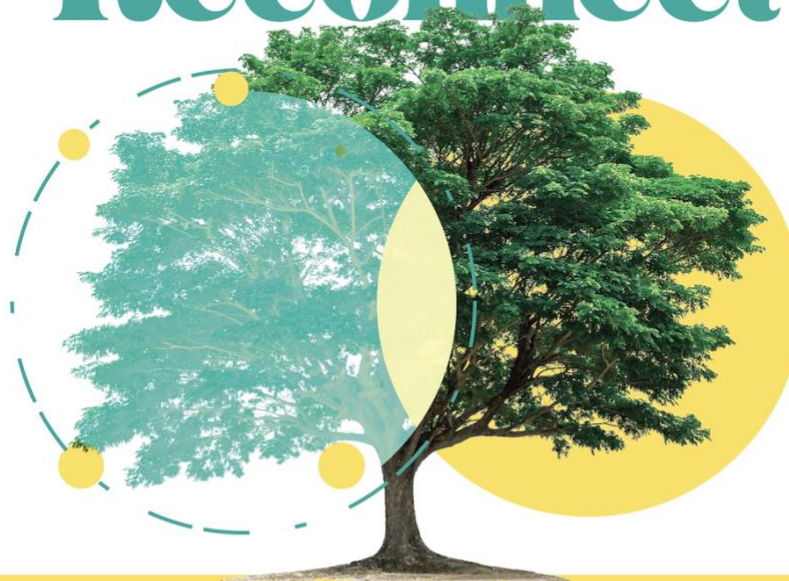


ASI 2021 PROGRAM



The Great Reconnect



**Building Personal,
Community and Societal
Resilience for our Post
COVID-19 World.**

Acknowledgements

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

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Trevor Hancock, Retired, school of public health and social policy, University of Victoria, BC

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Welcome Message from the President to ASI 2021

I'd like to welcome you, on behalf of the Board of Directors of the Atlantic Summer Institute on Healthy and Safe Communities (ASI), to our virtual ASI 2021 Policy Forum on Health Promotion - ***The Great Reconnect: Building Personal, Community and Societal Resilience in our Post-COVID-19 World.*** We are excited to offer you a world- class program of speakers, panellists and workshop presenters who have a wide variety of experiences! We know it's been a very hard year and a half since COVID took over our lives and had a dramatic impact on our physical and mental health. ASI had to adapt quickly to these unprecedented circumstances by offering our ASI 2020 program virtually. It was such a success that we decided to go virtual again this year, since we're not out of the COVID woods yet. Our theme this year, The Great Reconnect, invites all of us to think ahead about how we want to build back to a better, more equitable and sustainable world, in our communities, our provinces and our region. We will all learn new things in the next three days that will inspire and challenge us to reach beyond our regular connections and comfort zones to find new ways to invest our energy and resources upstream to promote the mental health of our infants, children and youth. Enjoy the program and the people you will meet!

Malcolm Shookner

President

Atlantic Summer Institute on Healthy and Safe Communities

The ASI 2021 Forum is held online from August 23-25 in Charlottetown, PEI, streaming from the unceded ancestral territory of the Mi'kmaq people.



Join us online at ASI 2021!

Be part of a movement that brings together people who are capable of influencing and implementing changes at the policy and community levels! ASI 2021 aims to increase understanding of the importance of infant, child and youth mental health for the whole of society, and foster policy actions to influence upstream investment in support of mental health.

Develop skills to build capacity for upstream policy development and implementation

Share ideas and engage in dialogue, building on evidence and best practice

Help build an agenda and resources for policy development and implementation

Collaborate online and have fun with diverse participants

Learn from Indigenous leaders & youth advocates passionate about mental health promotion

Expand your networks in Atlantic Canada and beyond

As the world has adapted to the unprecedented challenges posed by the global pandemic, we have witnessed a heightened human need to reconnect with ourselves, our communities, and our physical and natural environments. The ripple effects of COVID-19 have amplified the social and structural inequities that pre-existed the pandemic, resulting in a dramatic impact on mental and physical health at a societal level. A sense of disconnect spans intergenerational, social, environmental, financial, and political contexts, where the resulting social and physical isolation are taking a significant toll on mental health. This disconnect also exists between Indigenous and non-Indigenous people and ways of knowing and between relative levels of wealth and privilege across society. The importance of relationships, and community in building resilience to support positive health and wellness outcomes for society has never been clearer – community and connection matter! Personal, community, and societal resilience is essential to support the mental

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

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

health of children and youth and achieve ‘the great reconnect’ in a post-COVID world. Importantly, Resilience isn’t just about “the capacity to absorb shocks and still maintain function” – it is also about “the capacity for renewal, re-organization and development” (Folke, 2006).

