

DETAILED PROGRAM

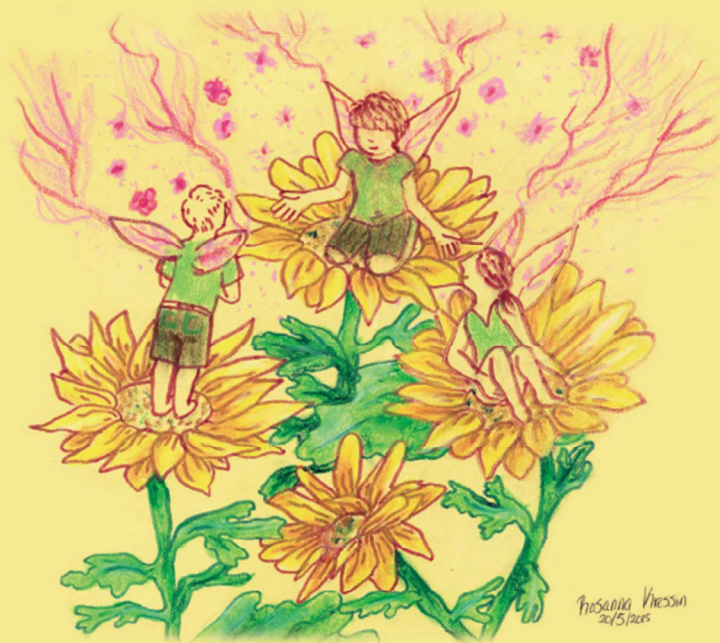
Atlantic
Summer
Institute
on Healthy
and Safe
Communities



l'Institut
d'été sur les
collectivités
sûres et en
santé au
Canada atlantique

Symposium on Child and Youth Mental Health

Investing in Child and Youth Mental Health
– Mobilizing Atlantic Canadians for a Positive Future
August 17-19, 2015 ~ Charlottetown, PEI



Symposium sur la santé mentale des enfants et des jeunes

Investissement dans la santé mentale des enfants et des jeunes
– les Canadiens et Canadiennes de l'Atlantique's investissent
pour un avenir positif

Du 17 au 19 août 2015 ~ Charlottetown (Î.-P.-É.)

www.asi-iea.ca





President's Office

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Dear Participants Symposium on Child and Youth Mental Health,

On behalf of Holland College, I am pleased to welcome the Atlantic Summer Institute on Healthy and Safe Communities to our Prince of Wales Campus and to Prince Edward Island! I am confident that you will find the Symposium - and your stay with us - to be both enlightening and entertaining.

As community leaders, I think you will be impressed with our facilities, staff and the variety of programs we offer at the College.

I look forward to meeting many of you, and encourage you to experience and enjoy the wonderful hospitality for which Holland College, the City of Charlottetown, and Prince Edward Island, are so well known.

Warmest regards,

Brian MacMillan, PhD.

President



Welcome!

Welcome to the ASI Symposium, *Investing in Child and Youth Mental Health – Mobilizing Atlantic Canadians for a Positive Future*. Welcome to Holland College and to Charlottetown, Prince Edward Island. This timely event is brought to you by several partners – ACCESS Mental Health, Atlantic Summer Institute on Healthy and Safe Communities, and the SEAK (Socially and Emotionally Aware Kids) Project of the Canadian Mental Health Association of NS.

Our common goal is to build on evidence to influence and mobilize decision makers from grassroots to government to improve the mental health and well-being of children and youth in Atlantic Canada. We have four objectives to achieve this goal.

1. Increase awareness of the importance of child and youth mental health for the future well-being of Atlantic Canadians.
2. Generate recognition and support for investment in social and emotional learning to achieve positive outcomes for children, youth, families, and communities.
3. Mobilize across sectors and jurisdictions to collaborate on development of policies and programs that impact mental health and wellbeing in Atlantic Canada.
4. Establish ongoing integrated networks inclusive of youth, parents and other stakeholders to support mental health and well-being in Atlantic Canada.

Mental health has become more prominent in recent times, with the focus on availability and access to services for people living with mental health problems. Our focus here is on positive mental health of children and youth through universal mental health promotion programming like social and emotional learning and improved access to mental health services.

Although all four Atlantic Provinces have committed to improving mental health, our children and youth are reported to be experiencing increased stress and anxiety and having difficulty accessing services. Bringing together a broad range of stakeholders to mobilize action is viewed as the next critical step. We have convened this event to bring together researchers, policy makers, advocates working in multiple sectors (such as education, health, justice, child and family, or community services, non-profit and private sectors), parents, caregivers, youth, and members of the general public who are promoters of positive mental health.

The program we have put together will showcase innovative approaches to positive mental health for children and youth, workshops about current evidence and resources to support programs and policies, and a panel of policy makers and influencers who will highlight challenges they face. All of this will be in an interactive environment where each of you will have opportunities to network, learn from each other, and develop strategies for mobilizing support when we all return home. Our Youth Leadership Program will bring the voices of youth into the mix to incorporate young people's perspectives into future research, policy and programs and encourage intergenerational engagement and mentoring throughout the Symposium. They will also have a day of leadership training after the Symposium to enhance their skills to take action on promoting policies and programs to improve mental health for children and youth.

We are grateful for the contributions of our many funding partners, sponsors, and volunteers. We also thank Patsy Beattie-Huggan and her staff at The Quaich Inc., who have worked diligently to coordinate all of the moving parts for this event and deliver it to you.

Thank you all for joining us for the 2015 Symposium. There is a wealth of knowledge and experience gathered here and we hope you leave with a renewed commitment to the mental health of our children and you in Atlantic Canada.

Malcolm Shookner
President, Atlantic Summer Institute on Healthy and Safe Communities

ACKNOWLEDGEMENTS

Symposium Planning Committee

Malcolm Shookner, President ASI (Chair)
Pamela Magee, Executive Director, CMHA NS
Cathy Peyton, Program Manager, ACCESS-MH
Brandi Bell, Post Doctorate, ACCESS-MH
Carlye Higgins, CMHA-NS
Jean Hughes, SEAK Lead Researcher, Dalhousie University School of Nursing
Randy Hatfield, Treasurer ASI
Ellen Coady, Dept. of Education & Early Childhood Development (NL)
Brian Kelly, Dept. of Education & Early Childhood Development (NB)
Joanne Syms, Anti -Bullying and NS Youth Advisory Council
Staff: Patsy Beattie-Huggan, Sara MacDougall

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Beth Johnston, Communications Officer, PEI Executive Council
Brittany Waugh, CMHA-NS
Cathy Peyton, ACCESS-MH
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Brandi Bell, Post Doctorate, ACCESS-MH
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Staff: Sara MacDougall

Poster Graphics and Production

TechnoMedia

Partnership Development Working Group

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Joanne Syms, Anti -Bullying and NS Youth Advisory Council
Sheldon Pollett, Choices for Youth (NL)
Staff: Kirsten McKnight, Patsy Beattie-Huggan, Sara MacDougall, Kendi Tarichia, Judy McKnight

Youth Leadership Program Working Group

Cathy Peyton, Program Manager, ACCESS-MH
Brandi Bell, Post Doctorate, ACCESS-MH
Lisa LaChance, CYCC (NS)
Cindy Miles, Partners for Youth (NB)
Duane Pineau, Town of Stratford Youth Program
Tanya Craig, Town of Stratford Youth Program
Chelsea Lola Squires, MUN
Donavan Taplin
Patrick Hickey
Jillian Kilfoil, Girls Action Foundation
Kate Dempsey, Facilitator
Staff: Patsy Beattie-Huggan, Sara MacDougall, Kendi Tarichia

Children's Program Working Group

Alice Taylor, Handle With Care
Staff: Sara MacDougall, Judy McKnight, Kendi Tarichia

Poster Art

The Atlantic Summer Institute held a contest to choose a young artist's artwork for the Symposium poster. The winning entry was created by a student in Charlottetown, PEI.

Rosanna Kressin, 15 years old

The Symposium Planning Committee wishes to acknowledge the public interest in this Symposium and the amazing amount of work committed by all the workshop presenters, facilitators and panelists. We especially want to thank our partners and funders. We are optimistic that together we will meet our objectives and improve the mental health of children and youth in Atlantic Canada.

AUGUST 17 – REGISTRATION AND OPENING

- 12:00 – 5:00** **Registration** - Grafton Street Entrance, Holland College, Prince of Wales Campus
- 1:30 – 5:00** **Youth Leadership Program Orientation** – Room 214, CAST Building
- 2:30 – 3:30** **Volunteer Orientation** – Room 25C, CC Grafton Street Entrance, Holland College
- 5:00 – 6:30** **Free Time**
- 6:30 – 8:30** **Symposium Opening** – MacKinnon Lecture Theatre, Holland College Prince of Wales Campus

Welcome and Introductions: Malcolm Shookner, MC and President, Atlantic Summer Institute on Healthy and Safe Communities; Pamela Magee, Executive Director CMHA NS; and Cathy Peyton, Project Manager, ACCESS-MH.

Opening remarks: Dr. Rhonda Matters, PEI Chief Mental Health Officer; Clifford Lee, Mayor of the City of Charlottetown; , Reid Burke, Executive Director, CMHA PEI

Keynote Introduction: Dr. Kate Tilleczek, Principal Investigator, ACCESS-MH

Public Presentation: *Hot Topics in Child and Youth Mental Health: How many partners does it take to change a lightbulb (or a system)?*

Dr. Ian Manion – Keynote Speaker

Ian Manion is a clinical psychologist and scientist-practitioner who has worked for over 30 years with children, youth and families presenting

with a variety of social, emotional, and behavioural problems. He is a clinical professor in the School of Psychology at the University of Ottawa, and the Executive Director for the Ontario Centre of Excellence for Child and Youth Mental Health (the Centre). He is the Inaugural Chair of the National Infant, Child and Youth Mental Health Consortium and the Principal Lead for the National School-Based Mental Health and Substance Use Consortium.



He is actively involved in research in the areas of parent/child interactions, community mental health promotion, youth depression and youth suicide. He is a committed advocate for child and youth mental health sitting on a number of local, provincial, national and international boards and committees. Dr. Manion is co-founder of Youth Net/ Réseau Ado, a bilingual community-based mental health promotion program with satellites across Canada and in Europe. This program strives to understand the mental health issues facing youth, and to better address these issues with sensitivity to gender, age, culture, and geography.

A reception sponsored by The City of Charlottetown will follow the keynote.

Cafeteria, Holland College Prince of Wales Campus
140 Weymouth Street, Charlottetown

Entertainment will be provided by Todd MacLean and Justin Simard.

AUGUST 18 – SYMPOSIUM PROGRAM

7:00 – 8:00 Morning Exercise (optional) – Youth Inspired! To be announced

8:30 – 9:00 Aboriginal Opening – Judy Clark, Elder

Welcome & Program Overview

Location: MacKinnon Lecture Theatre

9:00 – 10:00 Keynote Presentation:

Keynote Introduction: Dr. Jean Hughes, Lead Researcher, SEAK Project

Promoting Well-Being in Schools: Current Status and Future Challenges

Dr. Mark Greenberg

Mark Greenberg holds the Edna Peterson Bennett Endowed Chair in Prevention Research in Penn State's College of Health and Human Development. He is the Founding Director of the Prevention Research Center for the Promotion of Human Development, and served as its Director from 1998 until 2013. He is one of the authors of the PATHS Curriculum, which is used in thousands of schools in more than 20 countries. He is also a senior investigator on numerous national and international research projects including Fast Track, PROSPER, the Family Life Project, REDI, and PATHS to Success. He is the author of more than 200 journal articles and book chapters on developmental psychopathology, well-being, and the effects of prevention efforts on children and families. He received the Research Scientist Award from the Society for Prevention Research in 2002 and the Society for Research in Child Development Distinguished Contributions to Public Policy for Children Award in 2009. One of his current interests is how to help nurture awareness and compassion in our society. Mark also chairs CASEL's Research Advisory Group.



10:00 – 10:30 Refreshment and Networking Break

Sponsored by Intact Insurance, Atlantic Division

Location: Cafeteria, Holland College Prince of Wales Campus

10:30 – 12:00 Moderated Panel

Supported by Medavie Health Foundation

The Landscape of Child and Youth Mental Health in Atlantic Canada - Challenges & Opportunities

Location: MacKinnon Lecture Theatre

Moderator: Doug Crossman

Objectives: By attending this session participants will develop:

1. Increased knowledge of the issues in Atlantic Canada that impact child and youth mental health and well-being.

2. Familiarity with community and system responses to the issues.
3. Awareness of opportunities for mobilizing strengths to address challenges in Atlantic Canada.

Introduction: *Mental Health Initiatives in the Canadian Context*, Doug Crossman

Presentation: *Snapshot of Mental Health in Atlantic Canada*, Andrea Simpson, Knowledge Development and Exchange Analyst, Public Health Agency of Canada

Panelists:

1. Mary Catherine Connolly, CHANCES, Nurse Practitioner (PEI)
2. Vikki MacEachern, Teacher, Inverness Education Centre/Academy (NS)
3. Brent Chaisson, Community Child & Youth Care Worker and Marilyn LeFrank, Director of the Child and Family Services Mi'kmaq Family PRIDE Program, Mi'kmaq Confederacy of PEI
4. Sheldon Pollett, Executive Director, Choices for Youth (NL)
5. Christian Whalen, Deputy Advocate and Senior Legal Counsel, Office of the Child and Youth Advocate for New Brunswick

Reflection on Panel – Hon. Doug Currie, Minister of Health and Wellness and Minister of Family and Human Services, PEI

Question and Answer Session

12:00 – 1:00 LUNCH

Location: Cafeteria, Holland College Prince of Wales Campus

1:00 – 3:00 Concurrent Research Sessions

Theme: *What does the research tell us? How can we use it in Atlantic Canada?*

Objectives: By participating in this session, participants will have:

1. Increased knowledge of research findings from the SEAK and ACCESS-MH projects
2. Awareness of evidence to support programs and policy for social and emotional learning and improved access to care.
3. Reflective thinking on how the evidence emerging from the research can be used to improve child and youth mental health in Atlantic Canada.

