation of various peer support programs across the city.

\*\*\*



*(this session will be simultaneously interpreted into FR)*

## **E2: #Txtng for Mental Health: Launching Canada's First National Texting Service**

### **Stream: Mentally Healthy Schools and Campuses**

This session will explore the challenges, merits and efficacy of virtual mental health supports by focusing on launching and running Canada's only national 24/7 texting line for youth, utilizing Artificial Intelligence and a 'workforce' of volunteers providing accessible support without significant wait times, downloading an app or using cellphone data.

#### **Learning Objectives:**

1. To determine the challenges, merits and limitations of implementing e-health services for youth populations
2. To understand the efficacy/evaluation of a fully implemented e-mental health solution for youth
3. To discuss the use of AI to improve service delivery
4. To review usage data to understand the audiences' digital health solutions are attracting and where more work

**Presenter:** Alisa Simon, Kid's Help Phone

**Bio:** Alisa Simon brings more than 20 years of leadership experience in healthcare access and support services to her role as Vice President, Service Innovation & Chief Youth Officer at Kids Help Phone. As a champion of innovation, Alisa is integral to the organization's development of virtual health solutions for youth.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

## **E3: Cannabis Induced Psychosis Management Strategies**

### **Stream: Substance Use Disorders and Mental Health**

The Canadian Consortium for Early Intervention in Psychosis will be showcasing clinical tools and resources for the management of cannabis induced psychosis and problematic cannabis use. Join us for a discussion around differentiating cannabis induced psychosis, appropriate treatment strategies and effective patient counseling.

#### **Learning Objectives:**

Participants will learn to:

1. make a differential diagnosis of cannabis induced psychosis
2. apply treatment strategies specific to cannabis induced psychosis



3. counsel patients on the mental health risk associated with problematic cannabis use

**Presenter:** Dr. Phil Tibbo, Canadian Consortium for Early Intervention in Psychosis

**Bio:** Dr. Phil Tibbo is the President of the Canadian Consortium for Early Intervention in Psychosis, a not for profit organization focused on improving standards of care for early intervention services. Dr. Tibbo also hold the Paul Janssen Chair in Psychotic Disorders at Dalhousie University. He is the Director of the Nova Scotia Early Psychosis Program in Halifax, Nova Scotia.

\*\*\*

#### **E4: Advances in Psychiatry: Targeting Glutamate in Major Depressive Disorder**

**Stream: Understanding Mental Health and Mental Illness through a Scientific Lens**

After no new advancements in the treatment of depression for over 30 years, there is burgeoning scientific discovery targeting new pathways in the brain. We will provide overview of the latest and future advancements in the treatment of depression with a focus on a novel neurobiological brain pathway – glutamate.

#### **Learning Objectives:**

1. To provide an overview of the glutamate neurotransmitter system in the brain
2. To describe clinical outcomes of new emerging therapies in MDD
3. To present and future directions for strategies targeting the glutamatergic system

**Presenter:** Dr. Ruth Baruch, Michael Garron Hospital (East York General)

**Bio:** Dr. Baruch is Medical Director, Community Service, Department of Psychiatry, Michael Garron Hospital, and teaches at the University of Toronto Medical School. She also maintains an active private practice. She received her medical degree from the University of Manitoba and completed an internship and residency at the University of Toronto.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

#### **E5: “Do I want to live like this?” A not-for-profit’s journey in researching Major Depressive Disorder.**

**Stream: Understanding Mental Health and Mental Illness through a Scientific Lens**

This presentation focuses on major depressive disorder; specifically, those whose depression is unresolved after the use of two or more antidepressant agents. This project contributes to a greater understanding of individuals living with unresolved depression,



while also providing recommendations on research efforts and practices for a province-wide study.

### Learning Objectives:

1. To understand the "Quiet Epidemic" - how major depressive disorder impacts the lives of those living with it and their caregivers
2. To make recommendations for a better systems approach
3. To implement a provincial or national research project and the factors that impact its success

**Presenters:** David Grauwiler and Kolbi Kukurba, CMHA, Alberta Division

### Bios:

**David Grauwiler** is the Executive Director of the Canadian Mental Health Association, Alberta Division. He is a key leader in the promotion of mental health in Alberta and a catalyst for connection between CMHA, the provincial government, non-government organizations and agencies. David is a proud Albertan, living in Edmonton, and enjoys his family, friends and dog. He believes mental health is like a level table: when mental illness tips the table, organizations like CMHA are there to help get things level again.

**Kolbi Kukurba** is the Project Manager for the Canadian Mental Health Association, Alberta Division. Working on a variety of mental health and illness-related projects, she is passionate about understanding the impacts of mental health on a global scale. Living in Spruce Grove, Alberta, Kolbi enjoys hiking in the mountains with her two rescue-mutts and advocating for better mental health outcomes in Alberta.

\*\*\*

## E6: Mental Wellness 30L: An Innovative Online Mental Health Curriculum

### Stream: Mentally Healthy Schools and Campuses

Mental Wellness 30L is an innovative Saskatchewan Ministry of Education approved education program that is helping students (15-22 years in age) understand different aspects of mental health challenges, mental illness, and develop growth mindset through a personalized mental wellness plan. Students are gaining a high school credit, empowerment to seek health care resources available to them, and engaging in interventions to promote overall wellbeing. Mental Wellness 30L is unique because the course is co-designed by adolescents who have lived experience with mental illness.



**Learning Objectives:**

1. To understand online delivery can reach students that have difficulty attending a traditional school due to mental illness, gangs, stigma, social isolation, marginalization, lack of perceived need for treatment, and personal challenges.
2. To share preventative measures such as Mental Wellness 30L leads to potential effects of improving education outcomes and improving quality of life.

**Presenters:**

- Elaina Guilmette, Sun West School Division
- Rebecca Rackow, CMHA Saskatchewan Division
- Chris Baudry, Sunwest School Division
- Alexis Epp, Sunwest School Division
- Ruby Powder, Sunwest School Division

**Bios:**

**Elaina Guilmette**, PhD candidate at the University of Saskatchewan and online teacher and course developer at the Sun West Distance Learning Center. Co-writer of the Mental Wellness 30L curriculum and developer of the online Mental Wellness 30L program.

**Rebecca Racko**, BA (Hons.), BSW and RSW. Director of Advocacy, Research, and Public Policy Development for the Canadian Mental Health Association (Sask. Div)

\*\*\*

(this session will be simultaneously interpreted into EN)

**E7: (presented in FR) The Refer-O-Scope: The Ideal Tool to Observe and Take Action Before Psychosis Strikes**

**Stream: Working with Indigenous Peoples to Support Mental Health**

The Refer-O-Scope is a screening tool that helps better understand initial symptoms of schizophrenia and related psychoses to more effectively take action. This bilingual tool is designed for young people and their loved ones. It enables early intervention and avoids social exclusion, because schizophrenia often strikes at the end of adolescence or the beginning of adulthood.

**Learning Objectives:**

1. To become familiar with the Refer-O-Scope
2. To develop a better understanding of the beginnings of psychosis and risk factors



3. To understand the importance of raising awareness and better equipping responders and students to counter prejudices about psychosis and promote early intervention

**Presenter:** Alice Charasse, Société Québécoise de la Schizophrénie et des psychoses apparentées

**Bio:** Alice Charasse has been the executive director of the SQS since August 2018. Formerly executive director of the Réseau Alternatif et Communautaire des Organismes en Santé Mentale (RACOR) de l'Île de Montréal, an umbrella group for 90 mental health organizations, Alice Charasse holds bachelor's and master's degrees in law, with a specialization in criminal law and criminology.