For the past two decades, the Atlantic Summer Institute (ASI) has been exploring issues related to the social contexts that prevent and support mental health and wellbeing for children. This work has highlighted the importance of significant structural systems to support children, adolescents, families, and communities, especially their mental health. Wellbeing is best supported by the relational and contextual resources embedded within and around communities (including nature and biodiversity). Moreover, if we are to support wellbeing in the face of increased chronic challenges stemming from issues such as climate change, communities need to be reinforced by the larger political and economic forces in which they exist. Effective upstream investments at a community level will promote positive child and adolescent mental health outcomes, while also preventing mental illness and other psychosocial challenges.

Building on the knowledge shared and developed at previous annual events, ASI’s call to action challenges us to “build back better” by supporting new and effective ways to support healthier communities as the essential foundation of mental health for children and youth. To do this, we need transformational change of the larger social, political, and economic systems that underpin our communities to ensure effective upstream strategies to reduce the stresses, risks, and inequities confronting individuals, families, and communities. We also need to re-build our commitment to, and expectations of, each other – that sense of connection with and collective responsibility for others in our societies.

ASI 2021 will be of interest to: politicians, public servants, health practitioners, private sector, media, unions, academics, educators, social agencies, community organizations, Indigenous leaders, youth leaders and the general public.

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

– Patsy Beattie-Huggan,
ASI Coordinator

Goal: To increase our understanding of the importance of connections with family, community, place and nature for infant, child and youth wellbeing for the whole of society; and to foster policy actions that influence upstream investment in promoting wellbeing, resilience, and (re)connection throughout Atlantic Canada.

Objectives

1. To bring together people who are capable of influencing and implementing changes at the policy and community levels
2. To enhance our understanding of the structural and contextual conditions that support resilience in infant, child, and youth mental health
3. To develop knowledge and skills that can be applied to building resilience in ourselves, our communities and society
4. To explore progress on policy actions that support upstream investment based on the ASI policy brief
5. To build an action agenda for the development of structural and contextual conditions for resilience in the post-COVID-19 era following ASI 2021
6. To model a supportive environment for learning and wellbeing – and have fun!

Design Principles

Youth Engagement: Youth will be engaged in providing input to the process of planning the ASI 2021 program and participating in the intergenerational event.

Universal Design for Learning: Whole society representation will be welcomed in the planning process and diverse audiences will participate in ASI 2021.

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

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

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

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

Design Principles for ASI and ASI Call to Action

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

Overarching frameworks and strategies

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

ASI Youth Leadership Program

At the Atlantic Summer Institute we will continue our work in learning and shaping the future agenda of the mental health system in Atlantic Canada during and after the COVID-19 pandemic. ASI has learned from previous events how important it is to foster intergenerational learning; therefore, there will be time for youth to both participate in the full ASI 2021 program and convene separately to develop long-lasting connections.

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



ASI 2021 will support at least five youth from each Atlantic province to participate in this year's online forum. Young people between the ages of 18 and 25 who are affiliated with a community group and have experience/interest in being an advocate or leader are encouraged to apply. The ASI Youth Leadership Program is inclusive and welcomes youth applicants from all communities and lived experiences including but not limited to BIPOC, LGBTQ2I, and disability. Given the Forum's focus on reconnecting, resilience and upstream solutions to child and youth mental health, we welcome youth with lived experience of mental illness and precursors like poverty, family conflict and homelessness. Youth organizations are encouraged to provide mentorship and support to nominated youth from the application process through to forum participation, to foster their successful engagement in the policy experience.





