

Atlantic
Summer
Institute
on Healthy
and Safe
Communities



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

2016 ATLANTIC SUMMER
INSTITUTE ON HEALTHY AND
SAFE COMMUNITIES

**Promoting Child
and Youth
Mental Health**

**Engaging all
Generations!**

2016 L'INSTITUT D'ÉTÉ SUR LES
COLLECTIVITÉS SÛRES ET EN
SÉCURITÉ AU CANADA ATLANTIQUE

**La promotion de la santé
mentale de l'enfant
et de la jeunesse :**

**Mobiliser toutes
les générations**



August 16 – 18, 2016
Holland College
Charlottetown, PEI

Du 16 au 18 août 2016
au Holland College
à Charlottetown, Î-P-É

www.asi-iea.ca

 #ASIEI2016

THE **Quaich** INC.



ACKNOWLEDGEMENTS

The ASI Board of Directors wishes to acknowledge the public interest in this Institute 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.

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ASI 2016 Program Overview

Monday, August 15	
5:00 – 7:00	Youth Leadership Program Meet & Greet – CAST building, Rm. 318
Tuesday, August 16	
8:00 – 12:00	Registration - Holland College main entrance, Weymouth St. Entrance
9:00 – 12:00	Youth Leadership Program orientation – CAST building, Rm. 318
12:00 – 1:15	Learning Circles with a light lunch – pre-assigned locations
1:30 – 2:00	Welcome – Florence Simmons Performance Hall Aboriginal Opening Program Overview
2:00 – 4:00	Story Teller's Circle – Florence Simmons Performance Hall Hearing Stories: The voice of children, youth, and those who love them <ul style="list-style-type: none"> • Aboriginal youth • Newcomer youth • Parent/caregiver • Teacher • Child/youth
4:00 – 5:00	Learning Circles Time for reflections on positive mental health, challenges, shared agenda
5:00 – 6:30	Free Time
6:30 – 9:00	Official Opening – Florence Simmons Performance Hall Atlantic Community Showcase – 2 minute pitches Keynote Address Ed Mantler - Vice-President, Programs and Priorities, Mental Health Commission of Canada <i>Mental Health: Key to a Healthy Society</i> Reception and Atlantic Community Showcase
Wednesday, August 17	
7:30 – 8:15	Morning Exercise (optional)
8:30 – 9:00	Announcements – Florence Simmons Performance Hall Reflection on Collective Impact TBA
9:00 – 9:45	Opening Plenary / Morning Keynote – Florence Simmons Performance Hall Carol Hopkins, Executive Director, Thunderbird Partnership <i>First Nations Mental Wellness Continuum Framework: Potential Impact in Atlantic Canada</i>
10:00 – 12:00	Curriculum Workshops, session 1
12:00 – 12:45	Lunch

1:00 – 3:00	Mi'kmaq Confederacy Pow Wow – Confederation Landing Park, 2 Great George Street
3:00 – 3:30	COW's Ice Cream Social
3:30 – 4:15	Plenary Speaker – Florence Simmons Performance Hall Elana Ludman - J.W. McConnell Family Foundation <i>Shaping the Future: Social Innovation Through Social Labs</i>
4:15 – 5:00	Learning Circles Reflection and building shared agenda, vision in breakout rooms – focus use of art, music, writing
5:15 – 6:45	Curriculum Workshops , session 2 <i>Nutrition break prior to workshops</i>
6:45	Free Time
Thursday, August 18	
7:30 – 8:15	Morning Exercise (optional)
8:30 – 9:00	Announcements – Florence Simmons Performance Hall Reflection on Emerging Themes Scott MacAfee – ASI Board member and Community Network Coordinator, NB Economic and Social Inclusion Corporation
9:00 – 11:00	Curriculum Workshops , session 3
11:15 – 12:00	Learning Circles Call to action
12:15 – 1:00	Lunch
1:00 – 2:30	Curriculum Workshops , session 4
2:45 – 3:30	Closing Ceremony – Florence Simmons Performance Hall Motivational – call to action on emerging themes Youth Program presentation Children's Program presentation Thank you and Evaluation
3:30 – 4:00	Closing Circle / Aboriginal Closing Departure – Goodbye, friends!

TUESDAY, AUGUST 16

8:00 – 12:00 **Registration** – Holland College main entrance, Weymouth St. Entrance

9:00 – 12:00 **Youth Leadership Program Orientation** – CAST 318 *Youth Program sponsored
by TD Bank Group*

12:00 – 1:15 **Learning Circles with a light lunch** – Main Building – to be assigned

1:30 – 2:00 **Official Opening** - Florence Simmons Performance Hall

Aboriginal Opening – Barbara Bernard, Elder

Welcome: Dr. Brian MacMillan, President of Holland College

Program Overview: – Malcom Shookner

2:00 – 4:00 **Story Teller's Circle – Hearing Stories: The voice of children, youth, and those who love them** – Florence Simmons Performance Hall

Moderator: **Yvette Doucette**, Information Officer, PEI Association for Newcomers to Canada

Yvette is also a creative writer, daughter and parent. Her story will share the perspective of generational struggles and solutions in promoting positive mental health.

Nicholas Hussey, Youth, New Brunswick

Nick's story defines his struggles in managing a disability, its impact on his progress in school and career and how resetting goals and finding a new career path have been energy giving and meaningful.

Susan Fuller, Teacher, J. Curling Elementary, Corner Brook, NL

Susan's story shares her observations in the classroom over the course of her career and the improvements she has seen in children and teachers since the implementation of PATHS in her school.

Fatiha Enniri, French teacher, Saint Anne University

Fatiha's story tells of her challenges and choices as a young Muslim woman born to immigrant parents, growing up in France, where she had to constantly justify that she deserved a place in French society because of her roots, faith and foreign name, and moving to Canada.

Joey Chen, Student, Charlottetown Rural High School

Joey's story speaks to his experience as a Tawainese immigrant experiencing racial micro-aggression (small and subtle racist slurs) that made him feel different than his peers, and his work to raise awareness so nobody has feel to lonely for being who they are.

4:00 – 5:00 **Learning Circles**– Pre-assigned locations
Time for reflections on positive mental health, challenges, shared agenda

5:00 – 6:30 **Free Time**

6:30 – 9:00 **Official Opening** – Florence Simmons Performance Hall

Welcome and Introductions: Malcolm Shookner, MC and President, Atlantic Summer Institute on Healthy and Safe Communities

We Are the Change – a song composed and performed by Youth Leadership Program delegates
Introduced by: Somaya Amiri, Youth Leadership Coordinator

Opening remarks:

Greetings from the Government of Canada – Hon. Sean Casey

Greetings the Province of PEI –Hon. Doug Currie

Greetings from Health PEI – Dr. Michael Mayne

Greetings from City of Charlottetown – Councillor Terry MacLeod

Greetings from the Canadian Mental Health Association, PEI – Reid Burke

Greetings from TD – Darren Peters

Atlantic Community Showcase Presentations

Supported by Medavie Health Foundation

Eight projects in Atlantic Canada have been selected for the Showcase. Each presenter will have 2-3 minutes to promote her/his presentation to participants. Participants will mingle and visit your display after the keynote and move to another table top or poster board when they have had an opportunity to learn about your program. Displays will remain available for viewing and discussion during the Institute.

Moderator: Kirsten McKnight, ASI Coordination Team

1. ACCESS Open Minds NB- Youth-led transformation of adolescent mental health

The ACCESS Open Minds NB Team, led by Kevin Leahy

2. Newcomer Wellness - A Community Collaborative Model

Carmen Celina Moncayo - Community Wellness Program Coordinator, Immigrant Settlement Association of Nova Scotia

3. The Metro Youth Mental Health Committee

Simon Henley - Chair, Metro Youth Mental Health Committee, St. Johns, NL

4. The Contribution of Pro-Social Role-Modeling and Peer Mentoring to the Development of Self-Esteem and Positive Social Skills in Young Females: A longitudinal Study of the creation and implementation of an Intervention Program

Stephanie Ruckstuhl - Instructor/Researcher, New Brunswick Community College- St Andrews Campus; and Chris Gilham

5. **CHANCES - The impact of the early years on lifelong mental health and wellbeing, a community based and family centered approach**
Mary Catherine Connolly, Nurse Practitioner, CHANCES, PEI
6. **Dancing Thru It**
Chelsey Hicks - Executive Director, Dance Thru It, St. Johns, NL
7. **The Role of Comprehensive School Health in Engaging Students, School Staff, Parents, and the Community in Positive Mental Health**
Katherine Eberl Kelly - Executive Director, Pan-Canadian Joint Consortium for School Health
8. **Revamping a cafeteria menu – the impact on children’s mental health!**
Pierre Hajjar - Chef, Carrefour de l’Isle-Saint-Jean, Charlottetown, PEI

Keynote and Reception

Sponsored by the Mental Health Commission of Canada

Keynote Introduction: Dr. Rhonda Matters, Chief Mental Health and Addiction Officer, PEI Department. of Health and Wellness

Keynote Speaker: Ed Mantler - Vice-President, Programs and Priorities, Mental Health Commission of Canada



Mental Health: Key to a Healthy Society

Building on recommendations specific to child and youth mental health from the Mental Health Strategy for Canada, Ed Mantler will stress the importance of mental health as key to a healthy society, and explore the need to understand the social determinants of health in the context of building early childhood protective factors. Ed will outline the importance of access to coordinated, evidence-based services across the continuum – mental health promotion, prevention, and intervention. He will also focus on the impact of stigma on mental health and the need for school- and community-based programs and initiatives that build resiliency and mobilize young people to become advocates for mental health and against the discrimination of people living with mental health challenges.

