

# ASI 2023 PROGRAM

## ASI 2023 Policy Forum



Inspiring **HOPE** through  
**Community Action**

**AUGUST 21 - 23, 2023**

Charlottetown, P.E.I.

ASI 2023 - hybrid event, with options for engagement both online and in person.

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

## Forum de l'IEA 2023



Eveiller **l'espoir** grace a  
**l'action Communautaire**

**21 au 23 août 2023**

Charlottetown (Î.-P.-É.)

L'IEA - événement hybride avec des options de participation en ligne et en personne

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

## 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.

HOPE Pawatasik Aijpjutim Espoir Pukushenutamin Nigiugusuk INSPIRE Kinapihikwakon Asimt Inspirer Nashatun Attuinattuk WELCOME Kulasihkulpon Pjila'si Bienvenue

**ASI 2023 Forum**  **Forum IÉA 2023**

We would like to acknowledge these generous supporters of the Atlantic Summer Institute on Healthy and Safe Communities. Thank you!

Inspiring **HOPE** through **Community Action**

Éveiller l'espoir grâce à l'action communautaire

Nous aimerions reconnaître le soutien généreux des partenaires et commanditaires de l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique. Merci!

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Advancing resiliency

**BRONZE SPONSORS/COMMANDITAIRES BRONZE**

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**Coordinated by / Coordonné par**  
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**Evaluation Conducted by / Evaluation réalisée par**  
 **Nishka Smith Consulting**  
Evaluation, Planning, Research, Facilitation

We acknowledge the financial support of the Government of Canada.  **Canada**  
Nous reconnaissons le soutien financier du gouvernement du Canada.

We are grateful to Employment and Service Development Canada for their support through the Canada Summer Jobs Program.  
Nous sommes reconnaissants à Emploi et Développement social Canada pour son soutien par l'entremise du programme Emplois d'été Canada.

We would like to thank TD Bank for their generous contribution to the Youth Leadership Program.  
Nous tenons remercier la Banque TD pour leurs généreuses contributions au Programme des jeunes leaders. 

Alpjudim Espoir Pukushenutamin Nigiugusuk INSPIRE Kinapihikwakon Asimt Inspirer Nashatun Attuinattuk WELCOME Kulasihkulpon Pjila'si Bienvenue

The ASI 2023 Forum will be held at Holland College in Charlottetown, PEI, in the unceded ancestral territory of the Mi'kmaq people.

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**Tyler Simmonds**, Film director and keynote speaker on mental health and mindfulness, Nova Scotia  
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**Milena**, Furtwangen University, Germany

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### Technical Support

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### Evaluation

**Nishka Smith Consulting, Inc.**, PEI

### Coordination

**The Quaich Inc.**, PEI

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### Welcome Message from the President to ASI 2023

I am excited to welcome you, on behalf of the Board of Directors of the Atlantic Summer Institute on Healthy and Safe Communities (ASI), to our ASI 2023 Atlantic Policy Forum on Infant, Child, and Youth Mental Health Promotion, with the theme ***Inspiring Hope through Community Action***. Our goal is to advance our understanding of the importance of hope, grounded in and motivating community action, and how resilient communities promote the mental health of their infants, children, and youth.

The ASI 2023 Forum is an in-person event, convening on August 21-23 in Charlottetown, PEI, on the unceded ancestral territory of the Mi'kmaq people. We are also offering part of the forum program online for those who cannot travel to Charlottetown to join us. Together we will develop a shared understanding of how we can achieve – upstream investment of funding and resources to support infant, child and youth mental health, in the context of their families and communities.

Our Program Planning Committee has assembled a world- class program of speakers, panellists and workshop presenters who have a wide variety of experiences to bring you the latest evidence and examples about the power and potential of upstream investment. Our focus is on policy change by governments to support communities, where the action is! Promoting mental health, reducing poverty and inequities, and tackling climate change are all on our agenda. I hope you will find these next three days stimulating, thought provoking, inspiring and fun!

Malcolm Shookner

*President*

*Atlantic Summer Institute on Healthy and Safe Communities*

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## Join us at ASI 2023!

Be part of a movement that brings together people who are capable of influencing and implementing changes at the policy and community levels! ASI 2023 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**

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

*"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

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.

ASI 2023 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.

### ***Theme for ASI 2023 Policy Forum - Inspiring Hope through Community Action!***

Currently, we and our communities face many challenges. Pandemics, impacts of climate change, social unrest and media coverage of same, accelerate feelings of despair for the future. As we search for a way through, Indigenous world views teach us that mental wellness is influenced by a balance of hope for the future, belonging and connectedness, purpose in our daily lives, and a sense of meaning<sup>1</sup>.

