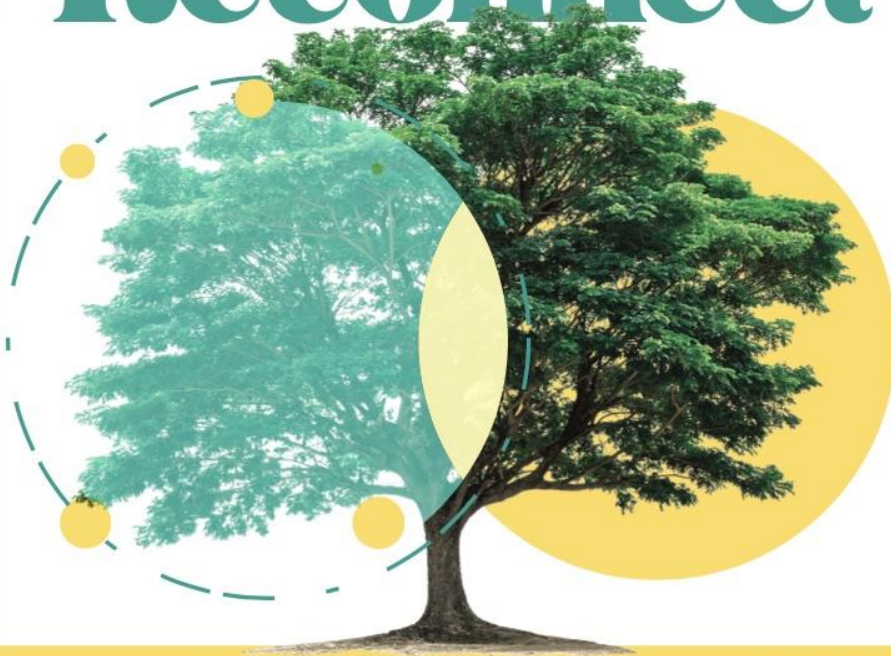




The Great Reconnect



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

Advancing the promotion
of mental health of infants,
children and youth mental
health for the whole of society

Online
www.asi-iea.ca
August 23rd - 25th
2021

MONDAY, AUGUST 23

Official Opening

Official Welcome and land acknowledgement

Malcolm Shookner

ASI President

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.



Welcome Song

Julie Pellissier-Lush

Knowledge Keeper, L'nuey; Poet Laureate of PEI

Julie Pellissier-Lush is an actress, and bestselling author of *My Mi'kmaq Mother*, and *Mi'kmaq Campfire Stories of Prince Edward Island*. She is the Poet Laureate for PEI, recipient of the Queens jubilee medal in 2013, the Meritorious Service Medal recipient in 2017, and the Senators 150 medal in April 2019. She grew up all over Eastern Canada and spent a number of years in Winnipeg, Manitoba, before coming back home. Julie is a graduate from the University of Winnipeg in 2000 with a double major in Psychology and Human Resource Management. She works as a Knowledge Keeper for L'nuey, the Epekwitk Mi'kmaq-rights initiative and the Board of Director for the Native Council of PEI. 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* which has been performed on many different stages in the Atlantic region. Julie lives in PEI with her husband Rick, her five children, and her granddaughter Miah.



Atlantic Canadian Showcase

Special Olympics PEI (SOPEI) – Health Messengers

Matthew McNally, working as Program Director for Special Olympics Prince Edward Island, has been involved in sport and recreation work since graduating from the University of New Brunswick in 2010. In his Program Director role, he has responsibilities focused on enhancing Competition, Coach Education, Athlete Leadership, Healthier Communities, and the development of Sports Programs for all ages. The organization offers programs that support the enrichment of lives for people with intellectual disabilities through sport which is only possible through a dedicated team of staff and essential volunteers. In 2015, Matthew worked closely with Island health professionals to adopt the Special Olympics Healthy Athletes programs in PEI. As a result, Special Olympics PEI has also become 1 of 44 Special Olympics programs worldwide to attain the criteria set by Special Olympics International to become an accredited Healthy Community.



The Special Olympics PEI Health Messengers program is just one key part of the Athlete Leadership Academy, which goes beyond sports training and competition to offer knowledge and experience in a specific focus area. Athletes are equipped with the tools to undertake positions of leadership within their community and the broader movement. These roles give athletes a voice in shaping the Special Olympics movement and a chance to spread the word about the transformations Special Olympics can bring to individuals and families. The Health Messengers program empowers athletes to develop healthy lifestyles, influence other athletes to lead healthier lives, advocate within their communities for inclusion around health and wellness services, and provide education and resources for people with intellectual disabilities. Health Messengers choose a focus area and serve as health and wellness leaders, educators, advocates, and role models. Their work enhances the overall Health Communities project that aims to create communities where Special Olympics athletes and others with intellectual disabilities have the same access to health and wellness resources – and can attain the same level of good health – as all community members, and where there is no “wrong door for someone with ID to walk through.”

Child and Youth Network (CYN), Grand Falls – *Community Youth Networks of Newfoundland and Labrador: Who are we, what do we do?*

Terrilynn Barry was born and raised in NL, and relocated to Grand Falls Windsor 8 years ago, changing careers from Insurance Sales, to Child & Youth Care. Terrilynn, her husband Steve and son Tyson have fostered youth in the Grand Falls Windsor area and as a family built a relationship with in the Community and a strong voice for the Youth in GFW and surrounding area. Terrilynn Manages the Youth 2000 Centre under her role with the YMCA of Exploit's Valley, and remains active in community partnerships and volunteer roles.

Terrilynn Barry, Director of the CYN in Grand Falls Windsor, will describe the CYN's throughout the Province, and highlight how the CYN's have adapted during covid-19. She will also describe how youth have been very resilient at this most challenging time and how with each other's assistance and support, we will remain strong in our CYN families. Our program has in many ways had to pivot and adapt new programming methods during Covid-19 and for a post Covid-19 world. We have adapted to virtual programming and a hybrid model allowing for in person and virtual as Covid-19 health measures guide the way. Along with learning about the CYN of NL, who we are and what we do, people will learn about how we have learned from the resiliency of our youth. We will also learn about how we can reconnect and not allow Covid-19 to pull us down, but actually to build strong connections and community partnerships in this time of a pandemic.