\*\*\*

### **E8: Peer Support Canada – National Consultation on Lived Experience – Your Voice Matters**

#### **Stream: Embracing Diversity - Serving Diverse Communities**

We invite you to explore current needs and identify future directions for Peer Support Canada, a national non-profit organization co-founded by peer support leaders coast to coast, providing mentorship and peer support certification. This knowledge discussion will be hosted by Certified Peer Supporters in a Communication Café format which consists of participants engaging in small group conversations sharing diverse perspectives on specific questions.

#### **Learning Objectives:**

1. Gain a broader understanding of Peer Support Canada
2. Discover current peer support needs nationally
3. Share the results of this consultation to explore national capacity building for Peer Support Canada

#### **Presenters:**

- Keely Phillips, CMHA Waterloo Wellington
- Sheryl Giesbrecht, CMHA Manitoba and Winnipeg
- Janelle Cancade-White, Heartsway Counselling
- Kristine Quaid, Thunder Bay Regional Health Sciences Centre
- Debbie Wiebe, CMHA Calgary Region



**Sessions F****Paired Presentations (2 x 30 mins)****4:00pm to 5:00pm****F1: Paired Presentations - Culturally Adapted CBT****Stream: Embracing Diversity - Serving Diverse Communities****F1-1: BounceBack Ontario: Championing Cultural Competency Through Evidence-based CBT Coaching**

CMHA's BounceBack Ontario team seeks to share their experience and learnings in coordinating a free, fast access, and culturally-competent CBT skill-building program for Ontario residents with anxiety and depression. We will explore the reasoning for providing a culturally-competent service as well as best practices and lessons learned in implementing cultural-competency for recruitment and team building, training up staff and service delivery.

**Learning Objectives:**

Participants will learn:

1. How the BounceBack program works
2. Why cultural competency is important for providing effective and appropriate mental health services like BounceBack
3. Best practices and lessons learned from BounceBack in embedding and developing cultural competency throughout recruitment and team building, staff training, and service delivery to make the program more accessible and inclusive to diverse groups.

**Presenters:**

- Ashley Hogue, CMHA-York and South Simcoe
- Hannah Matthews, CMHA Ontario

**Bios:** Ashley Hogue is the Director of Service for the BounceBack Ontario program at CMHA-York and South Simcoe with the responsibility for the operational expansion and implementation across the province. Previously, Ashley was the Senior Planner at the Central LHIN where she led mental health and addictions and specialized geriatric services planning and the implementation of the Ontario Comprehensive Mental Health and Addictions Strategy.



**Hannah Matthews** is a bilingual Stakeholder Engagement Coordinator for the BounceBack program with CMHA Ontario. Her role includes facilitating education and awareness on BounceBack throughout the province with diverse stakeholders including primary care providers, health organizations, and consumers.

### **F1-2: Improving the Effectiveness of Cognitive Therapy across Cultures: An Evidence Based Approach**

Cognitive Behaviour Therapy (CBT) has a strong evidence base and currently, low-intensity CBT programs are being implemented in Canada. There is also evidence that in order to be effective CBT needs to be adapted for the particular needs of the radicalized population. Our international group has used various methods to adapt CBT for clients from various backgrounds including African, Caribbean, Bangladeshi, Middle Eastern, Pakistanis, and Chinese. This talk will focus on methods used and the lessons learned from these studies, best practices, and point to the gaps and opportunities in this area as well as our ongoing work in Canada in this area.

#### **Learning Objectives:**

Participants will learn to:

1. recognize and understand the need to culturally adapt CBT especially in ethnic minority communities
2. identify necessary steps to culturally adapt CBT
3. identify cultural assumptions underlying CBT and their implications

**Presenter:** Farooq Naeem, University of Toronto and CAMH

**Bio:** Dr. Farooq Naeem is a Professor of Psychiatry at the University of Toronto and Psychiatrist at the CAMH. He has pioneered techniques for culturally adapting CBT. These techniques have been used in many countries across the globe. He has published more than 170 papers in peer-reviewed journals.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

### **F2: Paired Presentations - Workplace Accommodation for Mental Health**

**Stream: Mental Health in the Workplace**

#### **F2-1: Challenges Accommodating Mental Health Conditions: What Workplace Parties Are Saying**

Employers increasingly are asked to accommodate workers with mental health conditions. This can be challenging considering the intermittent and invisible nature of many mental





health conditions. This study highlights ways disability support processes can be enhanced, including ways to foster communication while protecting privacy and improving assessment of job needs.

#### Learning Objectives:

1. To better understand the challenges facing workplace parties (e.g., disability managers, supervisors, union representatives) in providing support while protecting the privacy of individuals with mental health conditions
2. To consider ways to improve work sustainability for individuals living with mental health conditions

**Presenter:** Monique A.M. Gignac, Institute for Work & Health

**Bio:** Monique Gignac is Associate Scientific Director and a Senior Scientist at the Institute for Work and Health and a Professor at the Dalla Lana School of Public Health at the University of Toronto. Her research expertise is in the areas of health and social psychology.

#### **F2-2: Negotiating Workplace Accommodations for Employees with Mental Illness: An Evolving, Interactive Process**

The purpose of this research was to explore the process of negotiating workplace accommodations for people with mental illness. It draws on interviews with employees, managers, human resource professionals, and disability management professionals. The findings highlight that the process of negotiating accommodations is a non-linear, social and political process that is shaped by human and social capital.

#### Learning Objectives:

1. To explore the interactive process by which workplace accommodations are negotiated for people with mental illness
2. To examine the concept of social capital and its impact on negotiating and implementing workplace accommodations
3. To identify recommendations to improve work disability practices for employees with mental illness

**Presenters:** Rebecca Gewurtz and Sabrina Hossain, School of Rehabilitation Science, McMaster University

**Bios:** [Rebecca Gewurtz](#) is an associate professor in the School of Rehabilitation Science at McMaster University. She is an occupational therapist with a program of research focused broadly on work disability policy, including workplace accessibility strategies.



**Sabrina Hossain** is a MSc candidate in the School of Rehabilitation Science at McMaster University. Her research interests are in work disability policy, and accommodation practices for employees with mental health conditions.

\*\*\*

### **F3: Paired Presentations - Youth Suicide Prevention**

#### **Stream: Mentally Healthy Schools and Campuses**

#### **F3-1: Evidence Review of School-based Suicide Prevention Programs: Preliminary Findings**

Guided by a committee of subject matter experts, the Mental Health Commission of Canada (MHCC) is conducting an evidence review of school-based suicide prevention programs. We will present preliminary findings and practical applications.

#### **Learning Objectives:**

Participants will learn about:

1. the range of existing school-based suicide prevention programs, levels of evidence supporting these programs and core program components
2. applications of findings to communities

**Presenter:** Ashlee Mulligan and Gabby Galley, Mental Health Commission of Canada

**Bio:** Ashlee Mulligan is a program manager at the Mental Health Commission of Canada where she works to promote research, collaboration and knowledge exchange at both a community and systems level in suicide prevention. Ashlee spent several years in the child and youth mental health sector where she worked to build capacity within community-based mental health agencies, in support of creating an integrated system for Ontario children and youth.

#### **F3-2: Adolescent Suicide and Reducing Hospitalization Through Community Support**

This presentation looks to provide a better understanding of how community resources can be a more successful and sustainable way to support youth at risk of suicide. When a community supports youth within their own environments it could reduce the number of hospitalizations and offer necessary interventions towards healthier lives.

#### **Learning Objectives:**

1. To gain awareness to the need of collaborative community services for complex and at-risk youth



2. To initiate thinking and discussion among professionals to meet this need to reduce hospital admissions and target youth's needs through treatment interventions.
3. To learn about multi-systemic therapy as an option to target this need.

