

# Speaker Profiles

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

#ASI2020

[www.asi-iea.ca](http://www.asi-iea.ca)

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Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

A WAY HOME  
VERS UN CHEZ-VOI



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# MONDAY, AUGUST 24

## Official Opening

### Emcee

#### **Patsy Beattie-Huggan**

ASI Coordinator; President, The Quaich Inc.

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 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.



### Welcome Song

#### **Julie Pellissier-Lush**

Poet Laureate of PEI

Julie Pellissier-Lush, actress, and bestselling author of 'My Mi'kmaq Mother', Poet Laureate for PEI, recipient of the Queens Jubilee Medal in 2013 and Meritorious Service Medal recipient in 2017, was born in Summerside, PEI in 1970. She grew up all over Eastern Canada and spent a number of years in Winnipeg Manitoba before coming back home. Julie is graduated from the University of Winnipeg in 2000 with a double major in Psychology and Human Resource Management. She works as a Community Consultant Coordinator at Mi'kmaq Confederacy of PEI and was Vice President of the Aboriginal Women's Association for four terms. She writes, acts, and does photography to preserve the history and culture of the Mi'kmaq for future generations. Julie wrote the poems for the play 'Mi'kmaq Legends' in 2010 and they have been performed for the last 8 years on many different stages in the Atlantic region. It is her hope that this play will someday travel all over Canada and beyond so more people have the opportunity to learn about the rich Mi'kmaq history! Julie lives in PEI with her husband Rick, her five children, and her Granddaughter Miah.



**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.**

## Highlights: ASI Atlantic Consultations on Upstream Investment in Mental Health

### Malcolm Shookner

President, Atlantic Summer Institute on Healthy and Safe Communities

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 was formerly the Chief Statistician for Nova Scotia Community Counts (retired), a provincially supported website that provided information for and about communities.



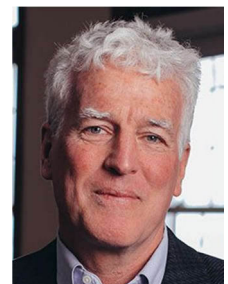
*This spring, the Board of Directors of the Atlantic Summer Institute wanted to engage people in the Atlantic Region in an online process that would inform the ASI 2020 program and ultimately be used to advocate to the Atlantic Council of Premiers and other Atlantic policy makers for upstream investment. Through this process, our goal was to build connections in each Atlantic province and with Indigenous and Francophone communities in Atlantic Canada to identify upstream policies and programs that promote mental health – beginning in the early years – identifying best practice, gaps and areas for potential action.*

## Atlantic Community Showcase

### 1) Jim Mustard – Raising the Villages / Mawiomi W'Jit Mijuwajijk

District 3 Councillor, Municipality of the County of Inverness  
Inverness, Nova Scotia

Jim lives in Pipers Glen, Cape Breton. In many rural Cape Breton kitchens, he has experienced what it is to have a community from infants to elders feeling valued with an inherent sense of belonging. With a passion for early childhood development and community he was the initial champion of the Roots of Empathy program in NS. A Municipal Councillor for over a decade, he keeps the focus on the early years and continues to advocate the idea that we recognize 'citizenship' and the idea that everyone is a whole person from the beginning of life.



#### ***Upstream: Why? What? Who? How?***

Raising the Villages / Mawiomi W'Jit Mijuwajijk, Inverness, Nova Scotia

In January 2017, Raising the Villages was launched as a response to the #1 priority of the One Nova Scotia Coalition's Collaborative Action Plan - "The Early Years: Starting Strong," and specifically the section Community-Led Initiatives for Early Years, Welcoming our Youngest Children. In 2016 childhood poverty was 26% across Cape Breton, and in Inverness County 32% of children entering school were assessed as vulnerable through the Early Development Instrument (EDI). Through Raising the Villages, we aim to reduce vulnerability and poverty from the beginning of life by providing universally accessible spaces that connect people to what they need, where they need it, while creating a sense of community and belonging. The work is informed through the data, science, and ongoing community consultations

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that started in 2017, included a survey that engaged over 700 people across 3 Municipalities and 2 First Nations' communities. A pilot has been designed to provide a demonstration Welcoming Community Space in Inverness. The space will coordinate services, programs, and supports, and will be inclusive of all citizens. This work will take years and so a regionally coordinated response is needed. We are presently formalizing a Regional Early Years Coalition with Municipal, business, and sector leadership.

***How does your program make a connection with the theme 'Upstream Investment in Mental Health Promotion – the answer to the mental health crisis'?***

*It is more of a “movement” than a “program”. The evidence is clear that the early years set trajectories for an individual’s health (physical/mental), behaviour, and learning. Rather than continuing to ‘put out fires’ downstream we are creating welcoming spaces that are accessible, inter-generational, food secure, and provide coordinated programs, supports, and services in one place, to ensure equity from the start.*

***What will others learn from your video?***

*An overview of the Why, What, Who, and How of “Raising the Villages”. Especially important is the idea that change is needed from the top down. A specialized targeting of downstream effects, to community-led upstream models, that strengthen the importance of a safe sense of belonging as the foundation for health and connecting to services, programs, and whatever you need in your community.*

***What is a challenge you would like some help with?***

*We have established that a stronger backbone to organizational structure is necessary to support the upstream change needed. We want to foster a sense that this approach goes beyond the individual structure of any one organization’s capacity, and that joining resources is the way forward in order to offer a collective and coordinated response. And we need POLICY that supports 5-year pilots to provide evidence.*

## **2) Jessica Reddin - CHANCES**

Family Program Coordinator, CHANCES  
Charlottetown, PEI

Jessica Reddin works for CHANCES in the role of Family Program Coordinator. She has a background in early child education and has completed a Master of Family Studies degree at Mount Saint Vincent University. Her experience with CHANCES began as a parent and program participant. Since then, her appreciation for the CHANCES has grown and has evolved, resulting in a career in doing what she is passionate about - supporting the needs of children and families in the community.



***Our Children \ Our Future - Investing Early***

CHANCES, Charlottetown, PEI

CHANCES, established in 1994, has a history of success in creating a comprehensive, province-wide system of early support for young children and their families. CHANCES is a non-profit charitable organization, governed by a 10 member Board of Directors representing leaders in the community, as well as parents who have participated in programs. With a staff complement of 150, CHANCES responds to approximately 6000 families across PEI on an annual basis. CHANCES had two key areas of focus: 1)

supporting the early development of children, as creating the right conditions to promote early development is far more effective and less costly than addressing compounding issues, including mental health at a later stage in life; 2) supporting parents as they play the most important role in the lives of their children and to a great extent, determine whether or not their child will experience vulnerability. Stable and nurturing relationships between the children and the adults in their lives are crucial in supporting positive mental health outcomes for children as well as the family. CHANCES uses a social determinants of health approach, as the health of a population is now understood to be primarily driven by the social determinants of health.

***How does your program make a connection with the theme 'Upstream Investment in Mental Health Promotion – the answer to the mental health crisis'?***

*The reality is, creating the right conditions to promote early childhood development and support parents in being successful is far more effective and less costly than addressing compounding issues, including mental health at later stages of development. Investments in early childhood are upstream investments promoting mental health, while at the same time, demand for mental health, social, special education, justice and healthcare services and their escalating costs would decline.*

***What will others learn from your video?***

*The video profiles the positive outcomes and potential generated from using a social determinants of health approach in supporting a young pregnant adolescent. The life-long positive outcomes that Melanie speaks to include: with pre-natal support Melanie had a healthy pregnancy delivery; with postnatal services, parent information sessions and consistent in-home visiting, Melanie successfully nurtured her children, completed post-secondary education, engaged in a stable & committed relationship with her husband, secured long term employment.*

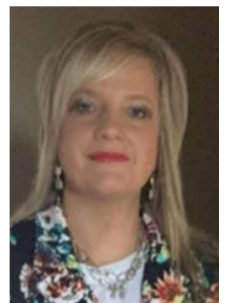
***What is a challenge you would like some help with?***

*With the reality of COVID-19, CHANCES has moved to offering programs and services on-line through a variety of virtual platforms. Our challenge is building similar trusting and supportive relationships with parents and children on-line as we have been able to do so effectively with face to face interactions and group based experiences. Supported by significant training, some staff have easily made the transition to offering information and support virtually, while others struggle.*

### **3) Jeannie Piercey – Momma Moments**

Coordinator Momma Moments & Family and Natural Supports Programs, Choices for Youth, St. John's, NL

While Jeannie has worn many hats during her 16.5 years at Choices for Youth, her primary role and deepest passion is through the work she does with families through the Momma Moments and Natural Supports Program. The Momma Moments Program was created in response to the significant number of pregnant and parenting young women who came to Choices for Youth for support and Jeannie's commitment, creativity and flexibility were instrumental in the development of that program. Jeannie is co-chair of the All Party Committee work in supporting young families and recently joined the Perinatal Maternal Mental Health Alliance of Newfoundland. Another key aspect is Jeannie's connection to the volunteer community. Jeannie spends a great deal of time giving back in many meaningful ways. She currently volunteers her time with the Candlelighters Association of NFLD, Canadian Blood Services, the Maggie Davis Legacy, The Sunshine Squad and Coldest night. This does not include her more in-formal giving,



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but does give an idea of her passion to give back in many ways. Jeannie enjoys traveling and spending time with her husband Keith, 2 daughters Rebecca and Katie and her precious grandchild Jaxson.

