

FINAL PROGRAM

Atlantic Summer Institute
on Healthy and Safe
Communities



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

ASI 2020

Atlantic Policy Forum on Mental Health Promotion

Upstream Investment in
Mental Health Promotion:
The Answer to the
Mental Health Crisis

August 24-26, 2020

online event

IÉA 2020

Forum sur les politiques pour la promotion de la santé mentale dans la région atlantique

Investissements en amont
pour la promotion de la
santé mentale : la réponse
à la crise en santé mentale

24-26 août 2020

en ligne

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Commission de
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ACKNOWLEDGEMENTS

The ASI Board of Directors wishes to acknowledge the public interest in this Forum and the amazing amount of work committed by all of the 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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Poster Design

Kirsten McKnight, ASI; The Quaich Inc.



Welcome Message from the President

I would like to welcome you on behalf of the Board of Directors of the Atlantic Summer Institute on Healthy and Safe Communities to our ASI 2020 Policy Forum on Mental Health Promotion - ***Upstream Investment in Mental Health Promotion: The Answer to the Mental Health Crisis***. We are excited to be offering you this program featuring speakers, panellists and workshop presenters from the Atlantic Region and across Canada! The topic of this year's forum is especially relevant as the COVID-19 crisis has brought mental health to the forefront. We have assembled a program that will take us all upstream from the mental health crisis to the origins of good mental health for infants, children and youth. You will hear about the latest evidence, exemplary policies and programs that will help us all to understand more fully what we can do to promote the mental health of our children and youth. You will also be able to participate in the development of a policy brief that we will present to the Atlantic Premiers in the fall of 2020. And all of this in a new virtual space that will offer the things that you expect from ASI – learning, networking, engagement, and fun. Enjoy!

Malcolm Shookner

President

Atlantic Summer Institute on Healthy and Safe Communities

The ASI 2020 Forum is held online from August 24-26 in Charlottetown, PEI, streaming from the unceded ancestral territory of the Mi'kmaq people.

Atlantic Summer Institute
on Healthy and Safe
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l'Institut d'été sur les
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August 24-26, 2020 • online
24-26 août 2020 • en ligne

**ASI 2020 Atlantic Policy Forum
on Mental Health Promotion**
Upstream Investment in Mental Health Promotion:
The Answer to the Mental Health Crisis

**IÉA 2020 Forum sur les politiques pour la promotion
de la santé mentale dans la région atlantique**
Investissements en amont pour la promotion de la santé mentale : la réponse à la
crise en santé mentale

Be part of a movement that brings together people who are capable of influencing and implementing changes at the policy and community levels! ASI 2020 aims to increase understanding of the importance of infant, child and youth mental health for the whole of society, and foster policy actions to influence upstream investment in support of mental health.

Develop skills to build capacity for upstream policy development and implementation
Share ideas and engage in dialogue, building on evidence and best practice
Help build an agenda and resources for policy development and implementation
Collaborate online and have fun with diverse participants
Learn from Indigenous leaders & youth advocates passionate about mental health promotion
Expand your networks in Atlantic Canada and beyond

Following our successful ASI 2019 Forum on supportive environments for child and youth mental health, ASI is advancing the whole society approach by expanding our conversation to policy and programs. Provincial consultations were held this spring in each Atlantic province; and Atlantic consultations were held with Indigenous and francophone communities. Through this process and follow-up, we are building connections in each province to identify policies and programs that promote mental health – beginning in the early years – identifying best practice, gaps and areas for potential action. These consultations are informing the ASI 2020 program.

In response to the COVID-19 pandemic, and to engage all interested participants from Atlantic Canada and beyond, ASI 2020 will be offered on a robust online conference platform as an Atlantic Policy Forum on infant, child and youth mental health promotion. With the theme **Upstream investment in**

“When we think of mental health we often think of emotional difficulties and mental health problems and how we can resolve a crisis once it has occurred. This thinking demands an investment after the fact or ‘downstream’. ‘Upstream’ thinking means investing wisely for future success and addressing the broader determinants of mental health at a population level. We view mental health as a resource for all that requires a whole-of-government and whole-of-society approach. Although there is evidence to support an ‘upstream’ view, our current investment in policies and practice is ‘downstream’ and we will need a change in public and political support to think and invest differently.”