Eskasoni Metal Health Services – *The way forward: Understanding healthy masculinity*

The Way Forward is a training program for young men (aged 20-33) focused on wellbeing. The intent is to promote wellbeing, as well as healthy relationships and develop the capacity to serve as mentors for younger youth (aged 12-16). The Way Forward engages a small group of young men in a group program (offered over 10 weeks or as a single retreat), designed to foster critical reflection and discussion on key issues related to healthy masculinity. These issues include risk-taking behaviour, sexuality, sexual violence, substance use and abuse, masculinity, and groupthink. Each module is embedded within the medicine wheel and integrates relevant aspects of the 7 sacred teachings. Notions of well-being and healthy relationships run throughout the modules. The program is an adapted version of a program for adolescent boys focused on healthy help-seeking behaviour, The Guy's Program. The Way Forward was initiated due to a community-identified need to provide enhanced wellbeing supports for young men in this age group. The program adaptation is informed by previous research (Spaces & Places, <http://youthspacesandplaces.org/>; Change the Silence, <http://changethesilence.org/>). Young men who worked on these previous projects were consulted in the adaptation of the original program, ensuring it is age and culturally relevant.

Public Health New Brunswick – *Planet Youth New Brunswick*

The team at Public Health New Brunswick is collectively leading the development of this project in collaboration with Addictions and Mental Health Services. The Project Lead is situated in the Prevention and Control Branch and has an MSc. in Global Health and Public Policy, and a research and health promotion background focused on the commercial determinants of health and the political economy of public health from a structuralist perspective.

In support of the Government of New Brunswick's Addictions and Mental Health Services Action Plan, Public Health New Brunswick is leading the adaptation and implementation of the Icelandic Prevention Model through the Planet Youth platform in the New Brunswick. Lanark County, Ontario led the way as the first Canadian Planet Youth project site and we are pleased to be working towards adapting and evaluating the model within

New Brunswick. Public Health New Brunswick has situated the Planet Youth model within an overarching framework to upstream prevention that emphasizes the need to approach substance use and population health from the perspective of the interrelated structural, social, and commercial determinants of health. Planet Youth complements this approach and will be strengthened by its inclusion in this broader framework. Planet Youth will be implemented as a pilot project, starting out small and working with early innovators in community to best support testing out the impact and nuances of applying this model within the local context. Evaluation will enable consideration for scaling-up across the province at the end of the five-year pilot. Work will begin in-action pending our first round of data collection set to take place by February 2022.

North Shore Micmac District Council Inc. – *Quality Improvement in First Nation Child Care*

Helen Bernard-Ward works as a Supported Child Development coordinator for Mi'kmaq Family Support at (NSMDC)North Shore Micmac District Council. She works with the seven First Nation communities in New Brunswick along with the two First Nation communities in Prince Edward Island. She has been involved in education for over nineteen years, as former principal and teacher at Natoaganeg School in Eel Ground, NB. She obtained her M.Ed. from the University of New Brunswick in Leadership and Administration. Her experiences as an educator has helped her to understand the challenges and realities of First Nations children. Therefore, she became an advocate for them as she has seen the gaps in services provided to First Nation children and the lack of funding and/or resources. This passion to support children and families in First Nation communities has been her driving force to continue her journey in her new role as she supports children, families and community.

We began with a proposal to support Early Learning and Child Care centers with some professional development around quality and standards. In July 2019, we were approved for a proposal and eight members from the Atlantic region took part in (AQI) Assessment for Quality Improvement training in Toronto. The Assessment Quality Improvement (AQI) is a rating scale used to evaluate program quality in childcare centers. It draws on the following key elements that are essential for a high-quality childcare program and are like the Aboriginal Head Start on Reserve domains:

- Program content and development
- Health & Safety standards of the physical facility
- Training, experience, and stability of caregivers
- Group size; ratio of children to caregivers
- Family involvement in the program
- Sound management practices
- Staff and children's interactions

We were able to work with the City of Toronto and its' Children's Services sector on making some significant revisions that were culturally sensitive to our values and culture.

A Community of Practice was established with the City of Toronto Children's Services, which supports our organization with training and defining quality improvement in First Nation early childhood settings. Two key factors that have come out of this partnership with the University of Toronto in the creation of a First Nations Assessment Quality Improvement (AQI) certification and a database that assist with implementation of the Quality Assessment tool.

Atlantic Canada Brain Builder Lab & Horizon Health Network - *Brain Builders Lab - the Atlantic Canadian Experience*

Heather **Bernard-Ward** is a member of Horizon Health's team for the Brain Builders Lab. Sponsored by the Canadian Centre on Substance Abuse, the BBL provides a framework for the practical application of the brain science of trauma on individuals and their communities. In addition to the BBL, Heather is co-lead for the Self-Healing Communities Model project in Saint John, NB. This first in Canada project builds capacity at both the community and system level, by implementing an innovative model of community development grounded in the science of Adverse Childhood Experiences (ACEs) and valuing the expertise of individuals with lived experience.

Lifelong health is determined by more than just our genes: experiences at sensitive periods of development change the brain in ways that increase or decrease risk for later physical and mental illness, including addiction. Recognizing this, the Canadian Centre on Substance Use and Addiction (CCSA) partnered with the Alberta Family Wellness Initiative to host a project that would spread the science of brain development across the country. In December 2018, a call for interest went out and 65 participants from across Canada were selected to participate in the Brain Builders Lab (BBL), including a team of 10 diverse Atlantic Canadians. A two-day kick-off event was held in Ottawa in March 2019 and provided an opportunity to work with peers, experts, and mentors, as well as develop projects that would spread and embed the knowledge of the Brain Story, a free on-line certification on brain science, across our communities. The Atlantic Canada team worked together to leverage connections, expertise, synergies, as well as identify opportunities for collaboration and partnership across the region. Even though the BBL officially ended in February 2021, we continue to meet periodically to provide provincial updates and identify opportunities for continuing development and collaboration.