### ***Supporting Young Families Through Collaborative Practice***

- *Momma Moments provides many opportunities for moms, empowering, nurturing, teachable supports.*
- *It is a peer to peer support and strengths-based group for young and pregnant mothers. It provides moms and their children with wrap around supports to navigate the changes of Motherhood which they often face in addition to social isolation, financial demands and limited social and family supports.*
- *Research shows definitely and beyond question that peer programs can have statistically significant effects on attitudes, norms, knowledge, behaviors, and health and achievement outcomes.*
- *Momma Moments peer to peer model can have a significant effect on reducing risk seeking behaviors, improving health concerns, parenting needs and other outcomes such connection to community resources and supports.... Peer work is a valuable and useful component of efforts to improve mothers/family's health and well-being.*
- *Momma Moments currently operates in St. John's and Conception Bay South where groups meet once a week for programming that emphasizes overall wellness, mental, physical, spiritual and social-for both mother and child. Young mothers have access to healthy recreation activities, community events, women in wellness conferences as well as resources and discussions on topics of family relationship building, income supports, mental health, education, nutrition and much more.*
- *In addition, staff act as advocates for their well-being and that of their children. We have 21 volunteers that provide childminding services, and staff and volunteers of Momma Moments prepare meals for the moms and kids - with extra to take home.*
- *The program's success truly speaks for itself, with support anything is possible..... The Momma Moments program and the positive impact it has had not only on our moms and their children, but also the larger greater community... Every parent's dream is to become a productive member of society.*

### ***How does your program make a connection with the theme 'Upstream Investment in Mental Health Promotion – the answer to the mental health crisis'?***

- *Service delivery: Peer to Peer + Wrap-around Support*
- *Focus on participants and a broader community-based approach is key to success*
- *We work in calibration with many community partners and agencies*
- *We support the needs of the children and collaborate with other professionals around many identified early intervention concerns*
- *More than just a Mom. Working with Mothers as women, as a whole person*
- *Our approach to Prevention and Early Intervention*
- *Working with families from a non-judgmental, harm reduction and trauma informed approach*
- *Providing interventions and supports*
- *Avoiding negative outcomes and high costs*
- *Program components are supported guided sessions and Outreach Services*
- *An adapted approach for young families*
- *Integrated services site which provides medical supports, outreach, along with wrap around supports ex. Transportation, meals, childcare*



***What will others learn from your video?***

- *The impact /success of providing wrap around support Impact and Success*
- *Reduced rates of childhood apprehension.*
- *Children avoid the trauma of separation and experience a stable and safe home life.*
- *Greater educational and employment outcomes for families*
- *The young mothers and kids in our program work hard to overcome challenges and build brighter futures. By combining healthy interventions for the mom and taking a prevention approach with the kids, the program ambitiously works towards delivering inter-generational changes by breaking cycles of poverty and homelessness*

***What is a challenge you would like some help with?***

*Supporting system navigation especially when it involves multiple agencies both community and government departments. How to build on the circle of care with a focus of true prevention and not waiting until it's too late to support, leaving vulnerable families in more crisis. In community this work of collaboration is much easier to navigate then at the systems level.*

#### **4) Charlene Kippenhuck - NunatuKavut Community Council Inc.**

Manager, Natural Resources, NunatuKavut Community Council Inc.  
Happy Valley-Goose Bay, NL

Charlene Kippenhuck was raised in Charlottetown, Labrador. She is an Inuit who is an avid hunter, fisher and outdoorswoman. She currently holds the position of Natural Resources Manager with NunatuKavut Community Council. She has over a decade of experience administering aspects of land and resource management programs in the Northwest Territories and Newfoundland and Labrador, particularly in program administration and financial management. She has a rich history in public service having held a number of various positions. She holds a Bachelor's Degree in Science, a Bachelor's Degree in Arts, and a Certificate in Criminology from Memorial University.



#### ***Community-Based Climate Monitoring Program***

NunatuKavut Community Council Inc., Happy Valley-Goose Bay, NL

*The NunatuKavut Community Council (NCC), through the Environmental and Natural Resources (ENR) department, is leading a community-based climate monitoring project that is community-led and community-driven. It engages NunatuKavut Inuit youth, Elders and adults who currently spend significant time out on the land for activities such as hunting, fishing and gathering of berries and plants.*

*This project has three activity tracks: Youth Direct Ice and Water Monitoring Track; Elder Climate Knowledge Track; and Out on the Land Track. The multi-track design facilitates intergenerational transfer of knowledge and helps youth build field and communication skills. Specifically, the project aims to gather and increase both Inuit Knowledge and western scientific data on seven chosen climate indicators in NunatuKavut's coastal communities in southern Labrador.*

#### ***Key Climate Indicators:***

1. *Sea Ice*

2. *Sea Level*
3. *Freshwater Ice*
4. *Freshwater Level*
5. *Water Temperature (freshwater)*
6. *Invasive Species (primarily aquatic)*
7. *Health and Seasonal Timing of Plants*

*To date, seven youth in the NunatuKavut communities of Charlottetown, Cartwright and St. Lewis have been trained and continue to monitor their chosen sites. NCC intends to expand the Youth Direct Ice & Water Monitoring Track into other coastal communities. The Elder Climate Knowledge Track and the Out on the Land Track (in partnership with other ENR projects) resulted in interviews with 31 Elders and adults in Mary's Harbour, St. Lewis, Port Hope Simpson, Charlottetown, Pinsent's Arm, Black Tickle, Cartwright and Happy Valley-Goose Bay in March and April 2019. Additional interviews will be scheduled in 2019-2020 with a focus on gender perspectives, especially women interviewees as there were none interviewed previously.*

*As climate change is far reaching, ENR is a partner in other NCC projects such as the NCC Sustainable Energy project, the NunatuKavut Wellness Initiative and will engage other areas as needed. We will continue to play a more meaningful role in monitoring, research, and action on climate change now and into the future.*



## Keynote Address:

### *From “me” to “we”: a collectivist vision for an upstream mental health approach*

#### **Trish Hennessy**

Director, Think Upstream, a project of the Canadian Centre for Policy Alternatives

Trish Hennessy is director of Think Upstream, a project of the Canadian Centre for Policy Alternatives (CCPA) that is dedicated to policy solutions that foster a healthy society and community wellbeing. Trish is also a senior communications strategist at the CCPA. She is focused on the eco-social determinants of health, sustainable development goals, income inequality, decent work, and an inclusive economy. Trish was the founding director of the CCPA Ontario, a progressive think tank that focuses on provincial and municipal social justice and economic issues. She co-founded the Ontario Living Wage Network. She was the founding director of the CCPA national office’s growing gap project, which began in 2006. Trish was a former newspaper journalist, originally from Saskatchewan but she now lives in Toronto. She has a B.A. in Sociology from Queen’s University, a B.S.W. from Carleton University, and an M.A. in Sociology from OISE/University of Toronto.



Think  
upstream

A project of the CCPA

#### ***“From “me” to “we”: a collectivist vision for an upstream mental health approach”***

Before COVID-19, the national conversation about mental health in Canada largely focused on de-stigmatization; the need to openly talk about mental health challenges and to seek help. But the conversation was simply at the “me” level: what you or I can do to work through mental health issues. Such a focus overlooks the systemic issues that can determine whether you or I struggle with mental health challenges—issues such as income inequality, precarious and low-paying work, lack of access to high quality, affordable early learning and education opportunities, and the stress of living with housing and food insecurity. These issues become compounded for people who are racialized, gender diverse, or facing physical and emotional challenges. Individualizing the problem situates de-stigmatization as the goal. COVID-19 is also exacting a mental health toll on many Canadians, requiring us to think bigger picture. What if we look at mental health from a collectivist, societal point of view, acknowledging triggers are baked into the system? That’s when we move beyond the current discourse towards a vision for an upstream approach to mental health—moving from “me” to “we”.

# TUESDAY, AUGUST 25

## Opening Plenary – Let's Talk Policy! A call for transformative change

### Claire Betker

Scientific Director, National Collaborating Centre for Determinants of Health, StFX University, Antigonish Nova Scotia

As a registered nurse, Claire Betker began her career in southwestern Manitoba at a rural single-nurse public health office. She has worked in public health, home care and primary health care in a variety of positions at local, regional, provincial and national levels. Claire is Scientific Director for the National Collaborating Centre for Determinants of Health (NCCDH), hosted by St Francis Xavier University in Antigonish Nova Scotia. Her PhD work focused on the capacity for public health leadership to advance health equity, a knowledge base that greatly informs her contributions to the NCCDH and the public health field across Canada.