– Professor Margaret Barry, ASI 2017 keynote speaker,
WHO Collaborating Centre for Health Promotion
Research, National University of Ireland, Galway

Mental Health Promotion – The Answer to the Mental Health Crisis, the forum will consider the state of mental health of children and youth before the pandemic and as an aftermath of the pandemic and explore means by which mental health promoting policies can be sustained and/or developed. Planned for the dates of August 24-26, 2020, the Forum will engage policy influencers in Atlantic Canada, i.e., politicians, public servants and civil society. Together we will learn about the evidence on “upstream” factors that influence mental health, and acquire skills to influence, develop and implement upstream policy.

Currently the world is coping with the COVID-19 pandemic and experiencing a level of social and physical distancing that is unparalleled. Families are stressed with economic realities and others called to provide essential services. Expectant mothers are anxious about the environment into which their babies will be born. Early childcare centres have been closed, causing challenges for working parents. Schools are closed leaving families to provide home schooling. And although there is online support available, traditional support systems are not accessible. The situation is extending over an unknown number of months and challenges all of us to be resilient and attend to our mental health.

“The COVID-19 pandemic has exposed our collective vulnerability to the impact of isolation and our struggles to preserve our mental health. It has also highlighted the importance of considering mental health when instituting various policies that protect physical health. Society needs to have ongoing policies and programs that support positive relationships, social networks, education, adequate income, inclusion, and housing - from infancy to youth to older generations. This is why we need to continue working on upstream interventions that promote mental health and accessible services.”

– Patsy Beattie-Huggan,
ASI Coordinator

So what are the impacts on our children and youth? Although many have strengthened relationships by “staying at home” there are many who experienced increased trauma. What will be the impact? What will be the impact of the policies developed during this time? What opportunities will emerge? Will the recovery from the pandemic create new and better social structures and conditions that promote the mental health of infants, children, youth and the adults in their lives? These questions and others that you suggest during the consultations are ones that we will share and pose at our Policy Forum.

The Forum will model collaboration in Atlantic Canada, expand our understanding of Indigenous ways of knowing, link with the Sustainable Development Goals, and move action in Atlantic Canada to the next level by producing a policy agenda and resources that support upstream policy development and implementation. Highlights include learnings from the Mental Health Commission of Canada’s (MHCC) early childhood mental health project, best practice from our Atlantic Canada consultations this spring, evidence from the National Collaborating Centres, and best practice from Quebec.

ASI 2020 will be of interest to: politicians, public servants, health practitioners, private sector, media, unions, academics, educators, social agencies, community organizations, Indigenous leaders, youth leaders and the general public.

Goal: By bringing together people who are capable of influencing and implementing changes at the policy and community levels, ASI 2020 aims to increase understanding of the importance of infant, child and youth mental health for the whole of society, and foster policy actions to influence upstream investment in support of mental health.

Objectives

1. To understand the societal benefits of investing in infant, child and youth mental health.
2. To enhance our collective awareness of current upstream policies and programs in Atlantic Canada that promote infant, child and youth mental health.
3. To enhance our understanding of the process of policy development and the impact of upstream investment in infant, child and youth mental health.
4. To develop knowledge and skills that can be applied to building capacity for upstream policy development and implementation.
5. To build an agenda and resources for policy development and implementation following ASI 2020.
6. To model a supportive environment for learning and wellbeing – and have fun!

Design Principles

Youth Engagement: Youth will be engaged in providing input to the process of planning the ASI 2020 program, and participating in the intergenerational event.

Universal Design for Learning: Whole society representation will be welcomed in the planning process and diverse audiences will participate in ASI 2020.

Equity: Subsidies will be offered to reduce barriers to participation.

Adult Education: Styles are interactive and engaging – everyone is a teacher and a learner.

Experiential Learning: Arts, culture, connectedness to community and nature will be incorporated.

Online Interaction: A robust online conference platform will simulate a face to face experience by encouraging networking, relationship building, knowledge sharing with translation support, and post conference connection.