ASI 2021 Forum - Program

Designed for online delivery
August 23-25, 2021



All times listed in Atlantic Daylight Time (ADT)

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

Monday, August 23

On your own time	View the film – the Great Disconnect in advance of Paul Born’s keynote interview
9:30 – 3:00	Youth Leadership Program – (registered youth delegates only)
18:30 - 20:30	<p>OFFICIAL OPENING Welcome and land acknowledgement – Malcolm Shookner, ASI President Welcome Song - Julie Pellissier-Lush, Traditional Knowledge Keeper and PEI Poet Laureate Remarks by Officials, Sponsors Mayor Philip Brown, City of Charlottetown Maud-Andrée Lefebvre, Head of the Quebec Office in the Atlantic Provinces TD Bank Group</p> <p>Highlights from <i>ASI Online Interactive Presentation Series</i> – Malcolm Shookner, ASI President</p> <p>Atlantic Community Showcase <i>Videos showcasing 6 initiatives that are influencing and/or demonstrating upstream policy for infant, child and youth mental health promotion. These presentations will be available throughout the Forum on the exhibit page.</i></p> <ul style="list-style-type: none"> • “Health Messengers – Empowering People with Intellectual Disabilities to Advocate for Inclusive Wellness”, Special Olympics PEI (SOPEI) Healthy Communities Project • “Community Youth Networks of Newfoundland and Labrador – Who are we, what do we do?” – YMCA and Youth 2000 Centre • “The Way Forward: Understanding Healthy Masculinity”- Eskasoni Mental Health Services • “Planet Youth New Brunswick” – Public Health New Brunswick • “Brain Builders Lab – The Atlantic Canadian Experience” – Atlantic Canada Brain Builders Lab and Horizon Health Network • “Quality Improvement in First Nation Child Care” – North Shore Micmac District Council <p>Setting the Context – A message from Claire Betker, Scientific Director, National Collaborating Centre for Determinants of Health <i>Building systemic resilience - The way forward</i></p> <p>Keynote - A Conversation with Paul Born, Co-CEO, Tamarack Institute, Interviewed by Trevor Hancock, Professor and Senior Scholar (retired), School of Public Health and Social Policy, University of Victoria</p> <p><i>Deepening Community</i></p>

Tuesday, August 24

9:15 – 10:00	Youth Learning Circles – bring your coffee
10:00 – 10:30	Coffee and speed networking at home - Attendees will be divided into groups to connect online, just like sitting around a speed networking table face to face!
10:40 – 10:45	Morning Welcome Julie Pellissier-Lush, Traditional Knowledge Keeper for L'nuey, the Epekwitk Mi'kmaq-rights initiative and PEI Poet Laureate
10:45 – 12:00	Opening Plenary <i>The Great Reconnect – Moving forward from COVID-19</i> Opening Remarks and Panel Moderator - Trevor Hancock , Professor and Senior Scholar (retired), School of Public Health and Social Policy, University of Victoria Panel - How do we reconnect and build a resilient society to support mental health? <ul style="list-style-type: none"> • Mélissa Gagnéux, Medical Advisor, Estrie Public Health Department / INSPQ <i>From Lac-Mégantic to the pandemic: what have we learned about mental health promotion in post-disaster landscapes? Delivered bilingually</i> • Hon. Dorothy Shephard, New Brunswick Minister of Health <i>Reconnecting government with itself and with the public in planning future systems</i> • Tyler Simmonds, Filmmaker, and public speaker <i>Living in Flow & Leading with Love</i> • Heather Wilson, Executive Director, Child and Nature Alliance of Canada • Mark Greenberg, Emeritus Bennett Chair of Prevention Science, Penn State University <i>Rebuilding our School Communities</i>
12:00 - 13:00	Lunch Break - Networking - Music – Be active!
13:00 - 14:00	Youth Panel – Looking to the Future Opening Remarks and Panel Moderator - Brandon Hey , Research Policy Analyst, Mental Health Commission of Canada Youth Panel – Personal Reflections on COVID-19 and vision for the future <ul style="list-style-type: none"> • Claire Byrne, Black Cultural Society of PEI and Black Collective Media • Sumaya Muhammed, New Brunswick Multicultural Council • Madi Sutton, Mental Health Commission of Canada Youth Council • Hanley Ivan Smith, Youth Project, NS • Snowden Pijogge, Nain Youth Centre