Thank You: Christian Whalen, Deputy Advocate and Senior Legal Counsel, Office of the Child & Youth Advocate, New Brunswick

Question and Answer Period

Reception – Florence Simmons Performance Hall foyer

Music by Justin Simard and Ben Aitken

Music sponsored by the City of Charlottetown

WEDNESDAY, AUGUST 17

7:30 – 8:15 **Morning Exercise** (optional) – Presented by youth leaders

8:30 – 9:00 **Announcements** – Florence Simmons Performance Hall

Reflection on Collective Impact

Cathy Leslie, Nova Scotia Health Authority, Community Health Board Coordinator, and
Randy Hatfield, Saint John Human Resource Development Council

8:30 – 9:00 **Morning Plenary** – Florence Simmons Performance Hall

Keynote Introduction: Chief Brian Francis, Abegweit First Nation

**Keynote Speaker: Carol Hopkins - Executive Director,
Thunderbird Partnership Foundation**

***First Nations Mental Wellness Continuum Framework: Potential
Impact in Atlantic Canada***

Indigenous Culture is the foundation for mental wellness. The First Nations Mental Wellness Continuum Framework offers a comprehensive model and measurable outcomes for investing in the wellness of First Nations children and youth.



10:00 – 12:00 **Curriculum Workshops, session 1** – pre-assigned rooms

2016 Curriculum Pathways:

This year the ASI offers six Curriculum Pathways which address the many strategies required to achieve collective impact on child and youth mental health. The curriculum pathways reflect the 5 strategies of the Ottawa Charter for Health Promotion – timely given that this year is the 30th Anniversary of the Charter in 2016:

1. Building and Using Evidence for Collective Impact on Child and Youth Mental Health – Room 214

- Reorient Health/Human Services (Ottawa Charter)

Objective: To develop skill in finding and using evidence to build a case for investing in the promotion of child and youth mental health and access to care

Facilitators:

- Malcom Shookner - President, Atlantic Summer Institute on Healthy and Safe Communities
- Doug Crossman - P3R Consulting; ASI Board member

- Jamie Gamble - Principal, Imprint Consulting
- Dianne Oickle - Knowledge Translation Specialist, National Collaborating Centre for Determinants of Health; Adjunct Professor, St. Francis Xavier University

2. Strengthening Leadership for Healthy Communities: Across Genders and Generations – Room 318

- Strengthening Community Action (Ottawa Charter)

Objective: To increase skill in shared leadership engaging all generations in promotion of child and youth mental Health and improved access to care.

Facilitators:

- Barbara Clow - Barbara Clow Consulting
- Jillian Kilfoil - National Programs Coordinator, Girls Action Foundation
- Patsy Beattie-Huggan - President, The Quaich Inc.; ASI Coordinator

3. Child Rights-Based Approaches to Youth Mental Health: Ensuring the Rights of Children and Youth in Policy Across Governments and Communities –Room 232 A

- Building Healthy Public Policy (Ottawa Charter)

Objective: To present an alternative to the dominant paradigm of health as a human need, as opposed to health as a human right. The modules of this theme will provide participants with an in-depth introduction to the discourse of children's rights, with particular emphasis on the right to adequate healthcare in the context of youth mental health.

Facilitators:

- Christian Whalen - Deputy Advocate & Senior Legal Counsel, Office of the Child & Youth Advocate (NB)
- Candice Ashley Pollack - ACCESS Open Minds New Brunswick

4. Developing Social and Emotional Skills to Work More Effectively with Children and Youth – Room 319

- Developing Personal Skills (Ottawa Charter)

Objective: To develop enhanced social and emotional competencies that will enable participants to more effectively empower children and youth.

Facilitators:

- Alice Taylor- Facilitator, Handle With Care
- Eileen Conway-Martin - Coordinator, Handle With Care
- Sara MacDougall - Consultant, The Quaich Inc.

5. Taking a leadership role in promoting social and emotional learning in your school community: Understanding and promoting PATHS! – Room 229

- Creating Supportive Environments (Ottawa Charter)

Objective: To build a strong coaching community to support each other in social and emotional learning and contribute to the scaling up of SEL in Atlantic Canada.

Facilitators:

- Pamela Magee - Executive Director, Canadian Mental Health Association, Nova Scotia Division
- Anna-Lisa Mackey - PATHS Trainer, SEAK Project

6. Promoting Mental Health Thematic Workshops – Scaling up Innovation in Schools and Communities –Room 232B

Objective: This series of workshop brings together 3 topic areas with one common element –scaling up of innovation to promote social emotional learning and mental health amongst children, youth and their families in schools and communities.

Facilitators:

- Laurence Kirmayer - Professor, McGill University; Director, Culture and Mental Health Research Unit, Jewish General Hospital, Montreal
- Gregory Brass - Doctoral candidate, McGill University
- Bob Eckstein - Director of Integrated Service Delivery (ISD), Department of Education and Early Childhood Development
- Dr. William Morrison - Associate Professor of Educational Psychology, UNB Faculty of Education
- Annette Harland - Area Manager, Addiction and Mental Health Services, Charlotte County and Child and Youth Services, Saint John
- Claire Crooks - Director, Centre for School Mental Health, Western University; Associate Professor, Faculty of Education
- Susan Dale - Program Development and Implementation Coordinator, Centre for School Mental Health, Western University

12:00 – 12:45 Lunch – Cafeteria, Charlottetown Centre, Holland College

1:00 – 3:00 Mi’kmaq Confederacy Pow Wow – Confederation Landing Park, 2 Great George Street

3:00 – 3:30 COW’s Ice Cream Social – Cafeteria, Charlottetown Centre, Holland College

3:30 – 4:15 **Plenary** – Florence Simmons Performance Hall

Plenary Speaker: Elana Ludman - J.W. McConnell Family Foundation

Shaping the Future: Social Innovation Through Social Labs

Objective: *To share experiences using social innovation and social labs and discuss how they can be used to improve child and youth mental health.*



In her plenary, Elana Ludman will share some of the J.W. McConnell Family Foundation's experience using social innovation and social labs to drive large scale change. Specifically, she will draw on the example of WellAhead, a five year national initiative aimed at improving child and youth mental health and wellbeing. By using a social lab approach and a focus on everyday practices in six school districts in British Columbia, WellAhead is aimed at integrating social and emotional wellbeing into schools. Having completed year one of the initiative, Elana will share key learnings and insights in effort to help advance participant's individual work.

- 4:00 – 5:00** **Learning Circles** – Assigned locations
Reflection and building shared agenda, vision in breakout rooms – focus use of art, music, writing
- 5:15 – 6:45** **Curriculum Workshops, session 2** – pre-assigned rooms
Nutrition break prior to workshops
- 6:45** **Free Time**

THURSDAY, AUGUST 18

- 7:30 – 8:15** **Morning Exercise** (optional) – Presented by youth leaders
- 8:30 – 9:00** **Announcements** – Florence Simmons Performance Hall
- Reflection on Emerging Themes**
Scott MacAfee – ASI Board member and Community Network Coordinator, NB Economic and Social Inclusion Corporation
- 9:00 – 11:00** **Curriculum Workshops, session 3** – pre-assigned rooms
- 11:15 – 12:00** **Learning Circles** – Assigned locations
Call to Action
- 12:15 – 1:00** **Lunch** – Cafeteria, Charlottetown Centre, Holland College

1:00 – 2:30 **Curriculum Workshops, session 4** – pre-assigned rooms

2:45 – 3:30 **Closing Ceremony** – Florence Simmons Performance Hall

Motivational – call to action on emerging themes -Youth Leadership Program

Children's Program presentation

Thank you and Evaluation

3:30 – 4:00 **Closing Circle**

Aboriginal Closing – Barbara Bernard, Elder

Departure – Goodbye, friends!

Mental Health Matters

Transforming Canada's
Mental Health System



We added a
YOUTH
Perspective

Keep informed, and read
*The Mental Health Strategy
for Canada: A Youth Perspective*
at mentalhealthcommission.ca



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A sincere thank you to



Title Sponsor of the ASI
Youth Leadership Program

*Promoting Child and Youth Mental Health:
Engaging All Generations!*

PROGRAM DETAILS

This section of the program will provide descriptions of showcase presentation, curriculum workshops and speaker bios. In addition, it will feature special elements of the Institute Program:

- Curriculum Pathways
- Atlantic Community Showcase
- Learning Circles
- Story Teller's Circle
- Youth Leadership Program
- Children's Program
- Biographies

• Curriculum Pathways

1. Building and Using Evidence for Collective Impact on Child and Youth Mental Health

- Reorient Health/Human Services (Ottawa Charter)

Objective: To develop skill in finding and using evidence to build a case for investing in the promotion of child and youth mental health and access to care.