Setting the Context – A Message from Dr. Theresa Tam

Dr. Theresa Tam

Chief Public Health Officer of Canada

Dr. Theresa Tam was named Canada's Chief Public Health Officer on June 26, 2017. She is a physician with expertise in immunization, infectious disease, emergency preparedness and global health security. Dr. Tam obtained her medical degree from the University of Nottingham in the

U.K. She completed her paediatric residency at the University of Alberta and her fellowship in paediatric infectious diseases at the University of British Columbia. She is a Fellow of the Royal College of Physicians and Surgeons of Canada and has over 55 peer-reviewed journal publications in public health. She is also a graduate of the Canadian Field Epidemiology Program.



Dr. Tam has held several senior leadership positions at the Public Health Agency of Canada, including as the Deputy Chief Public Health Officer and the Assistant Deputy Minister for Infectious Disease Prevention and Control. During her 20 years in public health, she provided technical expertise and leadership on new initiatives to improve communicable disease surveillance, enhance immunization programs, strengthen health emergency management and laboratory biosafety and biosecurity. She has played a leadership role in Canada's response to public health emergencies including severe acute respiratory syndrome (SARS), pandemic influenza H1N1 and Ebola.

Dr. Tam has served as an international expert on a number of World Health Organization committees and has participated in multiple international missions related to SARS, pandemic influenza and polio eradication.

Keynote

Paul Born

Co-CEO, Tamarack Institute; Director, Vibrant Communities

Paul Born is a global leader and an award-winning author on issues of community. His knowledge about Collective Impact and Community Engagement is extensive. Paul grew up as the son of refugees that worked together to survive and then thrive. This experience is what made him deeply curious about and engaged in ideas that cause people to work together for the common good.

Paul is the Co-founder and Co-CEO of Tamarack Institute, a 25,000-member learning community, and the Founder and Director of Vibrant Communities, a Collective Impact movement: Cities Reducing Poverty and Cities Deepening Community that is now active in over 300 cities.

A large-scale community change facilitator, Paul is the author of four books including two Canadian best sellers. He is a global faculty member of the Asset Based Community Development Institute (ABCD) and a senior fellow of Ashoka, the world's largest network of social innovators. Paul was appointed to the Order of Canada in 2019.



TUESDAY, AUGUST 24

Opening Plenary: The Great Reconnect – Moving Forward from COVID-19

Moderator

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 Honorary Life Member of the Canadian Public Health Association in 1990 and an Honorary 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.

Panelists

Mélissa Généreux

Medical Advisor, Estrie Public Health Department and the INSPQ

Mélissa Généreux holds a doctorate in medicine, a master's degree in public health and a specialization in community medicine from the University of Montreal. After having been appointed as Director of Public Health for six years in the Estrie region (2013-2019), she now acts as a medical advisor for the Estrie Public Health Department and the INSPQ, as well as the coordinator of the Health program in Ouranos, a consortium in adaptation to climate changes. She has developed an expertise in the field of disaster management and psychosocial recovery through her strong involvement during and after the Lac-



Mégantic rail tragedy in 2013, as a researcher, a decision-maker and a practitioner, as well as through her support brought to health authorities as a consultant during the 2016 Fort McMurray wildfires in Alberta and the 2017 and 2019 spring floods in Quebec. As a member of the WHO Health Emergency and Disaster Risk Management Framework Research Network, she has developed a strong international network and has contributed to several knowledge creation and transition activities in the field of disaster risk reduction (e.g. WHO expert meeting, workshops, conferences, scientific papers, reports, book chapters). She is currently leading two studies, one on the sociosanitary consequences during and after the 2019 spring floods in Quebec, and another on the psychological and behavioral response to the COVID-19 pandemic. She also acts as a consultant for the Ministry of Health and Social Services for the creation and the implementation of a network of psychological health scouts across Quebec.

Tyler Simmonds

Filmmaker and Public Speaker

Tyler Simmonds is an Award Winning, Canadian Film Director and Keynote Speaker on mental health and mindfulness. Tyler has spoken at many notable events such as TEDx and We Day. His is clearly a message that resonates with many. In 2016, the Huffington Post named him one of the “10 Inspirational people under 30 you should be following on Twitter.”. Within the film world, Tyler continues to use his storytelling abilities to create impactful and engaging films that in his words are “Made to touch your soul.”



With the Covid-19 pandemic and the many tragedies that have happened over the past two years - Tyler will speak on the importance of mindfulness, self-care, and leading with love. Love for oneself and for each other.

Heather Wilson

Executive Director, Child and Nature Alliance of Canada

I acknowledge this Land is Indigenous Land. The Land is my touchstone. I am grateful to the Land for always guiding and supporting me. I am grateful to the Land for sharing its lessons with me, and for providing comfort and sustenance to me and my family.

Heather is a white settler queer woman with a passion for outdoor play, nature, and social justice and has worked in the non-profit and political fields for two decades.

As a student Heather moved from the UK to Canada. She is grateful to be a guest on the unceded and unsundered traditional Lands of the Algonquin Anishinaabe people in Ottawa where her Jamaican-British-Canadian family lives, works, roams, and plays.



After a two-year hiatus in Jamaica with her family Heather returned to Canada in 2017 to take on a role in Operations and Finance with the Child and Nature Alliance of Canada. Now the Executive Director, Heather follows the lead nature gives us - empowering others to thrive.

Mark Greenberg

Emeritus Bennett Chair of Prevention Science, Penn State University

Mark Greenberg, Ph.D. is the Emeritus Bennett Chair of Prevention Science at Penn State University. He is the author of over 350 journal articles and book chapters on the development of well-being, learning and the effects of prevention efforts on children and families. He is a Founding Board Member of the Collaborative for Academic, Social and Emotional Learning (CASEL). He is the recipient of numerous awards including the Urie Bronfenbrenner Award for Lifetime Contribution to Developmental Psychology in the Service of Science and Society from the American Psychological Association. One of his current interests is how to help nurture awareness and compassion in our society. He is the Chairperson of the Board of CREATE, a non-profit devoted to improving the quality of schooling and the lives of teachers and students (www.createforeducation.org).