Design Principles for ASI and ASI Call to Action

Youth Engagement • Diversity • Equity • Inclusion • Adult Education • Experiential Learning • Cultural Safety
Evidence-based Decision Making • Mental Health in All Policies • Whole-of-society approach • Two eyed seeing
Respecting Rights of Children • Respecting Voices of Lived Experience • Life-course Perspective
Sustainability of Policies and Programs • Respecting the Truth and Reconciliation Commission

Overarching frameworks and strategies

Sustainable Development Goals • Universal Declaration of Human Rights • Population Mental Health Framework
Social determinants of health and Health in All policies • First Nations Mental Wellness Continuum Framework
PEI Declaration from the 6th Global Forum on Health Promotion • Social and Emotional Learning (CASEL)
Circle of Health framework/tool • UN Convention on the Rights of the Child

ASI Youth Leadership Program

At the Atlantic Summer Institute, this year, we will continue our work in learning and shaping the future agenda of the mental health system in Atlantic Canada during and after the COVID-19 pandemic. ASI has learned from previous events how important it is to foster intergenerational learning; therefore, there will be time for youth to both participate in the full ASI 2020 program and convene separately to develop long-lasting connections.

The Youth Leadership Program is planned and managed by a committee representative of youth and programs serving youth. Each year it is strengthened by lessons learned from previous ASI programs and provides an opportunity for young people to attend and have a voice in shaping the future agenda for children and youth in Atlantic Canada.

ASI 2020 will support at least five youth from each Atlantic province to participate in this year's online forum. Young people between the ages of 18 and 25 who are affiliated with a community group and have experience/interest in being an advocate or leader are encouraged to apply. The ASI Youth Leadership Program is inclusive and welcomes youth applicants from all communities and lived experiences including but not limited to BIPOC, LGBTQ2I, and disability. Given the Forum's focus on upstream solutions to child and youth mental health, we welcome youth with lived experience of mental illness and precursors like poverty, family conflict and homelessness. Youth organizations are encouraged to provide mentorship and support to nominated youth from the application process through to forum participation, to foster their successful engagement in the policy experience.





ASI 2020 Forum - Final Program

Designed for online delivery

August 24-26, 2020

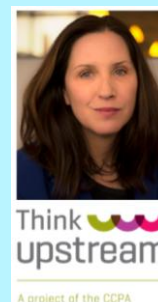
All times listed in Atlantic Daylight Time (ADT)

Presentations will be made in both French and English, and simultaneous interpretation will be provided for many sessions.

The ASI 2020 Forum is held online from August 24-26 in Charlottetown, PEI, streaming from the unceded ancestral territory of the Mi'kmaq people.



Monday, August 24	
9:30 – 3:00	Youth Leadership Program – (registered youth delegates only)
6:30 – 8:30	<p>Music video: Celebrating Resiliency in Atlantic Canada</p> <p>OFFICIAL OPENING MC – Patsy Beattie-Huggan, ASI Coordinator; President, The Quaich Inc. Welcome and land acknowledgement Welcome Song - Julie Pellissier-Lush, Poet Laureate, Prince Edward Island</p> <p>Remarks by Officials Hon. Sean Casey, MP Charlottetown Hon. James Aylward, Minister of Health and Wellness Mayor Philip Brown, City of Charlottetown Medavie TD</p> <p>Highlights from Atlantic Consultations – Malcolm Shookner, ASI President</p> <p>Atlantic Community Showcase of Projects that have influenced policy Introduction - Kirsten McKnight, ASI Consultant <i>Videos showcasing best practice of upstream policy action for infant, child and youth mental health promotion. These presentations will be available throughout the Forum on the exhibit page.</i></p> <ul style="list-style-type: none"> • Raising the Villages - Mawiomi W'Jit Mijuwajijk - Jim Mustard • CHANCES – Jessica Reddin • Momma Moments - Jeannie Piercey • NunatuKavut Community Council Inc. - Charlene Kippenhuck <p>Keynote Address</p>