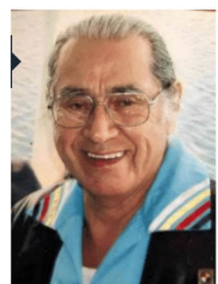
Claire is a past president of the Canadian Nurses Association and the Community Health Nurses of Canada and a past Chair of the Association of Regulated Nurses of Manitoba.

*Etuaptmumk is the Mi'kmaw word for Two-Eyed Seeing and "refers to learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing ... and learning to use both these eyes together, for the benefit of all." [<http://www.integrativescience.ca/Principles/TwoEyedSeeing/>]. In conversation with Elder Albert Marshall, policy and its role in transformative change will be explored using the Two-Eyed Seeing approach. Policy is an essential lever to support the mental health and wellness of individuals, families and communities. Wholistic health is made possible by supporting the whole person including mental, emotional, spiritual and physical aspects of their health. In this presentation we will describe how Two-Eyed Seeing is being used as a lens for policy in Canada as well as other parts of the world. Policy action – influencing, developing, implementing and evaluating policy - is a must for wholistic health and will be discussed within a vision for transformative change.*

### Albert Marshall

Elder, Moose Clan of the Mi'kmaw Nation, Eskasoni First Nation, Unama'ki-Cape Breton, Nova Scotia

Dr. Albert Marshall, Elder, LLD is from the Moose Clan of the Mi'kmaw Nation, and lives in Eskasoni First Nation in Unama'ki-Cape Breton, Nova Scotia. Albert and his wife Murdena Marshall are passionate advocates for the preservation, promotion, and revitalization of Mi'kmaw Traditional Knowledge, including language, spirituality, stories, practices, and ways of knowing. In 2009, Albert and Murdena were awarded Honorary Doctorates in recognition of their devotion and commitment to this work. Their energy, wisdom, and knowledge helped create the Innovative Integrative Science academic program at Cape Breton University in the 1990s. Albert is an advocate of cross-cultural understandings and healing and of our human responsibilities to care for all creatures and our Earth Mother. He is a fluent speaker of Mi'kmaw and the "designated voice" for the Mi'kmaw Elders of Unama'ki with respect to environmental issues. He sits on various committees and boards that guide initiatives in natural resource management and Aboriginal Health Research and Education pertaining to First Nations' issues. Albert is a member of the Advisory



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Council for Unama'ki College of Cape Breton University, Collaborative Environmental Planning Initiative (CEPI) for the Bras d'Or Lake, and on the National Collaborating Centre for Aboriginal Health headquartered at the University of Northern British Columbia

*Albert will be presenting on the Two-Eyed Seeing Approach, a phrase he coined. This Two-Eyed Seeing / Etuaptmumk (Ed doo up dem-mumk) is a guiding principle for collaborative work which encourages learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing... and learning to use both eyes together, for the benefit of all.*

## **Brenda Restoule**

CEO, First People's Wellness Circle

Dr. Brenda M Restoule (Waub Zhe Kwens) is from Dokis First Nation (Ojibwa) and from the Eagle Clan. She is a registered clinical psychologist. Dr. Restoule is the Chief Executive Officer of the First Peoples Wellness Circle which is an Indigenous led national organization dedicated to raising the profile of Indigenous mental wellness using Indigenous knowledge and evidence. Primary work of FPWC is implementation of the First Nation Mental Wellness Continuum Framework to which she is a co-chair of the Implementation Team and developing a network of supports for Mental Wellness Teams across the country. Her work spans from providing clinical and consulting services to First Nations communities in Anishinabek territory to consultation with provincial and federal governments on Indigenous mental wellness to an invited trainer and speaker to authoring book chapters and training manuals. Some of Dr. Restoule's past work experience includes the Royal Commission on Aboriginal Peoples and working with federally incarcerated Indigenous women, children's mental health and, urban and First Nation mental wellness programs. She has particular interest in cultural safety, First Nation community development and capacity building, and reducing suicide rates in First Nation communities using First Nation knowledge and practices.



## Opening Panel – Evidence for upstream policies that promote mental health

### Moderator

#### **Claire Betker**

Scientific Director, National Collaborating Centre for Determinants of Health, StFX University, Antigonish Nova Scotia

As a registered nurse, Claire Betker began her career in southwestern Manitoba at a rural single-nurse public health office. She has worked in public health, home care and primary health care in a variety of positions at local, regional, provincial and national levels. Claire is Scientific Director for the National Collaborating Centre for Determinants of Health (NCCDH), hosted by St Francis Xavier University in Antigonish Nova Scotia. Her PhD work focused on the capacity for public health leadership to advance health equity, a knowledge base that greatly informs her contributions to the NCCDH and the public health field across Canada.



Claire is a past president of the Canadian Nurses Association and the Community Health Nurses of Canada and a past Chair of the Association of Regulated Nurses of Manitoba.

### Panelists

#### **Dr. Jean Clinton**

Clinical Professor McMaster University, Department of Psychiatry and Behavioural Neurosciences - Why the Early Years Matter: The Brain, The Biology, The Dollars and Cents

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for over 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014 -2018. Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.



#### ***Why the Early Years Matter: The Brain, The Biology, The Dollars and Cents***

*This presentation will briefly present the evidence for investing in the early years from the influence of the developing brain, to epigenetics to the economic impact of high quality programs for children. Relationships and connections matter.*

## Karen Bierman

Evan Pugh University Professor; Director, Child Study Center, Pennsylvania State University - Promoting Social and Emotional Learning in Preschool: Programs and Practices that Work

Karen Bierman is an Evan Pugh University Professor, Professor of Psychology and Human Development and Family Studies, and Director of the Child Study Center at The Pennsylvania State University. Her 30+ year research career has focused on social-emotional development and children at risk, with an emphasis on the design and evaluation of school-based programs that promote social-emotional competence and school readiness. She has directed several longitudinal studies evaluating the long-term impact of early school-based and family-focused preventive interventions designed to reduce behavior problems (Fast Track) and enhance school success (Head Start REDI).



### ***Promoting Social and Emotional Learning in Preschool: Programs and Practices that Work***

*Early education programs offer unique opportunities to promote the development of social-emotional skills. Being able to get along and cooperate with others, manage strong feelings, focus attention, and persist at challenging tasks are critical for long-term school and life success. They provide the foundation for later relationships, behavioral control, and mental health. This presentation will describe effective preschool social-emotional learning (SEL) programs that are validated by high-quality, rigorous research studies. It will highlight five key features that boost program impact, including: 1) a focus on improving classroom management and the quality of teacher-student interactions, 2) intentional efforts to build child social, emotional, and language skills, 3) the use of professional development to promote high-fidelity implementation, 4) the inclusion of parents, and 5) integration with academic enrichment programs. Research results from the REDI (Research-based, Developmentally Informed) program will be shared to illustrate the potential of enriched preschool programming to promote benefits still evident in late adolescence, including reduced antisocial behavior and enhanced school adjustment and emotional well-being. The presentation will end with recommendations for supporting sustained, widespread, effective SEL programming in early education settings*

## Marie-Claude Roberge

Scientific Advisor, Mental Health Promotion, Institut national de santé publique du Québec - Favoriser la santé mentale en soutenant le passage vers la vie adulte (Promoting mental health by supporting the transition to adulthood)

Delivered in French with simultaneous interpretation

Marie Claude Roberge has a master degree in sociology of health and has more than 25 years' experience in the field of health promotion. She has been a scientific advisor at the Institut national de santé publique du Québec (INSPQ) since 2004. She first worked on the team in charge of designing and deploying the Healthy Schools approach in Quebec. Since 2012, she has been responsible for mental health promotion and suicide prevention. The work done at the INSPQ is aimed at supporting the Ministry of Health as well as public health stakeholders and their partners in order to improve knowledge and optimize practices, particularly by producing knowledge syntheses and conducting knowledge transfer activities.





## ***Promoting mental health by supporting the transition to adulthood***

*The speaker will address the positive mental health to youth. Capacity building is indeed a promising avenue of action, given the new roles and responsibilities associated with this stage of life. What do we learn from studies on youth mental health initiatives? Which fields of action should we put forward?*

## **Roundtables**

We know that the work of upstream mental health promotion and policy isn't the work of one level of government or department within government. Foregrounding the need for increased focus on upstream investments in mental health, we must first start by understanding where there are leverage points, opportunities for the refocusing of investments and assessing where there are gaps. A Way Home Canada will facilitate this interactive session to start to reveal how we can collectively build towards shifting our work.

Important questions for us to consider within this session include:

- 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?

This session will be as interactive as we can make it online! We will use a variety of online tools like break out rooms, note boards and other interactive methods to keep us all engaged. Together we will map the East Coast policy context and apply these learnings throughout the forum. Bring your thoughts and ideas!