Rebuilding our School Communities

We have experienced an unparalleled interruption in our educational systems. The many losses and traumas cannot be ignored There is much to be done to repair and rebuild our schools, relationships with students, colleagues, and parents. I will focus on what can we do as educators to support ourselves, our students and families, and our colleagues

Hon. Dorothy Shepard – Information to come soon

Youth Panel – Personal Reflections on COVID-19 and Vision for the Future

Moderator

Brandon Hey

Research Policy Analyst, Mental Health Commission of Canada (MHCC)
Brandon Hey is a research policy analyst with the Mental Health Commission of Canada. He is passionate about upstream and community-based solutions to mental health promotion, prevention for infants, children, youth and families. He holds a master's degree in community psychology and will be starting his PhD in counselling clinical psychology at the University of Toronto this fall.



Panelists

Claire Byrne

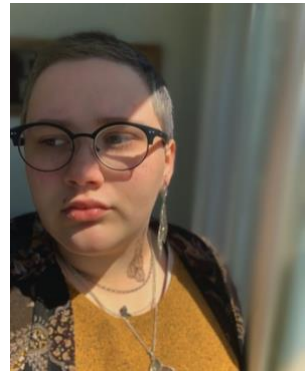
Claire is an afro-latinx woman from Charlottetown and one of the co-facilitators with the Black Cultural Society Girls' Group a youth group for BIPOC girls and a co-creator for the Black Collective Media Magazine in PEI.

For the panel Claire will be touching on the importance of community for mental wellness bringing in examples of what we've seen with the Girls Group and what we hope to do in the future.



Hanley Ivan Smith

Hanley Ivan Smith is a 19-year-old non-binary musician and activist based out of Halifax, Nova Scotia. They have been working with local nonprofits throughout their province to bring programs to youth that will uplift and educate sense the age of 12. Hanley has a passion for community and helping everyone feel seen. As a transgender, disabled plus-sized person they have worked to make sure others can succeed in a world that works against them. This has come across in Hanley's work with Gender and Sexuality Alliances (GSA), the Youth Project, Reachability, Khyber Center for the Arts, Pride Nova Scotia etc. . Through their experiences, they have connected to a broader community and learned how to use the system against itself to inform change. Hanley also makes delicious bagels.



Hanley will bring the perspective of queer disabled and neurodivergent youth to the discussion. They will speak on how two years of only having online safe spaces has changed what community means to queer youth and its effect on their mental health.

Sumaya Muhamed

My name is Sumaya Abdalla Muhamed, but I go by Maya Muhamed, I'm from Somalia, and I grew up in a country called Uganda for 13 years, and my family and I came to Canada in 2019. I started going to the YMCA when I arrived in Canada, and I knew how to speak English, but I was a little bit shy to speak and practice my English with others. I have just finished school at Harbour View High School, and I have applied to NBCC to take Practical Nursing and now I am in Skills Launch in Saint John. I am here to explore my career path and learn new things.



Madi Sutton

Madi (she/her) is a surgical nurse in Halifax. She has leveraged her eleven years of lived experience with mental illness to promote mental health, reduce stigma, and prevent suicide.

Madi teaches workshops for healthcare providers on how to engage youth in their own care, how to reduce barriers that prevent youth from accessing care, and how to foster youth mental health. She has a special interest in LGBTQ+ youth and people living with disabilities.

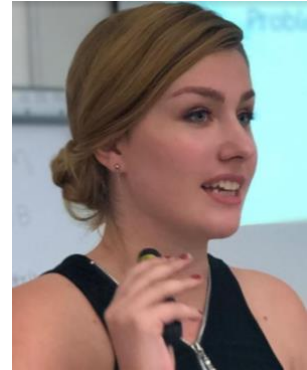
Madi participated in the MHCC Guidelines for Recovery-Oriented Practice Steering Committee, and advocates for colleges and universities to implement the MHCC's Post-Secondary Mental Health and Psychological Safety Standard.

She volunteers with the Canadian Postsecondary Partnership to Reduce Alcohol Harms, Dalhousie University Student Health Promotion, Sexualized Violence Prevention Working Group, and *Stay Connected*, a program that safely transitions adolescents from youth psychiatric care into the adult mental healthcare system.

She is certified in Mental Health First Aid and Applied Suicide Intervention Skills (ASIST).

COVID-19 has demonstrated that it is possible to offer virtual care, which reduces geographical and social barriers to accessing mental healthcare. Improved access facilitates earlier intervention and, therefore, better health outcomes for youth facing mental health challenges.

COVID-19 has also resulted in the promotion of free, accessible, online programs that help youth to improve their mental health through access to evidence-based approaches that they can implement themselves to cope with mental health challenges.



Snowden Pijogge – Information to come soon

Round Tables – *Reconnecting and Building Back Better*

Linda Liebenberg

Independent Researcher and Evaluator

Linda Liebenberg, PhD., is a researcher and evaluator with a core interest in children and youth with complex needs, and the communities they live in. Her work explores the promotion of positive youth development and mental health through development of community resilience, focusing often on initiatives driven by organizations and service providers. As a key component of this work, Linda reflects critically on how best to conduct research and evaluations with children and their communities, including participatory action research using image-based methods; sophisticated longitudinal



quantitative designs; and the design of measurement instruments used with children and youth across multiple cultures. Linda has presented internationally and published extensively on these topics of research and youth.

Brandon Hey

Research Policy Analyst, Mental Health Commission of Canada (MHCC)

Brandon Hey is a research policy analyst with the Mental Health Commission of Canada. He is passionate about upstream and community-based solutions to mental health promotion, prevention for infants, children, youth and families. He holds a master's degree in community psychology and will be starting his PhD in counselling clinical psychology at the University of Toronto this fall.