This workshop will introduce concepts and tools for finding, evaluating and building evidence as the basis for knowledge-based programs and policies to address child and youth mental health promotion and access to services when needed. It will identify the factors that contribute to positive mental health in Atlantic Canada and how to measure them. It will introduce the model of “collective impact” for collaboration around a common agenda as a way to address complex social problems. Participants will work in small groups to practice using the tools presented by the workshop facilitators to develop shared measures of positive outcomes for child and youth mental health.

Facilitators:

Malcom Shookner - President, Atlantic Summer Institute on Healthy and Safe Communities
Doug Crossman - P3R Consulting; ASI Board member
Jamie Gamble - Principal, Imprint Consulting
Dianne Oickle - Knowledge Translation Specialist, National Collaborating Centre for Determinants of Health;
Adjunct Professor, St. Francis Xavier University

2. Strengthening Leadership for Healthy Communities: Across Genders and Generations – Room

- Strengthening Community Action (Ottawa Charter)

Objective: To increase skill in shared leadership engaging all generations in promotion of child and youth mental Health and improved access to care.

This workshop series will introduce concepts and tools that can be used by both established and emerging leaders to understand and address the relationship between gender, diversity, and mental health across generations. It will provide information and opportunities for reflection on the ways in which gender, diversity, age, and mental health intersect to affect the potential for effective leadership. It will identify tools for leaders to promote and protect their own mental health and to foster mental health across genders and generations. Participants will work in small groups to explore the concepts and practice using the tools presented by the workshop facilitators.

Facilitators:

Barbara Clow - Barbara Clow Consulting
Jillian Kilfoil - National Programs Coordinator, Girls Action Foundation
Patsy Beattie-Huggan - President, The Quaich Inc.; ASI Coordinator

3. Child Rights-Based Approaches to Youth Mental Health: Ensuring the Rights of Children and Youth in Policy Across Governments and Communities

- Building Healthy Public Policy (Ottawa Charter)

Objective: To present an alternative to the dominant paradigm of health as a human need, as opposed to health as a human right. The modules of this theme will provide participants with an in-depth introduction to the discourse of children's rights, with particular emphasis on the right to adequate healthcare in the context of youth mental health.

Participants will be provided with an interactive opportunity to learn how to re-frame their youth mental health work and advocacy in a manner that is consistent with the fundamental rights of children and youth, and will be able to contribute to the beginning of a common call to action for Atlantic Canadians on child and youth mental health.

Facilitators:

Christian Whalen - Deputy Advocate & Senior Legal Counsel, Office of the Child & Youth Advocate (NB)
Candice Ashley Pollack - ACCESS Open Minds New Brunswick

4. Developing Social and Emotional Skills to Work More Effectively with Children and Youth

- Developing Personal Skills (Ottawa Charter)

Objective: To develop enhanced social and emotional competencies that will enable participants to more effectively empower children and youth.

The objective will be achieved through participation in an evidenced based, Canadian program, Handle with Care (HWC) that promotes the development of the social and emotional learning of children, youth, and families.

Handle with Care (HWC) is a program designed for parents and other caregivers to promote the mental health (social and emotional well-being) of children and families every day! Funded by the Public Health Agency of Canada's Innovations Fund, it has been enthusiastically received across Canada within the general population and unique cultural groups. Handle with Care is based on four key building blocks which the four modules within this spectrum represent: Building Trust and Attachment; Building and Enhancing Self-Esteem; Expressing Emotions; Building Relationships with Others.

Facilitators:

Alice Taylor- Facilitator, Handle With Care
Eileen Conway-Martin - Coordinator, Handle With Care
Sara MacDougall - Consultant, The Quaich Inc.

**5. Taking a leadership role in promoting social and emotional learning in your school community:
Understanding and promoting PATHS!**

- Creating Supportive Environments (Ottawa Charter)

Objective: To build a strong coaching community to support each other in social and emotional learning and contribute to the scaling up of SEL in Atlantic Canada.

In Atlantic Canada there is a great deal of interest in embedding social and emotional learning (SEL) to develop protective factors for elementary school age children. The SEAK project, Phase 3, is implementing the PATHS® program in demonstration sites across the Atlantic Region. PATHS ® Promoting Alternative Thinking Strategies is an evidence-based social emotional learning program for children, taught in a classroom setting for children 3-12 years of age. Each school board/community that is considering increased emphasis on SEL and the possible adoption of PATHS® will need to have a person who serves as a champion to support the implementation at the school level. This person will be considered a “coach” and must have teaching experience or play a significant school role, e.g., school psychologist, school counsellor.

This introductory training is designed to spark the interest in SEL and develop knowledge and skill in implementing and supporting the PATHS® program. In addition, participants will have the opportunity to become familiar with coaching strategies and more fully understand the coaching role.

Facilitators:

Pamela Magee - Executive Director, Canadian Mental Health Association, Nova Scotia Division
Anna-Lisa Mackey - PATHS Trainer, SEAK Project

6. Promoting Mental Health Thematic Workshops – Scaling up Innovation in Schools and Communities

Objective: This series of workshop brings together 3 topic areas with one common element –scaling up of innovation to promote social emotional learning and mental health amongst children, youth and their families in schools and communities.

The first in the workshop series, *Listening to One Another to Grow Strong: Culturally based, family centered mental health promotion for Indigenous youth* will focus on culturally based, family centered mental health promotion for Indigenous youth and an evidence based program that is currently being scaled up in aboriginal communities.

Facilitators:

Laurence Kirmayer - Professor, McGill University; Director, Culture and Mental Health Research Unit, Jewish General Hospital, Montreal
Gregory Brass - Doctoral candidate, McGill University

The second workshop, *Integrated Service Delivery for Children/youth with Emotional Behavioural and Mental Health Issues* will focus on scaling up Integrated Service Delivery in schools across the Province of New Brunswick.

Facilitators:

Bob Eckstein - Director of Integrated Service Delivery (ISD), Department of Education and Early Childhood Development
Dr. William Morrison - Associate Professor of Educational Psychology, UNB Faculty of Education
Annette Harland - Area Manager, Addiction and Mental Health Services, Charlotte County and Child and Youth Services, Saint John

The third and fourth workshops in the series, *The Healthy Relationships Plus Program: A small groups approach to promoting healthy relationships and positive mental health among adolescents (Parts I and II)* will focus on promoting healthy relationships and positive mental health among adolescents, receiving an orientation and training in The Fourth R program. The researchers will also share their research on scaling up The Fourth R.

Facilitators:

Claire Crooks - Director, Centre for School Mental Health, Western University; Associate Professor, Faculty of Education
Susan Dale - Program Development and Implementation Coordinator, Centre for School Mental Health, Western University

- **Atlantic Community Showcase Presentations**

1. **ACCESS Open Minds NB- Youth-led transformation of adolescent mental health**

ACCESS Open Minds NB (New Brunswick) is part of a larger national research project funded by Canadian Institute of Health Research and the Graham Boeckh Foundation. This project is enjoying success in uniting youth, families, service providers, researchers, policymakers, community organizations and First Nations in the development, implementation, and evaluation of youth safe spaces as part of the mental health continuum of care. The project is demonstrating that sustainable systems transformation can only be accomplished through the meaningful engagement/involvement of those that are directly impacted. Our project is in the process of selecting the first three, of nine, partnering organizations to collaborate in the operationalization of the safe space model. Youth, families/supporters, community, and First Nations are fully involved in the governance of this initiative, demonstrating the importance of 'engaging all generations'.

Given that our project's most important value is the meaningful engagement of youth, families/supporters, community and First Nations we are in a position to speak to the importance, and challenges, of approaching systems change from a multi-generational, and multi- stakeholder perspective.

ASI participants will learn about the importance of authentically engaging all stakeholders in the formulation and implementation of systems transformation. We will hopefully be able to share the journey that the New Brunswick team has travelled, the successes we enjoyed, the challenges we face(d), and the lessons that we learned.

Presenter:

The ACCESS Open Minds NB Team, led by Kevin Leahy
Project Manager, ACCESS Open Minds NB
kevin.leahy@rcmp-grc.gc.ca

We propose to use a number of individuals from our team to co-present, which will allow for the audience to see the diversity of the team.

2. Newcomer Wellness - A Community Collaborative Model

For the past three years, the Immigrant Settlement Association of Nova Scotia (ISANS) has led a collaborative Newcomer Community Wellness Project, funded by the Nova Scotia Department of Health and Wellness in the framework of the NS Mental Health Strategy. The project aimed to develop a model to provide equitable and culturally competent mental health services to immigrants/migrants and to help communities increase their ability to respond to issues of mental health, wellness and addictions. The project involved in depth consultation and engagement of newcomer communities through workshops, focus groups and ongoing communications. Hundreds of newcomers were involved through multiple methods. Dozens of service providers were provided with workshops and opportunities to engage with newcomers around mental health and wellbeing including knowledge exchanges. A number of interventions and partnerships were established including delivery of a very successful approach using "wellness groups" that introduced a number of self-care tools and practices. The result was the development of a community collaborative model of supporting immigrants/migrants mental health and wellbeing based on a trauma and resiliency approach. The presentation will share the model, resources and lessons learned.