Concurrently the World Health Organization stresses that well-being societies build on hope and require coordinated action at all levels to take control of our lives and health.<sup>2</sup> They emphasize that a conscious focus on physical, mental, spiritual and social well-being on many levels - personal, family, community, societal and environmental - can set a path for personal and planetary well-being.

ASI 2023 will explore the concept of hope and advance discussions on how seizing opportunities for community action can inspire hope and purpose that will benefit current and future generations!

*Wellness is a balance of the mental, physical, spiritual, and emotional. This balance is enriched as individuals have: purpose in their daily lives whether it is through education, employment, care-giving activities, or cultural ways of being and doing; hope for their future and those of their families that is grounded in a sense of identity, unique Indigenous values, and having a belief in spirit; a sense of belonging and connectedness within their families, to community, and to culture; and finally a sense of meaning and an understanding of how their lives and those of their families and communities are part of creation and a rich history. <https://thunderbirdpf.org/fnmwc/>*

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<sup>1</sup> First Nations Mental Wellness Continuum Framework - <https://thunderbirdpf.org/fnmwc/>

<sup>2</sup> Geneva Charter for Well-Being - <https://www.who.int/publications/m/item/the-geneva-charter-for-well-being>

## **Goal:**

To advance community action, grounded in hope, as essential along with policy to support community resilience and upstream investment in mental health of infants, children, and youth throughout Atlantic Canada and beyond.

## **Objectives**

1. To enhance our understanding of the conditions that support mental well-being among infants, children & youth.
2. To learn from the experiences of communities in promoting mental health of infants, children and youth.
3. To develop knowledge and skills for inspiring hope through community action and partnerships across sectors in the support of mental health promotion.
4. To inspire action based on what we have learned about influencing upstream policy to promote mental health for infants, children and youth throughout Atlantic Canada.
5. To increase the profile and uptake of the ASI policy brief “Upstream Investment: Placing infant, child, and youth mental health promotion at the forefront”
6. To model a supportive and inclusive environment for learning and wellbeing – and have lots of fun together again!

## **Design Principles**

**Youth Engagement:** Youth will be engaged in providing input to the process of planning the ASI 2023 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 2023.

**Engagement of community influencers:** Those in a position to influence and implement action that supports mental health promotion for infants, children and youth at policy and community levels will mobilize at ASI 2023.

**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 • Life-course Perspective

Inclusion • Equity • Adult Education • Experiential Learning

Two eyed seeing • Evidence-based Decision Making • Mental Health in All Policies

Whole-of-society approach • Respecting Rights of Children • Respecting Voices of Lived Experience

Sustainability of Policies and Programs • Respecting the Truth and Reconciliation Commission

### **Overarching frameworks and strategies**

Circle of Health framework/tool • Universal Declaration of Human Rights • Ottawa Charter

Social determinants of health and Health in All policies • First Nations Mental Wellness Continuum Framework

Sustainable Development Goals • The Geneva Charter for Well-Being

UN Convention on the Rights of the Child • Social and Emotional Learning (CASEL)

Population Mental Health Framework

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## 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 2023 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 2023 will support at least five youth from each Atlantic province to participate in this year's 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.



## Children's Program

The Children's Program is designed for children ages 4-14 and is **free** for children of registered participants. Valuing each child for who they are and that it is a fundamental right for them to grow in an environment that fosters their creativity and imagination.





# ASI 2023 Forum – Program Schedule

## August 21, 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 – Florence Simmons Hall**

**Welcome and land acknowledgement** – Malcolm Shookner, ASI President

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

**Opening Remarks** – Patsy Beattie-Huggan, Coordinator & Ariane Melara Orellana, ASI Board

**Greetings**

- Welcome from the Province of PEI – Hon. Mark McLane, Minister of Health and Wellness
- Welcome from the City of Charlottetown – Mayor Phillip Brown
- Greetings from TD Bank Group – Quentin NG, Manager of Customer Experience
- Greetings from PEI Alliance on Mental Well-Being – Mary Pendergast, Vice Chair, Board of Directors

**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
- Atlantic Tuition Waiver Team - Schools Plus, Nova Scotia
- Mouvement Acadien des Communautés en Santé du Nouveau-Brunswick Inc