Workshop Options:

Workshop A

Current research on Child/Youth Mental Health Services in Atlantic Canada: ACCESS-MH

Location: MacKinnon Lecture Theatre

Workshop B

The SEAK Journey: Learning from the Implementation of PATHS

Location: 21C Lecture Theatre, Grafton Street entrance, Holland College

Workshop A Overview

Current research on Child/Youth Mental Health Services in Atlantic Canada: ACCESS-MH

Location: MacKinnon Lecture Theatre

Moderator: Barbara Clow, Barbara Clow Consulting

Presenters:

1. *ACCESS-MH: Study Overview*
Cathy Peyton, Position/Role Project Manager, Memorial University of Newfoundland
2. *Leveraging Big Data to Understand Access and Use of Mental Health Services in Atlantic Canada*
Amanda Slaunwhite, Post-Doctoral Fellow, University of New Brunswick
3. *Modeling Mental Healthcare Services Delivery: the Routine and the Innovative*
Michael Zhang, Co-PI, ACCESS-MH, Saint Mary's University
4. *Voices & Journeys in Child/Youth Mental Health: Hearing from Children/Youth, Parents, and Service Providers*
Kate Tilleczek, Professor & Canada Research Chair; Director, Organization Young Lives Research Lab, UPEI
5. *Les obstacles et les facilitateurs dans l'accès aux services de santé mentale pour les enfants et les adolescents francophones des provinces de l'Atlantique*
Jacques Richard, Professor of child psychology; Co-PI, ACCESS-MH, Université de Moncton
6. *ACCESS-MH Trainees: Supporting a New Generation of Child/Youth Mental Health Researchers*
Brandi Bell, Postdoctoral Fellow, Young Lives Research Lab, UPEI

Workshop B Overview

The SEAK Journey: Learning from the Implementation of PATHS

Location: 21C Lecture Theatre, Grafton Street entrance, Holland College

Moderator: Joanne Syms, Coordinator of Anti-Bullying and the Youth Advisory Council, Province of Nova Scotia.

Presenters

1. *SEAK Project Overview*
Pamela Magee, CMHA NS Executive Director
2. *Quantitative Research Process and Results*
Dr. Sophie Jacques, Associate Lead Researcher SEAK Project, Dalhousie University
3. *Qualitative Findings and Cost Benefit Analysis*
Dr. Jean Hughes, Lead Researcher SEAK Project, Dalhousie University
4. *SEAK Project Evaluation – Rolling out PATHS in the Real World*
Nishka Smith, SEAK Project Evaluator, Nishka Smith Consulting

3:00 – 3:15 Refreshment and Networking Break

Sponsored by COWS Ice Cream

Location: Cafeteria, Holland College Prince of Wales Campus

Location: Cafeteria, Holland College Prince of Wales Campus

Sixteen projects in Atlantic Canada have been selected for the Showcase. Each presenter will have 2-3 minutes to promote her/his presentation to participants. Then using a Carousel Format, participants will visit selected presentations for 12 –15 minutes, and then will be signaled to move to another table top or poster board. Presenters will have a “dance card” with which interested participants can schedule time to discuss a project.

- 1. Tools for Lifelong Mental Health and Resiliency** (Table Top Display)
Margaret J. (Margie) Fowler, M.A. Child & Youth Study
Regional Consultant Atlantic Provinces, Psychology Foundation of Canada
- 2. Village des Sources l'Étoile Filante camps de ressourcement personnel et social** (Poster board)
Darlene Arsenault and Jeannette Gallant, Village des Sources l'Étoile Filante, Cap-Egmont PEI
- 3. Student Athlete Mental Health** (Poster board)
Tamsin Marriott, Consultant, Canadian Mental Health Association NS Division
- 4. Handle with Care, (HWC)...promoting the Mental Health of Children and Youth...every day!** (Table Top Display)
Alice Taylor, PEI Partner for Handle with Care and Sonja Corrigan, Early Childhood Development Association (PEI)
- 5. Collaboration & Innovation in Children and Youth Mental Health Promotion: UMIND, A Resource Sharing Success Story** (Table Top Display)
Kathy Payette and Tana Nash, Lutherwood Children's Mental Health Services, Ontario
- 6. Care for Children and Youth with Mental Disorders** (Poster board)
Cindy Mosher, Client Affairs Manager, Newfoundland and Labrador and PEI
Canadian Institute for Health Information
- 7. Triple P – The roll out of the Positive Parenting Program in Prince Edward Island** (Poster board)
Peter Mutch, Triple P Coordinator for PEI and Executive Director, Catholic Family Services Bureau
- 8. SchoolsPlus – a collaborative interagency approach to supporting the whole child and family**
(Table Top Display)
Tara Moore, SchoolsPlus Coordinator, NS Department of Education and Early Childhood Development
- 9. #MyDefinition** (Table Top Display)
Lee Thomas, Founder and Recent Graduate, UNB

- 10. SHAPES-PEI: Moving Evidence to Action for Positive Mental Health in PEI Schools** (Poster board)
Melissa Munro-Bernard, Research Coordinator, Comprehensive School Health Research Group, UPEI
- 11. Stop Now and Plan (SNAP®)** (Table Top Display)
Jennifer Bernier, Executive Director, BRAVE (NS)
- 12. Lighting the Way Forward - Eating Disorders Recovery and Peer Support** (Table Top Display)
Shaleen Jones, Coordinator, Eating Disorders NS
- 13. A Collaborative Approach to Promoting Positive Body Image in Newfoundland and Labrador** (Poster board)
Anne Wareham, Co-Chair, Body Image Network of Newfoundland and Labrador
- 14. Learning from the Realities of Lived Experience** (Table Top Display)
Sarah Brown, Director at Youth Leadership Council, Choices for Youth, NL
- 15. ACCESS NB and Transformation in Youth Mental Health** (Poster board)
Haley McLean, Youth Lead; Kate Deveau & Alysha Elliott, ACCESS NB
- 16. Mobilizing Atlantic Canadians for a Positive Future through Singing: The AIRS Project** (Table Top Display)
Dr. Philip Smith, Professor of Psychology, UPEI; Ross Dwyer & Annabel J. Cohen

4:30 – 6:30 Free Time

Youth Leadership Program - Debrief and Journaling with Nora Pendergast

Location: Room 214, CAST Building, Holland College

6:30 – 8:30 Multicultural Dinner

Music and food provided by Charlottetown multicultural community. This is a family event. Tickets included in registration; additional tickets available for guests. Cash bar and entertainment will be on site.

Location: Royal Canadian Legion, 99 Pownal Street, Charlottetown

Master of Ceremonies: Joe Byrne, NDP Federal Candidate for Charlottetown

For more than 30 years, Joe has improved people's lives while promoting justice, equality and diversity. He currently works for the PEI Association for Newcomers to Canada, where he provides settlement assistance to immigrants and refugees. He also served as a board member for the Association, for the Latin American Mission Program and the grassroots Cooper Institute.

Entertainment will be provided by Theresa Doyle her son Patrick Bunston. www.teresadoyle.com

AUGUST 19 – SYMPOSIUM PROGRAM

7:00 – 8:00 Morning Exercise (optional) – Youth Inspired! To be announced.

8:30 – 8:45 Morning Plenary
Location: MacKinnon Lecture Theatre

8:45 – 10:00 Panel: *Developing policy for collective impact to improve mental health – Expanding the Reach of Proven Programs*

Location: MacKinnon Lecture Theatre

Moderator: Patsy Beattie-Huggan

Objectives: By attending this session participants will develop:

1. Knowledge of work underway in scaling up social and emotional learning in Atlantic Canada to achieve collective impact, expanding the reach of proven programs.
2. Understanding of how policy is developed and resourced for implementation
3. Awareness of future trends in integrating positive mental health into systems, environments and programs
4. Reflection on how, when and where integrated policy can be developed in Atlantic Canada.

Presentation: *Introduction to Scale up for Collective Impact in Atlantic Canada*
Patsy Beattie-Huggan, The Quaich Inc.

Panelists:

1. Peter Bevan-Baker, Leader, Green Party of PEI; MLA for district #17, Kelly's Cross – Cumberland
Impact of the political process in policy development
2. Jeff DeWolfe, Director of Programs and Student Services, South Shore Regional School Board
Influencing policy through local partnerships
3. Yvette Doiron, Director of Child and Youth Addiction and Mental Health Services (NB)
Network of Excellence - impact on policy related to continuum of services for Child and Youth Addiction and Mental Health Services in New Brunswick
4. Carol Hopkins, Executive Director, Thunderbird Partnership Foundation
First Nations Mental Wellness Continuum Framework: Potential impact in Atlantic Canada

Response to the Panel

Speaker TBA

Reflecting on the panel presentation, how do the Atlantic Provinces work together now in areas of policy and program development; and how *could* the provinces work together to implement an *integrated* policy framework for Atlantic Canada?

10:00 – 10:30 Refreshment and Networking Break

Sponsored by Bell Aliant

Location: Cafeteria, Holland College Prince of Wales Campus

10:30 – 12:00 Concurrent Workshops

Theme: *What is needed to create collective impact to improve mental health of children and youth in Atlantic Canada?*

Objectives: By participating in this session, participants will have:

1. Knowledge of current evidence and resources to support programs and policy child and youth mental health
2. Engagement in interactive group activities which promote sharing of knowledge and ideas amongst participants
3. Reflective thinking on how lessons learned from the workshop can be used to improve child and youth mental health in Atlantic Canada.

Format: The workshops will engage participants in their areas of interest as all of these strategies need to be at play if we are to achieve collective impact. Sessions are 90 minutes in length. Location to be provided for selected workshops.

Workshop Options:

1. Working across sectors for collective impact – 2 options

- a. *Sharing Information and Using Large Data Sets Across Sectors for Collective Impact*
Randy Hatfield, Saint John Human Development Council and Luc Clair, PhD economics student from McMaster University
- b. *Netiquette 2.0: Developing new network manners and skills for successful partnerships*
Penney Scott, Diversification & Business Development Coordinator, Health Nexus.

2. Parent and Community Engagement – 2 options

- a. *Handle with Care; promoting social and emotional well-being in children.....every day!*
Alice Taylor, PEI Partner Handle with Care and Sara MacDougall, The Quaich Inc.
- b. *Journey Mapping for Research and Parent/Community Engagement*
Michael Bartellas (ACCESS-MH) and Brandi Bell (ACCESS-MH)

3. Supportive School Environments

Fostering Supportive School Environments

Katherine Kelly, Executive Director, Joint Consortium for School Health (JCSH); Dr. Patricia Peterson, Associate Professor, Faculty of Education, University of New Brunswick (UNB); Dr. Bill Morrison, Associate Professor, Faculty of Education, UNB; Susan Hornby, Cross Sector Engagement, JCSH.

4. Sustainability

Provincial Stepping Stones for Sustainability of a School-based Intervention Promoting Mental Health

Mark MacLeod, Coordinator of Programs, P-12; Chrissi Lynch, Coordinator of Student Services;

Cheryl Shinkaruk, Coordinator Programs and Projects; Tracy Drefko, Principal/PATHS Coach representing 4 SEAK (Socially and Emotionally Aware Kids Project) sites in Nova Scotia, Alberta and Manitoba.

5. Youth Engagement

Young Engagement - from start to finish in policies and programs

Lisa Lachance, Executive Director, Children and Youth in Challenging Contexts Network (CYCC)

6. Aboriginal Mental Health

First Nations Mental Wellness Continuum Framework: A comprehensive and coordinated approach to promoting mental wellness among First Nations children and youth

Carol Hancock, Executive Director, Thunderbird Partnership Foundation

12:00 – 1:00 LUNCH

Location: Cafeteria, Holland College Prince of Wales Campus

1:00 – 1:15 Overview of the afternoon

Network Mapping & Analysis

Presentation of visual mapping of current networks within Symposium with an analysis of potential expansion of networks in Atlantic Canada

Location: MacKinnon Lecture Theatre

Penny Scott and Natalie Colaiacovo, Health Nexus

1:15 – 4:00 Open Space Participant Forum –Vision to Action

A dynamic, guided forum to examine issues related to child and youth mental health and make recommendations for action.

Refreshments will be available during Open Space.

Location: MacKinnon Lecture Theatre

Kathy Jourdain, Shape Shift Strategies & Jillian Kilfoil, Girls Action Foundation

Objectives:

1. Provide a space for participants to direct their own conversations and work collaboratively with other participants.
2. Mobilize across sectors and jurisdictions to collaborate on development of policies and programs that impact mental health and wellbeing in Atlantic Canada.
3. Establish ongoing integrated networks inclusive of youth, parents and other stakeholders to support mental health and well-being in Atlantic Canada.

Agenda

1:15 - Open Space begins

- Explanation of Open Space

- Context for the afternoon conversations
- Call for initiators of conversations

2:00 – Session 1 – Topic conversations

2:55 – Session 2 – Topic conversations

4:00 - Reconvene and Close Open Space

4:00 – 4:30 Symposium Closing

Location: MacKinnon Lecture Theatre

Summary Remarks and Call to Action: Malcom Shookner, ASI Board Chair

Children’s Program moment of fame

Evaluation

Aboriginal Closing – Judy Clark, Elder

4:30 Departures

PROGRAM AND SPEAKER DETAILS

This section of the program will provide descriptions of panels, workshops, and showcase presentations and bios of speakers referenced in the previous section. In addition, it will feature special elements of the Symposium Program:

1. Children's Program
2. Youth Leadership Program
3. Network Mapping – Health Nexus
4. Open Space Technology

• **Children’s Program**

We believe in inclusion and reducing barriers to participation, so we offer a free, hands-on, engaging program for children of registered participants. This program is carefully designed for children ages 3-14 and is staffed by early childhood educators and/or qualified teachers. Opportunities to participate in both official languages are available.

This year’s theme, *Investing in Child and Youth Mental Health – Mobilizing Atlantic Canadians for a Positive Future*, will see the Children’s Program parallel that of the adults. Children will participate in interactive activities based on social and emotional learning principles. The emphasis on positive mental health and its relationship to physical activity and the environment will be part of the fun as the children explore local Island culture, through art, music, games and nature walks!

We have delivered a Children’s Program at eight different Atlantic Summer Institute events, with rave reviews from the kids! Detailed program schedules are available.

Educators

Wendy Waite-Snow is a certified kindergarten teacher with the English Language School Board of PEI. She has graduated with a Bachelor of Child Study (BCS) and Bachelor of Education (Bed) degrees. She is a trained facilitator of “The Virtues Project”. She recently experienced a “Free the Children” mission trip to India. She helped build a prenatal women’s clinic and playschool. While in India, she went to “Navdanya” organic farm at the base of the Himilayas where saving indigenous seed is its mandate. Growing up on the third generation family farm with her extended family, Wendy naturally gravitates toward wonder and joy in nature, the land, animals, family and helping others. This comes through in her co-learning and teaching with children. Wendy is passionate about children growing up in secure, loving, safe, healthy and sustainable environments.