### Facilitators

#### **Mary-Jane McKitterick**

Community Planning Manager, A Way Home Canada

Mary-Jane McKitterick brings over 25 years progressive experience in Canada and abroad to the role of A Way Home Canada's Community Planning Manager including homelessness, HIV/AIDS, community-based peacebuilding, education and social justice. Her experience is supported by graduate degrees in the Humanities and the Social Sciences. With A Way Home Canada, she has had opportunities to engage in the deeper work of transforming our response to homelessness through Systems Thinking, Collective Impact and more recently Human Centred Design Thinking. Working in A Way Home's Policy and Planning Unit, and a member of the Systems Planning Collective, her current priorities involve supporting communities to effectively engage public systems in rights-based upstream approaches to preventing youth homelessness.



#### **David French**

Director of Policy and Planning, A Way Home Canada

With 20 years experience working with Canada's most vulnerable young people, David has a passion for developing programs & policy that meet their unique needs. In his previous role with the Alberta Government, he led the development and implementation of Supporting





Healthy and Successful Transitions to Adulthood: A Plan to Prevent and End Youth Homelessness, Canada's first and co-developed A focused response to prevent and end LGBTQ2S youth homelessness with Dr. Alex Abramovich. Since joining A Way Home Canada, he has supported youth homelessness policy and practice development across Federal, provincial and municipal mandates. He is a firm believer in harnessing the strength and leadership of the community and the voices and experiences of young people in helping shape effective and long lasting policy change

## Let's Talk Politics!

The moderator will introduce the panel by speaking by reflecting on the following questions:

- How do we develop "good" public policy? Why does it matter?
- How can we all work together towards the greater good?
- Can the Sustainable Development Goals (SDGs) provide us with a common agenda, collective vision or shared goals?

He will then challenge the political panel to share their experience, addressing the questions of:

- What is the role of politicians in the policy development process?
- What influences the policy development process? What pressures are on elected officials?
- What needs to change for there to be wider support and greater investment in "upstream" policies and programs?

### Moderator

### **Scott MacAfee**

Chair of National Advisory Council on Poverty

Scott was named to his current position in August 2019, having spent the previous 19 years with the Government of New Brunswick, working on poverty reduction through the department of Social Development and the Economic and Social Inclusion Corporation.

During that time, Scott supported the creation and evolution of the Community Inclusion Networks and has helped with the development of over 500 community projects. He has chaired OMISTA Credit Union, Falls Brook Centre, New Brunswick Food Security Action Network and The Fredericton Loyalists Rugby Club. He has also sat on the boards of the Atlantic Summer Institute, The Healthy Eating Physical Activity Coalition and Team Rural NB.



Scott is a student of life, seeking out the new, innovative and interesting and connecting them to each other and existing systems. He lives and works from a strength based approach, where all people have something to contribute. Scott is passionate about Asset Based Community Development, Storytelling, Literacy, Community Transportation and Social Enterprise

## Panelists

### **Darlene Bernard**

Chief, Lennox Island First Nation; Co-chair, Epekwitk Assembly of Councils Inc.

Chief Darlene Bernard, Melkna't Kitpui'sk...Strong Eagle Woman...embodies her traditional name. She has committed herself to the Lennox Island First Nation and the Epekwitk Mi'kmaq community she loves, as Chief and as Co-chair of the Epekwitk Assembly of Councils Inc. which oversees the mandates for both the Mi'kmaq Confederacy of PEI, and L'nuey.



She served as Lennox Island Chief from 2001 –2013, and was re-elected again in June of 2019. As a leader she is inspired by the people she serves and inspires those around her with her vision, her integrity and her passion. In addition to solidifying the many programs and services that currently exist within the community, as Chief (both in her previous term, and currently) she was responsible for the negotiation and signing of several imperative Agreements following the Marshall decision, which were instrumental in paving the path forward for the Mi'kmaq of PEI –the Consultation Agreement, the Partnership Agreement and the Framework Agreement, to name a few.

In 2002 she led the work to establish the Mi'kmaq Confederacy of PEI with the Abegweit First Nation Leadership, as a common forum to begin to reconcile and implement the outstanding Aboriginal and treaty rights of the PEI Mi'kmaq. And in 2019, this great work led to the implementation of L'nuey –a distinct and separate Mi'kmaq Rights organization with respect to Consultation, Negotiations, and Governance.

She has returned as Chief with a clear focus on achieving overall health, stability and success for her First Nation community and self-determination for the Epekwitk Mi'kmaq Nation, with a focus on Mi'kmaq language revitalization and education, and economic development. She has been appointed as a Member of the National Indigenous Economic Development Board, and she was a recent recipient of the Diamond Jubilee Medal, in commemoration of the sixtieth anniversary of Her Majesty's Accession to the Throne and in recognition of her contributions to Canada. She was also invested as a Member of the Order of Prince Edward Island for outstanding citizenship and excellence in 2008. And most recently accepted a role as Ex-Officio on the Premier's Council for Recovery and Growth in PEI.

Her drive, compassion, and vision for a thriving future for the Lennox Island First Nation and Epekwitk is at the heart of everything she does, everything she advocates for, and everything that she believes in.

### **Sean Casey**

Member of Parliament, Charlottetown, Prince Edward Island

Sean was born in St. John's, Newfoundland but grew up in Fredericton, New Brunswick. He received his Bachelor of Business Administration with a major in Accounting from Saint Francis Xavier University. He worked for NBTel before attending Dalhousie Law School, graduating in 1988. While attending Dalhousie, he was on the Student Union Executive and served as President of the Law Students Association. Upon graduating, Sean served as a summer student at what was then Scales Jenkins and McQuaid (now Stewart McKelvey) in Charlottetown, Prince Edward Island.



He continued to work with the firm and was named a partner at 29 years of age. In 2003, Sean left the firm to take a leadership role in the family business, commonly known as Paderno. That was also the year he ran his

first of four marathons. In 2008, Sean rejoined Stewart McKelvey where he served as Regional Managing Partner. In 2011, Sean was elected the Member of Parliament of Charlottetown. He was re-elected in 2015, and again most recently in 2019. In Parliament, Sean has served most recently as the Parliamentary Secretary to the Minister of Fisheries, Oceans, and the Canadian Coast Guard. He has previously served as the Parliamentary Secretary to the Minister of Justice and Attorney General of Canada, as well as the Parliamentary Secretary to the Minister of Canadian Heritage.

He is currently the Chair of the Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities, a member of the Standing Committee on Veterans Affairs, and Chair of the Liberal Atlantic Caucus.

## **Dawn Arnold**

Mayor of Moncton

Elected as Mayor in May 2016, Dawn Arnold brings a vision to move Moncton forward by building a stronger, more transparent and economically sound city. She was first elected in 2012 as councillor-at-large and quickly earned the reputation of being one of Moncton's most active, involved and accessible councillors.



In her mandate as Mayor, Dawn, in collaboration with Council, will see through the responsible completion of several key projects. She has also committed to keeping City Hall open for businesses and making it easier for local businesses to grow and thrive.

A strong advocate of transparency and community engagement, Dawn encourages dialogue with residents on important issues with the goal of building a city where individuals of all backgrounds and income levels can live, work and play.

In 1999, Dawn became involved with the Frye Festival and served as its Chair for 15 years. A passionate supporter of local arts and culture, she wanted to create a platform that would celebrate the works of New Brunswick's French and English authors, put Moncton on the world stage and inspire students to read, write and think critically. The Frye Festival is Canada's only international bilingual literary festival and has become one of Moncton's most popular events, attracting international authors and bringing more than \$1 million into the community every year.

Dawn's passion for her community has also been evident through her leadership in and contribution to numerous events and groups. She was one of the driving forces behind the Hildegard Beautification Project, helped get the new La Fête du Lobster Roll food festival going and has played an instrumental role in a wide variety of fundraising campaigns.

Dawn is a recipient of the Order of New Brunswick, the Queen's Golden Jubilee Medal, the YWCA's Women of Distinction Award and most recently, two Paul Harris Fellowships. She is a graduate of the University of Toronto and has done further education at Harvard, Université Paul-Valéry and Saint Mary's University (ICD.D).

## Concurrent Workshops – Skill Development (Tuesday, August 25)

Participants may choose one 90 minute workshop to attend.

### A) ***Communities that care: What we know about promoting community resilience for mental health outcomes***

#### **Linda Liebenberg, Ph.D.**

Researcher and Evaluator, Nova Scotia

Linda Liebenberg, PhD., is a researcher and evaluator with a core interest in children and youth with complex needs. Her work explores the promotion of positive youth development and the promotion of mental health, using formal and informal resources, primarily through the development of community resilience and related community resources. Linda has developed consulting and collaborative relationships with many international community-based organizations, including Save the Children Denmark, Eskasoni Mental Health Services, Right to Play, the World Bank, the World Health Organization, and the Public Health Association of Canada.