**Presenter:** Kristen Conte, PACE Counselling

**Bio:** Kristen Conte is a Registered Psychotherapist and Child and Youth Counsellor and has worked with many high-risk children and youth with complex mental health. Kristen has worked for a community-based agency since beginning her career and has transitioned into private practice where she continues to work with an at-risk population. Additionally, Kristen is teaching at a post-secondary institution to support the learning of CYC's hoping to enter the field.

\*\*\*

#### **F4: Paired Presentations - Incarceration and Social Connection**

**Stream: Embracing Diversity - Serving Diverse Communities**

##### **F4-1: Fostering Connections in a Forensic Setting**

In forensic psychology, rebuilding a client's relationships is highly important as it can increase the well-being of both a client and the community and reduce risk. This presentation will outline specific challenges to rebuilding connections in a community forensic setting and some ways to overcome them.

##### **Learning Objectives:**

1. To gain an appreciation of the disconnecting effects of crime and the relevant research
2. To learn how our practice works with clients, their supports and the community to build and maintain meaningful connections

**Presenter:** Chyanne Kehler, Forensic Psychological Services in Winnipeg, Manitoba

**Bio:** Ms. Chyanne Kehler, M. Psych (Forensic) is a Psychological Associate (Candidate) who is experienced in the assessment and treatment of forensic clients in both community and custodial settings. She has worked with Forensic Psychological Services (FPS), a holistic psychological practice in Winnipeg, for the past four years.

##### **F4-2: Out of Sight and Out of Mind: The Incarcerated**

Who are the people most likely to end up in jails? Most often, people with addiction, poverty alienation and mental health problems. Must they be cut off from society, thrown into segregation deprived of social connections? We say NO.



**Learning Objectives:**

1. To raise awareness on importance of prisoner and family connection
2. Lived experience of barriers that fragment family and prisoner mental health  
Positive effects of connection on mental health of prisoners, families and society at large

**Presenter:** Farhat Rehman and Deborah O'Donoghue, Mothers Offering Mutual Support-M.O.M.S

**Bios:** Ms. Farhat Rehman MSM. MOMS member. Mother if a man in prison suffering from mental health challenges.

Ms. Deborah Donoghue. MOMS member. Mother of a young man battling addictions and in rehabilitation programs in the community.

\*\*\*

*(this session will be bilingual - FR and EN - simultaneous interpretation will be available)*

**F5: Paired Presentations - Family Mental Health**

Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies

**F5-1: (presented in FR) Progression of Depressive Symptoms and Substance Problems among Quebec Parents**

This session will present the evolution of symptoms of depression and problems related to alcohol and drug consumption among Québec parents and their impact on a climate of domestic violence and parenting, based on data from Québec-wide studies conducted with 5,371 parents in 2012 and 5,184 parents in 2018.

**Presenters:** Marie-Ève Clément, Université du Québec en Outaouais

**Learning Objectives:**

1. To understand the scope and evolution of symptoms of depression and substance abuse among Québec parents
2. To think about the impact of these disorders on domestic violence and parental disciplinary practices
3. To think about preventative interventions for families exposed to these problems

**Bio:** Marie-Ève Clément, Ph.D., is a professor in the department of psychoeducation and psychology at the Université du Québec en Outaouais (UQO), the holder of the Canada Research Chair in the Study of Child Abuse and a regular researcher at the CIUSSS Centre-sud de Montréal's Institut Universitaire Jeunes en Difficulté (IUJD);



**F5-2: (presented in EN) Towards Flourishing: Perspectives of Parents and Home Visitors**

This timely presentation will discuss what factors contribute to the mental health and well-being of families, the social determinants of health and health equity from a public health lens. Lastly, findings of the descriptive qualitative research study titled “Towards Flourishing: Perspectives of Parents and Home Visitors” will be shared.

**Learning Objectives:**

1. To increase knowledge of the current literature surrounding what factors contribute to the mental health and well-being of families
2. To learn the social determinants of health and health equity
3. To share the findings from the study ‘Towards Flourishing: Perspectives of Parents and Home Visitors

**Presenter:** April Gage, University of Manitoba

**Bio:** April Gage is a rural Public Health Nurse in the Interlake-Eastern Regional Health Authority in Manitoba, Canada. She is focused on strengthening public health capacity and reducing health inequities using a social justice lens. She received both her Baccalaureate of Nursing and Master of Nursing at the University of Manitoba.

\*\*\*

*(this session will be bilingual - FR and EN - simultaneous interpretation will be available)*

**F6: Paired Presentations - Recovery: A Collective Effort**

**Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

**F6-1: (presented in FR) Together Towards Recovery: Innovative and Collaborative Change Management Strategies!**

The Mental Health Program at Ottawa’s Hôpital Montfort uses innovative strategies for organizational change to create a culture of recovery, in cooperation with staff, peer helpers and partner patients. This session will present this initiative, meant to increase clinical services using a targeted approach, while integrating partner expertise.

**Learning Objectives:**

1. To understand change management strategies used in the Mental Health Program;
2. To recognize the importance of introducing a culture of collaboration and participation among staff and users during organizational change;



3. To seek the user perspective in improving health care.

**Presenters:** Annie Boisvert, Catherine Lévesque-Lepage, Benoit Bruyère, and Robert Comeau, Hôpital Montfort

**Bios:**

**Annie Boisvert** has been a nurse since 2001 and has worked in different areas of health care. She is the clinical director of the Hôpital Montfort's Mental Health Program and Ambulatory Care clinics. She is also responsible for the 2021 mental health strategy: "People with mental health issues benefit from a francophone therapeutic setting and services focused on recovery."

**Catherine Lévesque-Lepage** holds a master's degree in public administration from the École Nationale d'Administration Publique. She previously studied psychology and criminology. She now manages the Mental Health Program as part of the implementation of Safewards and the development of a suicide prevention action plan.

**Robert Comeau:** A parent in the military and plenty of moves, but never any long-term friends. My mental health problems started when I was 16 and persist today. I eventually ended up at the Hôpital Montfort, where I held a peer support position. I have long been involved in recovery, and I am pleased that my colleagues can now benefit from it.

**F6-2: (presented in EN) Peer Navigation and Breaking Down Barriers!**

Led by two Peer Navigators, this presentation will introduce our unique peer-run, systems navigation program in Vancouver, BC! We will highlight peer involvement in mental health and substance use services and programs, and facilitate discussion around common barriers that people face when trying to access such resources. Participants will brainstorm ways to reduce barriers and hear recent recommendations made by the Peer Navigators.

**Learning Objectives:**

1. To learn about the diverse ways in which peers can connect with community members and support them in navigating our complex mental health and substance use systems.
2. To introduce the structure and implementation of the Peer Navigator program, discuss barriers that people face when accessing mental health and substance use services, and explore ways to limit these barriers.

**Presenter:** Jael Emberley and Erin Backer, CMHA Vancouver-Fraser Branch

**Bios:** **Jael Emberley** has been working as a peer since the 1990's when she volunteered as a single parent on welfare struggling with mental health problems. "If I can do this, so can you!" is Jael's attitude. For fun, Jael has outings with her school age nephews, hangs out with other people's pets, and plays nerdy board games.



Erin Backer has been working with the Peer Navigator program, run by CMHA Vancouver-Fraser, since November 2018. Erin began working with people in 2011, and continues to be inspired by many service providers that supported her in getting off the streets in her early 20's. For fun, Erin plays sports, goes magnet-fishing, and listens to podcasts.