Sarah Riehl has a Diploma in Early Childhood Education, Bachelor of Child and Family Studies and a Bachelor of Education Degree. She has committed herself to working with island families in various settings, such as early learning centres, schools and community programs for just over a decade. She takes pride in our island and likes to give back through volunteering. Her volunteer time is spent with the Children's Wish Foundation, Big Brothers Big Sisters and most recently, Handle With Care. Sarah is a mommy to Wyatt, a playful 1.5 year old and a friend to her two dogs.

Jennifer Gallant is a practitioner and yoga teacher at Health Within Holistic Centre in Charlottetown, PEI. She is fluently bilingual, spent over 20 years educating in the early learning and youth field, and has certifications in various energy and holistic healing modalities and yoga.

Coordinator

Judy McKnight graduated from Lakeshore Teacher's College and spent 25 years as a Primary and Kindergarten teacher. After retirement from teaching she completed a Computer Training Course and began working for The Quaich Inc. This is the seventh year that she has been the Atlantic Summer Institute's Children's Program Coordinator. Her interests include spending winters in Florida, golfing, bridge and being "Grammy" to eight grandchildren.

• **Youth Leadership Program – August 17-20, 2015**

Providing an opportunity for young people to attend and participate in *Investing in Child and Youth Mental Health: Mobilizing Atlantic Canadians for a Positive Change* is a priority for the symposium. Young people from each Atlantic Province between the ages of 18 and 25 who are affiliated with a community group and have experience or are interested as an advocate or leader applied and were selected for this program. Exceptions to the age limit were made for young people who fit all other criteria.

The Atlantic Summer Institute on Healthy and Safe Communities (ASI) which is coordinating the Symposium has learned from previous ASI events how important it is to foster intergenerational learning. At the Symposium, there will be time for youth to convene separately and also be included in the full Symposium Program.

Objectives:

1. To provide an opportunity for young people to hear and respond to current research and to incorporate young people's perspectives into future research, policy and programs
2. To develop ongoing channels/networks for youth engagement to improve child and youth mental health
3. To encourage intergenerational engagement and mentoring throughout the Symposium
4. To explore models of youth engagement and shared responsibility for action on mental health

Program Design

The program will extend over 3.5 days (August 17-20) with opportunities for youth participation woven through the full Symposium program. An orientation for youth delegates will be held in the afternoon of the August 17th and there will be additional opportunities for networking throughout the Symposium.

A workshop on Youth Engagement will be held on August 19th and will be open to all participants. This will be followed by an Open Space Event where participants of all age groups convene and identify priorities for action. On August 20th, in partnership with Girls Action Foundation, there will be a full day workshop on the importance of **youth leadership, peer support and intergenerational relationships**. A Youth Engagement Coordinator will provide planning and oversight to the Youth Leadership Program. Additionally, support for this program has also been provided by TD Bank and the New Brunswick Department of Education.

Facilitators

Jillian Kilfoil is the National Programs Coordinator at **Girls Action Foundation** in Montreal, Quebec. She is originally from western Prince Edward Island and has an educational background in political science, women's studies and adult education. Jill's previous work experience includes working with Katimavik for over 5 years as a project coordinator and as a regional & national programs officer. Jill seeks to use collaborative methods of participation and learning to increase engagement and our understanding of the world around us. Jillian is fluently bilingual.

Kate Dempsey is a facilitator and community educator with over ten years' experience working with youth. She has a passion for social justice, and anti-oppression work, and has coordinated community development initiatives with diverse and at-risk youth in Ghana, Indonesia, and Peru, and Canada.

Duane Pineau, *Town of Stratford Recreation, Culture and Events Department- Youth and Family Coordinator*
A resident of Charlottetown, I have worked closely with youth for over 20 years on PEI. Educated in Recreation Management, Business and Law Enforcement, it has given me an interesting mix of training and experience

when dealing with youth. I fully believe in empowering youth and giving them a chance to make a difference in their communities. My current position with the Town of Stratford allows me to work closely with youth at the Stratford Youth Centre and to promote and encourage activities that build stronger family relationships and community engagement.

Tanya Craig, *Town of Stratford Recreation, Culture and Events Department- Program Leader- Arts and Culture*

I gained most of my education here on PEI from my family and friends. I was schooled at Acadia University where I received my BA H in Sociology. I've worked for the Town of Stratford for 13 years. I began as the Youth Coordinator and now I get to help create arts and cultural program for all ages. I have many many interests and passions but I'd say gardening and sewing are top of that long list. I hope you have time to enjoy this little paradise while you're visiting.

Nora Pendergast is a teacher, artist and community worker from Prince Edward Island. She loves working with adolescents because they have such novel perspectives and insights about our world.

Coordinators

Kendi Tarichia has a Bachelor of Political Studies and a Bachelor of Education degree. She recently joined the Quaich in October of 2014. This is her first year working with the Symposium. She is an avid supporter of youth and volunteers with a youth underemployment group. She also enjoys volunteering at the soup kitchen, Diversecity and with music/art events that happen on the Island. Her interests include reading, politics and spending time with family. She works with The Quaich Inc., which coordinates the Atlantic Summer Institute on Healthy and Safe Communities.

Sara MacDougall holds a Bachelor of Education degree from Mount Saint Vincent University and has taught elementary school in England and the United Arab Emirates. She currently works as a consultant with The Quaich Inc., which coordinates the Atlantic Summer Institute on Healthy and Safe Communities, and she recently facilitated a parenting group for Handle With Care.

Patsy Beattie-Huggan is the founder and President of The Quaich Inc., a health promotion consulting company located in Prince Edward Island (PEI) and incorporated 1998. Patsy is recognized for her leadership in envisioning and developing analytical models for health equity and health promotion, such as the Circle of Health, as well as partnerships and organizations to advance health, safety, and social development, such as the Atlantic Summer Institute on Healthy and Safe Communities, which she has coordinated since 2004.

Partners

We want to thank each of our partners for their contributions to the planning and youth recruitment and for supporting youth to attend.

- Partners for Youth (NB)
- ACCESS-NB
- CYCC (NS)
- Choices for Youth (NL)
- Town of Stratford Youth Program
- NB Dept. of Education and Early Childhood Education
- Girls Action Foundation
- TD Bank

• **Network Mapping at the Atlantic Summer Institute**

Health Nexus will be on site at the Symposium to create a baseline ‘snapshot’ of the current levels of network connection amongst Symposium participants. They use innovative social network mapping software (kumu.io) to create a visual representation of the current connections. Together with participants will develop strategies to leverage the existing network connections to strengthen your connections and your partnerships and uncover potential new sectors and connectors in the community to build and amplify your reach.

What is Health Nexus?

For over 30 years, Health Nexus has been a leader in health promotion. We are a bilingual organization that supports individuals, organizations and communities to strengthen their capacity to promote health and well-being. Our work is grounded in the Ottawa Charter for Health Promotion and we view health broadly. We are proud to be leaders in nurturing connections and cross sectoral collaborations in Ontario and beyond. Our services, our programs and our staff reflect our exceptional depth of experience in equity, inclusion, engagement, evidence and best practice based resource development and knowledge translation. With a proven track record in community engagement, we bring together partners from different sectors, to identify common interests and creative strategies.

What is network mapping?

Network mapping and analysis is a process for visualizing and interpreting connections within a group so that the group itself, and therefore its work and effectiveness, may be strengthened. Connections, strengths, and weaknesses are made visible, helping answer many key questions in the collaboration community-building process:

- Are the right connections in place? Are any key connections missing?
- Who are the people playing leadership roles in the community?
- Who are not, but could be?

How can I participate in the mapping?

All Symposium participants have received a link to a short survey that will ask you some questions about how you are connected to other participants. There are no right or wrong answers! Health Nexus will use this data to populate the network maps to show the current type and strength of your connections. The maps will be on display at the Symposium to view and create opportunities for discussion amongst attendees.

Who will be joining us at the Symposium? Introducing...

Penny Scott, Diversification & Business Development Coordinator at Health Nexus, is a systems thinker, network practitioner and mapper and has a passion for supporting and measuring intersectoral partnerships and collaborations. As the Business Development Coordinator, Penny brings her private sector experience to the non-profit world is responsible for building diversified revenue streams for Health Nexus.

Natalie Colaiacovo, Bilingual Information Specialist at Health Nexus oversees the Best Start Resource Centre’s four online networks and writes the *Maternal Newborn and Child Health Promotion* bulletin. She conducts research and organizes the Best Start Resource Centre Annual Conference. Natalie has a background in Information Studies and has experience managing and surveying maternal and child health information.

• **Open Space Technology – August 19, 1:00 - 4:00 pm**

Open Space is an opportunity for you to bring forward your ideas and engage with others around you on topics that are most relevant for you, your community and work. It will be a space to explore specific topics, how it relates to others, as well as identify possible next steps to move your idea forward. You set the agenda and essentially create the break-out sessions for the afternoon!

Open Space is a simple and powerful way to facilitate relevant, effective and productive conversations. It operates with a few simple principles and relies on the commitment of people in the conversations to decide how it impacts our work moving forward. This session will facilitate participants in moving from Vision to Action, supporting participation in both official languages.

Symposium Open Space Objectives:

1. Provide a space for participants to direct their own conversations and work collaboratively with other participants.
2. Mobilize across sectors and jurisdictions to collaborate on development of policies and programs that impact mental health and wellbeing in Atlantic Canada.
3. Establish ongoing integrated networks inclusive of youth, parents and other stakeholders to support mental health and well-being in Atlantic Canada.

Moderators

Kathy Jourdain brings a diversity of experience in process design and co-creating adaptive strategy, and is called upon by a wide variety of clients and colleagues in addressing issues that matter. She is co-founder of Worldview Intelligence, a rapidly evolving body of work that generates a deeper understanding of worldview, how worldviews are developed and why understanding them and growing the skill to work with them creates a fundamentally different environment for some of today's most challenging conversations.

She is a steward and practitioner of the Art of Hosting (AoH) Conversations That Matter, which offers a set of patterns and practices to understand and work with complexity in increasingly unpredictable circumstances. Her 2013 memoir, *Embracing the Stranger in Me: A Journey to Openheartedness*, has been hailed as a deeply authentic sharing of a personal journey that has shaped who she is today.

Jillian Kilfoil joined the Girls Action Foundation team in November 2012 as National Programs Coordinator. She is an activist and facilitator originally from PEI. Jillian has studied political science, gender studies and adult education at Saint Francis Xavier University in Nova Scotia. Prior to joining Girls Action Foundation she worked with Katimavik, a national youth volunteer service program from 2007 to 2012, and during that time she developed and coordinated projects throughout the Atlantic and Quebec region. Jillian strongly believes in collaborative approaches to learning and discovery to increase critical thinking in the hopes of creating systems change in society. She is an organizer and feminist who strongly believes in the popular education and anti-oppression approaches utilized by Girls Action.

WORKSHOP AND PANEL DESCRIPTIONS

August 18, 2015: 10:30 – 12:00 **Moderated Panel**

The Landscape of Child and Youth Mental Health in Atlantic Canada - Challenges & Opportunities

Location: MacKinnon Lecture Theatre

Introduction: *Mental Health Initiatives in the Canadian Context*, Doug Crossman

Presentation: *Snapshot of Mental Health in Atlantic Canada*

Andrea Simpson, Knowledge Development and Exchange Analyst, Public Health Agency of Canada

Panel Response:

1. Mary Catherine Connolly, CHANCES, Nurse Practitioner (PEI)
2. Vikki MacEachern, Teacher, Inverness Education Centre/Academy (NS)
3. Brent Chaisson, Community Child & Youth Care Worker and Marilyn LeFrank, Director of the Child and Family Services, Mi'kmaq Family PRIDE Program, Mi'kmaq Confederacy of PEI
4. Sheldon Pollett, Executive Director, Choices for Youth (NL)
5. Christian Whalen, Deputy Advocate and Senior Legal Counsel, Office of the Child and Youth Advocate for New Brunswick

Moderator

Doug Crossman has 35 years of involvement in the mental health, public health, and population health promotion fields. From September 2008 to December 2014, Doug served as a Senior Policy Advisor with the Public Health Agency of Canada, becoming one of the 'architects' of the Innovation Strategy (IS) with lead responsibility for the design, implementation, and evaluation of the mental health promotion component of the Strategy.

Doug has recently established P3R Consulting in Stratford, Prince Edward Island. He is a member of an Advisory Committee for the McConnell and Carthy Foundations which lead the development of a 'social lab' framework to explore best practices in social-emotional learned based school policies and programs to be applied across the country. He has also completed a Certificate Program with the Institute of Social Emotional Intelligence in Colorado.

Reflection on the Panel

Hon. Doug Currie, Minister of Health and Wellness and Minister of Family and Human Services, PEI

Doug Currie was elected as Liberal MLA (Charlottetown -Parkdale) on May 28th, 2007. He was appointed Minister of Health and Wellness and Minister Responsible for Aboriginal Affairs on Oct. 18, 2011. As Health Minister, Currie helped establish the Integrated Health System Project, which focused on operational improvements and service realignment to improve health services for Islanders. The Government's vision of "One Island Future - One Island Health System" guided this project.

From January 2010 until spring 2011, he served as Minister of Education and Early Childhood Development and Attorney General. During this time, he implemented the Public Education Governance Review for the Province of Prince Edward Island and was the driving force behind several key changes to Prince Edward Island's education system, such as the amalgamation of full-day, publically funded kindergarten into the public school system and the transition from the traditional early childhood care model to an early childhood learning model for children aged 0-4. This led to the establishment of Early Years Centers (EYCs) across the province.

Before his appointment to cabinet, he spent two decades working as an educator, counsellor, school principal and coach.

Presenter: “*Snapshot of Mental Health in Atlantic Canada*”
Andrea Simpson, Analyst, Public Health Agency of Canada

Key Message

Taking action to promote mental health can be challenging and complex. The first step toward action is to understand the state of mental health and mental illness in Atlantic Canada, and the prevalence of risk and protective factors. This will help inform decisions around promoting positive mental health in our region.

Relevance to Participants

This presentation will include an overview of indicators used to understand the state of mental health and illness, as well as possible trends. These indicators open up avenues for further dialogue, analysis and action. The report *Mental Health in Atlantic Canada - A Snapshot* (2012), and the 2015 statistical update may be used to support the work of professionals, advocates and policy makers working in different sectors to address priority mental health issues in this region.