Special mention will be made of the involvement of youth in both the needs assessments, community consultations and co-facilitation of wellness groups. Materials will be shared including links to resources such as "Supporting Your Child's Wellbeing".

ASI participants will learn about the model, the process that led to its development, and lessons learned. New resources developed for supporting newcomers and links to resources including the details and benefits of "Wellness Groups" as a way to support newcomers and their families increase their ability to respond to issues of mental health and wellness will be shared.

Presenter:

Carmen Celina Moncayo
Community Wellness Program Coordinator, Immigrant Settlement Association of Nova Scotia
cmoncayo@isans.ca

Carmen Celina Moncayo was a community psychologist in her native Colombia before coming to Canada in 1999. She has worked with ISANS for over 15 years starting as the Family Violence and Cross-Cultural Coordinator, then the Family Support Counsellor and most recently as the Community Wellness Program Coordinator. She has also worked and volunteered with a number of organizations in Nova Scotia during that time including the Canadian Mental Health Association, Halifax Immigrant Women's Association, and YMCA.

Additional Presenters:

Rupesh Dhungana and Odette Gveve

3. The Metro Youth Mental Health Committee

The Metro Youth Mental Health Committee is a for-youth, by-youth, mental health organization based in St. John's, Newfoundland. The group has been in operation since January 2015 and is run/organized by only high school students. The group does a vast amount of work in the area of mental health including awareness, advocacy, education and stigma reduction campaigns. We have been very successful with a number of our campaigns and we would like to share our ideologies and methods to try and inspire other youth to start speaking out!

The organization was founded and is operated by only high school students. The group has been functioning and doing work in schools, government and elsewhere without any adults. We are the purest form of youth engagement and we strive to inspire other youth to do similar things.

ASI participants will learn about our group, who we are and how we operate. We will have some resources and toolkits for some of the initiatives we've done and we will demonstrate the importance of youth engagement in mental health and how to inspire other youth to do similar things.

Presenter:

Simon Henley
Chair, Metro Youth Mental Health Committee
henley24@gmail.com

Simon Henley is a recent high school graduate from St. John's, Newfoundland. Simon has been involved in mental health advocacy for the past two years through involvement with the Community Coalition for Mental Health, among other initiatives, as well as his position as Chair of the Metro Youth Mental Health Committee. Simon is very passionate about youth engagement and mental health and also hopes to pursue a career in electronic music.

4. The Contribution of Pro-Social Role-Modeling and Peer Mentoring to the Development of Self-Esteem and Positive Social Skills in Young Females: A longitudinal Study of the creation and implementation of an Intervention Program

Researchers with the New Brunswick Community College (NBCC) and St Francis Xavier University along with active stakeholders: Anglophone South district School Board, Horizon Health Mental Health team, Antigonish Women's Resource Center and Sexual Assault Services Association, and CASM Group are working to reverse the historical trend which shows that adolescent girls have a high risk of poor self-image and self-esteem which leads to developmental deficits.

As recipients of a Social Sciences and Humanities Research Council (SSHRC) grant (2015), our presentation will focus on the data collected so far after one year of research into a pro-social role modeling and peer mentoring intervention program. The literature produced by GAF demonstrates success through implementing "girl-specific programs". Programs designed specifically for girls can play a key protective role in their healthy social development. The foundation of the curriculum includes pillars as outlined in GAF as well as Social Emotional Learning (SEL) skills as defined by CASEL (2015).

The project taking place in Charlotte County, New Brunswick will introduce workshop-based learning approaches, popular education, role modeling and peer mentoring to girls over a three-year period, starting in grade 7 (144 girls) and following them through to grade 10. The intervention will create a safe place for young females to learn, share and build their self-esteem. The program is anticipated to create an environment conducive to the following elements, participatory (involving young females in program design and facilitation), empowerment (supporting young females to express themselves and take action), asset-based (build skills and

focus on strengths), culturally relevant (respect for and integration of diversity), and community involved (engage community members through mentorship and other means). With increased self-esteem and pro social skills, we hope this intervention will improve the lives of girls in schools, thereby increasing school success, and setting the foundations for success into adulthood.

Approximately 64 NBCC students over the course of 3 years will help deliver peer-to-peer mentoring sessions. The researchers along with the Nursing students are assessing the effectiveness of the program utilizing both quantitative and qualitative methodology. Quantitative data will consist of the Rosenberg Self Esteem Scale, the Youth and Program Strengths Survey (YPS) from the Search Institute, and local health statistics such as student attendance, office referrals, behavioural interventions, suspensions and high school completion. Qualitative data will include participatory action research methodology. Nursing students will share their learning by producing Digital Stories to document their experience of being a peer mentor. The research team will collect qualitative data from the girls involved in this intervention through arts-based projects (creative journaling, craft-making, painting of specific questions aligned with the SEL/GAF pillars.

Early data is showing the need for girl-specific programming in grade 7 to address positive self image, self-esteem and pro social skills. We hope this intervention will improve the lives of girls in schools, thereby increasing school success, and setting the foundations for success into adulthood. At the Summer Institute we will share a synopsis of our literature review on effective girls programming to date, our ever-evolving work plan, including the intervention program curriculum and early data on the results of this training and mentorship project.

Presenter:

Stephanie Ruckstuhl
Instructor/Researcher, New Brunswick Community College- St Andrews Campus
stephanie.ruckstuhl@nbcc.ca

Ms. Stephanie Ruckstuhl is a registered nurse and faculty member of Practical Nursing and Allied Health programs at the New Brunswick Community College. She has over 23 years of experience working in the education and health care sectors. Stephanie holds a Bachelor of Arts degree in Child and Adolescent Psychology from St. Francis Xavier University and a nursing degree from the St. Lawrence College of Applied Arts and Technology. Stephanie has championed several grass roots community programs throughout her career leading to various research grant awards and recognition.

Additional Presenter:

Chris Gilham
cgilham@stfx.ca

5. CHANCES - The impact of the early years on lifelong mental health and wellbeing, a community based and family centered approach

CHANCES 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. The organization has offered community based programs to young families for over 20 years, and reaches approximately 6000 individuals across the Island yearly. CHANCES programming is grounded in research on the profound impact of the early years, and how enhancing a parent's capacity to parent effectively can promote healthy child development. The latest addition to CHANCES services is a Nurse Practitioner led family health clinic. Made possible by a partnership with Medavie Health Foundation, families connected to CHANCES who are without a primary health care provider are able to attend the clinic where health promotion and illness prevention are the main focus.

CHANCES offers a broad range of programs that provide a comprehensive continuum of support for young children and their families across the lifespan. We have a key focus in the following major program areas: pre and postnatal, parenting information sessions, an Island wide in home visiting program, early learning centers, before and after school programing, drop in and play programs with a focus on family literacy, and a family health clinic.

ASI participants will learn about: the benefits of incorporating a family health clinic into an established family resource center offering a broad range of support to young families; and the positive outcomes of community based, family centered approach to mental health and wellbeing. Participants will also see a review of the impact on overall health when appropriate supports are in place to enhance parent's ability to parent effectively and opportunities are provided for healthy child development.

Presenter:

Mary Catherine Connolly
Nurse Practitioner, CHANCES
mconnolly@chancesfamily.ca

Biography:

Mary Catherine Connolly is a Nurse Practitioner at CHANCES Family Health Clinic. She is thrilled to have the opportunity 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. CHANCES offers a wide range of child development and parenting support services to children from 0-11 and their families.

6. Dancing Thru It

After a recent TEDx talk and a feature in a short documentary gone viral it is clear that the purposeful work offered by Dance Thru It is of interest to many. Our presentation will be focused on the benefits of gender sensitive peer support within the community and the importance of teaching social emotional learning with a focus on expression and positive coping. We will explain how we breach gaps within support services by offering coached positive coping and the need for more programs similar to what we offer.

Dance Thru It is a customizable program, we recognize the importance for all ages to embrace expression and explore the power of self. We have worked with all sorts of age ranges and we firmly believe that everyone can benefit from having a community that offers safe spaces that provide opportunities for growth. ASI participants will learn more about unique methods of positive coping and ways each of us can address gaps within the systems of care.

Presenter:

Chelsey Hicks
Executive Director, Dance Thru It
dancethruit.nl@gmail.com

Biography:

A mighty cosmic force in her own right, Chelsey Hicks is a woman on a mission who strives to remain community focused. As Executive Director of Dance Thru It, Chelsey facilitates the peer support social enterprise with a customizable model that aims to translate emotions & experiences into movement, enforcing the importance of positive coping, self-love and interdependence. While working to breach gaps within systems & break down barriers for youth, Chelsey has learned that beautiful things happen when you embrace vulnerability, leading her to give her first TEDx talk and a debut in a short documentary highlighting the purpose behind her work.