\*\*\*

*(this session will be bilingual - FR and EN - simultaneous interpretation will be available)*

## **F7: Paired Presentations - Addressing Substance Use Stigma**

### **Stream: Substance Use Disorders and Mental Health**

#### **F7-1: (presented in FR) Residential Program for Adults with Substance Use Problems and Mental Health Problems**

The co-occurrence of drug addiction and mental health problems is a major social issue that is on the rise. Almost half of people who suffer from severe or persistent mental health problems also have issues with alcoholism or drug addiction. These individuals have complex needs, which is why integrated programs that address both problems are important.

**Presenter:** Antonio Maturo, Portage

**Bio:** Antonio Maturo joined the Portage team 34 years ago as an addiction counsellor. Over the years, he has worked on different programs that emerged from Portage, including the program for teens in Elora, Ontario, the day centre in Quebec City and the social reintegration centre in Montréal. In 1995, Mr. Maturo put in place the MICA program. In 2005, he was appointed director of that program.

#### **F7-2: (presented in EN) What Canada's Opioid Crisis Teaches us about Stigma**

This presentation provides results of an in-depth qualitative study conducted by the Mental Health Commission of Canada that explored the qualities and characteristics of stigmatization related to opioid crisis. Intersections, overlaps and differences between mental illness and substance use-related stigma, and how this informs anti-stigma intervention and strategies, are discussed.

#### **Learning Objectives:**

1. To increase understanding of overlaps, intersections and differences between mental illness and substance use-related stigmatization.
2. To improve knowledge of key issues, sources and impacts of stigmatization on the front lines of the opioid crisis, and how to meaningfully combat it.
3. To mobilize opportunities for partnerships to evaluate anti-stigma initiatives.



**Presenters:** Stephanie Knaak, Mental Health Commission of Canada

**Bio:** Stephanie Knaak, PhD is Assistant Professor (adjunct) at the University of Calgary and a senior consultant researcher with the Mental Health Commission of Canada. Key research interests include stigma, the opioid crisis, and workplace mental health. She has published more than 25 academic articles conducting Canadian-based research on these topics.

\*\*\*

## **F8: Practices of High-Performing Boards: What the Best Boards Do Well**

**Stream: Embracing Diversity - Serving Diverse Communities**

This session offers a survey of board practices that will position your board for greater performance. We'll consider the impact of organizational life-cycle on your board's leadership capacity and the critical relationship between the board and staff. A look at how to move from being a responsible board to an exceptional board will explore the intentional practices and principles that empower boards such as strategies for meeting smarter and creating a culture of inquiry.

### **Learning Objectives:**

1. To recognize your organization's life-cycle stage and understand its impact on your organization's leadership capacity
2. To realize the possibilities, the path and the payoff to better governance
3. To describe key principles that distinguish exceptional boards
4. To implement strategies and practices to increase the performance of your board

**Presenter:** Sharilyn Hale, Watermark Philanthropic Counsel

**Bio:** As Founder and President of Watermark Philanthropic Counsel, Sharilyn helps social profit organizations deepen their governance performance. With a 20+ year career spanning the charitable sector, she is a noted governance expert as an advisor and trainer with [BoardSource](#), a [Chartered Director \(C.Dir\)](#) and member of the [Institute of Corporate Directors](#).

Steeped in leading governance theory, Sharilyn is also an experienced board director and community volunteer. She is Vice Chair and Chair of the Governance Committee at the [Toronto Public Library Foundation](#), and a leadership volunteer for the [Imagine Canada](#) accreditation program for charities in Canada. She was a Provincial Appointee to the [Ontario Trillium Foundation](#), which is Canada's largest grant-making foundation; and is Past Chair of [CFRE International](#), the global credential which sets the standard for effective and ethical fundraising. Sharilyn is an author, speaker and educator. She holds a graduate degree in Philanthropy & Development and was instrumental in establishing Canada's first and only graduate program in Philanthropy & Nonprofit Leadership at Carleton University. A doctoral candidate, Sharilyn will soon complete her research on family philanthropy governance.





## Day 3, September 25th, 2019

## Breakfast Sessions

## Oral Presentations (45 mins)

8:30am to 9:15am

*(this session will be simultaneously interpreted into FR)***BR6: Walking Between Worlds: Awakening the Heart and Liberating the Spirit****Stream: Working with Indigenous Peoples to Support Mental Health**

This presentation will be a testimony and reflective practice woven in with exchange with the audience. Tyrone will share not only his personal spiritual journey as a Metis man experiencing hearing voices and parallel realities who has been mentored by Elders, but as a peer support worker who has mentored peers who are living with these same experiences. He will bring Indigenous heritage and Culture together with peer support to provide an enhanced vision of how to live with hearing voices and parallel realities. He will bring together both Indigenous Culture's and peer support's teachings and values together for a deeper appreciation of the pathways that are possible. Combining formalized and intentional peer support with Indigenous teachings is a new and innovative approach.

**Learning Objectives:**

Participants will learn:

1. one Indigenous approach to hearing voices and parallel realities
2. peer support for parallel realities and hearing voices
3. how they build an amazing approach and path for those with a foot in both communities.

**Presenter:** Tyrone Gamble, CMHA Ottawa

**Bio:** Tyrone Gamble is a veteran peer support worker in the Ottawa area. One of his passions is supporting peers who experience and live with hearing voices and parallel realities. The ways in which he makes sense of these experiences is a combination of his Metis heritage and peer support.

\*\*\*



*(this session will be simultaneously interpreted into FR)*

### **BR7: Measuring Workplace Stress**

#### **Stream: Mental Health in the Workplace**

Identifying and preventing psychosocial hazards in the workplace is essential to the promotion of mental health and well-being in the workplace. This workshop will provide participants with the experience of assessing psychosocial workplace hazards using a questionnaire and together discussing results and finding practical solutions.

#### **Learning Objectives:**

Participants will learn to:

1. list 5 common workplace psychosocial hazards
2. to describe a 5-step process to measure workplace stress
3. have at least 1 new idea to help reduce stress in their workplace

**Presenter:** John Oudyk, Occupational Health Clinics for Ontario Workers

**Bio:** John Oudyk is a member of the Mental Injuries Tool group who have developed a workplace tool to measure workplace stress. John is also represents Canada on the COPSOQ International Network a group that coordinates and promotes the development and use of the Copenhagen Psychosocial Questionnaire (COPSOQ).

\*\*\*

*(this session will be simultaneously interpreted into FR)*

### **BR8: Indigenous Holistic Health of the Medicine Wheel**

#### **Stream: Working with Indigenous Peoples to Support Mental Health**

The Medicine Wheel, in it's four quadrants, embody the concepts of Indigenous Holistic Health. The four quadrants, which must be present in a person's life to be healthy, will be thoroughly explained.

#### **Learning Objectives:**

1. To learn the Medicine Wheel and how it could be applied in everyday use
2. To help people with mental challenges

**Presenters:** George Morin and Margaret Reynolds

**Bios:** George Morin is an Elder with the Peter Ballantyne Cree Nation



*(this session will be simultaneously interpreted into FR)*

### **BR9: As the Lotus Flower Blooms: Augustina's Story**

Stream: Embracing Diversity - Serving Diverse Communities

In 2012, Augustina went through psychosis and started hearing voices for 9 months. This presentation will be a journey through psychosis as well as her recent depressive episode by incorporating poetry and art, which was which was formed as part of her healing.

#### **Learning Objectives:**

1. To outline the value of including those with lived experience with mental illness in the design and improvement of care services.
2. To identify challenges that individuals with lived experience, especially those who are women of color, face when navigating the mental health care system.

**Presenter:** Augustina Ampofo

**Bio:** Augustina Ampofo is a second-generation Ghanaian-Canadian woman and mental health advocate. She has a BA in Human Rights & Equity Studies. She went through a period of psychosis and major depression and was diagnosed recently with Bipolar II. Her research interests include stigma, suicide and black mental health.