Speaker Bio

Andrea Simpson holds a Master of Science in Planning and Development, University of Guelph. She joined the Public Health Agency of Canada in 2007 and has held the position of knowledge development and exchange analyst since 2010. Her areas of expertise include gender-based analysis, health equity analysis, and program evaluation. She is a former member of the Health Equity Steering Committee of the Public Health Agency of Canada, and had led several sessions on gender and diversity analysis to advance health equity objectives within the Agency. She was previously employed with Status of Women Canada, a federal agency, and the Institute on Governance, a public policy think tank.

Contact Information

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Panelists:

1. Mary Catherine Connolly, Nurse Practitioner, CHANCES PEI

Key Message

CHANCES (Caring, Helping, And Nurturing, Children Every Step) is a non-profit, charitable organization that exists to provide a range of child development and parent support services to children from 0-11 years and their families, particularly those experiencing additional life challenges. CHANCES' main goals are to enhance parent's capacity to parent effectively, provide high quality early childhood development experiences, and promote healthy child development. The recent addition of a nurse practitioner-led family health clinic has expanded the continuum of support for young children and their families - with a special focus on meeting the needs of newcomers. The health clinic provides primary health care services including well baby and well child exams, and ongoing management of illnesses and chronic health conditions with a focus on health promotion and illness prevention.

Relevance to Participants

Research over the past 20 years in early brain development has been profound. We now know that brain development starts earlier and is much more rapid than previously thought. The greatest capacity for change occurs before age three; this represents a wonderful opportunity and vulnerability. In order to promote healthy early childhood development we need to support and empower parents to be the very best they can be. Parents today face numerous challenges, many of which are based on the social determinants of health. Some of the greatest challenges noted at CHANCES Family Health Clinic involve poverty, chronic physical and mental health conditions, and for families new to PEI adjusting to a new culture and environment. Addressing the dynamic concerns of young families can be challenging and requires collaboration on all levels to ensure barriers to care are eliminated. Programs should be child centered with the needs of children and parents at their core. Together we can help build strong, healthy families.

Speaker Bio

Mary Catherine Connolly is a nurse practitioner at CHANCES Family Health Clinic. She is thrilled to work at CHANCES, a non-profit family resource centre, as a primary care provider to children and families. The health clinic is a new and innovative service provided by CHANCES made possible through a partnership with Medavie Health Foundation.

Contact Information:

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2. Vikki MacEachern, Teacher, Inverness Education Centre/Academy (NS)

Key Message

Data from the Early Development Instrument (EDI) has shown us that children entering school over the past number of years are challenged in the areas of oral language and social emotional development. In my presentation, I will discuss how the PATHs program has provided strategies to enhance oral language and social emotional development within my classroom. I will also discuss ways in which the PATHs program can be integrated into many areas of the curriculum in my classroom and the difference this has made in my students.

Relevance to Participants

Participants will be able to apply practical strategies and activities in their school/child centered environment. They will hear about ways that PATHs can become not just a “subject” or a “lesson” in the schedule, but how it can become a part of the classroom climate, promoting enhancements in oral language, emotional and social learning, independence, problem solving, community building and confidence.

Speaker Bio

Vikki MacEachern is a teacher in the Strait Regional School Board in Cape Breton, Nova Scotia. She has been an educator for the past twenty years, with the last five at the Grade Primary level. She also teaches Early Literacy Intervention. She studied at St. Francis Xavier University where she received her Bachelor of Elementary Education and Masters of Education Degrees. Vikki lives in Inverness Nova Scotia with her husband and two children.

Contact Information

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3. Brent Chaisson, Community Child & Youth Care Worker & Marilyn LeFrank, Director of the Child and Family Services, Mi'kmaq Family PRIDE Program, Mi'kmaq Confederacy of PEI

Key Message

PRIDE (Prevention, Respect, Intervention, Development and Education) Program - The Mi'kmaq Confederacy's family support program, the Mi'kmaq Family PRIDE Program provides prevention services and supports the protection of children in both First Nations. Pivotal to the development of the Mi'kmaq Family PRIDE Program is the belief that children, families and communities benefit most from services that are sensitive to and congruent with, their cultural beliefs and traditional values.

Relevance to Participants

Since the Mi'kmaq Family PRIDE Program is a prevention-based program, participants of the workshop can expect to view and hear of both past and present projects that have been successful in implementation in both First Nations on PEI. The PRIDE Program has utilized digital storytelling, music, art, various groups for young people and adults, while being culturally sensitive with great results. With an inside look at how the Family PRIDE Program has adapted to meet the needs of the First Nations communities on PEI, participants will be better equipped to creatively provide culturally relevant services to young people.

Speaker Bios

Brent Chaisson is a graduate of the Child and Youth Worker Program at Holland College and has worked in both Ontario and PEI with The Roberts'/Smart Centre, Salvation Army Street Outreach, PEI Child and Family Services, and in his present role with The Mi'kmaq Confederacy of PEI. He has been playing and composing music for 30 years and has been involved in recording arts for over a decade.

Contact Information

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4. Sheldon Pollett, Executive Director, Choices for Youth

Key Message

As we enter a new understanding of the challenges and opportunities in providing supports to youth around their mental health, it is evident that collaborative policies and frameworks are required if youth are to have access to services that truly meet their needs. Since access is about more than just existing services, it is imperative for policy makers and service providers to design programs that work for a broad range of youth who are facing a broad range of circumstances.

Relevance to Participants

This discussion can help provide an understanding of the importance of a holistic approach to program design to ensure access to services for youth facing a broad range of issues. Additionally, this information can provide a rationale for the development of integrated policies. Doing so can effectively remove institutional barriers for the most vulnerable youth as they transition from child, youth and into adult systems. One program from Choices for Youth (Moving Forward) will be highlighted from a program design perspective, while a recently released report on youth homelessness will illustrate the need for integrated policy.

Speaker Bio

Sheldon Pollett has been the Executive Director of Choices for Youth for 15 years. Sheldon is also Co-chair of the National Learning Community on Youth Homelessness and the National Mobilizing Local Capacity Program to End Youth Homelessness. He is a Board member of Raising the Roof, Vice-chair of End Homelessness St. John's and interim Chair of the Minister's Advisory Committee on Mental Health.

Contact Information

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5. Christian Whalen, Deputy Advocate and Senior Legal Counsel, Office of the Child and Youth Advocate (NB)

Key Message

This presentation will focus on the role a rights based child and youth advocate can play to advance access to mental health services for young Atlantic Canadians. The New Brunswick Advocate's role in supporting improved child health information and rights monitoring, service integration, peer mentoring, decriminalization of mental health behaviour response and the ACCESS initiative will be touched upon.

Relevance to Participants

The presentation will aim to help participants navigate complex systems of public service provision, be better informed about child and youth rights to health care and how a rights based approach can improve service delivery and patient paths to empowerment and recovery.

Speaker Bio

Christian is a lawyer with over 20 years' service in the public sector in the area of human rights, children's rights and access to justice. He chairs the national Children's Law Committee of the Canadian Bar Association. He is the ACCESS-NB team lead to the national executive Committee for ACCESS-Canada and a past recipient of the Child Rights Champion Award of the Canadian Coalition for Rights of the Child and of the CBA's John Tait award for pre-eminent service by a public sector lawyer in Canada.

Contact Information

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August 18, 2015: 1:00 – 3:00 Detailed Research Workshop Descriptions

Workshop A –

Current research on Child/Youth Mental Health Services in Atlantic Canada: ACCESS-MH

Moderator: Barbara Clow, Barbara Clow Consulting

Presenters:

1. *ACCESS-MH: Study Overview*
Cathy Peyton, Position/Role Project Manager, Memorial University of Newfoundland
2. *Leveraging Big Data to Understand Access and Use of Mental Health Services in Atlantic Canada*
Amanda Slaunwhite, Post-Doctoral Fellow, University of New Brunswick
3. *Modeling Mental Healthcare Services Delivery: the Routine and the Innovative*
Michael Zhang, Co-PI, ACCESS-MH, Saint Mary's University
4. *Voices & Journeys in Child/Youth Mental Health: Hearing from Children/Youth, Parents, and Service Providers*
Kate Tilleczek, Professor & Canada Research Chair; Director, Organization Young Lives Research Lab, UPEI
5. *Les obstacles et les facilitateurs dans l'accès aux services de santé mentale pour les enfants et les adolescents francophones des provinces de l'Atlantique*
Jacques Richard, Professor of child psychology; Co-PI, ACCESS-MH, Université de Moncton
6. *ACCESS-MH Trainees: Supporting a New Generation of Child/Youth Mental Health Researchers*
Brandi Bell, Postdoctoral Fellow, Young Lives Research Lab, UPEI

Workshop Description

The ACCESS-MH team will provide an overview of this 5-year research study funded by the Canadian Institutes of Health Research to examine barriers and facilitators in access to child/youth mental health services in Atlantic Canada. The session will offer insight into the range of research approaches the team is using to examine child/youth mental health. Presentations will discuss analysis of large datasets, operations research approaches to optimize complex systems, and employing journeys and arts-based methods to understand child/youth, parent, and service provider perspectives. The session will allow participants to engage with researchers and highlight upcoming Symposium activities by ACCESS-MH trainees. The presenters will share information and knowledge gained to date through semi-formal presentations. Participants will be asked to share their reflections through Q&A and discussion. Time will also be dedicated to showcasing the work of ACCESS-MH trainees and highlighting upcoming posters/sessions at the Symposium.

Relevance to Participants

Participants could use the research knowledge in their daily work/practice. They will have the opportunity to network and engage with the research team and experts in the field to build collaborative networks. Opportunities for future involvement and input in research activities will also be presented.

Moderator

Dr. Barbara Clow is an independent consultant with more than 20 years' experience researching and writing about social justice and the determinants of health of vulnerable populations, particularly women and girls. She is an expert in sex- and gender-based analysis. She served as Executive Director of the Atlantic Centre of Excellence for Women's Health for 10 years. She helped to found the Atlantic Summer Institute on Healthy and Safe Communities and led the organization until 2014.

Presenters

Cathy Peyton is the Project Manager for the ACCESS-MH project. She has a M.Ed. in Health Professional Education and has been working in program and project management for over twenty years.

Amanda Slaunwhite is a CIHR-SPOR-MSSU funded Post-Doctoral Fellow at the University of New Brunswick and Collaborating Scientist at the Centre for Addictions Research of British Columbia. Amanda is currently leading two projects that will use administrative health data to: 1) Study time series changes to mental health-related hospitalizations by youth in New Brunswick, and 2) Evaluate the impact of rural hospital closures on health outcomes and access to care.

Michael Zhang received his PhD in Management Science from Richard Ivey School of Business, the University of Western Ontario. He is an Associate Professor in Management Science. He also has a master degree in Financial Economics and a bachelor degree in Electrical Engineering. He teaches courses of Data Analytics, Operations Management and Quantitative Methods for master and undergraduate students. His research centers on business optimization and healthcare modeling and evaluation. His research has been awarded by multiple funding agencies such as CIHR, NSERC, Mitacs and Innova Corp.

Kate Tilleczek has been examining the lives and social contexts of children and youth for twenty years. She is the founder and director of the Young Lives Research Lab and Qualitative Research Lab at the University of Prince Edward Island. She works with interdisciplinary and international teams on the impacts of technology on young lives, youth pathways into and out of mental health, re-imagining education, and emerging theory and methodology.

Jacques Richard is a professor at the school of psychology of the Université de Moncton. He specializes in clinical child psychology and school psychology (school bullying, learning disabilities, giftedness, and Autism Spectrum Disorder). He is the co-founder of “Maison de la famille” in Dieppe, NB, where he works directly with children/youth and their families.

Brandi Bell is coordinating the qualitative Patient Journeys aspect of the ACCESS-MH study. She holds a PhD in Communication Studies from Concordia University where her research focused on media representations of youth as social and political actors. Brandi is interested in using qualitative research methodologies to understand youth experiences and involving young people in shaping their own social participation, especially through cultural production.

Workshop Lead Contact Information

Cathy Peyton

Project Manager

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Workshop B - *The SEAK Journey: Learning from the Implementation of PATHS*

Moderator: Joanne Syms, Coordinator of Anti-Bullying and the Youth Advisory Council, Province of Nova Scotia.

Presenters:

1. Pamela Magee, CMHA NS Executive Director
SEAK Project Overview
2. Dr. Sophie Jacques, Associate Lead Researcher SEAK Project, Dalhousie University
Quantitative Research:
3. Dr. Jean Hughes, Lead Researcher SEAK Project, Dalhousie University
Qualitative Findings and Cost Benefit Analysis
4. Nishka Smith, SEAK Project Evaluator, Nishka Smith Consulting
Results of the SEAK Project Evaluation – Rolling out PATHS in the Real World

Workshop Description

This interactive workshop will present the findings from the Socially and Emotionally Aware Kids (SEAK) Project which implemented the social and emotional learning curriculum Promoting Alternative THinking Strategies (PATHS) program in several school sites in three provinces across Canada. The session will examine the quantitative, qualitative, and evaluation findings. By the end of this session you should have an awareness of the Intervention, the Overview of the Research Design and Early Findings, and the Process, Experiences, Lessons Learned and Recommendations coming out of the research.

Moderator

Joanne Syms is currently the Coordinator of Anti-Bullying and the Youth Advisory Council for the province of Nova Scotia. Throughout her career she has had the opportunity to work in all three levels of the public school system as either a teacher and or administrator and then as a Supervisor of schools. She is a passionate educator who believes strongly in the transformative power of education. Joanne is particularly interested in issues of equity and in developing school cultures of inclusion and acceptance in which all people, students and staff, feel safe, valued and are able to succeed.

Presenters

Pamela Magee is the Executive Director for the Canadian Mental Health Association, Nova Scotia Division (CMHA NS). Pamela has 30+ years of experience working in a variety of positions that span the spectrum and continuum of care; from front line care and support, to health promotion, injury disease prevention program design, implementation and evaluation, to healthy public policy development and implementation support and innovative applied health promotion research project design, implementation and evaluation.

Dr. Sophie Jacques received a BA from McGill and a Master's and Ph.D from the University of Toronto. She then completed a postdoctoral fellowship at the University of Montréal before coming to Dalhousie in 2003. Dr. Jacques conducts research with preschool and school-aged children, as well as children at risk on the development of their self-control abilities. She has been the Associate Lead Researcher on the SEAK project since its beginning, and her role has been to supervise the quantitative research with teachers, principals, parents and children.