7. The Role of Comprehensive School Health in Engaging Students, School Staff, Parents, and the Community in Positive Mental Health

Schools are in the business of educating students, but they are also a positive setting for instilling behaviours related to lifelong health and wellness for all in the school community. The Pan-Canadian Joint Consortium for School Health (JCSH) is based on the underlying principles of Comprehensive School Health (CSH), emphasizing the importance of partnership to create supportive environments for life-long learning and wellness in all students and members of the school community. Positive mental health underpins the CSH approach and the work of the Pan-Canadian Joint Consortium for School Health, which brings together the health and education sectors to address the CSH four components: the social and physical environment, teaching and learning, policy, and partnerships and services. When actions in all four areas are harmonized, students are supported to realize their full potential as learners and as healthy, productive members of society. The implementation of CSH differs from school to school and among provinces and territories: the diversity of mandates, geography, and cultural and health issues are complex and varied in this large country. What they have in common is a commitment to optimal health and learning outcomes for all children and youth in Canada.

The health of a school is revealed and sustained by the mental well-being of all individuals within it. Healthy students are better learners; mental health is an overarching component of student well-being, and comprehensive school health is an approach that brings together all in a school community to foster a positive mental health culture and supportive relationships.

This presentation will feature an interactive discussion with participants on comprehensive school health and what it means for the mental health of all in a school community. The JCSH Youth Engagement Toolkit will be discussed as one example of a resource developed to assist in implementing CSH in school communities with youth and adult school community partners working together authentically and collaboratively. Participants will be asked to consider the role of comprehensive school health and how this approach can achieve meaningful and sustained change in the mental health of all individuals and the climate in a school.

Presenter:

Katherine Eberl Kelly
Executive Director, Pan-Canadian Joint Consortium for School Health
kakelly@gov.pe.ca

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 UPEI, 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.

8. Revamping a cafeteria menu – the impact on children’s mental health!

A P.E.I. school has revamped its cafeteria menu with the help of a Red Seal chef. Chef Pierre El Hajjar, who previously worked at a five-star hotel in the Middle East, and partnered with the P.E.I. Healthy Eating Alliance to change the menu at École François Buote, eliminating all processed packaged products, using local ingredients whenever possible, and cooking healthy meals low in salt, sugar and trans unsaturated fats. He also offers gluten-free, dairy-free and meat-free options. The school no longer offers desserts.

"I changed all the menu and I tried to use local food and vegetables. It's a bit expensive but it works," he said. "If you give them the choice to use what they eat, they choose more vegetables. You know, this is our future. If we don't teach them what to eat or how to choose, this is our future."

Health practitioners acknowledge that consuming foods with additives exacerbates children’s behavioural symptoms. As a first step, he felt we should promote improvements in the eating habits of the children. In a society of fast food and less time spent bonding with others in a family or social setting (which, traditionally, helped cultivate respect, patience and taking turns) problems are compounded.

El Hajjar said he's on a mission to teach kids about healthy eating while they're young. The Healthy Eating Alliance awarded École François Buote with the Pear Award for outstanding nutrition education and healthy initiatives. The school is establishing a mechanism to monitor the ongoing success of this program and its impact on physical, social and emotional health.

When Chef Pierre El Hajjar arrived from Lebanon five years ago he noted with concern that there are just too many children on mental health medications in Atlantic Canada. By reflecting on his own culture and generational experience, he felt he could make a difference in the school where he is employed as a chef. We know that food can impact behaviour and that early food habits are established by families. Schools can make a difference! Already kids are going home and asking for healthier choices – opening up communication with their parents and caregivers. For long term results we need a more holistic approach to health and all generations involved.

The objective of this presentation is to open the minds to a more holistic approach in the promotion of child and youth mental health, and have people change their eating habits at home. It is a demonstration that anyone can make a difference!

Presenter:

Pierre Hajjar
Chef, Carrefour de l'Isle-Saint-Jean
cuisine@carrefourisj.org

Born in Lebanon, Chef Pierre El-Hajjar moved to Canada in 2011. After graduating from the Lebanon Culinary Institute, he travelled across the Persian Gulf countries to work as executive chef for an impressive number of five-star establishments. After a couple of years in this region of the world, Chef Pierre moved to Canada to offer his wife, son, and two daughters the quality of life and safety that we find in North America. Through his journey as an executive chef, he realized that his favorite culinary cultures are the Japanese and the French. He is now the chef at the Carrefour de l'Isle-Saint-Jean, serving meals for the francophone daycare as well as the francophone school in Charlottetown. His kitchen also offers a complete menu that can be tailored for any reception from a business meeting to a wedding. For him, it is important to educate people of the value of a homemade healthy meal with quality ingredients. The community of Charlottetown and the area is fortunate to have access to such an accomplished Red Seal Chef to serve receptions, weddings and other social events.

• Learning Circles

A learning circle is a highly interactive, participatory structure. The goal is to build, share, and express knowledge through a process of open dialogue and deep reflection on the learning they experience throughout ASI. The structure balances individual ownership with collective responsibility to provide a setting which helps everyone achieve their learning objectives.

Learning circles are a new process for ASI, being introduced at ASI 2016 for the first time in response to feedback from previous Institutes where people said they wanted a space to have a voice and to begin processing next steps. A key purpose is for participants at ASI to have a place where they meet with the same people each day to reflect and share. They are able to take what they heard and process it so they deepen their understanding, through integration with their existing experiences and sharing their unique perspectives.

Each group will be led by a Circle Keeper who keeps the space safe for learners and facilitates the learning of others.

Organizer:

Scott MacAfee

ASI Board Member; Community Network Coordinator for the New Brunswick Economic and Social Inclusion Corporation

Scott MacAfee is a student of life, a seeker of the new and the different, he gets excited about Asset Based Community Development, Storytelling, Food Security, Social Enterprise, Creativity, Place making and having FUN. Scott's day job is as a Community Network Coordinator for the New Brunswick Economic and Social Inclusion Corporation, working to support the provincial plan to reduce poverty through economic and social inclusion - Overcoming Poverty Together.



• **First Voice Story Telling Circle**

The *First Voice Storytelling Circle* will offer the audience the opportunity to hear those voices often unheard in our everyday lives; giving insight into the struggles and resiliency of (you) the storytellers; and inspiring and encouraging community leadership for more inclusion. It is our hope that your powerful stories, told in a forum that is lively and engaging, will broaden the dialogue on the value of promoting positive mental health.

FORMAT: Invited storytellers from Atlantic Canada will present their stories in a “theatre in the round” format. A moderator will facilitate dialogue between speakers and the audience after the storytelling portion, and manage time and summarize key themes in closing the session. In preparation for the question and answer component

Moderator:

Yvette Doucette, Information Officer, PEI Association for Newcomers to Canada

Yvette is a professional with over twenty-five years combined experience in communications, strategic planning, public relations, project development and project management. Yvette is a writer with strong content editing skills. She has worked as a consultant, in marketing and community development. Yvette is interested in social enterprise, international development, and supporting youth in all things, especially the arts and youth entrepreneurship.

Story Tellers

Nicholas Hussey

“I was born in Oromocto, growing up with ADHD, struggling in school. I always wanted to join the army, and in 2012 I was in service for 14 weeks. until I was released on medical. In 2014 in November I was diagnosed with Muscular Dystrophy. For a few years I was lost until I found art. I now go to NBCCD and will be studying media design. And I don't let my disability hold me back.

I lived a very isolated life growing up and worked hard to not let my adhd define me. I was terrible at school but I was holding on to being a soldier when I graduated. I eventually joined and was in for a short period, not knowing for 2 years I had a progressive physical disability. In 2014 I was diagnosed and had to set my goals again. New obstacles played in my way, and I knew I'd get around them. I now go to school full time and hope people see my art before the disability”

Nick's story defines his struggles in managing a disability, its impact on his progress in school and career and how resetting goals and finding a new career path have been energy giving and meaningful.

Susan Fuller

Susan was born and raised in beautiful Corner Brook, Newfoundland. She is married with two children, a daughter who is 11 and she has an 8 year old son. Susan completed her Bachelor of Education from Memorial University of Newfoundland in 2000 and her Master of Education in 2003 from Mount Saint Vincent University. She had the fortune of starting her teaching career in the now resettled community of Harbour Deep in 2000. The remaining 15 years have been spent at J. J. Curling Elementary in Corner Brook. Over ten years of that time has been spent teaching third grade.

Susan's story will be discussing her observations in the classroom over the course of her career and the improvements she has seen in children and teachers since the implementation of PATHS in her school.

Fatiha Enniri

Born and raised in France, with 3 brothers and 2 sisters, my family immigrated to France from Morocco during 1970's. I came in Canada PEI 3 years ago through a civic service programme. I am currently working as a french teacher at Sainte-Anne University.

With ducation is in Cinema, Psychology and Communication-Marketing, and I am passionate about arts, cinema, documentary, philosophy, cooking, gardening, anthropology and all the complexity of the human being. I find empowerment and energy in all my passions. This deep desire to support communities and to travel bring me in PEI and I found peace and opportunities here to work with different communities and associations : artists, students, acadian, muslim, Bahai, First Nation, new comers, tourism.