Arianne Melara

Manager of Youth Initiatives, Policy Lead and Stakeholder engagement, New Brunswick Multicultural Council

Arianne Melara was born and raised in El Salvador and currently lives in New Brunswick, Canada. She graduated from St. Thomas University with an Honours Bachelor of Arts in Economics and International Relations. Her personal and professional background is characterized by her passion for diverse social issues and her strong dedication to make her community better through collaboration. Arianne has 6 years of experience working in the nonprofit sector. Before joining NBMC, she worked with an international organization supporting experiential service-learning programs with educators and students in Ontario. Arianne is the Manager of Youth Initiatives, Policy Lead and Stakeholder Engagement for the New Brunswick Multicultural Council, and one of her most notable accomplishments has been to lead the provincial and bilingual youth leadership program called Imagine NB. Some examples of additional initiatives she has led include advocating for recommendations to improve how multiculturalism and immigration is taught in K-12 schools, including the contributions of immigrants to Canada and New Brunswick, as well as supporting educators in creating culturally inclusive and representative school communities. Arianne has received notable recognitions such as: her nomination for the Top 25 Immigrants in Atlantic Canada Award; being featured as a “Young New Brunswicker to Watch” by Huddle Today and as one of seven “Young Women of Conviction” by CBC. When she isn't at work, Arianne is sipping a cup of coffee, reading a non-fiction book, or hiking trails with Guacamole, her 4-month old, Weimaraner, furry son.



Concurrent Workshops – Skill Development

1. Special Olympics of PEI

Matthew McNally, working as Program Director for Special Olympics Prince Edward Island, has been involved in sport and recreation work since graduating from the University of New Brunswick in 2010. In his Program Director role, he has responsibilities focused on enhancing Competition, Coach Education, Athlete Leadership, Healthier Communities, and the development of Sports Programs for all ages. The organization offers programs that support the enrichment of lives for people with intellectual disabilities through sport which is only possible through a dedicated team of staff and essential volunteers. In 2015, Matthew worked closely with Island health professionals to adopt the Special Olympics Healthy Athletes programs in PEI. As a result, Special Olympics PEI has also become 1 of 44 Special Olympics programs worldwide to attain the criteria set by Special Olympics International to become an accredited Healthy Community.



Healthy Communities Collaboration: Exploring the opportunities harnessed through the arts and culture community that advanced the health needs of individuals with intellectual and developmental disabilities (IDD).

This workshop will explore the inclusive health work lead by Special Olympics PEI and the collaborations that enabled more awareness and support for the health needs of people with intellectual and developmental disabilities (IDD). Special Olympics PEI has witnessed that the holistic approach to programming off the field of play often results in an even better experience for athletes when they step on the field to practice or compete. Therefore, since 2015, the organization has an even greater emphasis on supporting the work towards communities where Special Olympics athletes and others with IDD have the same access and support to health and wellness resources and can attain the same level of good health as all community members. This intentional approach to playing a part in creating healthier communities draws from The Circle of Health® model, which continues to help guide the health work for our strategies (How can we improve our health), populations (who we work with to improve our health), determinants (what makes and keeps us healthy), and values (why we work to improve health). During the workshop, we will discuss the foundational elements of how Special Olympics PEI has shifted its mindset to weave this holistic approach to health throughout the organization and some of the critical community collaborations that have helped raise awareness and effected change.

As a participant, you will have the opportunity to learn directly from people with intellectual and developmental disabilities while exploring the organization's strategies to work with community members who have not traditionally been as involved in these creative activities before. Together, we will look at the 2020-21 partnership elements with the arts and culture community that profoundly impact PEI's healthy communities' work. Additionally, together we will explore what could be next for this work and what steps

may be needed to effect systematic and policy changes for people with IDD, which will benefit all. Ideally, all participants can gain insight from the challenges, successes, and discussions we all share from each perspective during our time together. In addition, there will be education provided about intellectual and developmental disabilities and the Healthy Communities project that Special Olympics PEI has adopted.

2. Edith St-Hilaire

Édith St-Hilaire has been working for the past 20 years at the Chaudière-Appalaches region's public health department as a planning officer in mental health promotion and suicide prevention. With a master's degree in psychology from Université Laval and a graduate microprogram in change management and population responsibility (Université de Montréal, 2014 to 2016), she has always been interested in prevention and mental health promotion to act upstream and improve population mental health. From the beginning of the pandemic, she initiated a psychosocial watch approach to support regional and local actions to limit the impacts of the pandemic and health measures, especially on the most vulnerable groups. With a few committed colleagues, a variety of actions were implemented in the Chaudière-Appalaches region, including various actions to support community resilience and social cohesion in the context of the pandemic.



Steps from a region of Quebec to limit the psychosocial impacts of the COVID-19 pandemic by promoting population mental health

To share the means implemented to maintain a mobilization around mental health promotion in the context of the COVID-19 pandemic and to limit the psychosocial impacts on the health of the population, including social inequalities in health. Based on the theoretical framework proposed by the INSPQ, various actions were carried out with a focus on supporting emerging initiatives that promote community resilience and social cohesion.

Skills to be developed for participants:

- *Know ways to influence regional priorities in favor of mental health promotion and prevention, with a view to reducing social inequalities in health: how can a public health department support community resilience in the context of a pandemic?*
- *Appreciate the benefits of intersectoral collaboration and multi-disciplinary work for concerted and effective action in promotion and prevention*
- *Identify strengths and opportunities for synergistic action*

3. Mélissa Généreux

Mélissa Généreux holds a doctorate in medicine, a master's degree in public health and a specialization in community medicine from the University of Montreal. After having been appointed as Director of Public Health for six years in the Estrie region (2013-2019), she now

acts as a medical advisor for the Estrie Public Health Department and the INSPQ, as well as the coordinator of the Health program in Ouranos, a consortium in adaptation to climate changes. She has developed an expertise in the field of disaster management and psychosocial recovery through her strong involvement during and after the Lac-Mégantic rail tragedy in 2013, as a researcher, a decision-maker and a practitioner, as well as through her support brought to health authorities as a consultant during the 2016 Fort McMurray wildfires in Alberta and the 2017 and 2019 spring floods in Quebec. As a member of the WHO Health Emergency and Disaster Risk Management Framework Research Network, she has developed a strong international network and has contributed to several knowledge creation and transition activities in the field of disaster risk reduction (e.g. WHO expert meeting, workshops, conferences, scientific papers, reports, book chapters). She is currently leading two studies, one on the sociosanitary consequences during and after the 2019 spring floods in Quebec, and another on the psychological and behavioral response to the COVID-19 pandemic. She also acts as a consultant for the Ministry of Health and Social Services for the creation and the implementation of a network of psychological health scouts across Quebec.