\*\*\*

### **BR10: Aging and Mental Health Agenda Setting**

Stream: Embracing Diversity - Serving Diverse Communities

While a discussion of the importance of mental health for older adults has been emerging across the national conversation, there remains a gap in aging focused mental health research. In response to this, the SE Health Research Centre and the Canadian Mental Health Association (CMHA) have begun a partnership to co-design an aging and mental health research agenda. Adapting a James Lind Alliance approach, we are looking to expand our partnership to establish a research agenda on mental health and older adults. Our objective is to engage older adults, caregivers, clinicians, researchers, and other key stakeholders to identify and prioritize unanswered questions on mental health issues in older adults from the ground up.

We are inviting stakeholders identified through our networks and an environmental scan, as well as interested conference attendees, to join our breakfast session at the CMHA conference to kick-off this work. At this session, we will share our vision, discuss how we intend to proceed with the initiative, and seek steering committee members who will likely meet virtually after the conference.



### Learning Objectives:

1. Develop an understanding about how a partnership of patients, carers and clinicians can work together to identify and prioritize important evidence uncertainties that could be answered by research
2. Learn about evidence uncertainties, and how evidence uncertainties are gathered
3. Learn about how to participant in the research agenda setting process

### Presenter:

- Paul Holyoke - Director, SE Research Centre
- Claudia Lai - Postdoctoral Fellow, SE Research Centre
- Karthika Yogaratnam - Research Associate, SE Research Centre
- Elizabeth Kalles - Research Assistant, SE Research Centre
- Heather McNeil – Senior Research Association, SE Research Centre

### Bios:

**Dr. Paul Holyoke's** research interests include people's experiences with the Canadian health system; evaluation of health care policies, programs and systems; the governance and management of health care organizations in Canada; and societal perspectives on health, health care, illness and disability. He has a Ph.D. in Health Policy from the University of Toronto, a MSc (Econ) from the London School of Economics, and a law degree from the University of Toronto. From 2005-2011, Paul served a 6-year term as a member of the Board of Directors of the Waterloo-Wellington Local Health Integration Network, and he chaired its Community Council.

**Claudia Lai** is a postdoctoral fellow with the University of Laval and SE Research Centre. She is a health services researcher with over 15 years of policy and research experience within public and academic environments. Prior to moving to a career in research, Claudia worked as a Senior Pharmacist at the Ministry of Health and Long-Term Care, and as a Drug Information Specialist at the Ontario College of Pharmacists and Ontario Pharmacists' Association. Claudia recently completed her PhD at the Institute of Health Policy Management and Evaluation, Dalla School of Public Health at the University of Toronto. Her doctoral research explored tools for engaging patients (and their informal caregivers) in health and information exchange processes. Claudia's research interests include shared decision making, healthy aging in the community, digital patient engagement, and health systems transformation.

**Dr. Heather McNeil** is passionate about partnering with older adults and caregivers to improve their quality of life through innovations in the systems that support them. As a Senior Research Associate, Heather's role with the SE Research Centre is to lead the development and implementation of health services research projects within our priority research fields. Prior to joining SE Health, Heather completed her PhD in the University of Waterloo's Health, Aging, and Well-being program. During this time, as a research



## Day 3 – September 25th, 2019

associate with the Geriatric Health Systems (GHS) Group Heather co-created the Seniors Helping as Research Partners (SHARP) Group to build meaningful partnerships with older adults and caregivers in the community. She has expertise in patient and community engagement, health innovation for older adults, patient experience, qualitative and mixed methods, and knowledge translation and exchange. Her dissertation, The ECOTECH project, funded through the AGE-WELL Canadian Network Centre of Excellence focused on the engagement of older adults and their caregivers in regional health innovation ecosystems.

To create balance in her life, Heather enjoys spending time with family and friends, hiking and practicing yoga. Follow Heather on Twitter @h\_mcneilUW.

In her role as Research Associate with the SE Research Centre, **Karthika** participates in project management and coordination of various research activities. Most of her projects focus on bridging the gap between innovation and clinical practice. She also actively assists on research projects aimed at improving health care, aging, and end of life experiences. Karthika's previous areas of research work have included knowledge mobilization and patient engagement, public health program evaluation, health equity (racialized and immigrant seniors), maternal-child health, and diabetes prevention strategies. Karthika received her Master of Public Health degree, specializing in Population Health Sciences, from Simon Fraser University, and both her Honours Bachelor of Science in Kinesiology and Honours Bachelor of Arts in Gerontology, from McMaster University.

**Elizabeth** brings to SE Health a passion for research and a love of rigorous and thorough protocol and procedure. Her background is in psychology with a focus on clinical psychological research, and a minor in biology. In her role with the SE Research Centre, Elizabeth plays a key role assisting on multiple, concurrent projects, in addition to leading smaller projects for internal stakeholders.



**Sessions G****Oral Presentations (60 mins)****11:00am to 12:00pm***(this session will be simultaneously interpreted into FR)***G1: Social Inclusion: The Key Determinant of Mental Wellness****Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

This presentation will discuss CMHA BC's recent policy project on the connections between provincial legislative schemes that influence the social determinants of mental health and substance use, and both domestic and international human rights, demonstrating the importance of social inclusion for wellness and the need for accessible, equitable services.

**Learning Objectives:**

1. To recognize the role poverty, housing, employment, and discrimination play in the development and continuation of mental illness and problem substance use
2. To situate provincial and federal legislative schemes within the context of international human rights treaties
3. To identify characteristics of inclusive, equitable public services for people living with illness

**Presenters:** Kendra Milne and Amelia Hamfelt, CMHA BC**Bios:**

**Kendra Milne** leads CMHA BC's public policy work. She is a lawyer with over a decade of experience working on human rights and social justice issues. Kendra is committed to using her legal skills for positive social change, with an emphasis on shaping equitable provincial laws and policies.

**Amelia Hamfelt** is a Policy Analyst at CMHA BC. Her work focusses on researching and advocating for public policy solutions that address the root causes of mental illness and problem substance use. Previously she held the position of Knowledge Exchange Coordinator for HM|HC and completed a MPhil at the University of Cambridge.

\*\*\*



*(this session will be simultaneously interpreted in FR)*

## **G2: Top Ten Ways to Rock the Rainbow**

### **Stream: Embracing Diversity - Serving Diverse Communities**

Is providing a 2SLGBTQ+ inclusive space is a priority for you? Please join us for an hour of learning, questions and conversation. Presenters will offer ten strategies to inform your inclusive approach to client service and staff experience. Resources for future reference will also be included.

#### **Learning Objectives:**

Participants will learn:

1. ten practical strategies to support 2SLGBTQ+ inclusion with clients and in the workplace
2. how 2SLGBTQ+ inclusion and exclusion affect clients and staff through real life stories
3. how inclusive language impacts the development of rapport with clients and staff

**Presenters:** Nyk Morigan, CMHA York and South Simcoe, and Bonnie Pedota, Durham Mental Health Services

#### **Bios:**

**Nyk Morigan** is an author, public speaker, mental health coach and member of the 2SLGBTQ(+) community. Nyk brings passion and lived experience into the they work do.

**Bonnie Pedota** is a Peer Support Specialist with Durham Mental Health Services. When working together at CMHA, Bonnie and Nyk created changes in a nation-wide CBT program to improve trans and non-binary inclusion for program participants.

\*\*\*

## **G3: Building and Supporting a Resilient Culture on a University Campus**

### **Stream: Mentally Healthy Schools and Campuses**

This interactive presentation will provide an overview of the interdisciplinary approach taken to support and build a resilient culture on a university campus. Participants will have the opportunity to engage in specific strategies and tools implemented (i.e., curricula innovations, transition programs, workshops) to build and maintain resilience, highlighting community engagement.