*Increasingly, research is demonstrating the critical importance of context in child and youth outcomes, where changes in environment account for greater amounts of psychosocial outcomes, than changes in individuals themselves. Consequently, if we want to ensure better mental health and social outcomes for our children, we need to expand our attention from person and family focused interventions to community focused interventions. Similarly, we need to shift our attention from a focus on the resilience of the individual, to a focus on community resilience and related family resilience. Importantly, this perspective does not negate formal service provision targeted at individuals. Rather, this approach augments the capacity of such services, deepens the impact of their interventions, and extends the longevity of related outcomes. A focus on the development of community resilience enhances supports for children, their families and of course, their communities, buffering against the stressors and challenges that negatively impact the healthy development of children and youth. This skill development workshop will draw on a comprehensive review of community resilience development to share what we know about 1) the role of community resilience in supporting children and families; and 2) effective ways of strengthening the social fabric and related support resources of our communities to build capacity for upstream development in mental health promotion and support.*

## B) *Promoting Positive Mental Health by Exploring our Purpose*

### **Andrew Culberson**

NB Dept. of Education and Early Child Development

Andrew Culberson is passionate about helping others find their purpose through promoting positive mental health. Currently working as a Learning Specialist for the New Brunswick Department of Education and Early Childhood he previously held a position as a guidance counsellor in the Anglophone School District West in New Brunswick. He has an MEd in Counselling and Psychology, BEd and BSc.



Andrew presented about social emotional learning and universal design for career development at a number of conferences in 2019, including: the Atlantic Summer Institute; New Brunswick Career Development Association Conference; LEAD Conference for New Brunswick Principals; Premier's Council on Disabilities Conference.

*We all want to grow a positive mental health, feel that we have purpose and are flourishing. This session will explain how exploration and understanding of our social and emotional competencies, global competencies and career development processes will help develop resiliency and purpose. One's purpose is made clear when we incorporate career development best practices that enhance our connectedness, sense of belonging and overall mental health.*

*In this session, participants will:*

- *Explore core SEL competencies and the connection to Global Competencies*
- *Gain an understanding of how career development promotes positive mental health.*
- *Connect and learn through discussions and reflection.*

## C) *Nurturing Social and Emotional Learning (SEL) for Policy Makers, Principals and Teachers (preparing for system change)*

### **Ellen Coady**

Program Development Specialist for Health, Home Economics, Family Studies and Physical Education, Newfoundland and Labrador Department of Education and Early Childhood Development

Ellen Coady is a Program Specialist in the Programs and Services Division of the Department of Education and Early Childhood Development. Ellen holds a Bachelor of Arts (B.A.), Bachelor of Education (B. Ed.) from Memorial University, Diploma of Advanced Undergraduate Study (Home Economics) from the University of New Brunswick and a Master Degree in Education (Curriculum and Instruction) from Concordia University. She has been involved in education for 31 years both at the classroom and policy levels.



Social and emotional learning is an integral part of Ellen's work; most recently, working with colleagues to embed social and emotional learning outcomes directly into the provincial curricula using a comprehensive school health approach.

*To enhance system change, it is beneficial for all partners such as policy makers, principals and teachers to have a working knowledge of SEL. This session will provide you with some practical tips on how to start using Social and Emotional Learning where we work, live, learn and play. Participants will have an opportunity to collaborate with other participants and practice some SEL strategies. Group facilitated discussions aim to provide guidance on introducing social and emotional learning to your organization using a roadmap analogy that will provide participants with information and insight on important steps to consider on the road to implementing social and emotional learning.*

*This session explores the implementation of Social and Emotional Learning using a Comprehensive School Health (CSH) approach and acknowledges the importance of SEL across the lifespan and in all settings. Working in all four components of CSH to implement SEL promotes a whole society approach to promoting child and youth mental health.*

*Participants will learn about a comprehensive school health approach, the competencies of Social and Emotional Learning and how to develop the same in individuals. Practical tools that will help participants begin the process of using social and emotional learning in their daily practice will be explored in both an individual and group context.*

*One of the outcomes of this session is bringing focus to the value of working together to promote child and youth mental health. Successfully scaling up or delivering policies and programs requires the development of partnerships to support and embed the work in everything we do.*

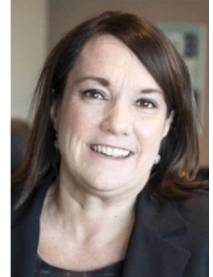


**D) Comment parler aux élus (How can we be partners with elected officials?)**  
Delivered in French with simultaneous interpretation

**Isabelle Lizée**

Directrice générale, Carrefour action municipale et famille

Ms. Lizée holds a Bachelor's degree in communication psychology and has been in the municipal sector for fifteen years. She is one of the important personalities who contributed to the emergence and the development of municipal family policies in the 1990s and the development of the Age-Friendly Municipalities initiative in partnership with the Government of Québec. Her expertise makes Isabelle an essential reference to the municipal issues related to families and seniors.



*Elected officials lead the development and implementation of social policies and their own action plans. They must work collaboratively with colleagues in other departments and partners in their communities to achieve their objectives, and the need for cooperation and consultation is particularly crucial in the context of a health crisis. What are the best practices to ensure that this leadership role is well and legitimately fulfilled when it comes to these policies and action plans? How can we encourage cooperation and buy-in when it comes to these major initiatives? How do we become key partners of elected officials?*

**E) 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 )**

Delivered in French with simultaneous interpretation

**Renée Ouimet**

Directrice, Mouvement santé mentale Québec

Renée Ouimet is the Director of Mouvement santé mentale Québec. She holds a master's degree in psychosociology of communication and is a trained psychotherapist. She has over thirty years of experience in developing and implementing health promotion, prevention and education projects. She has established numerous partnerships with stakeholders in various sectors. Her experience has allowed her to develop strong analytical, mediation, training, communication and psychosocial intervention skills. She is keenly interested in social health issues.



*Mouvement Santé mentale Québec (MSMQ) is a group of community organizations dedicated to promoting mental health throughout the province. Since 2016, the group has launched an annual mental health promotion campaign in tandem with the Canadian Mental Health Association's Mental Health Week. The MSMQ campaign is broad in scope and targets all Québec residents, regardless of age or background. Its aim is to make tools available that promote resilience. The challenge is to foster an understanding of mental health and the factors that contribute to it. The long-term goal is to ensure that mental health is promoted at all times and in all places, given its important role in individual and community capacity building.*

*The workshop begins with a presentation of the campaign's logic model, followed by a group reflection, using real-life examples, on the following topics: the strategies needed to get various stakeholders promoting mental health; how far we've come in that regard and in the context of COVID; and the challenges faced.*

## F) Connecting data to policy - 2020 Without A Home Study (Pan Canadian study on youth homelessness)

### Mary-Jane McKitterick

Community Planning Manager, A Way Home Canada

Mary-Jane McKitterick brings over 25 years progressive experience in Canada and abroad to the role of A Way Home Canada's Community Planning Manager including homelessness, HIV/AIDS, community-based peacebuilding, education and social justice. Her experience is supported by graduate degrees in the Humanities and the Social Sciences. With A Way Home Canada she has had opportunities to engage in the deeper work of transforming our response to homelessness through Systems Thinking, Collective Impact and more recently Human Centred Design Thinking. Working in A Way Home's Policy and Planning Unit, and a member of the Systems Planning Collective, her current priorities involve supporting communities to effectively engage public systems in rights-based upstream approaches to preventing youth homelessness.



### David French

Director of Policy and Planning, A Way Home Canada

With 20 years experience working with Canada's most vulnerable young people, David has a passion for developing programs & policy that meet their unique needs. In his previous role with the Alberta Government, he led the development and implementation of Supporting Healthy and Successful Transitions to Adulthood: A Plan to Prevent and End Youth Homelessness, Canada's first and co-developed A focused response to prevent and end LGBTQ2S youth homelessness with Dr. Alex Abramovich. Since joining A Way Home Canada, he has supported youth homelessness policy and practice development across Federal, provincial and municipal mandates. He is a firm believer in harnessing the strength and leadership of the community and the voices and experiences of young people in helping shape effective and long lasting policy change



*The second pan-Canadian study on young people who are homeless was conducted in 2019. The survey built on the success of the first one and emerged again as the largest national survey of youth homelessness conducted to date. 1,700+ young people filled out a survey in more than 40 communities across the country, including large and mid-size cities, as well as in smaller communities. The research will not only enhance our understanding of the causes/conditions of youth homelessness, but also contribute to more effective policy and practice intended to prevent and end youth homelessness. In this presentation, highlights from key domains will be presented along with a specific focus on areas, such as criminal justice interactions and mental health. Based on examples from our work collecting, analyzing and mobilizing data, ASI forum participants will learn practical ways to use data to create innovations in service provision while engaging local policy and decision makers. This research was conducted by the Canadian Observatory on Homelessness, in partnership with A Way Home Canada and the National Learning Community on Youth Homelessness, with funding by The Home Depot of Canada Foundation*

## G) *How a “Duty to Assist” Can Inform Our Thinking on Upstream Policies*

Presenting August 25 only

### **Melanie Redman**

President & CEO of A Way Home Canada

Melanie Redman is the co-founder, President and CEO of A Way Home Canada, a national coalition reimagining solutions to youth homelessness through transformations in policy, planning and practice. A Way Home Canada has inspired communities and countries around the world to adopt the A Way Home brand as a way to participate in a growing international movement for change. Melanie also leads the National Learning Community on Youth Homelessness in Canada, which is a pan-Canadian community of practice for youth homelessness service providers. Melanie is also the co-founder and Partnership and Implementation Director for the Making the Shift Youth Homelessness Social Innovation Lab, and international “Network of Centres of Excellence.”