14:00 – 15:00	<p>Round tables – Reconnecting and Building Back Better Facilitated by:</p> <ul style="list-style-type: none"> • Linda Liebenberg, Independent Researcher and Evaluator • Brandon Hey, Research Policy Analyst, Mental Health Commission of Canada • Arianne Melara, Manager of Youth Initiatives, Policy Lead and Stakeholder Engagement, New Brunswick Multicultural Council <p>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. Bring your thoughts and ideas!</p>
15:00 – 15:15	<p>Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!</p>
15:15 - 16:45	<p>Concurrent workshops – Skill development - 10 workshops offered again the next day. Participants may choose ONE 90-minute workshop to attend.</p> <ol style="list-style-type: none"> 1. Special Olympics of PEI – Matthew McNally <i>Engaging the arts in promoting healthy communities</i> 2. Édith St-Hilaire, Planning Officer, Chaudière-Appalaches region’s public health department and Audrey Lafond, Research and Knowledge Transfer Officer, Université du Québec à Rimouski <i>Steps from a region of Quebec to limit the psychosocial impacts of the COVID-19 pandemic by promoting population mental health</i> Delivered in French with simultaneous interpretation 3. Mélissa Généreux, Medical Advisor, Estrie Public Health Department and INSPQ <i>A Salutogenic Approach to Disaster Recovery</i> – Delivered bilingually, Delivered on August 25th only 4. KDE Hub for Child and Youth Mental Health Promotion – Barb Riley, Eric d’Avernas and Renata Valaitis <i>Resilience and the pandemic: Experiences of 20 diverse projects from the Mental Health Promotion Innovation Fund</i> 5. Raising the Village – Jim Mustard, Madison Greening and Amanda Knight <i>The Early Years Starting Strong, Creating Welcoming Spaces to Connect and Belong</i> 6. NB Institute for Research, Data and Training – Ted McDonald, Eva Christensen, Jessica Mann, Bethany Jones, Madeleine Gorman-Asal <i>Data: The Great Connector</i> 7. StoryCentre Canada – Rani Sanderson <i>Digital Storytelling advancing youth resilience in a post-Covid world</i> 8. #RisingYouth – Cory Herc and Daniel Ohaegbu <i>Grant Writing for Community Impact: Turning Ideas into Action</i> Delivered in French on the 24th, Delivered in English on the 25th 9. Newfoundland Department of Education – Pamela Williams <i>Building Systemic Connections and Support for Social and Emotional Learning in K-12 Education</i> 10. Harris Centre – Cathy Newhook <i>Forecast Newfoundland and Labrador - Charting a course for climate action through citizen engagement</i>

Wednesday, August 25

9:15 – 10:00	Youth Learning Circles – bring your coffee (Youth Leadership Program)
10:00 – 10:30	Coffee and networking at home - Attendees will be divided into groups to connect online, just like sitting around a speed networking table face to face!
10:45 – 11:00	Welcome and announcements Julie Pellissier-Lush, Traditional Knowledge Keeper for L'nuey, the Epekwitk Mi'kmaq-rights initiative and PEI Poet Laureate
11:00 – 12:15	Opening Plenary – Let's talk Policy! An update on the ASI Policy Brief Facilitated by David French , Managing Director, A Way Home Canada and Mary Jane McKittrick , Community Planning Manager, A Way Home Canada Roundtables: <i>Reflecting on the Policy Brief</i> 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. Bring your thoughts and ideas!
12:15-13:15	Lunch Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!
13:15 – 13:45	Policy in Action – How a strategic plan guides the development of a resilient college community! Sandy MacDonald , President, Holland College
13:45 – 15:15	Concurrent workshops – Skill development - 10 workshops repeated from August 24.
15:15 - 15:30	Break - Networking - Music – Be active! <i>Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!</i>