Dr. Jean Hughes is Professor with the School of Nursing at Dalhousie University, and a Research Scientist with the Department of Psychiatry at the IWK Health Centre for Women, Children and Families. She also sits on the Advisory Committee for the Peer Mentor Program of the Student Union within Dalhousie University. In addition, she is a Senior Editor for the Canadian Journal of Community Mental Health. She has served as Lead Researcher for the SEAK Project since its inception.

Nishka Smith is an independent consultant in Prince Edward Island. She has a Bachelor of Science Degree from the University of Prince Edward Island and a Master's Degree in Nutrition and Dietetics from Deakin University, Melbourne, Australia. After graduation she completed a one-year health research and program evaluation internship with Health Canada through the Atlantic Centre for the Study of Human Health, and since then has worked as a consultant specializing in evaluation, planning, research, facilitation, survey development, and quantitative and qualitative analysis. She has evaluated over 100 projects which have focused on creating safer and healthier communities.

Workshop Lead Contact Information

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August 18, 2015: 3:15-4:30 Atlantic Community Showcase

Location: Holland College Cafeteria

1. “Tools for Lifelong Mental Health and Resiliency” (Table Top Display)

Presentation:

In this presentation, key programs and resources that Psychology Foundation Canada (PFC) makes available to families, community organizations, schools, and individuals will be addressed. Relevant research and evaluations will be shared. PFC has a strong presence in the Atlantic Provinces, having trained front-line staff in the delivery of KHST! and MTC. Our materials, programs and training are made widely available to help participants recognize the importance of caring relationships and learn tangible strategies to incorporate into their lives to promote mental health.

The presentation will focus on practical strategies that Early Years staff, teachers, school-based professionals and parents/caregivers can use. Participants will: learn strategies and activities for building strong parent-infant relationships that support brain development; recognize the impact of stress on children and youth and learn what they can do to help and highlight resources and initiatives related to evidence-based approaches to mental health promotion.

Organization:

The Psychology Foundation of Canada (PFC), founded in 1974, is a charity whose mission is to bring current research-based psychological knowledge to Canadians to help them live emotionally healthy lives. PFC is dedicated to strengthening the mental health of Canadian children and families by providing them with information and programs that target important developmental stages, helping them become confident and productive adults.

Presenter:

Margaret J. (Margie) Fowler M.A. Child & Youth Study
Regional Consultant Atlantic Provinces, Psychology Foundation of Canada
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Margie Fowler is the Atlantic Regional Consultant for The Psychology Foundation of Canada. She has a wealth of knowledge and experience in areas related to childcare, Aboriginal Head Start, Early Years research, and community services. Formerly a Program Manager/Consultant for Aboriginal Head Start on Reserve with Health Canada in Halifax, she now resides on PEI and is responsible for ensuring the programs and resources of The Psychology Foundation of Canada reach as many families as possible.

2. Village des Sources l'Étoile Filante camps de ressourcement personnel et social (Poster board)

Presentation:

Darlene and Jeannette will share information about the camps offered by Village des Sources l'Étoile Filante. Activities and student stay at the camp (one or two nights in a secluded inn by the beach) where time and technology does not exist; this helps us in getting to the real issues that are bothering them. The other students are also there to help, to support and to be a part of the solutions to troubling students.

Presenters will deliver the message that their product is powerful, necessary to sustain youth in their emotional journey, and that we need to rally our resources to sustain these camps for all island students. We have the infrastructure but we need financial assistance for sustainable human resources and for translation for the English students of PEI. This product needs to be shared with the French and English population of PEI. At the moment they only have a French version.

Organization:

Village des Sources l'Étoile Filante offers youth camps to with students with their teacher and their classrooms during the school year. We address issues such as inclusion, bullying, self-esteem, acceptance and respect for others through the pedagogy of the heart. Through games, stories and nature we are able to break the emotional barriers that are preventing youth from going forward with a positive outlook on their daily lives. We have a promotional video, a flyer and a website.

Presenter:

Darlene Arsenault, Camp facilitator
Secretary-treasurer of Village des Sources l'Étoile Filante, Cap-Egmont PEI
keppoch@eastlink.ca

Darlene Arsenault has 32 years' experience in teaching at all grade levels as well as serving as principal and vice principal for the French Language School Board. She is the facilitator and programmer for the camps for youth as well as retreats for teachers and women based on the pedagogy of the heart or wellness.

Co-presenter:

Jeannette Gallant
jeuxacadie@gov.pe.ca

3. Student Athlete Mental Health – (Poster board)

Presentation:

It is well established that most mental illnesses begin to manifest themselves in adolescence and early adulthood. Student athletes are a unique population and there is a dearth of research regarding amateur athlete mental health. What issues do they face? When they are struggling, who can they trust? CMHA NS Division's formative evaluation has discovered some important information about the services available to student athletes.

This presentation will outline the importance of including student athletes in a strategy of mental health care within post-secondary institutions. Although many institutions have implemented or are developing mental health strategies for post-secondary students overall, there may be room for improvement with respect to targeted options for addressing the unique needs of amateur athletes. With continued exploration, the mental health and well-being of student athletes can be improved.

Organization:

The Canadian Mental Health Association NS Division recently conducted a formative evidence review relating to the state of mental health and well-being of post-secondary students with a particular lens on amateur athletes. From February to May of 2015, information was gathered via empirical literature, gray literature, colleagues and credible news sources. Although it is often purported that involvement in sport is healthy and can be a protective factor against physical and mental health problems, there is evidence that amateur athletes are not immune to mental health issues. In addition to the stressors that all post-secondary students face when they are attending college/university, student athletes face extra burdens. Nationally, an awareness is growing that student athletes can be vulnerable to increased levels of stress, anxiety, depression and sadly, suicide. Student athletes face tremendous challenges that can affect their mental health and well-being. In examining these challenges, the CMHA NS Division discovered some important aspects that are of particular relevance to amateur athletes. From any direction, whether it be prevention, intervention or postvention standpoints, addressing the particular issues that student athletes face may require tailored approaches. CMHA NS hopes that future strategies will encompass the unique needs of student athletes.

Presenter:

Tamsin Marriott, Consultant, Canadian Mental Health Association NS Division
tamsin.cmhans@gmail.com

4. Handle with Care, (HWC)... promoting the Mental Health of Children and Youth... every day!

(Table Top Display)

Presentation:

This presentation will highlight information about Handle with Care (HWC), a program designed for parents and caregivers to promote the mental health of children and youth. It consists of simple, highly interactive activities that build on strengths of parents and caregivers. Since mental health is vital to the overall well-being of every child thus, a parent program such as HWC is essential to supporting this every day aspect of health. HWC was developed due to a need identified by professionals regarding the promotion of mental health in children and youth. Parents are the child's first and most important "teachers"; therefore must be leaders in this promotion. Professionals from four regions of Canada, with Hincks Dellcrest Centre in Toronto, revised an initial program, turning it into a two year formal national research project. Research led to further development and a launch of HWC in communities across Canada. Handle with Care is making a difference through building resiliency; bringing hope to children, youth and families; its adaptability to all ages and cultures and building community capacity

Handle with Care is suitable in content and delivery style for parents and others who care for and work with children and families. It can be delivered in any community in Atlantic Canada by trained facilitators who live and work in these communities.

Others will see how supporting children's mental health is an everyday aspect of health care and is critically important if our children and youth are to flourish, thrive and grow into healthy adults.

Presenter:

Alice Taylor, PEI Partner for Handle with Care

tayloram@eastlink.ca

Alice is a "retired" early childhood and adult educator who holds a deep belief that social and emotional awareness (mental health) influences every part of our lives. She sees Handle with Care as a way of continuing her lifelong commitment to children and families by developing authentic, caring relationships with parents and through HWC build strong, healthy families who have the capacity to build strong, supportive communities, where all can flourish.

Co-Presenter:

Sonya Corrigan, Early Childhood Development Association (ECDA – PEI)

5. Collaboration & Innovation in Children and Youth Mental Health Promotion: UMIND, A Resource Sharing Success Story (Table Top Display)

Presentation:

This presentation features UMIND, an online community and a collaborative effort that is national in scope • Atlantic Canada currently makes up 10% UMIND registered membership • Provides an opportunity for PEI and other Atlantic service providers to learn more about UMIND as a resource to support development, growth and enhance services • Two way learning opportunity - UMIND can learn and gather resources to add to website, and learn of resources needed in PEI to improve child and youth mental health services.

It will include a discussion of private and non-profit collaboration process • Live demonstration of UMIND website • Access to an On-line collection of practical tools and resources that will continue after the presentation.

Program:

UMIND is an online community, built to foster a national community of practice including educational opportunities within the network of children's mental health treatment providers. Partners include Kids HealthLinks Foundation (KHLF), Lutherwood Children's Mental Health Services, and the Waterloo Region Suicide Prevention Council (WRSPC). There are 475 registered members from 150 Canadian organizations and 180+ webinar participants. KHLF and Lutherwood partnered in 2011; website live in 2012, webinar series added in 2014; collaboration with WRSPC in 2014.

UMIND was designed to: Provide opportunity to share tools created by Canadian agencies; Remove need to reinvent wheel leaving more resources for direct service provision; Build capacity through knowledge sharing UMIND addresses the Canada-wide lack of a resource materials collection, open conversations, and understanding of remote area resource needs, and the hesitancy to share. Resulting changes to resource sharing include the creation of a Canadian on-line resource library (830+ items from 115 organizations); community of practice; site visits; webinars.

Unexpected outcomes: Passion to share resources; Ongoing networking; Collaborative work.

Lessons learned: Meet people where they are at; Existence of community specific front-line positions; Face-to-face contact is key; Simple ideas have most impact.

Next Steps: Site visits; resource sharing options for other professionals.

Presenter:

Kathy Payette, Director of Children's Mental Health
kpayette@lutherwood.ca

Kathy Payette M. Psych., CCLC, is a Director of Children's Mental Health Services at Lutherwood and an associate faculty member at McMaster University. She has worked with children and families for over 30 years and has specialized in the area of child and adolescent mental health, suicide prevention and crisis intervention. Kathy is a past member of the Child and Adolescent inpatient team at Grand River Hospital, the Waterloo Region Suicide Prevention Council. She is currently a member the Canadian Association of Child Life Leaders and is the Mental Health Advisor to the Kids' Health Links Foundation.

Co-presenter:

Tana Nash
tnash@lutherwood.ca

6. Care for Children and Youth with Mental Disorders (Poster board)

Presentation:

Better data and information is needed to understand how community mental health services contribute to the overall mental health system for children and youth, and may help to examine the impact of stigma reduction on health care utilization. Better coordination and integration of services across the continuum of care could also help front line service delivery and patients' lived experiences, while impacting provincial funding and accountability.

The objectives of this presentation are to share important information on hospital service use and the use of prescription medications for children and youth with mental disorders in Canada and Atlantic Canada where possible. The participants should gain a better understanding of the children and youth that are using hospital services and psychotropic medications for mental disorders. This information could help to appropriately target services to those children and youth most in need.

Background:

Mental health is a significant concern for Canada's children and youth. An estimated 10-20% may develop a mental disorder. Using data from the Canadian Institute for Health Information, this analysis examines trends and patterns in the use of emergency and inpatient services in hospital-based settings, as well as the use of psychotropic medications among children and youth with mental disorders. Results show that rates of Emergency Department use have increased 45% and rates of inpatient hospitalizations have increased 37% between 2006-07 and 2013-14, while hospital visits for other conditions declined. This can be explained mostly by an increase in the rates of youth 10-17 seeking care for Mood and Anxiety disorders. The use of psychotropic medications has increased, and can be accounted for mainly by an increasing number of youth living in urban and suburban areas being dispensed SSRIs and the antipsychotic Quetiapine. Quetiapine was mostly dispensed at doses well below the recommendations for treating psychotic and bipolar disorders. This presentation will include findings specific to Atlantic Canada where possible. The numbers of patients per 100,000 with an inpatient stay for a mental disorder varied across the Atlantic Provinces, from 374 in Nova Scotia to 785 in PEI.

Presenter:

Cindy Mosher
Client Affairs Manager, Newfoundland and Labrador and PEI
Canadian Institute for Health Information
Newfoundland and Labrador
cmosher@cihi.ca

Cindy Mosher is currently employed as Client Affairs Manager with the Canadian Institute for Health Information (CIHI) working from their Atlantic Regional Office. Previously employed at the Canadian Agency for Drugs and Technologies in Health (CADTH), Cindy has over 20 years work experience in the health care sector. Cindy holds Master of Business Administration and a Bachelor of Science in physiotherapy. Analytical work at CIHI includes a regional analysis of Falls Among Seniors AIB and Alternate Level of Care in Atlantic Canada.

7. Triple P – The roll out of the Positive Parenting Program in Prince Edward Island (Poster board)

Presentation:

This presentation will tell the story of how the Triple P program has been brought to Prince Edward Island. They can learn from our “roll out” how Triple P out could have significant impact on their own community, and will be able to see Triple P materials and research on the impacts this program has had all over the world.

Program:

The Triple P – Positive Parenting Program is one of the world’s most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. Developed by clinical psychologist Professor Matt Sanders and his colleagues at Australia’s University of Queensland, Triple P has been tested with thousands of families over more than 30 years. More than 400 international trials, studies and published papers, including more than 175 evaluation papers, have shown it works across cultures, socioeconomic groups and in many different family structures. Triple P is distinctive in that it is not a “one-size-fits-all” course. Rather, it is a system that offers increasing levels of support to meet parents’ different needs. Parents can choose anything from one-off public seminars or self-help books and DVDs to more intensive group courses or individual counseling sessions. Triple P is now also available online, adding further flexibility and convenience for parents. Triple P is now used in more than 20 countries including the USA, Canada, Australia, New Zealand, Belgium, Japan, Iran, Hong Kong, Singapore, the Netherlands, England, Scotland, Ireland, Wales, Germany, Curacao, Switzerland, Austria, Romania, France and Sweden. It has been translated into 23 languages.

“Children who grow up with positive parenting are more likely to develop the skills they need to do well at schoolwork, build friendships, and feel good about themselves,” says Professor Sanders. “They are also much less likely to develop behavioral or emotional problems when they get older. Similarly, parents who use positive parenting skills feel more confident and competent about managing day-to-day family life. They are also less stressed; less depressed and have less conflict with their partners over parenting issues.”