### **Dr. Stephen Gaetz**

President and CEO of the Canadian Observatory on Homelessness and the Homeless Hub

Stephen Gaetz is a Professor in the Faculty of Education and the President and Director of the Canadian Observatory on Homelessness and the Homeless Hub. Stephen is committed to a research agenda that foregrounds social justice and attempts to make research on homelessness relevant to policy and program development. His research on homelessness has focused on economic strategies, health, education and legal and justice issues, and more recently, he has focused his attention on policy and in particular the Canadian response to homelessness. Stephen is a founding member of A Way Home Canada, a national coalition to prevent and end youth homelessness and the Scientific Director of the Making the Shift Youth Homelessness Social Innovation Lab.



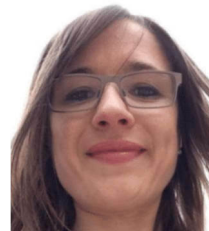
*What upstream policies can be implemented to ensure young people get access to the support and services they need before they're in crisis? In this session we'll bring to light a policy innovation from the U.K. (originating in Wales, but now also in England and Scotland) known as the “Duty to Assist” being implemented to prevent homelessness. A Duty to Assist means there is a statutory obligation, or a legal duty, requiring local authorities to make reasonable efforts to end the person's homelessness or stabilize their housing. We'll also showcase the early stages of a pilot project in Hamilton, ON, to adapt the Duty to Assist for the Canadian context with a focus on preventing youth homelessness. In addition, we'll talk about the potential for policy instruments like the Duty to Assist to inform pandemic recovery efforts.*

## H) *Mental health and (second) language – empowering migrant children by strengthening parents’ mental health literacy*

### **Stefanie Harsch**

Research Associate, University of Education, Freiburg, Germany

Stefanie Harsch works as a research associate at the University of Education, Freiburg, Germany, in a research project on Health Literacy Promotion of Migrants, funded by the German Federal Ministry of Education and Research. She is passionate about health (literacy) promotion in the global south, migrants, multilingualism, second language teaching and programs that empower teachers to support (adult) students in improving their own and their children’s health, wellbeing and capabilities.



*Our language capabilities are essential for promoting our own mental health and that of our children, as they provide a framework for thinking, feeling and acting. Migrants, especially refugees, often face various challenges that negatively impact mental health. Parents are role models for their children, so supporting parents in coping with new situations, building new skills and drawing from their assets is paramount to promote children’s mental health. Second language courses are a promising setting to reach parents. Supported by empirical evidence from studies of the SCURA research project, we will discuss:*

- *What is the relationship between (first and second) language and mental health?*
- *How can second language courses deliberately promote mental health of migrants and thereby children’s mental health?*

*Besides theoretical and manifold practical contributions, participants are invited to share their experiences and discuss the applicability of the strategies and the implications for their projects.*

# WEDNESDAY, AUGUST 26

## Let's Talk More than Economics! Let's Talk Quality of Life!

### Bryan Smale

Director, Canadian Index of Wellbeing, University of Waterloo

Bryan Smale, Ph.D., is Director of the Canadian Index of Wellbeing housed in the Faculty of Applied Health Sciences at the University of Waterloo (UW), Professor in the Department of Recreation and Leisure Studies and cross-appointed to the Department of Geography and Environmental Management. He received his Ph.D. in Geography from the University of Western Ontario and both his Master's and B.A. in Leisure Studies from the University of Waterloo. He is currently a member of Statistics Canada's Advisory Committee on Social Conditions, an Advisor to the Vanier Institute's Canadian Family Well-Being Index, on the Board of Directors of the Canadian Association of Leisure Studies (CALS), and Editor-in-Chief of Leisure/Loisir. His research focuses on the role of leisure in the wellbeing of individuals and communities, the spatial distribution and analysis of leisure in communities, time use allocation, and social indicators research. He was elected a Fellow to the Academy of Leisure Sciences in 2012.



#### ***The interplay of factors contributing to wellbeing and mental health: Evidence from the Canadian Index of Wellbeing***

*The Canadian Index of Wellbeing (CIW) provides unique insights into the quality of life of Canadians and the communities in which they live both overall and in eight specific domains that matter to wellbeing: our standard of living, the quality of our environment, our health, our education, the way we use our time, the vitality of our communities, our participation in the democratic process, and in leisure and culture. By using two strategies of research to assess and track wellbeing over time – a social indicators approach and a subjective wellbeing approach using a community-based survey – the CIW embraces a collaborative process of engagement with organisations, communities, and citizens to facilitate the transition of research into action and social change. The results of these efforts have revealed the strong relationship between wellbeing and mental health, as well as the many systemic factors associated with the relationship that provide potential strategies and policy directions for mitigating challenges to mental health. By being proactive in the development of policies that place wellbeing at the centre of their development – in other words, by adopting an upstream approach – we are better able to address inequities and help ensure all Canadians have equal access to opportunities and experiences that enrich and contribute to their enhanced quality of life and better mental health.*



## Lisa Wolff

Director of Policy and Research, UNICEF Canada

Lisa Wolff is Director, Policy and Research at UNICEF Canada. She leads the organizations advocacy and policy focused work to advance the rights of Canada's children, consistent with international human rights standards. Collaborating with government, institutions, civil society, researchers and private sector partners, UNICEF Canada works across issues and sectors, making children and youth visible and leveraging UNICEF's global research, data and innovation in domestic policy and practice.



Lisa is a member of the Making the Shift Networks of Centres of Excellence Implementation Management Committee (addressing youth homelessness) and a past member of the Board of Directors of PREVNet and of the Canadian Coalition for the Rights of the Child. She has a Bachelor of Environmental Studies from University of Waterloo, and a Bachelor of Education and Master of Education from the University of Toronto. Lisa received the Queen Elizabeth II Diamond Jubilee Medal from the Governor-General of Canada in 2012.

### ***Lightening the shadow of the pandemic on young lives: Evidence from the Canadian Index of Child and Youth Well-being***

*Canada's wealth has been steadily rising, but UNICEF Report Cards on wealthy countries find that indicators of child and youth well-being haven't kept pace. In some aspects of young lives, including mental health, Canada is falling backwards. The Canadian Index of Child and Youth Well-being is a new tool to track Canada's progress across childhood and over time, based on a multidimensional view of well-being. This panel will review the most current evidence of the state of childhood in Canada, including distal and proximal indicators of mental health, which provides a baseline prior to the pandemic. We will use the Index to reveal patterns of child and youth mental health and broader well-being to identify root causes and the upstream policy agenda that could put Canada's children and youth on a path to better outcomes. Drawing on UNICEF Canada's U-Report polling platform, we will share insights from young people about how the evolving pandemic is affecting their lives, how it may influence the indicators we are tracking, and the policy responses can lighten the impacts of the pandemic on the generation that will carry its impacts the longest.*

## Concurrent Workshops – Skill Development (Wednesday, August 26)

Participants may choose one 90 minute workshop to attend.  
Many workshops are repeated from Tuesday, with one addition.

### i) **Communities that care: What we know about promoting community resilience for mental health outcomes**

#### **Linda Liebenberg, Ph.D.**

Researcher and Evaluator, Nova Scotia

Linda Liebenberg, PhD., is a researcher and evaluator with a core interest in children and youth with complex needs. Her work explores the promotion of positive youth development and the promotion of mental health, using formal and informal resources, primarily through the development of community resilience and related community resources. Linda has developed consulting and collaborative relationships with many international community-based organizations, including Save the Children Denmark, Eskasoni Mental Health Services, Right to Play, the World Bank, the World Health Organization, and the Public Health Association of Canada.



*Increasingly, research is demonstrating the critical importance of context in child and youth outcomes, where changes in environment account for greater amounts of psychosocial outcomes, than changes in individuals themselves. Consequently, if we want to ensure better mental health and social outcomes for our children, we need to expand our attention from person and family focused interventions to community focused interventions. Similarly, we need to shift our attention from a focus on the resilience of the individual, to a focus on community resilience and related family resilience. Importantly, this perspective does not negate formal service provision targeted at individuals. Rather, this approach augments the capacity of such services, deepens the impact of their interventions, and extends the longevity of related outcomes. A focus on the development of community resilience enhances supports for children, their families and of course, their communities, buffering against the stressors and challenges that negatively impact the healthy development of children and youth. This skill development workshop will draw on a comprehensive review of community resilience development to share what we know about 1) the role of community resilience in supporting children and families; and 2) effective ways of strengthening the social fabric and related support resources of our communities to build capacity for upstream development in mental health promotion and support.*

## ii) *Promoting Positive Mental Health by Exploring our Purpose*

### **Andrew Culberson**

NB Dept. of Education and Early Child Development

Andrew Culberson is passionate about helping others find their purpose through promoting positive mental health. Currently working as a Learning Specialist for the New Brunswick Department of Education and Early Childhood he previously held a position as a guidance counsellor in the Anglophone School District West in New Brunswick. He has an MEd in Counselling and Psychology, BEd and BSc.