<p>15:30 – 16:30</p>	<p>Closing Panel – Upstream Policy Momentum in Atlantic Canada, Quebec and beyond.</p> <p>Opening Remarks and Moderator – Olivier Bellefleur, Scientific Lead, centre de collaboration nationale sur les politiques publique et santé/National Collaborating Centre for Healthy Public Policy (CCNPPS/NCCHPP)</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Nicole Bernier, Expert Scientific Advisory, CCNPPS/NCCHPP, <i>“A health in all policies in Quebec: three lessons to consider”</i> • Vanessa Nevin, Health Director, Atlantic Policy Congress of First Nations Chiefs Secretariat <i>Integrating Indigenous values, science and world views in shaping policy.</i> • Lori M. Wozney, Senior Health Outcomes Scientist, Nova Scotia Health <i>Health Equity, Technology and Narrowing the Digital Divide</i> • Karen Clarke, Social Worker, NL <i>Progressing Policy: Honouring Values with Actions</i>
<p>16:30 - 16:45</p>	<p>Key Messages of ASI 2021 - Malcolm Shookner, ASI President</p> <p><i>What have we learned together?</i></p> <p>Continuing the Dialogue - Through an evaluation process, we will gather your reflections, insights and create a policy brief for action on upstream investment in Atlantic Canada and beyond.</p>
<p>16:45 – 17:00</p>	<p>Closing</p> <ul style="list-style-type: none"> • Youth reflection • Closing Song - Julie Pellissier-Lush, Traditional Knowledge Keeper for L'nuey, the Epekwitk Mi'kmaq-rights initiative and PEI Poet Laureate

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The Community Foundation of Prince Edward Island (CFPEI) provides a well-established means to support philanthropic activities for Prince Edward Islanders to support community needs. Our mission is to improve the quality of life on PEI through the creation and building of endowment funds that will enhance life for all residents.

The CFPEI is a charitable non-profit organization that contributes time, leadership and financial support to initiatives that benefit our community most. We provide a 'user-friendly' vehicle for donors to create endowment funds to support charitable activities. Income generated from investments is directed through grants and scholarships to support a wide range of diverse needs in Prince Edward Island communities. Because of the permanent nature of these endowments, income is available for now and generations to come.

2020 was the 27th year in operation for the Community Foundation of PEI and what a year it was. Despite pandemic challenges, CFPEI distributed well over \$500,000 (granting and flow through) to a broad range of worthy causes on behalf of the generous individuals and organizations who are our donors. We look forward to connecting even more caring people with worthy causes in 2021!

DONOR - Anyone can become a donor and gift a small or large amount of money to the CFPEI with a charitable donation receipt provided for tax purposes. Gifts can be immediate, or as part of an [estate plan](#).

DONOR ENGAGEMENT – The Community Foundation of PEI and donors work together to determine what community activities the money can support.

MAKE A CONTRIBUTION – We work with donors to establish a new endowment fund or give to an existing fund.

INVESTMENT - The donor's gift is pooled with our endowed assets (now totaling close to \$15 Million), invested through careful stewardship and income is used to make grants.

GRANTS – The Community Foundation of PEI distributes grants to all corners of the community, based on the needs of the community and the priorities set by the donors and the Foundation.

COMMUNITY IMPACT - The Community Foundation of PEI invests in many ways - grants, building partnerships and pooling knowledge, resources and expertise to stimulate ideas and strengthen community.

WHY CONTRIBUTE TO THE COMMUNITY FOUNDATION OF PEI?

- Community knowledge – We have a deep understanding of local needs and opportunities.
- Expertise – We have expertise in financial management and granting.
- Leadership – We are led by a board of directors comprised of knowledgeable community leaders.