#### **Learning Objectives:**

1. To describe strategies implemented to support and enhance student resilience.



2. To engage attendees interactively to experience the strategies
3. To obtain constructive feedback from attendees on the potential to implement at their institution

**Presenters:** Dan Crouse and Brenda Gamble, Ontario Tech University

**Bios:**

**Dan Crouse** has worked extensively with individuals experiencing mental health issues and is dedicated to helping individuals succeed in achieving their education and career goals. He is currently pursuing his Doctorate in Educational Leadership and is focusing his research in the area of student success and student retention.

**Brenda Gamble** employs a mixed methods approach to research that includes not only generating new knowledge but also the implementation and evaluation of the programs that the knowledge generation informs. The research conducted, involves collaborative partnerships with local, provincial and national partners both in the public and private sector.

\*\*\*

*(this session will be simultaneously interpreted in EN)*

**G4: (presented in FR) Adaptation of the Psychiatric Diagnosis and its Impact on Recovery: Presenting an Awareness Tool**

**Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

Presentation of a tool to generate awareness of the effects of different forms of self-identification with the diagnosis of a mental health problem on the recovery process (objectives and measures considered for recovery) among individuals who have to rebuild a relationship with themselves daily and their experience taking into account this new definition of themselves.

**Learning Objectives:**

1. Present the research results
2. Present the awareness tool
3. Gather participant comments to improve the tool, which will be in its final phase of development

**Presenters:** Isabelle Jacques, UQAM et CREMIS; et Anne-Marie Boucher, RRASMQ

**Bio:** Isabelle Jacques, a doctoral candidate in sociology at UQAM under the direction of Marcelo Otero, studies the relationship of individuals to a psychiatric diagnosis and the impact of methods of appropriation on personal experience. She has spent 10 years





working on a research team that studies intellectual disability and autism (CRE-DI-TSA) and, more recently, on a team that studies social inequality, discrimination and alternative citizenship practices (CREMIS).

\*\*\*

## G5: Technology Breakthroughs in Mental Health Care: What to expect?

### Stream: Understanding Mental Health and Mental Illness through a Scientific Lens

New technologies are driving significant changes in society and will act as a driving force for a new person-centered and community integrated mental healthcare model. This presentation will provide an overview of health technology trends and digital technologies disrupting mental health to date and in the foreseeable future.

#### Learning Objectives:

Participants will learn to:

1. recognize the role of technological disruption in achieving person-centred care
2. identify health technology trends disrupting mental health care
3. describe various uses of digital interventions and consider their likely impact on mental health care provision

**Presenters:** Dr. Greg Radu, Memorial University of Newfoundland, and Dr. Ginette Poulin, Memorial University of Newfoundland

#### Bios:

**Dr. Greg Radu** is Associate Professor and Student Affairs Dean in the Faculty of Medicine at Memorial University. He works clinically as consultant psychiatrist at St. Clare's Mercy Hospital in St. John's. Active as a teacher, administrator and clinician, Greg is interested in the areas of public mental health and health care service organisation. His approach encompasses professional and public education, leadership, partnership and advocacy.

**Dr. Ginette Poulin** is a Family Physician with specialization in Addictions Medicine. She is Medical Director at the Addictions Foundation of Manitoba and also serves as the Director of the Mentorship and Clinical Enhancement Program for International Medical Graduates at the College of Medicine, University of Manitoba. She works on National standards of practice, delivery of evidence-based care and de-stigmatization of Addictions and Mental Health as a national speaker, advocate and consultant.

\*\*\*



*(this session will be simultaneously interpreted in FR)*

## **G6: How the NHS is successfully providing digital mental health services to Children and Young People in the UK with Kooth.com**

**Stream: Mentally Healthy Schools and Campuses**

Kooth is an online counselling and emotional wellbeing support platform available to over 3 million children and young people (CYP) in the UK. It is the largest digital platform deployed by the National Health Service to increase access to therapy and improve therapeutic outcomes for the under 25s. The system has been built with Children and Young People over the past 18 years.

### **Learning Objectives:**

Participants will gain an understanding of:

1. how to create a therapeutic alliance and increase access to psychological therapies and emotional support via a digital medium
2. how to safeguard and keep young people safe in an online environment

**Presenters:** Dr Lynne Green and Spencer Brace, XenZone

### **Bios:**

**Lynne** is Clinical Director at XenZone and leads the clinical team. She is a Clinical Psychologist with 20 years UK NHS experience. Clinically, she has a particular interest in suicide prevention and eating disorders. She has a number of academic publications including a book on Cognitive Behavioural Therapy for Children with Eating Disorders; and was a clinical therapist on a leading eating disorder research trial with a Centre of Excellence at Oxford University. In addition to her Clinical Psychology doctorate and BSc (hons) in psychology, both from Leicester University, Lynne has an MSc in Psychiatry from Manchester University.

**Spencer** is Head of International expansion at XenZone. He is leading the International development of the service and well as as launching XenZone's mental health services to the corporate community in the UK.

\*\*\*



**G7: Advocacy 101****Stream: Embracing Diversity - Serving Diverse Communities**

Note: This session was made possible by our generous partner *The Co-operators*.

This informative session will provide an overview of the basics and best practices of advocacy in the community mental health sector. Through engaging activities, participants will gain a better understanding of the different types of advocacy and how to operationalize them for their organization's respective missions.

**Learning objectives:**

- To understand the fundamentals of advocacy and the role of advocates
- To learn how your organization can advocate more effectively to influence policy and decision-makers
- To learn more about how CMHA advocates for mental health and persons with lived experience

**Presenters:** Pascale Leclair-Roberts, CMHA National, and Dina Bayoumy, CMHA National and IHPME.

\*\*\*

**G8: An Overdose of Reality: The Role of Naloxone Nasal Spray; a Life Saving Tool at Our Disposal****Stream: Understanding Mental Health and Mental Illness through a Scientific Lens**

Presented by: Adapt Pharma

\*\*Description to be updated\*\*



## Sessions H

### Paired Presentations (2 x 30 mins)

1:00pm to 2:00pm

(this session will be simultaneously interpreted into FR)

#### H1: Paired Presentations - Rural Mental Health

Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies

##### H1-1: Alberta's Rural Mental Health Project

Canada's remote and rural communities are faced with significant challenges meeting community mental health and wellness needs, including service delivery. But that doesn't have to be the end of the story. Learn about a project of provincial scope which looks to strengthen assets and build local coalitions that foster mentally healthy communities – where communities' are decision-makers and implementers.

##### Learning Objectives:

1. To understand the challenges and opportunities which exist side-by-side in rural and remote communities in Canada
2. To discover comprehensive asset focused tools and approaches to building community capacity to identify and address local areas of needs and growth opportunities.
3. To explore current approaches to supporting change in rural and remote communities within participant jurisdictions

**Presenters:** Jessica Turowski and Tim Neubauer, CMHA Alberta Division

**Bios:** **Jessica Turowski** is the Project Manager of CMHA Alberta Division's Rural Mental Health Project. Jessica has a solid background in public-health, health-promotion and projects of provincial scope. Jessica is invested in community-driven efforts, social innovation, and comprehensive approaches; with a solid background in public-health, health-promotion and projects of provincial scope.

**Tim Neubauer** is the Community Resilience and Wellness Manager at CMHA Alberta Division. Tim is an accomplished trainer and has spent over 28 years working in the social profit sector; with a background in community development and psycho-social capacity building.



## H1-2: Big Island: Case Study of a Rural Supportive Housing Model

We will present a case study of an integrated supported living model developed for homeless and at-risk persons living with mental illness in a rural context. Central tenets of this include a recovery orientation including peer support, and the option to live in a rural context with individualized support.