Presenter:

Peter Mutch

Triple P Coordinator for PEI and Executive Director Catholic Family Services Bureau

prmutch@ihis.org

8. SchoolsPlus – a collaborative interagency approach to supporting the whole child and family

Presentation:

This workshop will provide an overview of SchoolsPlus in Nova Scotia, an integrated service delivery model for children, youth and families. Learn how SchoolsPlus was implemented in these schools, their successes and challenges. As well, I will share information about the diverse array of programs and services currently being offered at SchoolsPlus sites in Nova Scotia.

Program:

SchoolsPlus began in 2008 in 14 Nova Scotia schools and was implemented in response to Commissioner Nunn's recommendation to improve cooperation in our delivery of programs and services for children, youth, and families. SchoolsPlus promotes an integrated service delivery model through the co-location and/or partnership of services within a school such as: mental health, justice, community services, recreation, early years, and addiction services. Children, youth and families are served in a welcoming, accessible place that they are already familiar with - a school in their community. The SchoolsPlus model works towards: a comprehensive, collaborative, seamless delivery of service; sharing of information and resources between agencies; timely and effective services; accountability and use of evidence-based best practices; service beyond the school day; capacity building; and family-friendly schools. Key components of SchoolsPlus are facilitation and outreach. Some of the programs offered include: Friends for Life, Restorative Approaches, Roots of Empathy, Incredible Years, GoTo, Mental Health First Aid and afterschool/summer activities. A three year external evaluation of SchoolsPlus was completed in September 2012. The findings show that SchoolsPlus has had a positive impact on students, families and schools. There are currently more than 150 schools with SchoolsPlus support, and there are plans for further expansion.

We work to achieve better outcomes for students through coordinated program development as well as partnership with various departments and organizations to offer services in the school. Youth are receiving quicker access to services, due to the strong relationships built with local service providers in Health and Wellness, Community Services, Justice, and other organizations. As part of Nova Scotia's Mental Health and Addiction Strategy, 23 school mental health clinicians are co-located in SchoolsPlus schools.

Presenter:

Tara Moore
SchoolsPlus Coordinator
NS Department of Education and Early Childhood Development
tara.moore@novascotia.ca

9. #MyDefinition (Table Top Display)

Presentation:

Although the conversation about mental health has come a long way, there is a long way yet to go. People with mental illnesses continue to be portrayed as serial killers, straightjacketed hospital patients, and other dehumanizing caricatures. #MyDefinition shows that people with mental illnesses are just that – people. By spreading this message, we empower youth to change the way they think about mental health, get the help they need, and advocate for themselves and others.

Through the presentation, others will learn about the importance of questioning our beliefs and assumptions about mental health, particularly as it pertains to youth. Specifically, they will learn about the best practices of language and empathy regarding mental health. They will learn the how to empower themselves and others, particularly youth, to speak about issues surrounding mental health and mental illness. Lastly, they will leave feeling prepared to stop stigma in their own organizations and communities.

Program:

#MyDefinition is a poster campaign founded by the Student Union at the University of New Brunswick in Fredericton. The first campaign launch was in August 2014 and featured nine faces from the UNB and STU campuses. Lee Thomas, the program founder, experiences mental illness herself and found that many students were still silenced by the stigma surrounding mental health issues; the campaign was created to break that silence. #MyDefinition intentionally reflects the reality of mental health – Faces of the Campaign describe themselves as struggling with, suffering from, living with, seeking help for, or simply having their mental health issues. Any one of these phrases does not fully describe the reality of mental illness, but by presenting a multifaceted view of mental health, we are able to create a more realistic representation, without being romanticized, dramatized, or stigmatized. Since its inception, #MyDefinition has only grown -- in May; we launched a provincial campaign with the Canadian Mental Health Association of New Brunswick featuring 12 men from around the province. We continue to work with other organizations to spread our message: your mental health is a part of you, but it does not define you.

Presenter:

Lee Thomas
Founder
leenyreethomas@gmail.com

Lee is a recent graduate from the University of New Brunswick in Fredericton, and hails originally from Whitecourt, Alberta. Lee lives with bipolar disorder, ADHD, and is recovering from an eating disorder, and she has dedicated her time at UNB to reducing the stigma around mental health issues. She founded the #MyDefinition program in 2014 through the Student Union, and currently works as a speaker on mental health issues at high schools and post-secondary institutions across the Maritimes.

10. SHAPES-PEI: Moving Evidence to Action for Positive Mental Health in PEI Schools (Poster board)

Presentation:

This presentation will highlight SHAPES-PEI research findings from 2008-2014 in the area of youth mental well-being, as well as its connection to other important health indicators. In addition, we will discuss how local youth health data can inform knowledge-to-action health initiatives in school communities, with attention paid to examples from PEI school settings.

Background:

Since 2008, UPEI's Comprehensive School Health Research Group has conducted the School Health Action, Planning and Evaluation System– Prince Edward Island (SHAPES-PEI) in collaboration with the PEI Departments of Education and Early Childhood Development and Health and Wellness. SHAPES-PEI is a provincial monitoring/surveillance system that collects data from ~8,500 grade 5-12 students on a variety of youth health behaviours, including measures of positive mental health (e.g., mental fitness, help-seeking behaviour, school connectedness, etc.) Participating schools receive school-specific profiles of their results, while aggregate data is shared publicly through a provincial youth health profile. Knowledge exchange activities are a critical part of the SHAPES-PEI cycle, as they support the translation of youth health research into local and provincial action. Emerging trend data from SHAPES-PEI is beginning to offer a clearer picture of the mental well-being of PEI youth. Through our knowledge exchange activities, we have had opportunities to work closely with PEI schools in health action planning. We have seen growing knowledge and awareness of youth health behaviours within schools lead to more evidence-based, comprehensive action planning around both physical and mental health issues.

The development of effective youth health initiatives depends, in part, upon the availability of timely and relevant local evidence. Our research has consistently shown strong connections between mental fitness and other health risk behaviours, making mental well-being integral to the overall well-being of the next generation. Our hope is to move towards more collaborative, community-based action in PEI that draws on local evidence to inform decision-making and planning for child and youth health.

Presenter:

Melissa Munro-Bernard
Research Coordinator
Comprehensive School Health Research Group, University of Prince Edward Island
memunro@upei.ca

Melissa Munro-Bernard is a Research Coordinator in Comprehensive School Health Research Group, located within the School of Nursing at the University of Prince Edward Island. Her primary responsibility is acting as project coordinator for SHAPES-PEI, and its collaborative national study, the Canadian Student Tobacco Alcohol and Drugs Survey. Melissa has over five years' experience conducting youth health research and working with school communities across PEI.

11. Stop Now and Plan (SNAP®) (Table Top Display)

Presentation:

This presentation outlines how the evidence-based SNAP® programming offered through BRAVE (the Centre for Building Resilience through Anti-Violence Education) improves the mental health of Atlantic Canadian children. This unique program, which mobilizes the individual, the home, the school, and the community, addresses key risk factors experienced by children displaying social and behavioural issues by building on strengths and protective factors for healthy mental development. Equipped with these SNAP® tools, children will be able to achieve and maintain positive mental health outcomes in the future.

From this presentation, others will learn about the award-winning SNAP® program, how BRAVE became the first all-girls SNAP® site in the world, and how these innovative mental health services address gender-specific risk factors, such as exposure to trauma and violence. Attendees of this presentation will also gain insight into additional features necessary for successful program implementation, such as navigating school board policies and processes, and fulfilling stringent evaluation and research components.

Program:

In Canada, one in five children has a mental health issue, with conduct disorder being the most frequently diagnosed. The Centre for Building Resilience through Anti-Violence Education (BRAVE) was established in 2014 in Halifax to offer the Stop Now & Plan (SNAP®) program, an evidence-based program that effectively teaches children who experience conduct problems and their parents' effective emotional regulation, self-control, and problem-solving skills. At BRAVE, a setting that promotes overall well-being, a unique replication of the SNAP® program was implemented specifically for girls aged 6-11 years, which includes the SNAP® Girls program, as well as an enhanced program that includes the SNAP® for Schools classroom sessions. This innovative program will reach 112 girls and their caregivers, and approximately 1,120 of the girls' school-based peers (both girls and boys). In addition to providing direct intervention and prevention services, BRAVE is also meeting its program goal of improving mental health outcomes and promoting sustainability by developing significant collaboration with a multitude of partners from various sectors, including community and social services, education, government, for-profit organizations, police, health, and housing services.

Presenter:

Jennifer Bernier
Executive Director
BRAVE
jbernier@iambrave.ca

Jennifer Bernier, PhD., is the Founder and Executive Director of the Centre for Building Resilience through Anti-Violence Education (BRAVE). Jennifer provides leadership to achieve BRAVE's commitments to address bullying, delinquency and criminalization among girls aged 6-11 with significant social and behavioural challenges. She guides a comprehensive set of services for the girls, their families, and peers based on the world renowned, evidence-based SNAP® (Stop Now and Plan) program. Dr. Bernier has over 15 years of experience working with girls and women in various capacities. Jennifer earned both her doctorate and master's degrees in Community Psychology at Wilfrid Laurier University.

12. Lighting the Way Forward - Eating Disorders Recovery and Peer Support (Table Top)

Presentation:

Eating disorders have a very high disease burden to our health care system, are devastating for families, and have serious and long lasting impact on those suffering. Exploring and investing in new and innovative approaches to supporting those with eating disorders is essential. Peer support has been shown to be effective – the Lighting the Way Forward Initiative illustrates a model that can be adapted elsewhere in Atlantic Canada.

This presentation will share the evidence supporting peer support/peer mentorship for both general mental illness and for eating disorders; how the model was developed; essential partnerships; the specifics of the training program; how the training program is being evaluated.

Background:

Eating Disorders are complex, brain-based mental illnesses caused by an array of genetic, social and psychological factors. Eating disorders are the 3rd most common chronic health condition among adolescents in Canada. Eating disorders are challenging to treat, with the highest mortality rate of any mental illness. However, with support, treatment, and hope recovery is possible. Peer support, or peer mentorship, complements existing treatment and is regarded as part of the continuum of care for eating disorders in many countries. Research (including randomized control trials) has shown that peer support reduces stigma, symptoms and reduces hospital admission rates, fosters healthier coping strategies, increases self-confidence and builds social support networks. Innovation is needed to develop partnerships and models for the delivery of peer support and mentoring in Canada. Eating Disorders NS has created an eating disorders peer mentorship initiative. Working in close partnership with the IWK Health Centre – Mental Health and Addictions, and the Peer Support Accreditation and Certification (Canada), a pilot program has been developed to equip people who have fully recovered with the training and supports needed to effectively and safely mentor those new to treatment and recovery.

Presenter:

Shaleen Jones
Coordinator
Eating Disorders NS
shaleen@eatingdisordersns.ca

13. A Collaborative Approach to Promoting Positive Body Image in Newfoundland and Labrador

Presentation:

Body dissatisfaction, low self-esteem and body-based harassment are linked to the development of several mental health issues in youth including eating disorders, depression and anxiety and low educational achievement. Promoting a positive body image and appreciation of body diversity in children reduces judgement and addresses what has been termed the last acceptable stereotype in today's society - weight stigma.

This presentation will increase awareness and understanding of weight-based bullying and its effects on the mental and physical health of children; and demonstrate a free, evidence-based, multi-level toolkit that can be used in a variety of settings (education, health, community, home) to increase body image and reduce weight based bullying in children through acceptance of body diversity.

Program:

The focus on weight and body size in the current 'obesity epidemic' may serve to heighten the level of body dissatisfaction in a population that is already bombarded with messages promoting weight loss and the "thin-ideal". Heightened levels of body dissatisfaction are directly related to disordered eating and eating disorders. The Body Image Network (BIN) is an interdisciplinary volunteer group of professionals committed to promoting a positive social environment through sharing information on body image, self-esteem, eating disorders and obesity. The purpose of this project was to work collaboratively to develop, implement and evaluate an evidence-based program that can be delivered to primary/elementary school children by teachers in the public education system. Program development included a website dedicated to the promotion of healthy body image, educational toolkits including teaching guides for teachers in grades 2 and 4, a locally written and illustrated original story book, posters, pamphlets for parents and a document outlining the concept of body based harassment designed to impact broader school policy. The grades 2 and 4 modules were indexed to the curriculum outcomes for each grade level. The toolkits were reviewed by the curriculum specialists within the Provincial Department of Education and distributed to 250 schools across the province.

Presenter:

Anne Wareham
Co-Chair
Body Image Network of Newfoundland and Labrador
anne.wareham@easternhealth.ca

Anne Wareham is a Registered Psychologist and Program Lead of the Janeway Lifestyle Program, NL. She obtained her clinical training at the University of Cambridge and British Psychological Society, UK. Anne is the Co-founder and Co-chair of the Body Image Network NL, a provincial community organization which was founded in 2000 to promote eating well, being active and feeling good about oneself. She is the author of a children's book used in the Grade 2 Health curriculum that promotes a positive body image for children of many shapes and sizes.

14. Learning from the Realities of Lived Experience (Table Top Display)

Presentation:

Our presentation, "Learning from the Realities of Lived Experience" covers many areas of strategies that have proven to work within our organization, Choices for Youth. From the perspective of at-risk youth themselves, we educate through speaking to what has worked best for us and our peers. Individualized support, the importance of healthy coping and harm reduction, access to services and navigating the health system from adolescent to adult- are all topics we believe are essential to improving the quality of life for all of our children and youth.

Our presentation connects with the theme of this symposium as we believe lived experience is an essential factor in any decision making process moving forward. If we want to ensure the well-being of our children and youth, we need to learn from the realities they experience every day.

We believe anyone in attendance of our presentation will leave with new perspectives on child and youth mental health, strategies that work with this population, as well as a full heart. Learning through lived experience makes the material that much more human and impactful.

Background:

On April 24th and 25th, 2015, the Youth Leadership Council (YLC) participated in the Youth Mental Wellness Conference in St. John's, NL. We partnered with the Mental Health Commission of Canada and a Student Coalition in our province to educate and spread awareness for Youth Mental Health. The YLC has an innovative approach - we use our own lived experience and struggles with mental health as tools to create positive change.

