



ASI 2023 Forum - Preliminary Program

Updated: August 1, 2023

Plenary sessions will be in-person and available online; workshops will be in-person, with two workshops offered online.

August 21-23, 2023
Holland College, Charlottetown, PEI

All times listed in Atlantic Daylight Time (ADT)

Presentations will be made in both French and English, and simultaneous interpretation will be provided for all plenary sessions, and selected workshops.



Monday, August 21

9:30 – 3:00

Youth Leadership Program – (registered youth delegates only)

6:30 – 8:30

OFFICIAL OPENING

Welcome and land acknowledgement – Malcolm Shookner, ASI President

Welcome Song – Julie Pellissier-Lush, Mi'kmaq Storyteller of Prince Edward Island

Remarks by Officials, Sponsors

Atlantic Community Showcase

Videos or in-person showcase of programs that are influencing and/or demonstrating upstream policy for infant, child and youth mental health promotion. This is an opportunity to celebrate initiatives that relate to this year's [theme](#) – *Inspiring Hope through Community Action* or to the [ASI Policy Brief](#). These presentations will be available throughout the Forum on the exhibit page and as exhibits at Holland College.

- NL Alliance for Perinatal Mental Health
- BGC (Boys & Girls Club), PEI
- SHIELD – Sexual Education for Inuit Youth, Labrador Friendship Centre
- St. John's Homestead Inc., NL
- Schools Plus, Nova Scotia
- Mouvement Acadien des Communautés en Santé du Nouveau-Brunswick Inc

Keynote – *A Conversation About Inspiring Change*

Brenda Restoule (virtually) in conversation with Tyler Simmonds (onsite)

This keynote conversation, featuring Dr. Brenda Restoule and Tyler Simmonds, will explore the theme, *Inspiring Hope through Community Action*, from two perspectives – Indigenous peoples and racialized populations. Both speakers come to this topic from different pathways. Brenda will offer an Indigenous perspective, from Dokis First Nation (Ojibwa) and from the Eagle Clan.

Tyler grew up in North Preston, Nova Scotia, the largest Black community in Nova Scotia by population.

The speakers will reflect on the importance of the Universal Declaration of Human Rights (1948), the International Declaration of the Rights of Children (1959), and the United Nations Declaration on the Rights of Indigenous Peoples (2007), all of which are intended to guarantee our quality of life and well-being. However, they also will stress that many mental health journeys identify obstacles created by policies and allocation of resources. And, though governments sign on to statements of rights, it is up to each of us to claim them to ensure that governments follow through on their commitments.

Hope is a central concept in the First Nations Mental Wellness Continuum Framework. Without hope, there is no future. Hope inspires change. Together, our keynote speakers propose that we are the change, as individuals and as communities. It is up to all of us to claim our human rights, to challenge the policies that are barriers to our mental health and well-being, and to inspire our communities to take actions that will create the best conditions for all of us to thrive.



Dr. Brenda M Restoule (Waub Zhe Kwens) from Dokis First Nation (Ojibwa) and from the Eagle Clan, 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.



Tyler Simmonds, an Award-winning Canadian filmmaker from Nova Scotia, possesses leadership, courage and authenticity that allow him to forge meaningful connections with people through his stories and his advocacy for mental health and mindfulness. Tyler communicates the importance of healthy masculinity as a whole, but more importantly in the African Canadian community. Helping men build up the courage to become more vulnerable. His films and keynote speeches – including those given at TEDx and We Day – have captivate audiences and made him one of the most sought speakers on resilience. In 2016, the Huffington Post named him one of the “10 Inspirational people under 30 you should be following on Twitter.” Tyler's work contains a depth and soul that only he can communicate so genuinely and his messages are truly made to touch one's core. Through invites alone, Tyler has shared his message to over 12 thousand individuals since 2015.

Note: Q&A will be moderated in the chat followed by Closing Reception and Networking Opportunity – Sponsored by the City of Charlottetown