### Learning Objectives:

Participants will gain:

1. knowledge of rural homelessness in Canada, with particular attention paid to those living with mental illness or substance use disorder
2. an understanding of key features that support success in addressing rural homelessness, and inherent challenges that may present in the support of this population

**Presenters:** Carrie Anne Marshall, Western University

### Bios:

**Dr. Marshall** is an Assistant Professor at Western University whose research focuses on social determinants of mental health, including homelessness.

**Mr. Hart** has developed the model of support profiled in this case study to fill a gap in available support in his community. He lives alongside those that it serves.

\*\*\*

## H2: Paired Presentations - Mental Health and Front-Line Workers

### Stream: Mental Health in the Workplace

#### H2-1: The Impact of Working in Complexity on Clinician Well-being

Using a Qualitative Descriptive approach this study explored the experiences of fourteen clinicians with constant exposure to 'patients with complex needs' and the impact of long-term exposure on personal wellness. Resilience theory is recognized as a key requirement to thrive in the role.

### Learning Objectives:

1. To understand the challenges of working in highly complex care environments from a care provider perspective
2. To identify how clinicians demonstrate resilience in practice to adapt to practice pressures



3. To explore how constant exposure to 'complex patients' impacts personal wellness

**Presenter:** Samantha Quartarone, Sinai Health System

**Bio:** Samantha Quartarone is working on her MSc at the Institute of Health Policy, Management and Evaluation at the University of Toronto. Her research focuses on the health and wellbeing of care providers and the organization's role in promoting employee health. She is supported by Bridgepoint Active Healthcare and LTRI.

## H2-2: First Aid for the Mind: Psychological Training for First Responders

Introducing a research project exploring mental health education courses and programs as a means of promoting social support within communities. The value of these platforms will be shown through an interactive scenario exercise commonly used in training, and the visual presentation will share current findings and future research methodology.

### Learning Objectives:

1. To give voice to individuals and aid in the remedial work needed for the responder community, through improvement of preventative and supportive systems of psychological first aid.
2. To highlight the positive impacts of mental health support education in communities.

**Presenter:** Adriane Peak, University of British Columbia Okanagan

**Bio:** Adriane Peak is a Master's student of Anthropology in the Interdisciplinary Graduate Studies program at the University of British Columbia Okanagan. Adriane's research focuses on the affects of culture on individual and community mental health, and the impact of social support systems in improving mental and physical health outcomes.

\*\*\*

## H3: Paired Presentations - Gambling

**Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies**

### H3-1: A Public Health Approach to Reducing Gambling Harms

From 2016-2019, GREO created and adopted a public health approach to achieving their mandate of reducing gambling harm in Ontario. In this presentation, GREO team members will share how they've created a connected, informed, and effective network of stakeholders through funding evidence-based projects and creating spaces for intersectoral collaboration.



**Learning Objectives:**

Participants will learn about GREO's experience in:

1. building a flexible, accessible, and innovative funding program
2. creating and adopting a public health strategy as a non-public health organization
3. leveraging authentic points of connection with new stakeholders
4. bridging organizations to maximize impacts

**Presenter:** Jess Voll and Lindsay Kalbfleisch, Gambling Research Exchange Ontario

**Bios:**

**Jess Voll** is a public health and evaluation-focused Knowledge Broker with a background in health promotion. In her role at GREO, Jess leads the public health program by finding innovative and important connections between public health priorities and gambling harm reduction.

**Lindsay Kalbfleisch** is a community-focused Knowledge Broker with a background in leisure and wellbeing research. In her role at GREO, Lindsay identifies and creates strategic partnerships and works with organizations to build capacity in the areas of research, stakeholder engagement, and evidence-informed project design, implementation, and evaluation.

**H3-2: Gaming, Gambling, and Student Mental Health**

Gaming and gambling are blurring and having an impact on the wellbeing of students. This presentation will outline the potential harms from gaming and gambling, how social determinants of health influence a young person's risk level, and how schools can mitigate harms through policy, awareness, and social and emotional skill building.

**Learning Objectives:**

Participants will learn:

1. how gaming and gambling are impacting the mental health and wellbeing of young people
2. the ways in which gaming and gambling are blurring, and the potential implications
3. how social determinants of health impact young people's vulnerability to gaming and gambling-related harm
4. two youth-focused strategies for reducing gambling harm.

**Presenters:** Lindsay Kalbfleisch and Travis Sztainert, Gambling Research Exchange Ontario



**Bio:** Dr. Travis Sztainert is a Knowledge Broker at Gambling Research Exchange Ontario, a not-for-profit, ministry funded, intermediary KTE organization. Here, Travis uses his knowledge and experience to provide KTE capacity building and research expertise to various stakeholders. Travis developed and instructs the Knowledge Mobilization Certificate program offered through the University of Guelph.

\*\*\*

*(this session will be simultaneously interpreted into FR)*

#### **H4: Paired Presentations - Caregivers and Care Leaver's Mental Health**

**Stream: Embracing Diversity - Serving Diverse Communities**

##### **H4-1: Mental Illness is a Family Affair: The Caregivers Conundrum**

The inclusion and engagement of families at the present time is voluntary and is based on one's good will. We will make the case for the need to develop policies that guide system planners and service providers to include and engage families as soon as a loved one in crisis arrives in the hospital. This inclusion and engagement refer to the various supports families require in order to best fulfill their caregiving responsibilities and protect the integrity of their own wellbeing at the same time. It also refer to the importance of inviting families to sit around the table when policies and services are being developed. The FPS project can be viewed as a prototype that could be used in the development of policies.

##### **Learning Objectives:**

Participants will:

1. become familiar with the Family Peer Support outreach and learn project's goals, expectations, and pitfalls
2. learn about the challenges of marrying two different cultures (hospital and the community) and ways to address these challenges as they consider implementing the project

**Presenter:** Dr. Ella Amir, AMI-Quebec Action on Mental Illness

**Bio:** Ella was the chair of the Family Caregivers Advisory Committee for the Mental Health Commission of Canada, and is now a member of the Commission's Advisory Council. She led the development of the Guidelines for caregivers support, a blueprint for a comprehensive system of care to support family caregivers across the country. Ella holds a PhD in psychology and applied human sciences from Concordia University and an MBA from McGill University





**H4-2: Kindling Connections: Supporting Care Leavers' Reconnections with Kin during Transitions**

Globally, Canada has the highest rate of young people living in out-of-home care. Care leavers' simultaneous developmental and service transitions are marked by poor outcomes. Youth emancipated from care often attempt to reconnect with family or kin. Connect© is a promising intervention to support care leavers' kinship connections.

**Learning Objectives:**

1. To identify the challenges and intervention opportunities during care leavers' simultaneous transition from child welfare to adult systems of care, and from adolescence to emerging adulthood.
2. To identify the Connect program as a promising intervention to support care leavers' connections to kin.

**Presenters:** Katherine Pascuzzo, Université de Sherbrooke, and Patti Ranahan, Concordia University

**Bios:**

**Katherine Pascuzzo**, Assistant Professor at the University of Sherbrooke, conducts research on attachment-based approaches for improving the parent-youth relationship and promoting youth well-being.

**Patti Ranahan** is an Associate Professor at Concordia University. Her research program focuses on suicide prevention education, adolescent mental health service provision, and mental health literacy.

\*\*\*

*(this session will be bilingual - FR and EN - simultaneous interpretation will be available)*

**H5: Paired Presentations - Culture and Mental Health****Stream: Embracing Diversity - Serving Diverse Communities****H5-1: (presented in FR) Looking at the Mental Health of Afro-Caribbean Communities**

Members of black communities are overrepresented in the use of involuntary services and underrepresented in the use of voluntary mental health services, despite an overrepresentation when it comes to vulnerability factors. Studies show the importance of considering ethnocultural factors in interventions, so why does this gap remain? This presentation will look at the need for a change in narrative regarding mental health.