Andrew presented about social emotional learning and universal design for career development at a number of conferences in 2019, including: the Atlantic Summer Institute; New Brunswick Career Development Association Conference; LEAD Conference for New Brunswick Principals; Premier's Council on Disabilities Conference.

*We all want to grow a positive mental health, feel that we have purpose and are flourishing. This session will explain how exploration and understanding of our social and emotional competencies, global competencies and career development processes will help develop resiliency and purpose. One's purpose is made clear when we incorporate career development best practices that enhance our connectedness, sense of belonging and overall mental health.*

*In this session, participants will:*

- *Explore core SEL competencies and the connection to Global Competencies*
- *Gain an understanding of how career development promotes positive mental health.*
- *Connect and learn through discussions and reflection.*

### iii) *Nurturing Social and Emotional Learning (SEL) for Policy Makers, Principals and Teachers (preparing for system change)*

#### **Ellen Coady**

Program Development Specialist for Health, Home Economics, Family Studies and Physical Education, Newfoundland and Labrador Department of Education and Early Childhood Development

Ellen Coady is a Program Specialist in the Programs and Services Division of the Department of Education and Early Childhood Development. Ellen holds a Bachelor of Arts (B.A.), Bachelor of Education (B. Ed.) from Memorial University, Diploma of Advanced Undergraduate Study (Home Economics) from the University of New Brunswick and a Master Degree in Education (Curriculum and Instruction) from Concordia University. She has been involved in education for 31 years both at the classroom and policy levels.



Social and emotional learning is an integral part of Ellen's work; most recently, working with colleagues to embed social and emotional learning outcomes directly into the provincial curricula using a comprehensive school health approach.

*To enhance system change, it is beneficial for all partners such as policy makers, principals and teachers to have a working knowledge of SEL. This session will provide you with some practical tips on how to start using Social and Emotional Learning where we work, live, learn and play. Participants will have an opportunity to collaborate with other participants and practice some SEL strategies. Group facilitated discussions aim to provide guidance on introducing social and emotional learning to your organization using a roadmap analogy that will provide participants with information and insight on important steps to consider on the road to implementing social and emotional learning.*

*This session explores the implementation of Social and Emotional Learning using a Comprehensive School Health (CSH) approach and acknowledges the importance of SEL across the lifespan and in all settings. Working in all four components of CSH to implement SEL promotes a whole society approach to promoting child and youth mental health.*

*Participants will learn about a comprehensive school health approach, the competencies of Social and Emotional Learning and how to develop the same in individuals. Practical tools that will help participants begin the process of using social and emotional learning in their daily practice will be explored in both an individual and group context.*

*One of the outcomes of this session is bringing focus to the value of working together to promote child and youth mental health. Successfully scaling up or delivering policies and programs requires the development of partnerships to support and embed the work in everything we do.*

**iv) Comment parler aux élus (How can we be partners with elected officials?)**  
Delivered in French with simultaneous interpretation

**Isabelle Lizée**

Directrice générale, Carrefour action municipale et famille

Ms. Lizée holds a Bachelor's degree in communication psychology and has been in the municipal sector for fifteen years. She is one of the important personalities who contributed to the emergence and the development of municipal family policies in the 1990s and the development of the Age-Friendly Municipalities initiative in partnership with the Government of Québec. Her expertise makes Isabelle an essential reference to the municipal issues related to families and seniors.



*Elected officials lead the development and implementation of social policies and their own action plans. They must work collaboratively with colleagues in other departments and partners in their communities to achieve their objectives, and the need for cooperation and consultation is particularly crucial in the context of a health crisis. What are the best practices to ensure that this leadership role is well and legitimately fulfilled when it comes to these policies and action plans? How can we encourage cooperation and buy-in when it comes to these major initiatives? How do we become key partners of elected officials?*

**v) 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 )**

Delivered in French with simultaneous interpretation

**Renée Ouimet**

Directrice, Mouvement santé mentale Québec

Renée Ouimet is the Director of Mouvement santé mentale Québec. She holds a master's degree in psychosociology of communication and is a trained psychotherapist. She has over thirty years of experience in developing and implementing health promotion, prevention and education projects. She has established numerous partnerships with stakeholders in various sectors. Her experience has allowed her to develop strong analytical, mediation, training, communication and psychosocial intervention skills. She is keenly interested in social health issues.



*Mouvement Santé mentale Québec (MSMQ) is a group of community organizations dedicated to promoting mental health throughout the province. Since 2016, the group has launched an annual mental health promotion campaign in tandem with the Canadian Mental Health Association's Mental Health Week. The MSMQ campaign is broad in scope and targets all Québec residents, regardless of age or background. Its aim is to make tools available that promote resilience. The challenge is to foster an understanding of mental health and the factors that contribute to it. The long-term goal is to ensure that mental health is promoted at all times and in all places, given its important role in individual and community capacity building.*

*The workshop begins with a presentation of the campaign's logic model, followed by a group reflection, using real-life examples, on the following topics: the strategies needed to get various stakeholders promoting mental health; how far we've come in that regard and in the context of COVID; and the challenges faced.*



## vi) Connecting data to policy - 2020 Without A Home Study (Pan Canadian study on youth homelessness)

### Mary-Jane McKitterick

Community Planning Manager, A Way Home Canada

Mary-Jane McKitterick brings over 25 years progressive experience in Canada and abroad to the role of A Way Home Canada's Community Planning Manager including homelessness, HIV/AIDS, community-based peacebuilding, education and social justice. Her experience is supported by graduate degrees in the Humanities and the Social Sciences. With A Way Home Canada she has had opportunities to engage in the deeper work of transforming our response to homelessness through Systems Thinking, Collective Impact and more recently Human Centred Design Thinking. Working in A Way Home's Policy and Planning Unit, and a member of the Systems Planning Collective, her current priorities involve supporting communities to effectively engage public systems in rights-based upstream approaches to preventing youth homelessness.



### David French

Director of Policy and Planning, A Way Home Canada

With 20 years experience working with Canada's most vulnerable young people, David has a passion for developing programs & policy that meet their unique needs. In his previous role with the Alberta Government, he led the development and implementation of Supporting Healthy and Successful Transitions to Adulthood: A Plan to Prevent and End Youth Homelessness, Canada's first and co-developed A focused response to prevent and end LGBTQ2S youth homelessness with Dr. Alex Abramovich. Since joining A Way Home Canada, he has supported youth homelessness policy and practice development across Federal, provincial and municipal mandates. He is a firm believer in harnessing the strength and leadership of the community and the voices and experiences of young people in helping shape effective and long lasting policy change



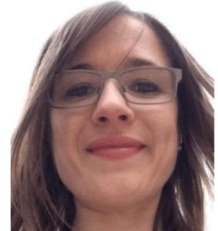
*The second pan-Canadian study on young people who are homeless was conducted in 2019. The survey built on the success of the first one and emerged again as the largest national survey of youth homelessness conducted to date. 1,700+ young people filled out a survey in more than 40 communities across the country, including large and mid-size cities, as well as in smaller communities. The research will not only enhance our understanding of the causes/conditions of youth homelessness, but also contribute to more effective policy and practice intended to prevent and end youth homelessness. In this presentation, highlights from key domains will be presented along with a specific focus on areas, such as criminal justice interactions and mental health. Based on examples from our work collecting, analyzing and mobilizing data, ASI forum participants will learn practical ways to use data to create innovations in service provision while engaging local policy and decision makers. This research was conducted by the Canadian Observatory on Homelessness, in partnership with A Way Home Canada and the National Learning Community on Youth Homelessness, with funding by The Home Depot of Canada Foundation*

## **vii) Mental health and (second) language – empowering migrant children by strengthening parents’ mental health literacy**

### **Stefanie Harsch**

Research Associate, University of Education, Freiburg, Germany

Stefanie Harsch works as a research associate at the University of Education, Freiburg, Germany, in a research project on Health Literacy Promotion of Migrants, funded by the German Federal Ministry of Education and Research. She is passionate about health (literacy) promotion in the global south, migrants, multilingualism, second language teaching and programs that empower teachers to support (adult) students in improving their own and their children’s health, wellbeing and capabilities.