	<p>Trish Hennessy, Director, Think Upstream, a project of the Canadian Centre for Policy Alternatives</p> <p><i>“From “me” to “we”: a collectivist vision for an upstream mental health approach”</i></p> <p><i>Note: Q&A will be moderated in chat</i></p> <p>Closing and instructions for tomorrow</p>
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Tuesday, August 25	
8:00 – 8:30	Youth Learning Circles – bring your coffee (registered youth delegates only)
8:40 – 8:45	Morning Welcome - Julie Pellissier-Lush, Poet Laureate, PEI
8:45 – 9:30	<p>Opening Plenary – Let’s talk Policy! A call for transformative change</p> <p>Claire Betker, Scientific Director, National Collaborating Centre for Determinants of Health, StFX University, Antigonish Nova Scotia</p> <p>Albert Marshall, Elder, Moose Clan of the Mi'kmaw Nation, Eskasoni First Nation, Unama'ki-Cape Breton, Nova Scotia</p> <p>Summary: Brenda Restoule, CEO, First People’s Wellness Circle</p>
9:30 – 10:15	<p>Opening Panel – Evidence for upstream policies that promote mental health</p> <p>Moderator: Claire Betker, Scientific Director, National Collaborating Centre Determinants of Health, StFX University, Antigonish Nova Scotia</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Dr. Jean Clinton, Clinical Professor McMaster University, Department of Psychiatry and Behavioural Neurosciences - <i>Why the Early Years Matter: The Brain, The Biology, The Dollars and Cents</i> • Karen Bierman, Evan Pugh University Professor; Director, Child Study Center, Pennsylvania State University - <i>Promoting Social and Emotional Learning in Preschool: Programs and Practices that Work</i> • Marie-Claude Roberge, Scientific Advisor, Mental Health Promotion, Institut national de santé publique du Québec - <i>Favoriser la santé mentale en soutenant le passage vers la vie adulte</i> (Promoting mental health by supporting the transition to adulthood) Delivered in French with simultaneous interpretation
10:15 – 10:30	<p>Break - Networking - Music – Be active!</p> <p>Visit exhibits, time for journaling, chatting, meeting on community board, posting on social</p>

	<p>media – and movement!</p> <p>Music: Jessica Jurgenliemk - NS https://www.facebook.com/jessicajurgenliemkmusic</p>
10:30 – 11:30	<p>Roundtables: Facilitated by David French and Mary Jane McKittrick, A Way Home Canada</p> <p>Exploring current policies and their gaps – Municipally, Provincially and Nationally</p> <ul style="list-style-type: none"> • How do we ensure upstream efforts aren't compromised with changes in governments? • What can be done to allow governments to support multi-year funding cycles to ensure programs and organizations can sustainability support communities? • How has COVID 19 changed the policy conditions around upstream approaches to children and youth mental health? • How can we influence a new and different kind of normal that values healthy families, communities and public institutions?
11:30 – 12:30	<p>Lunch Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!</p> <p>Music: David Myles - NB https://davidmyles.com</p>
12:30 – 1:45	<p>Let's Talk Politics!</p> <p>Moderator: Scott MacAfee – Chair of National Advisory Council on Poverty Introduction to cross-ministerial planning and policy fusion, and the Sustainable Development Goals as a potential framework for government action upstream.</p> <p>Political Panel: Three panelists will address the challenges and influencers they face in developing and implementing “upstream” policy to support mental health.</p> <ul style="list-style-type: none"> • Darlene Bernard, Chief, Lennox Island First Nation; Co-chair, Epekwitk Assembly of Councils Inc. • Sean Casey, Member of Parliament, Charlottetown, Prince Edward Island • Dawn Arnold, Mayor of Moncton
1:45 – 2:00	<p>Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social</p>