**Learning Objectives:**

1. The Canadian health care system is a social construct that reflects a specific cultural context.
2. Social representations of health and illness differ by ethnocultural context.
3. The other's difference is not abnormal simply because we do not understand it.

**Presenter:** Syndie David

**Bio:** Social worker on the youth at risk team at the CIUSSS Centre-Ouest de l'Île de Montréal for over 10 years. A doctoral candidate in social work at UQAM, my research addresses the experience of mental health treatment in francophone and anglophone communities of Caribbean origin.

**H5-2: (presented in EN) Impact of Culture on Mental Health Service Utilization among Newcomers**

Although help-seeking trends among newcomers compared to native-born individuals have been examined, gaps remain regarding the role that culture and societal factors play in service utilization. The aim of this presentation is to understand obstacles to mental health service accessibility and utilization to better meet the needs of newcomers.

**Learning Objectives:**

Participants will:

1. gain insight into the lived experiences of this population to integrate within health care practices to ensure the best quality of services are provided to this population
2. understand barriers and facilitators to mental health services accessibility and utilization for newcomers

**Presenter:** Brittany Davy, Brock University

**Bio:** Brittany Davy is a second year Master of Arts Student in the Department of Applied Disability Studies specializing in applied behavior analysis at Brock University. She also identifies as a second-generation immigrant of Jamaican descent. Her research is focused on immigrant and refugee mental health service utilization.

\*\*\*



(this session will be bilingual - FR and EN - simultaneous interpretation will be available)

## H6: Paired Presentations - Suicide Prevention Surveillance Systems

Stream: Public Health's Role in Mental Health Promotion Mental Illness Prevention and Shaping Mental Health Policies

### H6-1: *(presented in FR)* Towards an Automated Surveillance System for Suicide Prevention

The speaker will provide an overview of the automated tracking and monitoring system for suicidal ideation and risk, which draws on predictive linguistics methods and techniques, based on a large sample of suicide notes posted online. The presentation includes a number of examples of the machine's analyses and visualizations.

#### Learning Objectives:

Participants will gain an overview of:

1. predictive linguistics for identifying mental health problems
2. machine learning methods of language data in smart health
3. the identification and medical monitoring tool that can be used via telemedicine

**Presenter:** Mathieu Guidère, INSERM (Institut National de la Santé et de la Recherche Médicale), FRANCE

**Bio:** Mathieu Guidère is a professor at France's Université de Paris 8 and director of research at the INSERM (Institut National de la Santé et de la Recherche Médicale). He is the founder of Predictive Linguistics (2011, 2015) and the co-inventor on two patents in mental health (LXIO, RoboPsych).

### H6-2: *(presented in EN)* Rethinking Suicide Surveillance Systems: Embracing the Power of Artificial Intelligence

Combining data and behavioural sciences, the Public Health Agency of Canada (PHAC) set out to better understand the role, utility and impact of AI and social media in a national suicide surveillance system, and how it may address an evidence gap in an increasingly technologically connected world.

#### Learning Objectives:

1. To explain the challenges and opportunities to integrating innovative data sources/infrastructure (ie.AI and social media data) within existing, traditional surveillance systems - the example of the Suicide Surveillance Indicator Framework



2. To describe how PHAC is leveraging the power of AI and social media to spur innovation in suicide surveillance.

**Presenter:** Dr. Melissa Baker, Public Health Agency of Canada

**Bio:** Dr. Melissa Baker is the Acting Team Lead and a Senior Epidemiologist working in Suicide and Positive Mental Health Surveillance at the Public Health Agency of Canada. Melissa is co-lead of the Artificial Intelligence (AI) Pilot Project for Surveillance of Suicide-related Verbalization on Social Media.

\*\*\*

## H7: Paired Presentations - Trauma Informed Care and Practices

**Stream:** Understanding Mental Health and Mental Illness through a Scientific Lens

### H7-1: The PersonBrain Model

PersonBrain is a strength-based NeuroRelational approach that incorporates neuroscience within a person-centered behavioral framework. Participants gain skills in managing behavioral brain states and selecting restorative interventions that promote mental well-being. Information is provided on how the brain, epigenetics, neuroplasticity and relationships promote adaptive behaviors. Participants are introduced to NeuroRelational Treatment.

#### Learning Objectives:

1. To understand the impact of relational and ecological experience on brain development
2. To learn about NeuroRelational Reimbursement across six needs-based areas
3. To understand the impact of trauma and chaos on neural pathway development and organization
4. To describe why cultural experience is important in designing transformative support plans

**Presenter:** Christy Murtha and Sharon Parsaud, Key Assets Ontario

#### Bios:

**Christy Murtha**, MSW, RSW, is a mental health clinician specializing in trauma, attachment, child welfare, adoption and grief.

**Sharon Parsaud**, BSW, RSW, specializes in adult and children mental health, Individual and family therapy, crisis intervention, and child welfare. Both are senior trainers under the leadership of neuropsychologist Dr. Paul Baker, PhD.



## H7-2: Trauma and Violence Informed Care Workshop for Teachers

As teachers play an important front-line role in the lives of their students (Brunzell, Waters, & Stokes, 2015), it is important that teachers receive relevant and high-quality professional development, particularly in the area of trauma and violence-informed teaching practices.

### Learning Objectives:

Participants will learn:

1. how adverse childhood experiences affect mental health and classroom behaviour
2. how teacher education does not prepare or equip teachers to deal with mental health behaviours of students

**Presenters:** Christina Amico, Western University

**Bios:** Christina are first year Counselling Psychology students at Western University.

\*\*\*

## H8: Show Me the Money: Creating a Philanthropic Culture

**Stream:** Embracing Diversity - Serving Diverse Communities

This session explores the board's role in fund development...do you know its about more than asking for money? An overview of common motivations for giving will be offered as well as a summary of common funding sources. The three major types of fundraising will be described in the context of the fund development cycle every fundraising organization must embrace. The session will conclude on the importance of a strong case for support and how building a philanthropic culture can change the way you and your organization view fundraising forever.

### Learning Objectives:

1. To articulate the role of the board in fund development, and the participation of individual board members
2. To utilize a working knowledge of fund development fundamentals
3. To describe the importance of the fundraising case for support
4. To build a philanthropic culture within the board and across your organization

**Presenter:** Sharilyn Hale, Watermark Philanthropic Counsel

**Bio:** As Founder and President of Watermark Philanthropic Counsel, Sharilyn helps social profit organizations deepen their governance performance. With a 20+ year career spanning the charitable sector, she is a noted governance expert as an advisor and trainer



with [BoardSource](#), a [Chartered Director \(C.Dir\)](#) and member of the [Institute of Corporate Directors](#).

Steeped in leading governance theory, Sharilyn is also an experienced board director and community volunteer. She is Vice Chair and Chair of the Governance Committee at the [Toronto Public Library Foundation](#), and a leadership volunteer for the [Imagine Canada](#) accreditation program for charities in Canada. She was a Provincial Appointee to the [Ontario Trillium Foundation](#), which is Canada's largest grant-making foundation; and is Past Chair of [CFRE International](#), the global credential which sets the standard for effective and ethical fundraising.

Sharilyn is an author, speaker and educator. She holds a graduate degree in Philanthropy & Development and was instrumental in establishing Canada's first and only graduate program in Philanthropy & Nonprofit Leadership at Carleton University. A doctoral candidate, Sharilyn will soon complete her research on family philanthropy governance.