A Salutogenic Approach to Disaster Recovery

There is no doubt that mental health challenges posed by disasters will increase due to climate, demographic and social changes. Psychosocial impacts resulting from large-scale disasters have been largely demonstrated. Among others, the 2013 Lac-Mégantic train derailment (Québec, Canada) provoked unprecedented human and material losses, which led to persistent and widespread mental health needs. Inspired by a salutogenic approach, Public Health has shifted its focus from health protection to health promotion. A collective reflection with local stakeholders led to the construction of a community asset map, an action plan for the community recovery, and the creation of an Outreach Team. Several promising initiatives arose from the action plan, all of which greatly contributed to mobilize the community. Participants will learn how to apply learnings from this recent disaster to the COVID-19 pandemic, in such a way as to ensure the promotion of individual and community resilience in the post-COVID era.

4. KDE Hub for Child and Youth Mental Health Promotion

Barb Riley, PhD, is the founding Scientific Director for the KDE Hub in Mental Health Promotion. This and previous roles apply her academic training in population health sciences and human geography and fulfil her passion for engaged scholarship. Using systems thinking, partnerships, a plurality of methods, and an openness to learning, Barb seeks to support the creation and use of meaningful knowledge – all for improving actions and outcomes on upstream determinants of health. Non-traditional roles find Barb;



the ones that are hard to explain to your family! Prior to the KDE Hub, Barb served as Executive Director of the Propel Centre for Population Health Impact, partner in a health research and consulting firm, global evaluation lead for the Movember Foundation Social Innovators Challenge, and lead for a 6-year CIHR strategic training program in population intervention research for chronic disease prevention. Out of the office, Barb prefers downstream to upstream on back-country canoe trips and responds as often as possible when adventure calls.

Renata Valaitis, PhD, is the Evaluation and Research Manager at the KDE Hub. Her passion for public health research and evaluation began during her graduate studies at the University of Waterloo in the School of Public Health Sciences where she conducted two mixed method evaluations in school health promotion. Renata has since worked on a variety of public health research projects including two pan-Canadian, community-based implementation studies. In addition to the practical experience of conducting and managing research and evaluation projects, she also continues to expand her theoretical knowledge (and application of this knowledge) in the areas of knowledge translation, implementation, and impact assessment. Renata is proud to be part of the KDE Hub team and contribute to the advancement of child and youth mental health promotion across Canada.



Eric d'Avernas, MA, Implementation Manager at the KDE Hub, is increasingly interested in creative co-design and excited to work with projects funded through the Mental Health Promotion Innovation Fund and others to create and share knowledge. Eric has experience managing a diverse range of projects, including national multi-project initiatives, in both English and French. Since his post-secondary research examining how explorers in the Age of Discovery recounted their journeys and described the natural world around them, Eric has been intrigued by the way stories are crafted and the tools that can be used to tell them. Eric est toujours content de communiquer en français, aussi. N'hésitez pas à lui poser des questions en votre langue préférée!



Resilience and the pandemic: Experiences of 20 diverse projects from the Mental Health Promotion Innovation Fund

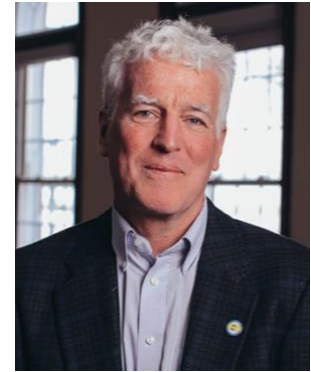
KDE Hub for Child and Youth Mental Health Promotion (kdehub.ca): Waterloo-based with a national mandate, the Knowledge Development and Exchange (KDE) Hub aspires to and supports mental health promotion that is evidence-informed, sensitive to cultures and contexts, equitable and sustainable. We support projects funded through the Public Health Agency of Canada's Mental Health Promotion Innovation Fund (MHP-IF) and others who share their interests. Workshop presenters include Hub team members, Dr. Barb Riley (Scientific Director), Dr. Renata Valaitis (Evaluation and Research Manager) and Eric

d’Avernas (Implementation Manager) in collaboration with MHP-IF projects from the Atlantic region.

In this workshop, the Knowledge Development and Exchange (KDE) Hub for Child and Youth Mental Health Promotion will share findings from a study of pandemic adaptation stories from all 20 MHP-IF projects across Canada, spotlight Atlantic experiences, and engage participants in exploring how these findings can help guide their own and others’ efforts to strengthen resilience at personal, community and system levels.

5. Raising the Village

Jim Mustard with his partner Margaret Thompson live in lovely Pipers Glen in Cape Breton where their family celebrates being part of a deeply valued settler and Mi’kmaq community. Jim has learned of the importance of working from a vision, while getting the job done and knows that the glue to hold it together is found in supporting the people and process.



He helped get Strait Area Transit Co-operative on the road, founded and chaired the Pan CB Food HUB Co-operative, is a founding board member of the Raising the Villages’ Cooperative, is a founding board member of Breton Forest Innovation Co-operative, co- chairs the Inverness County Centre of the Arts, and is a board member of Cape Breton University. Corporately, Jim is the CEO of Veterans for Healing Ltd, where he works to develop a model of care for those suffering from PTSD.

Jim shares a journey with many people, communities, and all levels of government to improve the health and prosperity across Unama’ki/Cape Breton.

Amanda Knight lives in Cornwall with her husband Karl, her ‘home away from home’, in the UK. She values her roots as a Maritimer, having grown up in northern New Brunswick, and how this influenced her life’s journey. Living in close proximity to the Atlantic Ocean for most of her life has inspired her love of nature, and her hobbies - such as photography, that allows for living in the moment.



With an early career working with Ottawa’s homeless population in Street Outreach, harm reduction became a foundation for all work that followed – she approaches her work with a ‘how can we reduce the harm to individuals and communities alike’ perspective? She has mainly worked for non-profits since. Amanda has worked with Raising the Villages since 2017 after a serendipitous meeting with Jim Mustard while living in Cape Breton for the better part of two years, and is the Communications and Network Development Coordinator. She relishes being part of a team,

and is delighted that they now have a strong group of nine passionate board members. The cooperative is working towards creating welcoming, inclusive, community spaces that provide equity from the start.