I serve as a mentor through the program Big Brother Big Sister. My objective is to support the youth to empower their thoughts, their dreams in a little Island like here in being actor in their society and community.

I am also a member of the Muslim Youth of PEI empowering the Muslim community and promoting Island values. We provide services like Soup Kitchen, organize activities like Iftar during Ramadan, humanitarian fundraising, campaign to raise awareness concerning muslim matters. We were chosen by the National Council of Canada Muslim to represent in PEI the campaign #StrongerTogether. We're also raising awareness about islamophobia and how to challenge it through the national grassroots work on the *Stronger Together* initiative.

Fatiha's story tells of her challenges and choices as a young Muslim woman born to immigrant parents, growing up in France, where she had to constantly justify that she deserved a place in French society because of her roots, faith and foreign name, and moving to Canada.

Joey Chen, Student, Charlottetown Rural

I am a Taiwanese immigrant who emigrated from Taiwan 9 years ago with my family to Prince Edward Island. I am currently a high school IB student at Charlottetown Rural High School, and I am also this year's ACIC's (Atlantic Council for International Cooperation) ACT 4 GLOBAL CHANGE youth ambassador. As an ambassador I host workshops to raise awareness on social justice topics such as racial micro-aggression and global citizenship. I also blogged about my experiences on my blog:

www.joeychenwordpress.com.wordpress.com with audio logs and photos. As for my hobbies, I practice photography, wrote poems, and watch anime during my spare time while listening to my favorite rock and pop bands such as Ling Tosite Sigure and London Grammar. In other words, I am an adventurer of all kinds, and I embrace new challenges that the future holds.

Joey's story reflects his experience since he immigrated here. "I was subjected to racial micro-aggression (small and subtle racist slurs) based on the color of my skin, and these exposures forced me to realized that I am different among my peers and made me felt isolated as I grew up on PEI. So therefore, to combat this issue, I researched and hosted workshops to raise awareness about this in the hopes that one day, nobody has feel lonely for being who they are."

• Youth Leadership Program

The Youth Leadership Program is a priority of the Atlantic Summer Institute on Healthy and Safe Communities (ASI) given its theme of *Promoting Child and Youth Mental Health – Engaging All Generations!* The program will build on lessons learned from the 2015 *Symposium on Child and Youth Mental Health* and will provide an opportunity for young people to attend and have a voice in shaping the future agenda for children and youth in Atlantic Canada. ASI has learned from previous events how important it is to foster intergenerational learning. During ASI 2016 there will be time for youth will participate in the full program, and have opportunity to convene separately to develop long lasting connections.

Objectives of the program:

- I. 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
- II. To develop ongoing channels/networks for youth engagement to improve child and youth mental health
- III. To encourage intergenerational engagement and mentoring throughout the Institute
- IV. To explore models of youth engagement and shared responsibility for action on mental health

Coordinators:

Somaya Amiri

Somaya Amiri is the Youth Leadership Program Coordinator. She is studying Political Science and International Development at McGill University. She joined Atlantic Summer Institute as part of her internship this year to learn about grassroots. She has been involved with women empowerment, healthcare, and immigrant and refugee organizations in Vancouver and Montreal, and right now she is learning about the community in Prince Edward Island. Somaya is aspiring to become a humanitarian worker in the future working with diverse communities.

Jillian Kilfoil

Jillian Kilfoil joined the Girls Action 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. Previous to Girls Action 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.

• 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 Promoting Child and Youth Mental Health: Engaging all Generations*, 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 nine different Atlantic Summer Institute events, with rave reviews from the kids! Detailed program schedules are available.

Educators

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.

BIOGRAPHIES

Keynotes / Plenary Speakers

Ed Mantler

Vice-President, Programs and Priorities, Mental Health Commission of Canada

Keynote Speaker: *Mental Health: Key to a Healthy Society*

Biography:

Known for his collaborative and facilitative leadership style, Ed's experience as a senior administrator in mental health services settings, as well as acute care teaching hospitals, informs his ability to create change, solve problems, and inspire innovation. A highly motivated visionary and an expert at building partnerships, fostering stakeholder engagement and aligning strategic objectives, Ed has led innovation and improvement in health care for over two decades.

As Vice President of Programs and Priorities at the Mental Health Commission of Canada, Ed strives to promote mental health in Canada and change the attitudes of Canadians toward mental health problems and mental illnesses. Ed's leadership fosters work with stakeholders to improve mental health services and supports, with particular focus on the ongoing development and implementation of innovative programs in Mental Health First Aid, Reducing Stigma, Psychological Health and Safety in the Workplace, and promotion of the Mental Health Strategy for Canada.

Prior to joining the Commission, Ed has held a number of executive positions including CEO of the Physician Recruitment Agency of Saskatchewan and Senior Operating Office of the University of Alberta Hospital. As an Accreditation Surveyor with Accreditation Canada, Ed contributes to quality and safety in health care across Canada and internationally. Ed is a Registered Psychiatric Nurse, holds a Master's of Science Administration, and is a Certified Health Executive.



Carol Hopkins

Executive Director, Thunderbird Partnership Foundation

Keynote Speaker: *First Nations Mental Wellness Continuum Framework: Potential Impact in Atlantic Canada*



Biography:

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.

Elana Ludman

J.W. McConnell Family Foundation

Plenary Speaker: *Shaping the Future: Social Innovation Through Social Labs*



Biography:

Elana Ludman is the Social Innovation Advisor at the J.W. McConnell Family Foundation, a national private family foundation whose mission is to engage Canadians in building a more innovative, inclusive, sustainable, and resilient society. Over the last year, Elana has been playing a leadership role in WellAhead, a five year national initiative of the McConnell Foundation aimed at improving child and youth mental health and wellbeing. She has spent her time developing relationships with national partners and stakeholders, and working closely with the BC team to support six year one school districts.

Prior to joining the Foundation, Elana worked at the Canadian Government as a Program Advisor in the Ministry of Employment and Social Development. Elana has also worked in the community sector, with Habitat for Humanity Argentina as a Field Coordinator, and with Santropol Roulant, a youth-run food-security organization in Montreal, where she served as the Director of Development and Communications for five years. Elana holds a Bachelor of Commerce from McGill University and a Masters in Social Policy and Development from the London School of Economics.

Donovan Taplin

Youth changemaker and Councillor for Wabana, NL

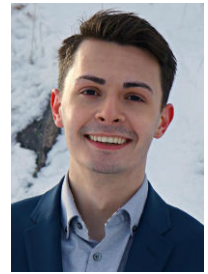
Keynote Speaker, Youth Leadership Program

Biography:

Donovan is a storyteller and community builder. He studies Communications and Folklore at the Memorial University of Newfoundland. Donovan aims to tackle the issues he cares about most in both local and global contexts.

Locally he is Newfoundland's youngest Municipal Councillor, serving on both the Wabana Town Council and the Premier's Advisory Committee on Youth. In the context of international cooperation, Donovan was a delegate at the United Nations Earth Summit in Rio de Janeiro Brazil in 2012, and a negotiator and ambassador of the Young Diplomats of Canada Delegation to the 2016 Y7 Summit – an official counterpart of the 42nd Annual G7 Summit – in Tokyo, Japan. After travelling to the Arctic and Antarctic with Students on Ice, creating a keynote presentation program for high schools, and helping found a community radio station, Donovan was offered both of Canada's largest merit scholarships: the TD Canada Trust Scholarship for Community Leadership and a Loran Award, valued together at \$170,000. CBC Gen Why Magazine named Donovan one of "12 Young Leaders Changing Canada".

Donovan was the keynote speaker for Newfoundland and Labrador's first province-wide conference on mental health, and more recently, gave a TEDx talk at TEDxYouth@StJohns.



Learning Circles

Scott MacAfee

Community Network Coordinator for the New Brunswick Economic and Social Inclusion Corporation; ASI Board Member

Learning Circles Coordinator

Scott MacAfee is a student of life, a seeker of the new and the different, he gets excited about Asset Based Community Development, Storytelling, Food Security, Social Enterprise, Creativity, Place making and having FUN. Scott's day job is as a Community Network Coordinator for the New Brunswick Economic and Social Inclusion Corporation, working to support the provincial plan to reduce poverty through economic and social inclusion - Overcoming Poverty Together.

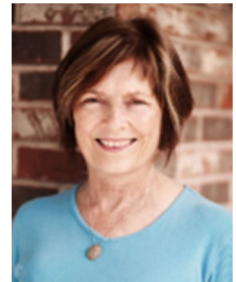


Curriculum

Patsy Beattie-Huggan

President, The Quaich Inc.; ASI Coordinator

Curriculum Facilitator: *Strengthening Leadership for Healthy Communities: Across Genders and Generations*



Patsy Beattie-Huggan, BN, MScN is the founder and President of The Quaich Inc., a PEI based health promotion and consulting company that provides innovative, client-centred, and comprehensive services across a diversity of sectors. She holds a Bachelor of Nursing from the University of New Brunswick and a MSc in Nursing and Health Studies from the University of Edinburgh, Scotland. Patsy has a broad background in nursing education and health system redesign, and is firmly committed to building capacity within communities. Her creative work in health promotion, including leadership to the development of the Circle of Health, has been widely recognized. She has served as consultant to many provincial, national and international breast cancer projects, and has been instrumental in the delivery of the Atlantic Summer Institute on Healthy and Safe Communities. Patsy's commitment to contributing to the evolution of caring, compassionate communities has led her to explore innovative and collaborative approaches to working with organizations.