Contact us for more information:
Community Foundation of PEI

119 Queen Street, Suite 102 Charlottetown, PE C1A 4B3
Phone 902.892.3440 | www.cfpei.ca | info@cfpei.ca



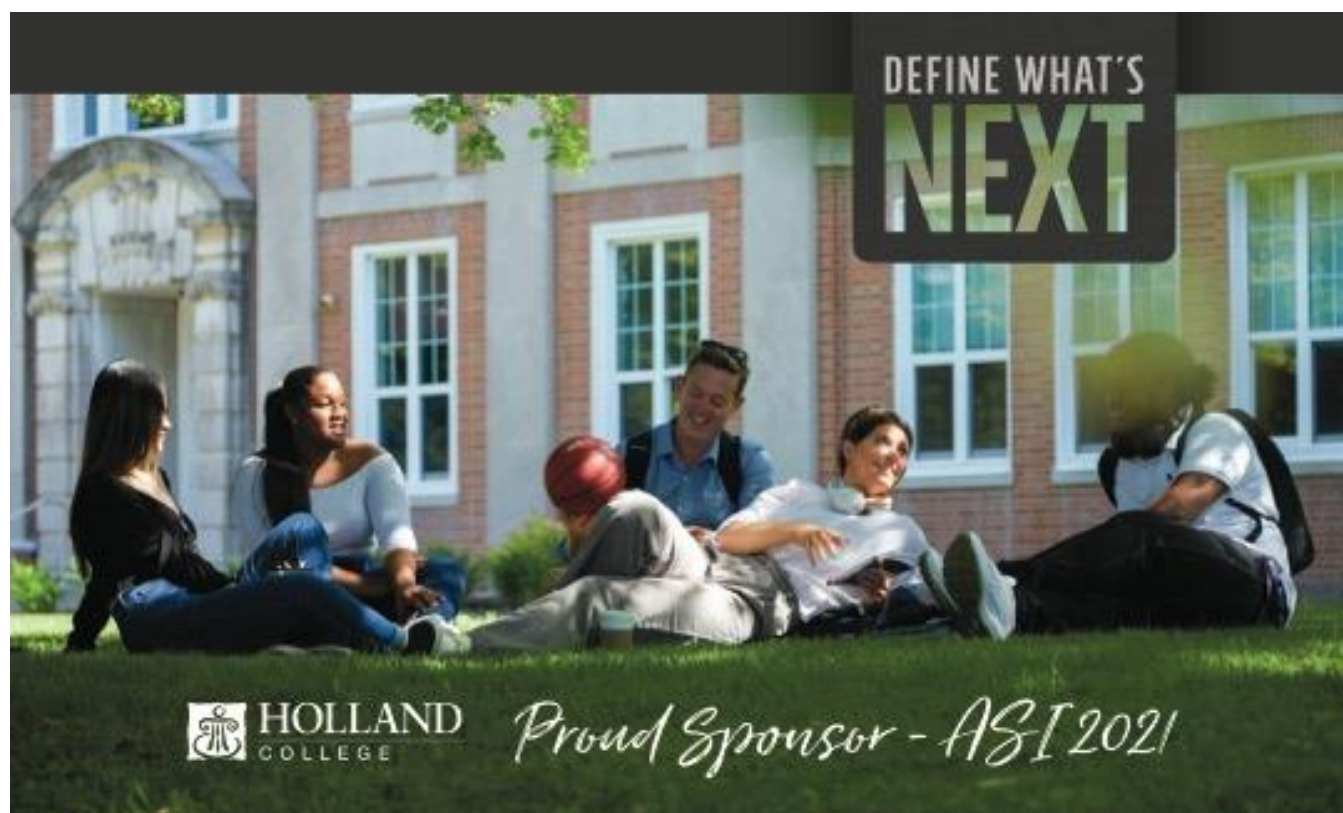
Proud to support the Youth Leadership Program.

We are working together with Atlantic Summer
Institute to make a difference in our communities.



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

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



How are we a catalyst?

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

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



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

In conjunction with many of our learning events, a parallel Children's Program is included, which reduces barriers to participation for adult ASI attendees. It also provides our youngest change leaders with opportunities to learn, be creative, and engage with each other in a fun program designed to reflect the theme of the adult program. Drawing on the Circle of Health – a collaborative teaching tool that includes the Ottawa Charter on Health Promotion, the social determinants of health and the Aboriginal Medicine Wheel – we bring practitioners, innovators, public servants, academics and community leaders together to learn and support each other to create a more sustainable and inclusive Atlantic Canada.

What is our current priority area?

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



Why is our work important?

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

Visit www.asi-iea.ca for more information.



www.asi-iaa.ca



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