*Our language capabilities are essential for promoting our own mental health and that of our children, as they provide a framework for thinking, feeling and acting. Migrants, especially refugees, often face various challenges that negatively impact mental health. Parents are role models for their children, so supporting parents in coping with new situations, building new skills and drawing from their assets is paramount to promote children’s mental health. Second language courses are a promising setting to reach parents. Supported by empirical evidence from studies of the SCURA research project, we will discuss:*

- *What is the relationship between (first and second) language and mental health?*
- *How can second language courses deliberately promote mental health of migrants and thereby children’s mental health?*

*Besides theoretical and manifold practical contributions, participants are invited to share their experiences and discuss the applicability of the strategies and the implications for their projects.*

**viii) Transformative change: through the lens of Two-Eyed Seeing**  
**Presenting August 26 only**

**Dr. Brenda Restoule**

CEO, First People's Wellness Circle

Dr. Brenda M Restoule (Waub Zhe Kwens) is from Dokis First Nation (Ojibwa) and from the Eagle Clan. She is a registered clinical psychologist. Dr. Restoule is the Chief Executive Officer of the First Peoples Wellness Circle which is an Indigenous led national organization dedicated to raising the profile of Indigenous mental wellness using Indigenous knowledge and evidence. Primary work of FPWC is implementation of the First Nation Mental Wellness Continuum Framework to which she is a co-chair of the Implementation Team and developing a network of supports for Mental Wellness Teams across the country. Her work spans from providing clinical and consulting services to First Nations communities in Anishinabek territory to consultation with provincial and federal governments on Indigenous mental wellness to an invited trainer and speaker to authoring book chapters and training manuals. Some of Dr. Restoule's past work experience includes the Royal Commission on Aboriginal Peoples and working with federally incarcerated Indigenous women, children's mental health and, urban and First Nation mental wellness programs. She has particular interest in cultural safety, First Nation community development and capacity building, and reducing suicide rates in First Nation communities using First Nation knowledge and practices.



*This workshop will examine the how the concept of Two-Eyed Seeing can be put into practice as a lens to shift systems and policies that facilitate meaningful changes in Indigenous communities. Participants will be challenged to think critically about two-eyed seeing as a mechanism necessary for creating equity within the system. A discussion of how policies that promote two-eyed seeing can support partnerships and allyship towards an equitable mental wellness systems will be encouraged. The facilitator will share experiences and examples of how transformative change can occur throughout different level of the systems and how two-eyed seeing facilitates relationships and culturally safe practices.*

## Economics as if wellbeing mattered!

### Trevor Hancock

Professor and Senior Scholar (retired), School of Public Health and Social Policy, University of Victoria

Dr. Trevor Hancock is a public health physician and health promotion consultant and retired last year from his position as a Professor and Senior Scholar at the School of Public Health and Social Policy at the University of Victoria. His main areas of interest are population health promotion, the links between health and global ecological change in the Anthropocene, healthy cities and communities, public health, healthy public policy, healthy and 'green' hospitals, health policy and planning, and health futurism. He is one of the founders of the (now global) Healthy Cities and Communities movement, originated the term 'healthy public policy', and has been described as "one of the ten best health futurists in the world".



He was a Senior Editor for the Editorial Board of the Canadian Journal of Public Health from 2014 to 2018 and in 2015 was invited to join the Editorial Board for a new Journal, Cities and Health. Since December 2014 he has written a regular weekly column on population and public health for the Times Colonist, the daily newspaper in Victoria.

He was made an Honourary Life Member of the Canadian Public Health Association in 1990 and an Honourary Fellow in the UK's Faculty of Public Health in 2015. In 2017 he was awarded the R.D. Defries Award, the CPHA's highest award, presented for outstanding contributions in the broad field of public health, as well as a Lifetime Contribution Award from Health Promotion Canada.

*It is said that 'every system is perfectly designed to achieve the results it gets'. So if we look at our current economic system, we must conclude that it is perfectly designed to both plunder the planet - thus threatening the wellbeing of our own and many other species -and impoverish millions of people, leading to shorter, less healthy lives and much misery and despair. But it does not have to be this way.*

*What if we had an economic system that was focused not on economic growth, increasing consumption levels and vast profits and wealth for the few, but on the physical, mental and social wellbeing of all and the sustainability of the Earth's living systems? Such an alternative exists, and in this presentation I will present the field of ecological economics and explore its implications for mental wellbeing.*

*Hancock, T. (2019). Ecological Economics and Public Health: An Interview with Dr. Trevor Hancock. Montréal, Québec: National Collaborating Centre for Healthy Public Policy.*

[http://www.ncchpp.ca/67/New\\_Publications.ccnpps?id\\_article=2052](http://www.ncchpp.ca/67/New_Publications.ccnpps?id_article=2052)

## Upstream Policy Momentum in Atlantic Canada, Quebec and beyond. Add your voice!

- Highlights of the Policy Forum - What have we learned together?
- Next steps for policy action - So what? Now what?

### *Continuing the Dialogue*

Through this interactive opportunity, facilitators from *A Way Home Canada* will highlight the broad learnings and priorities participants have engaged in throughout ASI 2020. Within this session and through a broader evaluation process we will gather your reflections, insights and priorities which will provide the foundation necessary for an action oriented policy brief focusing on Atlantic Canada and beyond. Together, we will craft the priorities and considerations necessary for all levels of government to shift their focus towards dedicated upstream investments in mental health promotion.

### Facilitators

#### **Mary-Jane McKitterick**

Community Planning Manager, A Way Home Canada

Mary-Jane McKitterick brings over 25 years progressive experience in Canada and abroad to the role of A Way Home Canada's Community Planning Manager including homelessness, HIV/AIDS, community-based peacebuilding, education and social justice. Her experience is supported by graduate degrees in the Humanities and the Social Sciences. With A Way Home Canada she has had opportunities to engage in the deeper work of transforming our response to homelessness through Systems Thinking, Collective Impact and more recently Human Centred Design Thinking. Working in A Way Home's Policy and Planning Unit, and a member of the Systems Planning Collective, her current priorities involve supporting communities to effectively engage public systems in rights-based upstream approaches to preventing youth homelessness.



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## Youth Leadership Program

Now in its seventh year, the ASI Youth Leadership Program has been continually strengthened by participant feedback, and is designed by a committee that includes youth and representatives from organizations serving youth. The Youth Leadership Program will be held during the ASI 2020 Forum, and will provide an opportunity for young people to 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, so there will be time for youth to both participate in the full ASI Forum and convene separately to develop long lasting connections.

The Youth Leadership Program has a unique intergenerational aspect. Youth selected for the program will begin with leadership training designed specifically for their demographic, and continue the week by participating in the Forum along with representatives from fields such as: government, education, health care, justice and community development. Youth are given an equal voice at the table, allowing policy makers and community leaders to appreciate the value of youth voices and consider youth perspectives when developing policies and programs.

Past participants have represented diverse communities and a wide range of experiences as leaders and mental health advocates. Many delegates have been actively involved with youth councils; others empower their peers through art and music, or are creating new initiatives to improve awareness and mental health literacy.

### Facilitators

#### **Chantal Peng**

ASI Youth Leadership Program Coordinator

Youth engagement is at the core of Chantal Peng's advocacy and outreach. Going into her third-year as an Acadia University Bachelor of Music student, Chantal is actively involved in school and community. She serves as a Kings-Hants Youth Councillor, national Youth Advocate for healthcare and gender equality, and St. James Anglican Church Music Director. In summer 2019, Chantal had the life-changing opportunity to attend ASI as a Youth Leadership Program participant and is excited to return this year as the Youth Leadership Coordinator. She looks forward to engaging with youth from across Atlantic Canada in this year's Forum



#### **Jillian Kilfoil**

Executive Director, Women's Network PEI

Jillian Kilfoil is Executive Director of Women's Network PEI. She is originally from western Prince Edward Island and has lived and worked in various communities across the country. Jillian is a feminist, activist and facilitator. She is a youth engagement and gender expert and has over 10 years' experience working in the non-profit sector. She has been involved with organizations such as Katimavik; Apathy is Boring and Girls Action Foundation before joining Women's Network PEI in October 2016. Jillian has a background in political science and adult education. She believes strongly in collaborative approaches to learning and discovery to increase critical thinking in the hopes of creating systems change in society. Jillian is a member of the Gender Equality Network of Canada and was selected as part of the Canadian Delegation to the 62nd session of the Commission on the Status of Women at the United Nations in New York.





## Jackie Dowling

Youth Program Manager, Atlantic Council for International Cooperation

Jackie has been working in the areas of community development, social justice, and youth engagement for the last 20 years nationally and internationally. Her thoughtful approach to programming fosters creative program design, partnership, and knowledge sharing that encourages growth and learning for individuals, groups, and communities. Jackie's role as Program Manager at The Atlantic Council for International Cooperation involves program development and implementation of youth programming at the local level, with ACIC member organizations and non-members community groups, and at the national and international level, with other Council members, non-profits, and government offices.



## Cathy Leslie

Nova Scotia Health Authority, Community Health Board Coordinator

Cathy Leslie has expertise in community development, program development and evaluation, working with non-profits and community outreach. She believes that small, rural communities form the essential character of Nova Scotia, driven by the rural values of determined effort, careful use of resources, and giving help to each other.





## 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 during in-person events, 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.

Visit [www.asi-iea.ca](http://www.asi-iea.ca) for more information.



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