	<p>media – and movement!</p> <p>Music: Brielle Ansems - PEI https://brielleansems.wixsite.com/music/about</p>
2:00-3:30	<p>Concurrent workshops – Skill development</p> <p>Participants may choose <u>one</u> 90 minute workshop to attend.</p> <ul style="list-style-type: none"> A) <i>Communities that care: What we know about promoting community resilience for mental health outcomes</i> Linda Liebenberg, PhD, Researcher and Evaluator, Nova Scotia B) <i>Promoting Positive Mental Health by Exploring our Purpose</i> Andrew Culbertson, NB Dept. of Education and Early Child Development C) <i>Nurturing SEL for policy makers, principals and teachers (preparing for system change)</i> Ellen Coady, Program Development Specialist, NL Department of Education and Early Childhood Development D) <i>Comment parler aux élus (How can we be partners with elected officials?)</i> Delivered in French with simultaneous interpretation Isabelle Lizée, Directrice générale, Carrefour action municipale et famille E) <i>Créer, développer et renforcer la santé mentale de tous, tout au long de l'année – comment mettre l'accent sur la santé mentale, plutôt que sur la maladie mentale (How to create, develop and strengthen mental health for all, all year round – how to move the focus from mental illness to mental health)</i> Delivered in French with simultaneous interpretation Renée Ouimet, Directrice, Mouvement santé mentale Québec F) <i>Connecting data to policy - 2020 Without A Home Study (Pan Canadian study on youth homelessness)</i> Mary-Jane McKittrick, Community Planning Manager, and David French, Director of Policy and Planning, A Way Home Canada G) <i>How a "Duty to Assist" Can Inform Our Thinking on Upstream Policies</i> Melanie Redman, President & CEO of A Way Home Canada, and Dr. Stephen Gaetz, President and CEO of the Canadian Observatory on Homelessness and the Homeless Hub (presenting August 25 only) H) <i>Mental health and (second) language – empowering migrant children by strengthening parents' mental health literacy</i> Stefanie Harsch, Research Associate, University of Education, Freiburg, Germany

Wednesday, August 26

8:00 – 8:30	Youth Learning Circles (registered youth delegates only)
8:45 – 9:00	Welcome - Julie Pellissier-Lush, Poet Laureate, PEI Reflections, Announcements, Highlights
9:00 – 10:00	Let's Talk More than Economics! Let's Talk Quality of Life! Bryan Smale, Director, Canadian Index of Wellbeing, University of Waterloo <i>The interplay of factors contributing to wellbeing and mental health: Evidence from the Canadian Index of Wellbeing</i> Lisa Wolff, Director of Policy and Research, UNICEF Canada <i>Lightening the shadow of the pandemic on young lives: Evidence from the Canadian Index of Child and Youth Well-being</i>
10:00 – 10:15	Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement! Music: Robert Cahill – NL robert.d.cahill@gmail.com
10:15 – 11:45	Concurrent workshops – Skill development Participants may choose <u>one</u> 90 minute workshop to attend. i) <i>Communities that care: What we know about promoting community resilience for mental health outcomes</i> Linda Liebenberg, PhD, Researcher and Evaluator, Nova Scotia ii) <i>Promoting Positive Mental Health by Exploring our Purpose</i> Andrew Culberson, NB Dept. of Education and Early Child Development iii) <i>Nurturing SEL for policy makers, principals and teachers (preparing for system change)</i> Ellen Coady, Program Development Specialist, NL Department of Education and Early Childhood Development iv) <i>Comment parler aux élus</i> (How can we be partners with elected officials?) Delivered in French with simultaneous interpretation Isabelle Lizée, Directrice générale, Carrefour action municipale et famille