Presenter:

Sarah Brown
Director at Youth Leadership Council
Choices for Youth
sbrown.ylc@hotmail.com

Sarah Brown is the Director of the Youth Leadership Council at Choices for Youth. Now 22 years old, she was one of the co-creators of the Council over 3 years ago. Through her own life experience she has discovered her passion, drive, and insatiable thirst for creating positive change. Sarah is a co-creator and presenter of a Self-Injury Workshop, proactive advocate in her community and an artist who enjoys expressing herself and the world around her through a visual medium. Sarah's future goals include a return to school with the ultimate goal of entering the social work field.

15. ACCESS NB and Transformation in Youth Mental Health (Poster board)

Presentation:

Those attending our presentation will learn about ACCESS NB's plans for the next five years, but more importantly, about the vision of our team to collaborate on transforming mental health services so that all children and young people are empowered to develop to their maximum potential.

Program:

ACCESS NB is a research practice that emphasizes the voice of young people in their mental health treatment and services. ACCESS NB forms part of a larger network known as ACCESS, which aims to transform child and adolescent mental health services for young people aged 11-25 across the country. New Brunswick, as the only provincial site, will be a special demonstration site for the ACCESS program, which is starting to roll out this year. Our presentation will provide the background on the ACCESS NB project, who is involved, and what changes the youth on our team expect to create over the next five years.

As an initiative entirely focused on transforming child and adolescent mental health services across New Brunswick, ACCESS NB speaks directly to the topic of investing in the mental health of young Atlantic Canadians. ACCESS NB is about ensuring that all children can attain their fullest potential, regardless of mental health setbacks - it is about ensuring the best possible future for all young people in New Brunswick.

Presenter:

Haley McLean
Youth Lead, ACCESS NB
Mclean.hm@unb.ca

Haley McLean is a student at Renaissance College in the leadership program. She is also the current lead on the ACCESS NB Youth Transformation Subcommittee

Co-presenters:

Kate Deveau & Alysha Elliott

16. Mobilizing Atlantic Canadians for a Positive Future through Singing: The AIRS Project (Table Top Display)

Dr. Philip Smith, Professor of Psychology, UPEI with Ross Dwyer & Annabel J. Cohen

Presentation:

This presentation raises three questions:

- 1) Whether singing to infants, singing with children, and encouragement of children to sing can contribute to the well-being of children and, indirectly, adults?
- 2) To what extent does the Atlantic Canada music and "kitchen-party" culture contribute to societal well-being?
- 3) Does singing in the home, school and community provide a cost-effective means of mobilizing Atlantic Canadians for a Positive Future?

Attendees will learn about the results of several studies on singing related to development, education and well-being that shed light on the above questions and they may gain a new appreciation of the importance of the activity of singing in families, schools, and community.

Background:

Singing and song are part of human experience from infancy to later life. Singing together provides an opportunity for synchronous engagement with others. An international project entitled "Advancing Interdisciplinary Research in Singing" (AIRS), supported by SSHRC (Social Sciences and Humanities Research Council of Canada), has been conducting research on singing in regard to three questions:

- 1) How does singing develop in every human being?
- 2) How should we teach singing and use singing to teach? and
- 3) How does singing impact well-being (with well-being defined broadly to include intercultural understanding, intergenerational understanding, and direct benefits to mental and physical health)?

This presentation links to the symposium topic by raising a question as to whether singing to infants, singing with children, and encouragement of children to sing can contribute to the well-being of children and also, indirectly, adults. Atlantic Canada is known for its musical community, including its "kitchen parties". Our presentation will raise questions concerning the value of this music-dimension and kitchen-party culture as a contributor to societal well-being, and will suggest that spotlighting singing--in the home, school and community--may be a cost-effective means of mobilizing Atlantic Canadians for a Positive Future.

Presenter:

Dr. Philip Smith
Professor of Psychology
University of Prince Edward Island

Philip Smith (Ph. D., University of Western Ontario) has served on the Advisory Board of AIRS since 2008. He is a Professor of Psychology at the University of Prince Edward Island, is a 3M Scholar and former Dean of Arts and former Chair of the Psychology Department. He has contributed to the fields of cancer prevention through research in tobacco control and the challenge of smoking prevention and cessation in marginalized populations. He has conducted research on family violence and served as the Chairperson of the Premier's Action Committee on Family Violence Prevention. He received the Muriel McQueen Fergusson Foundation Award for this work and his advocacy to advance issues to improve the lives of children and families. He is a Fellow of the Canadian Psychological Association.

Co-presenters:

Ross Dwyer & Annabel J. Cohen

August 19, 2015: 8:45 – 10:00

Moderated Policy Panel

Theme: *Developing policy for collective impact to improve mental health – Expanding the Reach of Proven Programs*

Location: MacKinnon Lecture Theatre

Presenter and Moderator - Patsy Beattie-Huggan

Presentation: *Introduction to Scale up for Collective Impact in Atlantic Canada*

Moderator

Patsy Beattie-Huggan is the founder and President of The Quaich Inc., a health promotion consulting company located in Prince Edward Island (PEI) and incorporated 1998. Patsy is recognized for her leadership in envisioning and developing analytical models for health equity and health promotion, such as the Circle of Health, as well as partnerships and organizations to advance health, safety, and social development, such as the Atlantic Summer Institute on Healthy and Safe Communities, which she has coordinated since 2004. Her commitment to social and emotional learning (SEL) took hold in 2010 with her involvement in the SEAK project and since then she has facilitated the vision for scale up of SEL in Atlantic Canada. She is a committed knowledge broker, organizing forums for knowledge exchange, and facilitating national and international workshops. Patsy holds a Bachelor of Nursing from the University of New Brunswick and an MSc in Nursing and Health Studies, University of Edinburgh, Scotland.

Response to the Panel

Speaker TBA

Panelists

1. Peter Bevan-Baker, Leader, Green Party of PEI; MLA for district #17, Kellys Cross – Cumberland
Impact of the political process in policy development

Key Message

Governments must adopt evidence-based decision making and policy development, and start to think more long term and in a preventive, integrated and comprehensive manner in tackling all issues, including mental health. Other jurisdictions have adopted progressive approaches in mental health that are yielding promising results both in terms of individual well-being and sound public policy. PEI is a unique jurisdiction due to our size, location and therefore our ability to be innovative and flexible, and to be leaders in this field.

Relevance to Participants

Governments respond to constructive lobbying, and a wave of persistent, rational pressure from a diversity of individuals and groups would be a powerful motivator for government to investigate - and hopefully ultimately adopt - a more coherent, pro-active and preventive approach to positive mental health. I also believe we all have a role to play in recognizing and combating mental health issues in our communities. Becoming more aware and knowledgeable on the range and complexity of mental health issues is good for everyone. Andvote Green!

Speaker Bio

Peter arrived at the Prince Edward Island Legislative Assembly in May 2015 after following a long and winding road. That road began in Aberdeen, Scotland, moving through Newfoundland and Ontario before arriving in Hampton Prince Edward Island in 2002. On the way he studied music, became a dentist, married “the kindest person I’ve ever met,” had 4 children, wrote 6 plays and a musical, and ran as a Green Party candidate in 10 elections before finally succeeding in May 2015 when he became the proud MLA for Kellys Cross – Cumberland. In doing so, Peter became the first Green Party member of the Provincial Legislature.

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2. Jeff DeWolfe, Director of Programs and Student Services, South Shore Regional School Board
Influencing policy through local partnerships

Key Message

We have created a decision making and action oriented committee with our District Health Authority and our District Department of Community Services. Through this "Health and Learning Committee" we have addressed Mental Health wait times for our students by housing Mental Health Community Health workers in all of our secondary schools. Through the first two years of implementation we focused on collaboration of staff across agencies and development of procedures and policy. This partnership has also been the key driver of our board wide implementation of social-emotional learning programming.

Relevance to Participants

Our work is really about grass roots decision makers working together to find solutions to issues involving health and learning. The commitment is action first, then fine tuning while implementing. We monitor our work closely and reflect and react to challenges so that we can change the existing mindset of limitations. Ultimately, we believe and have seen evidence that our work will impact policy on a broader scale. Since many participants are likely involved in similar work, I hope to cause some solution based reflection on what could be.

Speaker Bio

Jeff is a former teacher and was a school principal for 13 years in a small elementary school, a large P-9 school and a large high school. He has worked the past number of years at the regional school board level as a Coordinator of Student Services and currently as Director of Programs and Student Services. He has been recognized as an innovator and has led several initiatives that are unique within the provincial school system, e.g., mental health programming and services partnerships, implementation of a one to one technology initiative, and creation of system wide embedded time for teacher collaborative learning teams.

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3. Yvette Doiron, Director of NB Child and Youth Addiction and Mental Health Services

Network of Excellence: Impact on policy related to continuum of services for Child and Youth Addiction and Mental Health Services in New Brunswick

Key Message

New Brunswick is currently engaged in transforming the philosophy and delivery of mental health and addiction services to children and youth and their families in the province. In an overview of the contextual realities precipitating the "change", I hope to answer the questions: "Why the change?" "Why transformative change and not simply a redesign of existing services/programs?" and "Why now?" The Network of Excellence represents a movement toward a "system of care" that involves children, youth, family, and community. "Integrated Service Delivery" is the way we do business across the continuum of mental health and addictions; the necessity of partnership cannot be overstated ... partnering with 3 other government departments; regional health authorities and school districts as well as with non-governmental agencies; youth and families. We are committed to "embedding" the perspectives of children/youth and families into the infrastructure both regionally and provincially. To address the "challenges moving forward" alignment and connections must be supported and sustained (variables need to be identified and planned for consciously).

Relevance to Participants

My biggest hope is that folks will leave the session wondering about these questions and specifically how they apply to their daily work: "Is what we are doing improving the lives of children, youth and families?" "Are we improving their service experience?" "How do we know we are doing the above?"

Speaker Bio

Yvette Doiron is a social worker, graduated from the Université de Moncton in 1990. She has worked in the addiction and mental health field most of her career, first as a front line clinician and then as manager in the Moncton region.

Yvette is the Director for Child and Youth Addiction, Mental Health and Primary Health Care Services at the Department of Health in Fredericton, New Brunswick since 2008.

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4. Carol Hopkins, Executive Director, Thunderbird Partnership Foundation
First Nations Mental Wellness Continuum Framework: Potential impact in Atlantic Canada

Key Message

The First Nations Mental Wellness Continuum Framework was released in January 2015 and provides a comprehensive map towards coordination and collaboration to promote mental wellness among First Nations in Canada. While federal, provincial, and territorial (F/P/T) mental wellness programs and services seek to address the mental wellness challenges faced by many First Nations (FN) communities in Canada, there are gaps between and among these services that could benefit from an increased understanding of the role FN Culture can play in improving mental wellness for children and youth. It recognizes the important role of culture in improving the mental wellness of FN, while also seeing the importance of evidence-based best practices. Achieving the Framework vision will require ongoing collaboration and sustained partnerships with FN and F/P/T partners.

Relevance to Speakers

Increased knowledge of how the Framework can be used to help guide the design and delivery of mental wellness programming that meets FN children, youth, family and community needs and priorities. Increased knowledge about the importance of collaboration and partnership with FN will strengthen coordination and effectiveness of mental wellness programs and services. Awareness of a psychometric tool for assessing mental wellness change through culture based interventions.

Speaker Bio

Carol Hopkins is the Executive Director of the Thunderbird Partnership Foundation, an organization whose mandate is to support Canada's First Nations Mental Wellness through implementing national frameworks designed to address substance use and mental health issues. Her strength in the health profession is the ability to translate western and Indigenous knowledge for informing competent and responsive mental wellness practice and systems. In this regard, Carol has taught for various postsecondary institutes, including Anishinabek Education Institute, Native Social Work program at Laurentian University and currently is a Professor in the Social Work Program at Kings University College of the University of Western Ontario. She holds a Masters of Social Work Degree from the University of Toronto. Carol has received the Walter Dieter Award from the Assembly of First Nations in recognition of academic achievements made in the field of Social Work. Most recently she is the recipient of the 2015 Champions of Mental Health Award in the category of Researcher/Clinician and the Deputy Minister, Health Canada, Innovations Award, as a member of the team leading the development and implementation for the FNMWC framework.

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What is needed to create collective impact to improve mental health of children and youth in Atlantic Canada?

Objectives:

By participating in this session, participants will have:

1. Knowledge of current evidence and resources to support programs and policy child and youth mental health
2. Engagement in interactive group activities which promote sharing of knowledge and ideas amongst participants
3. Reflective thinking on how lessons learned from the workshop can be used to improve child and youth mental health in Atlantic Canada.

Theme 1 – Working Across Sectors for Collective Impact

Option A: *Sharing Information and Using Large Data Sets Across Sectors for Collective Impact*

Workshop Leaders

Randy Hatfield, Saint John Human Development Council and Luc Clair, PhD economics student from McMaster University

Workshop Description

Collective Impact collaborations are about working differently. They require a common agenda, shared measurement, mutually reinforcing activities, continuous communication and backbone support. This workshop offers insights on how collaborations around health issues can be strengthened by using large health care related data sets. Following a brief overview of collective impact, the workshop will focus on measurement. Large datasets contain a set of variables that provide a detailed portrait of individuals. This workshop will provide participants with the elements required for collective impact and outline the importance of sharing information across sectors from two perspectives:

Research perspective: The health and health care needs of individuals are affected by a myriad of characteristics. When studying health policy issues, it is important that researchers have access to variables representing these characteristics. Therefore, it is important to examine what data is available in order to properly answer health policy research questions. This session will review the available large datasets, the information they contain, and statistical methods for analyzing the data. Including variables found in large datasets into health policy models is important for two reasons: statistical significance and research interest.

Public Perspective: Participants will be introduced to **211**, an example of an integrated online database that connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities. Participants will be guided through an online tour of the 211 sites.

http://211.ca/about_211#sthash.TfHnO3eV.dpuf

Relevance to Participants

A presentation will describe available datasets and touch on avenues to access these datasets. Furthermore, this presentation will cover statistical methods that may be unfamiliar to audience members which they can then use in their research. The main point of the presentation will be that health is affected by multiple aspects of an individual's life and vice versa. It is important to observe variables representing these characteristics to properly study topics related to health

policy. This message will influence the way individuals look at health policy, and demonstrate how large data sets can increase access to services.

Workshop Leader Bios

Randy Hatfield received his bachelor's degree in economics and political science from the University of New Brunswick. He then attended the University of Alberta where he earned his Masters degree in Political Science. He attended law school at the University of Toronto and completed his degree at the University of New Brunswick. In 2002 he accepted the position of Executive Director of the Saint John Human Development Council (HDC). The HDC is the only social planning council in the Maritimes.