Madison Greening is passionate about social enterprise and working to create opportunities for lifelong learning, wellness, inclusivity and equity from the early years. As a ‘starting lean’ entrepreneur she works as a consultant with small businesses, local government and non-profit organizations to drive social innovation through a resource based and person-centric approach supporting sustainable community development.



A mother of two with first-hand experience, she seeks to drive collaborative and creative upstream solutions to long standing barriers to economic access and social mobility for young families and youth.

Through her work as a volunteer director with community based non-profits, Madison has become intimately aware of the necessity for holistic approaches that address the evolving social determinants of health to support both the individual and community proactively. Originally a founding member and board chair, Madison now holds the position of Executive Director of B.O.L.D Centre, a non-profit organization headquartered in Victoria County, working as a stakeholder and in partnership with Raising the Villages to realize the Welcoming Hub Model.

The Early Years Starting Strong, Creating Welcoming Spaces to Connect and Belong

Raising the Villages, is a multi-stakeholder, non-profit cooperative, that aims to inform and educate on the importance of the early years, while supporting the development of welcoming spaces that provide equity from the start for our youngest citizens and their families. Aligning our efforts to make the early years a priority is needed now more than ever. We all have something to contribute in shaping and creating the welcoming communities our youngest citizens need and deserve for their healthy development. It is time to work “upstream” for our collective health and well-being, by creating safe, welcoming, and coordinated spaces where the whole community is invited to gather with our youngest citizens.

This workshop will share knowledge of the processes involved and our progress to date, supporting the creation of our Welcoming Community Spaces/Hubs Pilot Project as a model for upstream investment and will engage participants in dialogue on how our experience can inform work in their communities and how we can continue to learn from each other.

6. NB Institute for Research, Data and Training

Dr. Ted McDonald – Information to come soon



Ms. **Eva Christensen** is the Manager of Research and Training at the New Brunswick Institute for Research, Data and Training (NB-IRDT). Ms. Christensen holds a Master of Science from the University of Toronto, Institute of Medical Science. She spent more than a decade working in direct patient cancer care as a radiation therapist before joining the NB-IRDT management team in 2019. Ms. Christensen continues to instruct in the Faculty of Radiation Oncology at U of T and has a professional passion for developing experiential learning opportunities with a focus on data literacy.



Ms. **Jessica Mann** is the Training Coordinator at NB-IRDT. She holds a BBA with an honours specialization in Marketing from the University of New Brunswick, and has a passion for project management which she uses to implement NB-IRDT's full program of training initiatives aimed at increasing data literacy.



Dr. **Bethany Jones** is the Scientific Writer at NB-IRDT. Dr. Jones holds a PhD in English literature from the University of New Brunswick. She uses her love of effective writing to help make data-driven reports more accessible to the New Brunswick population and its policy makers.



growth and innovation.

Ms. **Madeleine Gorman-Asal** is a Research Assistant at NB-IRDT. She holds a Bachelor of Science with an honours in Mathematics from the University of New Brunswick. At NB-IRDT, she loves that she is able to use her analytical background to help transform big data into meaningful evidence that can support her home province's

7. StoryCentre

– Information to come soon

8. Rising Youth

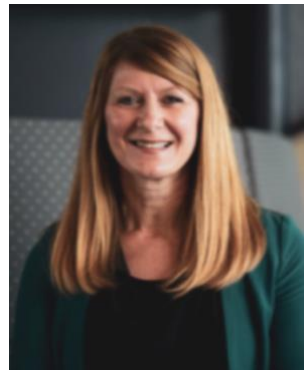
Cory Herc is the Partnerships and Outreach Coordinator with Rising Youth, a national youth microfunding platform that helps young people lead volunteer-run projects to affect meaningful change in their communities. Cory's role connects him with youth and youth-facing organizations to help ensure that young people across Canada have a clear pathway to success as they apply for #RisingYouth funding to turn their ideas into realities. In this workshop, Cory Herc will be guiding us through a workshop on the fundamentals of building a grant fundable project – we will begin with ideation and problem-framing, learn how to define the key components of a grant-fundable project, and explore a couple of tools that can help you refine your project plan.



This workshop will be conducted primarily in English, but Cory is comfortable in both official languages and will be able to answer questions equally in French and in English. The format is designed to be highly participatory – come prepared to engage on a device of your choosing.

9. Newfoundland Department of Education

My name is Pamela Williams and I currently work at the Department of Education of Newfoundland and Labrador as a Program Development Specialist. I am starting my 30th year in education and during that time, I have had the wonderful experience of being a classroom teacher, an administrator, as well as a Program Specialist for Kindergarten to Grade 6. I have been in my current role for over three years and I am dedicated to working on implementing recommendations from the Premier's Task Force on Improving Educational Outcomes in Newfoundland and Labrador: Now is the Time, The Next Chapter in Education in Newfoundland and Labrador (2017). A few of the recommendations that I have been a part of include improved education for teachers on mental health and wellness through initial teacher education and ongoing professional learning and embedding social/emotional learning in curriculum.



Recommendations in Towards Recovery: A Vision for a Renewed Mental Health and Addictions System for Newfoundland and Labrador (2017) and the Premier's Task Force on Improving Educational Outcomes in Newfoundland and Labrador: Now is the Time, The Next Chapter in Education in Newfoundland and Labrador (2017) were the impetus of change in education in NL. Social and Emotional Learning was a common thread in both

provincial reports and necessitated change in the approach to student learning and mental health promotion, prevention and early intervention. Anchored in a comprehensive school health approach, participants will explore the path that NL has taken to integrate SEL into policy, teaching and learning, social and physical environments, and partnerships and services. Participants will see the importance of making connections and garnering support for systemic change as an ongoing process. September 2021 will be a key date as the education system welcomes students in kindergarten and grade one to begin their SEL journey.

10. Harris Centre

Cathy is the Manager of Engagement and Communications for the Leslie Harris Centre of Regional Policy and Development at Memorial University of Newfoundland and Labrador. She has worked in communications and engagement at federal, provincial and municipal government levels, as well as in the not-profit, community-based sector. In her current role, Cathy is the Harris Centre's lead for programming and facilitating public discussion forums and publications examining key social, economic and environmental quality of life issues in Newfoundland and Labrador.