Gregory Brass

Doctoral candidate, McGill University

Curriculum Facilitator: *Thematic Workshop #1 - Listening to One Another to Grow Strong: Culturally based, family centered mental health promotion for Indigenous youth*



Gregory Brass (B.A. UBC and M.A. McGill) is a doctoral candidate in medical anthropology at McGill University studying the effects of cancers in Eeyou Istchee (Baie-James, Nord du Quebec). Through the years, his interests brought him to work in museums and in the sectors of Indigenous cultural heritage and health. He served as a federal public servant during the National Homeless Initiative. He was also the regional coordinator for mental health services for the CBHSSJB. Most recently, he was the Assistant Executive Director for Aanishaaunkamikw Cree Cultural Institute. He is Anishinabek and a member of the Keeseekoose First Nation in Saskatchewan.

Barbara Clow

Barbara Clow Consulting

Curriculum Facilitator: *Strengthening Leadership for Healthy Communities: Across Genders and Generations*

Barbara Clow is an independent consultant and an expert in gender, health, and equity. She has a PhD and many years of experience undertaking research and developing curriculum in this field. In her previous positions, as Executive Director of the Atlantic Centre of Excellence for Women's Health, Halifax and Associate Professor Research in the Faculty of Health Professions at Dalhousie University, Halifax, Barbara led a rich program of research and publication on diverse aspects of women's health and well-being, including such subjects as the role of gender in the HIV/AIDS pandemic, the gendered dimensions of health care reform in Canada, the effects of lone parenting, unpaid caregiving work, and food insecurity on women, and the determinants of African Canadian women's health. She has also designed and delivered workshops on many different topics and was the principal author of a web-based curriculum on sex- and gender-based analysis. In her business, Barbara Clow Consulting, she continues to work on important topics related to gender, health and equity, such as an analysis of the relationship between gender, weight stigma, and mental health.



Eileen Conway-Martin

Coordinator, Handle With Care

Curriculum Facilitator: *Developing Social and Emotional Skills to Work More Effectively with Children and Youth*

Eileen Conway-Martin lives in O'Leary, a rural area of Prince Edward Island and has worked in the areas of Counseling, Community Development, and Education, earning her Counseling Certification from Boston City Hospital and an M.Ed from Mount St. Vincent University. Having begun in Addictions, Eileen's worked with Women and their Families in Boston. In time she came to Prince Edward Island where her passion for Family and Early Childhood Development developed. Soon, an opportunity arose with the Mi'Kmaq Communities of PEI to be a Counselor and Community Educator. Beginning with Lennox Island, over the last 30 years, Eileen has had the pleasure of working in partnership with all PEI Aboriginal Organizations. Now as a Facilitator/Atlantic Coordinator with Handle with Care, Eileen continues her passion of hope, healing, and resiliency with children, families, and communities.



Claire Crooks

Director, Centre for School Mental Health, Western University; Associate Professor, Faculty of Education



Curriculum Facilitator: Thematic Workshops #3-4 - *The Healthy Relationships Plus Program: A small groups approach to promoting healthy relationships and positive mental health among adolescents*

Claire V. Crooks (Ph.D., C.Psych) is an Associate Professor at the Faculty of Education, and Director of the Centre for School Mental Health at Western University. She is one of the lead developers and researchers of the Fourth R, the relationship-based program aimed at preventing violence and promoting mental health among adolescents. The Fourth R has been implemented throughout Canada and is identified as a best practice program by numerous registries. She is particularly interested in strengths-based approaches that meet the unique needs of Aboriginal youth. She has co-created Uniting Our Nations programs, which have the same focus on healthy relationships as other Fourth R programs, but are delivered in a culturally appropriate way with First Nations youth. She is currently overseeing a national implementation study of the Healthy Relationship Plus Program, which is a small-group healthy relationships program that has been expanded to emphasize mental health promotion and suicide prevention.

Doug Crossman

P3R Consulting; ASI Board member



Curriculum Facilitator: *Building & Using Evidence for Collective Impact on Child & Youth Mental Health!*

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 learning 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.

Susan Dale

Program Development and Implementation Coordinator, Centre for School Mental Health, Western University

Curriculum Facilitator: Thematic Workshops #3-4 - *The Healthy Relationships Plus Program: A small groups approach to promoting healthy relationships and positive mental health among adolescents*



Susan Dale has 20 years of experience in education as a Teacher, Department Head, and Learning Coordinator. She was the Learning Coordinator for Safe Schools in the Thames Valley District School Board in London, Ontario for 10 years. In this role, she provided professional development to superintendents, school administrators, teachers, parents, and students on general information related to bullying and various Safe Schools programs. Susan is also a Master Trainer for the Fourth R Program, as well as a certified TRIBES Trainer for her school board. She has trained teachers to integrate safe schools issues within the curriculum and has helped them to create cultures of caring within their classrooms. Susan is currently seconded to the Centre for School Mental Health as the Fourth R's Program Development and Implementation Coordinator.

Bob Eckstein

Director of Integrated Service Delivery (ISD), Department of Education and Early Childhood Development

Curriculum Facilitator: Thematic Workshop #2 - *Integrated Service Delivery for Children and Youth with Emotional Behavioral and Mental Health issues*

Bob has spent over 20 years working in the youth justice system in New Brunswick as a counselor, social worker, youth advocate, and senior policy and program adviser. He has a BA and Bachelor of Social Work degree from Saint Thomas University and a Masters' degree in Social Work from Carleton University in Ottawa.

- He teaches part-time in the Criminology program at Saint Thomas University. For 3 years (2000-2003) he was the provincial coordinator for the implementation of the Youth Criminal Justice Act in New Brunswick.
 - Worked with CIDA Canada as a youth justice expert on a project of youth justice reform in the Ukraine as well, was a key note presenter on the Youth Justice system in Canada at a number of workshops in the Ukraine; and is past president of Big Brothers-Big Sisters.
 - For the past 6 years, Bob has been the Director working with an interdepartmental team on the implementation of the Integrated Service Delivery framework/model for children and youth with significant emotional behavioural and mental health issues.
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Jamie Gamble

Principal, Imprint Consulting

Curriculum Facilitator: *Building & Using Evidence for Collective Impact on Child & Youth Mental Health!*

Jamie Gamble is the Principal of Imprint Consulting. He is a pioneer in the field of developmental evaluation and has supported innovation and development in a wide range of issues including poverty reduction, environmental sustainability, food security, public health, citizen engagement and the arts. Many organizations that wrestle with truly complex issues get so immersed in the details, the paradoxes, stakeholder differences and uncertainties of their work, that they become paralyzed. Jamie has the rare ability to work with people to uncover the essence of their most pressing challenges and to support the productive use of critical thinking and data as a way to move forward. In 2008 the J.W. McConnell Family Foundation published Jamie's Developmental Evaluation Primer. For more information, please visit www.imprintinc.ca

Annette Harland

Area Manager, Addiction and Mental Health Services, Charlotte County and Child and Youth Services, Saint John

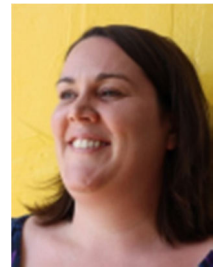
Curriculum Facilitator: Thematic Workshop #2 - *Integrated Service Delivery for Children and Youth with Emotional Behavioral and Mental Health issues*

Annette Harland, is the Area Manager for Addiction and Mental Health Services in Charlotte County and Child and Youth Services in Saint John including PEER 126 and Early Psychosis. Annette received a Bachelor of Social Work degree from St. Thomas University and a Master of Social Work from Dalhousie University. She has been in a senior management role within the Addiction and Mental Health Program for the past 15 years and prior to that worked in the clinical front line for 15 years. Annette has been involved in the development of Addiction and Mental Health Services across the Saint John area. For the past five years she has provided leadership in the implementation of Integrated Service Delivery for Children, Youth and Families in Charlotte County, the expansion of ISD to Saint John and the development of PEER 126, a community based recovery program for youth. Annette is passionate about furthering opportunities to improve addiction and mental health services.

Jillian Kilfoil

National Programs Coordinator, Girls Action Foundation

Curriculum Facilitator: *Strengthening Leadership for Healthy Communities: Across Genders and Generations*



Jillian Kilfoil joined the Girls Action 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. Previous to Girls Action 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.