Luc Clair is a PhD economics student from McMaster University. His research interests are nonparametric statistical analysis of complex surveys and health economics. He also works as a research assistant for Memorial University of Newfoundland exploring datasets reporting mental health data as part of a CIHR funded project: Barriers and Facilitators to Mental Health Services for Youth Suffering from Mental Illness.

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Theme 1 – Working Across Sectors for Collective Impact

Option B: *Netiquette 2.0: Developing New Network Manners and Skills for Successful Partnerships*

Workshop Leader

Penney Scott, Diversification & Business Development Coordinator, Health Nexus.

Workshop Description

A major challenge facing organizations today is how to effectively partner with other organizations, agencies, and groups, to collaboratively address social and political goals, while effectively maximizing resource sharing of the partners involved. How can we start these new partnerships on the right foot? How can we effectively move beyond our current beliefs, practices and assumptions to uncover our common vision and develop shared goals? How can trust be built, maintained and nurtured? Case studies and practical ‘take away’ tools will be shared during the workshop as participants explore the potential of their current and ideal successful community partnerships.

Relevance to Participants

In this participatory workshop, participants will be introduced to network theory as it applies to developing a new network mindset in their work. Evidence and case studies will be shared that illustrate that successful partnerships are strengthened when participants accept the challenge and develop and model a new set of manners, skills and behaviours that are different from the way we are used to working in more formal settings. Practical ‘take away’ tools will be shared during the workshop as participants explore the potential of their current and ideal community partners.

Workshop Leader Bio

Penny Scott is a systems thinker, network practitioner and mapper and has a passion for supporting and measuring intersectoral partnerships and collaborations. As the Business Development Coordinator, Penny brings her private sector experience to the non-profit world is responsible for building diversified revenue streams for Health Nexus.

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Theme 2: Parent and Community Engagement

Option A – *Handle with Care; Promoting Social and Emotional Well-being in Children ...Every Day!*

Workshop Leaders

Alice Taylor, PEI Partner Handle with Care and Sara MacDougall, Facilitator, The Quaich Inc.

Workshop Description

Handle with Care is a program with a set of simple interactive strategies to help parents and caregivers promote the mental health of young children from birth to age 6. It uses a strength-based approach that assumes every parent has problem-solving skills, potential resources, and wants what's best for the children in their lives. The spirit of the program is one of celebrating parenting and caregiving, recognizing the value of every parent, caregiver, and child. We invite you to come and experience a piece of it for yourself. We feel sure you will be inspired! We will be modeling components of the actual program so participants can connect with the material in a meaningful ways. Participants will engage in discussion, reflection, hands on activity and interaction as well as view short video clips relating to program material.

Relevance to Participants

We think there will be many ah-ha moments that any parent or care giver can relate to on an emotional as well as a cognitive level. Certainly the self-care component has the capacity to influence every person since we all have experienced the relationship of caring for ourselves and our ability to care for others. It is our hope we will also have requests from participants to learn more about upcoming parent and facilitator training programs.

Workshop Leads Bios

Alice Taylor has a background is in Early Childhood and Adult Education. She believes that social and emotional well-being (Mental Health) influences every part of our lives, including our physical health. She holds a deep belief that honoring each person for who they are, as they are, enables us to make connections and form the kind of relationships which allows us to work together to build strong, healthy families who have the capacity to build strong, supportive communities, where all can flourish. Alice's connection, as a PEI partner with Hincks-Dellcrest Centre, enables her to continue her life-long commitment to children and families.

Sara MacDougall reviewed the Handle with Care curriculum and immediately signed up for an eight week parenting program and appreciated the experiential activities. Sara's biggest personal take away during the parenting session was the importance of self-care. Sara soon signed up to take facilitator training and recently facilitated a parenting group. Sara's dream is to have social and emotional learning programs embedded into school curriculum and Handle with Care Programs available to all parents. Sara MacDougall holds a Bachelor of Education degree from Mount Saint Vincent University and has taught elementary school in England and the United Arab Emirates. She currently works as a consultant with The Quaich Inc.

Lead Presenter Contact Information

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Theme 2 –Parent and Community Engagement

Option B - *Journey Mapping for Research and Parent/Community Engagement*

Workshop Leaders: Brandi Bell (ACCESS-MH) and Michael Bartellas (ACCESS-MH)

Workshop Description

In this workshop, we will discuss journey mapping and our use of that approach in the ACCESS-MH research project (<http://access-mentalhealth.ca>). Journey mapping is an approach to health research that gathers stories from health system clients and provides visual maps of the barriers and facilitators encountered in navigating access and care in the system. We will present findings from a sub-study of the ACCESS-MH project and engage participants in journey mapping activities and discussion about how this approach can be used for parent and community engagement in the area of child/youth mental health.

Relevance to Participants

Participants will learn about how the process of creating a journey map can enhance sharing and understanding between children/youth, parents, service providers, and community members. Using arts-based methods, such as journey mapping, provides a unique opportunity for individuals to communicate. Some individuals may feel more comfortable articulating their thoughts visually rather than verbally. Through journey mapping, various parts of an individual's story can be easily highlighted, and a deeper exploration of the important components can occur. Workshop participants will be encouraged to consider and share how this process and tool may be used in their daily work.

Workshop Leader Bios

Brandi Bell is coordinating the qualitative Patient Journeys aspect of the ACCESS-MH study. She holds a PhD in Communication Studies from Concordia University where her research focused on media representations of youth as social and political actors. Brandi is interested in using qualitative research methodologies to understand youth experiences and involving young people in shaping their own social participation, especially through cultural production. Her workshop focus will be on:

Journey Mapping for Research and Engagement in Child/Youth Mental Health.

Michael Bartellas is completing his MSc exploring the experiences of youth and parents as they access youth eating disorder services in Atlantic Canada. This work emphasises participant narrative, and is part of the ACCESS-MH project. He has also had the opportunity to speak with various stakeholders throughout Atlantic Canada in connection to the project. Michael is excited to start his training as a MUN medical student this coming year. His workshop focus will be on: *A Narrative Approach: Barriers and Facilitators To Access And Care In Services For Youth Eating Disorders In Atlantic Canada.*

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Theme 3 – Supportive School Environments

Workshop Title: *Fostering Supportive School Environments*

Workshop Leaders

Katherine Kelly, Executive Director, Joint Consortium for School Health (JCSH); Dr. Patricia Peterson, Associate Professor, Faculty of Education, University of New Brunswick; Dr. Bill Morrison, Associate Professor, Faculty of Education, University of New Brunswick; Susan Hornby, Cross Sector Engagement, JCSH.

Workshop Description

This workshop will discuss the benefits of positive mental health environments in schools through the exploration of the Joint Consortium for School Health's Comprehensive School Health approach. Participants will be introduced to accessible resources for the creation of positive mental health environments, and to tools for promoting mental fitness, resiliency and positive school leadership. The session will also involve a demonstration of the Positive Mental Health Toolkit and the Mental Fitness and Resiliency Inventory for assessing baseline practices at the school and district levels. This interactive workshop will involve the presentation of key material by content experts, group activities, and the demonstration of online resources.

Relevance to Participants

Participants will have the opportunity to explore the use of existing toolkits, research products, and online resources to enhance their capacity for creating positive mental health environments within the school and community contexts.

Workshop Leader Bios

Katherine Kelly was appointed Executive Director of the Pan-Canadian Joint Consortium for School Health (JCSH) in 2010. Katherine holds an M. ED in Leadership and Learning from the University of PEI, as well as a B.Ed from the University of Regina and a B.A. from the University of Saskatchewan. She has held variety of senior level positions in the health and education systems including Director of Federal/Provincial/Territorial Relations, Chief Executive Officer of a regional health authority, and Director of Child and Family, Mental Health and Addictions. She has also been a lecturer in the UPEI Faculty of Education and a classroom teacher. She will present on: *Comprehensive School Health and the Joint Consortium Approach.*

Dr. Patricia Peterson holds a doctoral degree in Educational Psychology from Boston University. A tenured faculty member at the University of New Brunswick, she is also Co-Executive Director of the university's Health and Education Research Group, serving as Principal Investigator on initiatives related to program evaluation, workplace wellness and mental fitness. She is a consultant on initiatives related to integrated service delivery for children and youth with complex needs and positive psychology approaches in comprehensive school and workplace contexts. She has served on numerous provincial and national committees related to learning exceptionalities and educational psychology. Recently, Dr. Peterson has co-authored a book outlining comprehensive positive mental health perspectives, practices and policies for creating cultures of wellness in schools, and serves as President of the Learning Disabilities Association of New Brunswick. Her focus in this workshop will be on: *Integrated Wellness Platform for Fostering Positive School Environments.*

Dr. Bill Morrison has advanced graduate degrees in both educational foundations and psychology, and is a fully bilingual clinical psychologist. In addition to his licenses as a professional educator and psychologist and his 20

years of clinical practice, Dr. Morrison has had extensive experience in the development and implementation of health and educational services for children and adults in several Canadian provinces. He has been instrumental in the design and implementation of New Brunswick's Interdepartmental Integrated Service Delivery Initiative, and was an initial author of the Province of New Brunswick's provincial wellness strategy. Dr. Morrison currently serves as President of the New Brunswick College of Psychologists. His focus in this workshop will be on: *Integrated Wellness Platform for Fostering Positive School Environments*.

Susan Hornby is Manager of Cross Sector Engagement with the Pan-Canadian Joint Consortium for School Health. She is completing a Master of Applied Health Services Research at the University of Prince Edward Island; her research is on resilience and belonging in posttraumatic stress disorder recovery. A former parole officer with Correctional Service of Canada, Susan continues to work at the national and provincial levels with Seventh Step Society, a community reintegration group for long-term offenders. She is the author / editor of three books and a number of articles on oral and community history. Her focus in this workshop will be on: *Integrated Wellness Platform for Fostering Positive School Environments*.

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Theme 4 – Sustainability

Workshop Title: *Provincial Stepping Stones for Sustainability of a School-based Intervention Promoting Mental Health*

Workshop Presenters/Leaders

1. Chrissi Lynch, Coordinator of Student Services, Strait Regional School Board, Nova Scotia
2. Mark MacLeod, Coordinator of Programs, P-12, South Shore Regional School Board, Nova Scotia
3. Cheryl Shinkaruk, Coordinator Programs and Projects, Edmonton Catholic School District
4. Tracy Drefko, Principal/PATHS Coach, Calgary Board of Education

Workshop Description

This interactive workshop will tell the story of the successful sustainability efforts of implementing the Promoting Alternative THinking Strategies (PATHS) program by school sites involved in the Socially and Emotionally Aware Kids (SEAK) Project.

Relevance to Participants

By the end of the session participants will have gained an awareness of partnership development, fidelity based PATHS program delivery, and infrastructure and policy support and how they were involved in sustainability planning of a school-based social and emotional learning curriculum in a mental health promotion initiative.

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Theme 5 – Young Engagement

Workshop Title

Young Engagement - from start to finish in policies and programs

Workshop Leader

Lisa Lachance, Executive Director, Children and Youth in Challenging Contexts Network (CYCC)

Workshop Description

Using the CYCC Network Knowledge Synthesis Report on Youth Engagement to guide the discussion, we will lead a discussion of background information and provide examples of youth engagement. This workshop will then invite participants to share and reflect on their experience of bringing youth voice into policy making processes, and program development and implementation. Practical tools will be provided to participants for their use in their organizations. We will facilitate discussions amongst workshop participants using Art of Hosting methods.

Relevance to Participants

Participants will leave the workshop with specific tools to help them integrate a youth engagement philosophy into their policies and programs.

Workshop Leader Bio

Lisa is the Executive Director of the CYCC Network and Institute and joined the team in April 2013. Prior to this, she spent the majority of her career in the public sector, working first with the federal government in Ottawa, primarily at CIDA and with stints at PCO and DFO. At CIDA, Lisa worked in both programs and policy with a particular focus on children's rights and participation. Since returning to Halifax in 2008, Lisa worked at the Nova Scotia Department of Finance, as well as consulting for Canadian, international and UN organizations, including children's rights and gender equality projects. Lisa's areas of expertise include policy development and implementation; strategic and operational planning and implementation; facilitation; and Results Based Management. Lisa has also been recognized as an effective non-profit leader as past President and Board member of a range of national Canadian non-profit organizations. She remains active in numerous community organizations in Halifax based organizations. Lisa holds a Bachelor of Arts in International Development Studies and a Masters in Public Administration (both degrees from Dalhousie University).

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Theme 6 – Aboriginal Mental Health

Workshop Title:

First Nations Mental Wellness Continuum Framework: A comprehensive and coordinated approach to promoting mental wellness among First Nations children and youth

Workshop Leader:

Carol Hancock, Executive Director, Thunderbird Partnership Foundation

Workshop Description:

The First Nations Mental Wellness Continuum Framework is a coordinated, comprehensive approach to services designed to promote mental wellness for children and youth. This workshop examines implementation strategies for a comprehensive framework to guide mental wellness services intended to improve mental wellness programming for FN communities in Canada. Specific strengths based strategies grounded in First Nations culture are discussed. Recognizing the important role of culture in improving mental wellness of FN while also seeing the importance of evidence-based best practices is a key learning outcome for this workshop.

Relevance to Participants:

Exercises designed to stimulate conversation on measurable outcomes, cultural competency and cultural safety will support examination of cultural based mental wellness for children and youth. Participants will develop a greater understanding of First Nations culture-based interventions, measurement of outcomes and the program design, delivery and policy impacts of such.

Workshop Leader Bio

Carol Hopkins is the Executive Director of the Thunderbird Partnership Foundation, an organization whose mandate is to support Canada's First Nations Mental Wellness through implementing national frameworks designed to address substance use and mental health issues. Her strength in the health profession is the ability to translate western and Indigenous knowledge for informing competent and responsive mental wellness practice and systems. In this regard, Carol has taught for various postsecondary institutes, including Anishinabek Education Institute, Native Social Work program at Laurentian University and currently is a Professor in the Social Work Program at Kings University College of the University of Western Ontario. She holds a Masters of Social Work Degree from the University of Toronto. Carol has received the Walter Dieter Award from the Assembly of First Nations in recognition of academic achievements made in the field of Social Work. Most recently, she was the recipient of the 2015 Champions of Mental Health Award in the category of Researcher/Clinician and the Deputy Minister, Health Canada, Innovations Award, as a member of the team leading the development and implementation for the FNMWC framework.

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