Hear from Memorial University's Harris Centre for Regional Policy and Development and learn about their latest public policy dialogue and engagement project. Forecast NL is an 18-month initiative designed to generate discussion and critical engagement on climate change. Focused on the impacts of climate change on the environment, economy and society of the province, Forecast NL is based on a "citizen assembly" model of engagement. Through a combination of panel discussions, expert presentations, roundtables, online content and forums the project aims to bring together experts from academia, industry and community along with a panel of 45 citizen representatives from around the province, to ask questions, explore possible solutions and put forward viable recommendations for local climate action grounded by community engagement. Through the example of Forecast NL, the project structure and processes, participants will see the importance of community-focused public engagement, effective knowledge mobilization, and transparent communications in fostering a social mandate for change.

WEDNESDAY, AUGUST 45

Opening Plenary – *Let's Talk Policy! An Update on the ASI Policy Brief*

David French

Managing Director, A Way Home Canada

With more than 20 years' experience working with Canada's most vulnerable young people, David has a passion for developing programs & policy that meet their unique needs. David has a multifaceted work history with 15 years of provincial government experience and Manager/Director level experience in community. His approach to policy and program development harnesses the wisdom and knowledge of those in community and the voices of young people. Always seeking to find spaces for transformational policy and the linkages between program and practice realities, David places a strong emphasis on how community and government can work together. In previous roles, he has led the development and implementation provincial policies and strategies and since joining A Way Home Canada, he has supported youth homelessness policy and practice development across Federal, provincial and municipal mandates.



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.



Policy in Action – How a Strategic plan guides the development of a resilient college community!

Dr. Alexander (Sandy) MacDonald

President and Chief Executive Officer, Holland College

Dr. Alexander (Sandy) MacDonald became the President and Chief Executive Officer of Holland College in January 2019, located in Prince Edward Island. Prior to 2019, Dr. MacDonald served in the roles of Vice President, Academic and Applied Research at Holland College from 2015 to 2018, Deputy Minister of Education and Early Childhood Development from 2010 to 2015, and Deputy Minister of Workforce and Advanced Learning in 2015. He has contributed to the development of innovative educational policy and administrative excellence provincially, nationally and internationally.



Dr. MacDonald holds a Ph.D. in Educational and Counseling Psychology from McGill University, a Masters degree in Educational Psychology from the University of Alberta, a Bachelor degree in Special Education from Memorial University, and Bachelor degrees in Secondary Education and Arts from the University of Prince Edward Island.

Dr. MacDonald is a member of the Future Skills Council and is active in numerous organizations including the Holland College Board of Governors, Atlantic Colleges Atlantique, PEI BioAlliance, University of Prince Edward Island (UPEI) Board of Governors, and Innovation PEI. He is presently the Chair of Atlantic Colleges Atlantique which represents the seven colleges in Atlantic Canada.

Closing Panel – Upstream Policy Momentum in Atlantic Canada, Quebec and Beyond!

Moderator

Olivier Bellefleur

Scientific Lead, National Collaborating Centre for Healthy Public Policy (NCCHPP)

Olivier is the Scientific Lead for the National Collaborating Centre for Healthy Public Policy (NCCHPP). He is in charge of the Centre's scientific direction, administrative management and for mobilizing its Advisory Council. He joined the NCCHPP in 2010 as a Scientific Advisor and was appointed lead in 2017. His academic background is in philosophy (M.A., Université de Montréal, doctoral studies, McGill University) and in environmental sciences (M.Sc., UQAM).



Panelists

Dr. Lori Wozney

Senior Health Outcomes Scientist, Nova Scotia Health

Dr. Wozney is a Senior Health Outcomes Scientist in Mental Health and Addictions at Nova Scotia Health and affiliated Scientist at IWK Health. She works locally and nationally on digital health policy and planning initiatives for child and youth mental health. She has co-designed, developed and evaluated multiple youth-centered digital mental health interventions. As a mother to three young people she brings her personal experience and connection to all of her work. Working with local community partners she is advancing awareness about digital equity and the need to co-design digital services with youth and families.



Health Equity, Technology and Narrowing the Digital Divide

As communities continue to adapt to connecting in virtual spaces, find new ways to access goods and services, and learn to work and socialize remotely, we need to continue working to ensure everyone has equal opportunity to benefit from these digital services. Together we need to explore opportunities, barriers, and considerations care for equity informed policy that promotes mental health.

Karen Clarke

Social Worker, Government of Newfoundland and Labrador

Karen has been a registered social worker since 2008 and has focused her career and professional development in the areas of child, youth, family, and community wellbeing. She is experienced in providing direct services to children, youth, and families; developing public policy and programming; and coordinating community programs and youth engagements. Karen completed her post-secondary education with a Bachelors of Arts in Sociology and a Bachelors of Social Work from Memorial University; and a Masters of Social Work from Dalhousie University. She currently works with the Government of Newfoundland and Labrador and is a volunteer member of the board of directors with the Atlantic Summer Institute on Healthy and Safe Communities.



We know that to address society-level issues, we must work together under the shared values of partnership and collaboration to develop integrated approaches that result in long term positive outcomes. But how do we actually do this? What actions can each of us take to honour these values?

Nicole Bernier

Scientific Advisor, National Collaborating Centre on Healthy Public Policy

Nicole joined the NCHPP in 2021. She holds a PhD in political science from the University of Montreal. After her thesis she completed a post-doctoral fellowship in public health and healthy public policy. She has practical and academic experience, having worked as a university professor and researcher, as a research director for a Canadian policy think tank, and as a specialist scientific advisor to the Institut national de santé publique du Québec. Her work at the Centre focuses on Health in All Policies, Public Policy Analysis and the reduction of health inequalities.



Health in All Policies in Quebec: three lessons to consider

Quebec's experience with healthy policies and its Government Policy on Health Prevention provides a wealth of lessons on the benefits and challenges of a Health in All Policies approach. Three lessons are identified for consideration by those planning to develop this approach to better ensure the mental health of children and youth in Atlantic Canada and beyond.

Vanessa Nevin – Information to come soon