	<p>v) <i>Créer, développer et renforcer la santé mentale de tous, tout au long de l'année – comment mettre l'accent sur la santé mentale, plutôt que sur la maladie mentale</i> (How to create, develop and strengthen mental health for all, all year round – how to move the focus from mental illness to mental health) Delivered in French with simultaneous interpretation Renée Ouimet, Directrice, Mouvement santé mentale Québec</p> <p>vi) <i>Connecting data to policy - 2020 Without A Home Study (Pan Canadian study on youth homelessness)</i> Mary-Jane McKitterick, Community Planning Manager, and David French, Director of Policy and Planning, A Way Home Canada</p> <p>vii) <i>Mental health and (second) language – empowering migrant children by strengthening parents' mental health literacy</i> Stefanie Harsch, Research Associate, University of Education, Freiburg, Germany</p> <p>viii) <i>Transformative change: through the lens of Two-Eyed Seeing</i> Dr. Brenda Restoule (presenting August 26 only)</p>
11:45– 12:45	<p>Lunch Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!</p> <p>Music: David Myles – NB https://davidmyles.com Jessica Jurgenliemk – NS https://www.facebook.com/jessicajurgenliemkmusic Brielle Ansems – PEI https://brielleansems.wixsite.com/music/about Robert Cahill – NL robert.d.cahill@gmail.com</p>
12:45– 1:30	<p>Economics as if wellbeing mattered!</p> <p>Trevor Hancock, Professor and Senior Scholar (retired), School of Public Health and Social Policy, University of Victoria</p>
1:30– 2:00	<p>Upstream Policy Momentum in Atlantic Canada, Quebec and beyond. Add your voice! Facilitated by David French and Mary Jane McKitterick, A Way Home Canada</p> <ul style="list-style-type: none"> • Highlights of the Policy Forum - What have we learned together? • Next steps for policy action - So what? Now what? <p>Continuing the Dialogue Through an evaluation process, we will gather your reflections, insights and create a policy brief for action on upstream investment in Atlantic Canada and beyond.</p>

2:00 – 2:30	Closing – Song Circle <ul style="list-style-type: none"> • Youth reflection • Closing Song - Julie Pellissier-Lush, Poet Laureate, PEI
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What is the Atlantic Summer Institute on Healthy & Safe Communities?

The Atlantic Summer Institute (ASI) is a bilingual, not-for-profit organization established in 2003, and incorporated in Prince Edward Island in 2008 with a mission to serve as a catalyst for social change, ultimately resulting in more inclusive and sustainable Atlantic Canadian communities. ASI is managed by a board of directors with representatives from the four Atlantic provinces.

How are we a catalyst?

Annually, ASI hosts events which bring together innovators and those organizations which strive for social change through public policy and community action. These events include full-scale learning institutes, symposiums, and regional workshops. The focus of these events is based on priority areas identified by our participants. Past priority areas have included: diversity and inclusion; gender and community leadership; democracy and social justice; and literacy.



We believe that public policy and programs can benefit from the application of three sources of evidence: **research, best practices and lived experience**. ASI brings innovative practitioners of these sources together with those who affect public policy and programs in a dynamic and accessible learning environment. All ASI programming reflects the diverse perspectives of communities and individuals who are engaged in strengthening Atlantic communities.



ASI is committed to mentoring the next generation of Atlantic Canadian change leaders. Each full-scale, bilingual, learning event includes a Youth Leadership Program component that focuses on skill development in the areas of social justice and community engagement. We also work closely with youth in the development of our learning events.

In conjunction with many of our in-person learning events, a parallel Children's Program is included, which reduces barriers to participation for adult ASI attendees. It also provides our youngest change

leaders with opportunities to learn, be creative, and engage with each other in a fun program designed to reflect the theme of the adult program. Drawing on the Circle of Health – a collaborative teaching tool that includes the Ottawa Charter on Health Promotion, the social determinants of health and the Aboriginal Medicine Wheel – we bring practitioners, innovators, public servants, academics and community leaders together to learn and support each other to create a more sustainable and inclusive Atlantic Canada.

What is our current priority area?

In 2014, we heard from our networks that there was a great need to address the way public policy and programs support child and youth mental health. Since then, our programs have focused on this topic with ASI 2017 resulting in a Call to Action for investment upstream in child and youth mental health promotion. The Call was built on evidence from research, review of government and pan-government reports, and the voice of civil society at ASI 2017. It calls for action on 5 key areas of Policy, Programs, Practice, Research & Knowledge Exchange, and Networks. Since 2018, ASI has been taking steps to mobilize this Call to Action.

Why is our work important?

The Atlantic Summer Institute is the only bilingual learning institute in Atlantic Canada that acts as an incubator for community groups, educators, health practitioners and researchers, government representatives, parents/caregivers, and youth to connect and collaborate on regional issues. We encourage intergenerational mentorship within our programs, and are committed to creating a culture of exchange and support between established and emerging community leaders.



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