Tuesday, August 22

9:30 – 10:00	Coffee and networking – All participants will connect in person for coffee and networking, visit showcases, exhibits
10:00 – 10:15	Morning Welcome – Julie Pellissier-Lush Announcements
10:15 – 11:45	<p>Opening Plenary – Communities Inspiring Hope in Atlantic Canada In keeping with the theme of ASI 2023, this panel will explore how community action can inspire hope and purpose that will benefit current and future generations! Panelists are community leaders who speak from their own experience inspiring hope in their communities.</p> <p>Moderator: Jim Mustard, Raising the Villages, Cape Breton, NS Confirmed Panelists: -Kim Chamberlain, Director, Multicultural Assoc., Chaleur region; Mayor, City of Bathurst, NB -Anna Keenan, CAO Victoria, PEI; Climate Activist -Sweta Daboo, Student (Recent position - ED, PEI Coalition on Women in Government) -Colin Corcoran, Chief Executive Director, Community Sector Council, NL *Additional panelist to be confirmed</p>
11:45-12:45	<p>Lunch Break - Networking – Visit Showcases & exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement! Youth Learning Circles – (Youth Leadership Program)</p>
12:45-14:00	<p>Youth Panel – This panel will hear from youth leaders to explore the capacity and impact of youth engagement in policy development and organizational decision-making.</p> <p>Moderator: Adam McKenzie – Past President, UPEI Student Union Confirmed Panelists: -Allison Seward – VolunTeens Coordinator, The SPLASH Centre - NL -Hannah Crouse – Student & Youth Advocate, NS -Omar Morad – Founder, Union of Youth Immigrants – NB -Tyrone Sock – Youth Coordinator, Mawiw Council Inc., Elsipogtog, NB -Jude Sampson, Climate Activist, NS Youth Council on Climate Action - virtual</p>
14:15 –1500	<p>Roundtables: “Shifting to upstream strategies for child and youth mental health promotion”. Facilitator: Dianne Oickle, Knowledge Translation Specialist, NCCDH During this session, participants will explore the concepts of downstream and upstream interventions for mental health promotion. Interactive discussion will generate a list of strategies to encourage a shift towards strategies that address the roots of mental health promotion and equity in Atlantic and inspire community action.</p>
15:00 – 15:30	Nutrition Break - Networking -

<p>15:30-17:00</p>	<p>Concurrent Skill Development Workshops – Workshops will enhance skills that support advancement of the ASI Policy Brief. Participants will learn from real life experiences and evidence-informed approaches, using culture as a foundation for collective action at all levels to build hope, mobilize communities and foster well-being societies; including advocacy for policy change to promote infant, child and youth mental health through the life course. Most workshops will be offered in person; two will be offered online.</p> <p>Confirmed Workshops:</p> <ol style="list-style-type: none"> 1. Linda Liebenberg, NS – <i>‘A Framework and guidelines for Implementing Mental Health in all Policies (MHiAP)’</i> 2. Karen Clarke, NL - <i>‘Upstream Approaches to Perinatal Wellbeing’.</i> 3. Brandon Hey - MHCC – <i>‘Streamlining Equity through a “Whole of Organization” Approach’</i> 4. Ziba Vaghri – UNB SJ – <i>‘Good Practices to Inspire and Facilitate Children’s Rights – how can these be implemented in Atlantic Canadian communities?’</i> August 22 only 5. Stephanie Arnold & colleagues - CLIMAtlantic – <i>‘Generating Hope for the Future through Climate Action’</i> – Aug 22 only 6. Trish Altass, Lynne Lund – Leading Impact Consulting, Inc <i>‘Developing Strategies for Impact: Practical steps for effective engagement with government entities and other decision-makers.’</i> Aug. 23 only <p>*Additional workshops to be confirmed</p>
<p>18:30 – 20:30</p>	<p>Multicultural Meal – Holland College Cafeteria</p>

Wednesday, August 23

9:30 - 10:00	Coffee and networking -
10:00 – 10:15	Welcome and announcements
10:15 – 10:30	Knowledge to Action – ASI Policy Brief Update - Malcolm Shookner, President, ASI
10:30 – 12:00	<p>Leading transformative change for upstream investment in policy The Policy Panel will reflect on activities currently underway that align with the four priority areas of the ASI Policy Brief and demonstrate momentum for upstream policy development in Canada.</p> <p>Confirmed Panelists</p> <ol style="list-style-type: none"> 1. <i>Newfoundland & Labrador Health Accord</i> – Sister Elizabeth Davies, NL 2. <i>Leveraging collaboration to maximize funding resources and drive systems change</i> – Alexia Riche, ED, Community Sector Network/Karen Cumberland, ED, PEI Alliance for Mental Well-Being <p>*Additional Panelists to be confirmed</p>
12:00-13:00	<p>Lunch Break - Networking - Music – Be active! Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement! Youth Learning Circles – (Youth Leadership Program)</p>
13:00 – 14:30	<p>Concurrent workshops – Skill development Selected workshops repeated from August 22.</p>
14:30-15:00	<p>Break - Networking - COW's Ice-cream <i>Final chats!</i></p>
15:15 – 15:30	<p>Leadership to Inspire hope and local action for a well-being society! Speaker: Louise Adongo, Executive Director, Inspiring Communities</p>  <p>Louise Adongo is a bold and grounded leader with 10+ years' experience in systems change, policy and evaluation. She brings care and intention to uncovering the roots of tangled problems, thus enabling shifts to greater resilience, sustainability and impact.</p> <p>Inspiring Communities is a non-profit working to build collaborative relationships for social change in Atlantic Canada.</p>
15:30-15:45	<p>Key Messages of ASI 2023 – Karen Clarke, ASI Vice President <i>What have we learned together?</i></p> <p>Continuing the Dialogue - Through an evaluation process, we will gather your reflections and insights and for action on upstream investment in mental health promotion in Atlantic Canada and beyond.</p>
15:45- 16:00	<p>Closing</p> <ul style="list-style-type: none"> • Children's Message • Youth reflection • Closing Song -