Laurence Kirmayer

Professor, McGill University; Director, Culture and Mental Health Research Unit, Jewish General Hospital, Montreal

Curriculum Facilitator: Thematic Workshop #1 - *Listening to One Another to Grow Strong: Culturally based, family centered mental health promotion for Indigenous youth*



Laurence J. Kirmayer, MD, FRCPC, FCAHS, FRSC is James McGill Professor and Director, Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University and Director of the McGill Global Mental Health Program. He is Editor-in-Chief of Transcultural Psychiatry, and Director of the Culture & Mental Health Research Unit at the Institute of Community and Family Psychiatry, Jewish General Hospital in Montreal, where he conducts research on culturally responsive mental health services, the mental health of Indigenous peoples, and the anthropology of psychiatry. He founded and directs the annual Summer Program and Advanced Study Institute in Cultural Psychiatry at McGill. He also founded the CIHR/IAPH Network for Aboriginal mental Health Research. His current research includes studies on: culturally based, family centered mental health promotion for Indigenous youth; the use of cultural formulation in cultural consultation; and the place of culture in global mental health. He co-edited the volumes, *Understanding Trauma: Integrating Biological, Clinical, and Cultural Perspectives* (Cambridge University Press), *Healing Traditions: The Mental Health of Aboriginal Peoples in Canada* (University of British Columbia Press), *Cultural Consultation: Encountering the Other in Mental Health Care* (Springer), *DSM-5 Handbook for the Cultural Formulation Interview* (APPI), and *Re-Visioning Psychiatry: Cultural Phenomenology, Critical Neuroscience and Global Mental Health* (Cambridge). He is a Fellow of the Canadian Academy of Health Sciences and of the Royal Society of Canada (Academy of Social Sciences).

Sara MacDougall

Consultant, The Quaich Inc.

Curriculum Facilitator: *Developing Social and Emotional Skills to Work More Effectively with Children and Youth*



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.

Anna-Lisa Mackey

PATHS Trainer, SEAK Project

Curriculum Facilitator: *Taking a leadership role in promoting social and emotional learning in your school community: Understanding and promoting PATHS!*



Anna-Lisa Mackey holds bachelor's degrees in both English and Education (with a focus on First Nations Education) and a Master's in Education. She has been an educator for over 20 years in a variety of school settings. For more than 15 years, Anna-Lisa has worked specifically with children at risk of developing serious behavior problems and training/implementing the PATHS® and Preschool programs. She has been involved in training for two major research projects in the US (Head Start) and Canada (SEAK - Canadian Mental Health). She has trained school staff and mental health professionals across Canada, United States and several countries worldwide. She has also presented at numerous conferences on Social and Emotional Learning and PATHS®. Anna-Lisa now lives in Princeton, New Jersey where she continues to train and consult on issues of Social Emotional Learning and other school challenges for children through her own business, LearningSEL, LLC.

Dr. William Morrison

Associate Professor of Educational Psychology, UNB Faculty of Education

Curriculum Facilitator: Thematic Workshop #2 - *Integrated Service Delivery for Children and Youth with Emotional Behavioral and Mental Health issues*

- Associate Professor of Educational Psychology in the Faculty of Education,
 - Obtained graduate degrees at UNB and a PhD in Counselling Psychology at the University of Alberta
 - joined UNB in 2002 after a number of years in school psychology, clinical and educational administration, and community mental health in Alberta, British Columbia, and New Brunswick
 - Research interests include: Comprehensive School Health; Positive Mental Health in Schools Educational Psychology and Exceptionalities; and Emotional and Behavioral Disorders.
 - He is a licensed psychologist, academic and author who has over 20 years of experience in working with corporate, community and government organizations in developing strategies for creating readiness for positive health and social change.
 - His areas of expertise include emotional and behavioral disorders in youth and adults, and learning disabilities and exceptionalities in children, youth and adults.
 - As a researcher he has generated over 3.5 million dollars to support health research endeavours at UNB. His efforts have contributed directly to policy and practice development initiatives at the provincial and national levels, including:
 - Development of national positive mental health frameworks, including knowledge exchange and evaluation resources for the Pan-Canadian Joint Consortium for School Health (representing ministries of Health and Education from all provinces and territories)
 - Production of a series of better practice documents for Health Canada focusing on outreach, early intervention and community linkages for youth and adults with problem substance use concerns
 - Completion of a multi-site investigation of early childhood pilot programs funded by the provincial government and the Margaret and Wallace McCain Family Foundation, to support provincial policy development related to the integration of Education and Early Childhood Services
 - Production of key research documents, operational frameworks, and program practice standards to support the initial rollout of the NB Integrated Service Delivery Initiative (involving the integration of services from four provincial ministries); to support step-up and step-down treatment practices; and to address the needs of children and youth with emotional and behavioral concerns
 - Establishment of a student wellness surveillance system (40,000 students) to support government decision making in health and education sectors
 - Evaluation and refinement of the NB Wellness Strategy, inclusive of its foundational focus on positive mental health and workplace mental fitness
 - Rollout of a three-year Positive Mental Health Initiative across all provincial post-secondary institutions in New Brunswick
 - Development of collaborative linkages with Holland's GGZ Mental Health Services to support the development of practice and policy documents at the national level (Pan-Canadian Joint Consortium on School Health; Family Services Canada Employee Assistance Programs)
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Dianne Oickle

Knowledge Translation Specialist, National Collaborating Centre for Determinants of Health; Adjunct Professor, St. Francis Xavier University

Curriculum Facilitator: *Building & Using Evidence for Collective Impact on Child & Youth Mental Health!*



Dianne has a MSc and BSc. She is a dietitian with over 15 years' experience working in public health in Ontario focused on reproductive and child health in a mostly rural setting. Her work involved development of practice guidelines for health professionals, train-the-trainer initiatives, public presentations, educational resource development, working with the media, community coalition and network support, writing for the public and professionals, and program planning, implementation, and evaluation. She Dianne has taught university nutrition courses, worked with provincial networks, and precepted students. Dianne earned her BSc in Nutrition and Consumer Studies (now Human Nutrition) at St. Francis Xavier University, and her MSc in Nutrition from the University of Saskatchewan.

Candice Ashley Pollack

ACCESS Open Minds New Brunswick

Curriculum Facilitator: *Child Rights-Based Approaches to Youth Mental Health: Ensuring the Rights of Children and Youth in Policy Across Governments and Communities*



Candice Ashley Pollack graduated from the McGill Faculty of Law in 2015. During her time in law school, Candice co-founded the Canadian Student's Association for Children's Rights, which is active in four universities across two provinces. She continues to sit as the Chair of their Board of Directors. In 2014, Candice won the Canadian Coalition for the Rights of Children's Youth Voice Award for her passion in children's rights and her dedication to advancing the topic among the Canadian youth population. Candice is currently completing her articling requirements at the New Brunswick Child and Youth Advocate's Office in order to become a member of the Law Society of New Brunswick in the spring of 2016.

Malcom Shookner

President, Atlantic Summer Institute on Healthy and Safe Communities

Curriculum Facilitator: *Building & Using Evidence for Collective Impact on Child & Youth Mental Health!*

Malcolm Shookner has an extensive background in community development, social research, health promotion and public policy in the non-profit, academic and public sectors. He has worked on many projects that use indicators to measure the quality of life, sustainability, health and well-being of communities. Malcolm is President of the Board of Directors of the Atlantic Summer Institute on Health and Safe Communities Inc. He was formerly the Chief Statistician for Nova Scotia Community Counts (retired), a provincially supported website that provided information for and about communities.



Alice Taylor

Facilitator, Handle With Care

Curriculum Facilitator: *Developing Social and Emotional Skills to Work More Effectively with Children and Youth*

Alice Taylor has a background 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.



Christian Whalen

**Deputy Advocate & Senior Legal Counsel, Office of the Child & Youth Advocate (NB);
ASI Board member**

Curriculum Facilitator: *Child Rights-Based Approaches to Youth Mental Health: Ensuring the Rights of Children and Youth in Policy Across Governments and Communities*

Christian Whalen 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 founded and chaired the national Children's Law Committee of the Canadian Bar Association. He is the ACCESS Open Minds-NB team lead to the national executive Committee for ACCESS Open Minds 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.





What is the Atlantic Summer Institute on Healthy & Safe Communities?

Healthy communities are safe communities. Safe communities are healthy communities. Yet the link between these two critical elements is only now being understood.

The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is a not-for-profit organization that offers bilingual training programs for community leaders of all ages to gain skills in health promotion, social justice and intersectoral collaboration, helping them address key issues affecting Atlantic Canadian communities. Since 2004, we have delivered quality programming with support from four Atlantic Canadian provincial governments, federal government programs, foundations, and partnerships with corporate and community organizations.

Making the links between health and safety promotion, education, social and economic development, and crime prevention, ASI brings together community groups, researchers, practitioners, educators, justice and government representatives - all the people and sectors that are working toward creating safer and healthier communities in Atlantic Canada. Looking beyond the creation of programs and services, ASI examines the underlying issues that affect the health and safety of a community, such as employment and working conditions, physical environment, social support networks, education, personal health, healthy child development, gender and culture, income and social status.



The Atlantic Summer Institute on Healthy and Safe Communities has extended its programming to include online and in-person workshops and symposiums throughout each year. Our events are more than just conferences and webinars; they actively engage participants, providing them with an opportunity to develop skills, learn and share knowledge, and work together on programs, policies and services. Our bi-annual summer Institutes strengthen collaboration across sectors in a meaningful way, ultimately leading to the creation of healthier and safer communities in Atlantic Canada and beyond.



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