**Keynote – A Conversation About Inspiring Change** | Link: <https://youtu.be/ld13y9eNSE0>

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

	<p>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.</p> <p><i>Note:</i> Q&amp;A will be moderated in the chat followed by Closing Reception and Networking Opportunity – Sponsored by the City of Charlottetown with music by Jazz combo: Jordan Taylor, guitar - Aiden Salvati - sax - Patrick Nabuurs, bass - and Matt Bridges, drums</p>

## Tuesday, August 22

<p><b>9:30 – 10:00</b></p>	<p><b>Coffee and networking</b> – All participants will connect in person for coffee and networking, visit showcases, exhibits</p>
<p><b>10:00 – 10:15</b></p>	<p><b>Morning Welcome – Announcements</b> – Florence Simmons Hall</p>
<p><b>10:15 – 11:45</b></p>	<p><b>Opening Plenary – Communities Inspiring Hope in Atlantic Canada</b> 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><b>Moderator:</b> Jim Mustard, Raising the Villages, Cape Breton, NS</p> <p><b>Confirmed Panelists:</b> -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</p>
<p><b>11:45-12:45</b></p>	<p><b>Lunch Break - Networking</b> – Visit Showcases &amp; exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement! <b>Youth Learning Circles – (Youth Leadership Program)</b></p>
<p><b>12:45-14:00</b></p>	<p><b>Youth Panel</b> – Florence Simmons Hall 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><b>Moderator:</b> Adam McKenzie – Past President, UPEI Student Union</p> <p><b>Confirmed Panelists:</b> - Allison Seward – VolunTeens Coordinator, The SPLASH Centre - NL - Hannah Crouse – Student &amp; Youth Advocate, NS - Omar Morad – Founder, Union of Youth Immigrants – NB - Jude Sampson - Climate Activist, NS Youth Council on Climate Action – virtual - Misty Dyson – Program Coordinator, Mokami Status of Women Council, NL</p>

<p><b>14:15 –1500</b></p>	<p><b>Roundtables:</b> Rooms 139w, 137w, 153w  <b>“Shifting to upstream strategies for child and youth mental health promotion”.</b>  <b>Facilitator:</b> 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>
<p><b>15:00 – 15:30</b></p>	<p><b>Nutrition Break - Networking -</b></p>
<p><b>15:30-17:00</b></p>	<p><b>Concurrent Skill Development Workshops</b> – 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><b>Confirmed Workshops:</b></p> <ol style="list-style-type: none"> <li><b>Linda Liebenberg, NS</b> – ‘A Framework and guidelines for Implementing Mental Health in all Policies (MHiAP)’ August 22,23 – <u>Room 137 W</u>  <b>Link:</b> <a href="https://youtu.be/zKW9mB_SODc">https://youtu.be/zKW9mB_SODc</a></li> <li><b>Karen Clarke, NL</b> - ‘Upstream Approaches to Perinatal Wellbeing’. August 22,23 – <u>Room153 W</u></li> <li><b>Brandon Hey - MHCC</b> – ‘Streamlining Equity through a “Whole of Organization” Approach’ August 22,23 – <u>Room 139 W</u></li> <li><b>Ziba Vaghri – UNB SJ</b> – ‘Good Practices to Inspire and Facilitate Children’s Rights – how can these be implemented in Atlantic Canadian communities?’ August 22 only – <u>Room 132 E</u></li> <li><b>Stephanie Arnold &amp; colleagues - CLIMAtlantic</b> – ‘Generating Hope for the Future through Climate Action’ – <b>In-person with an ONLINE OPTION</b> Aug 22 only (English with simultaneous interpretation) – <u>Room 202W</u>  <b>Link:</b> <a href="https://youtu.be/CnwIX2vilo4">https://youtu.be/CnwIX2vilo4</a></li> <li><b>Arianne Melara, O Strategies</b> – ‘Inspiring Hope through Community Action: Where do we begin?’ - August 22 only (English with French materials &amp; support) – <u>Room 218W</u></li> <li><b>Trish Altass, Lynne Lund – Leading Impact Consulting, Inc., PEI</b> - ‘Developing Strategies for Impact: Practical steps for effective engagement with government entities and other decision-makers.’ Aug. 23 only – <u>Room 202W</u></li> <li><b>Rose-Eva Forgues-Jenkins, Le Comité FrancoQueer de l'Ouest</b> – ‘Démystification des identités 2SLGBTQIA+’ <b>ONLINE</b> August 23 only (French with simultaneous interpretation and English discussion support)</li> </ol>
<p><b>18:00 – 20:30</b></p>	<p><b>Multicultural Meal – Holland College Cafeteria</b> – No cost for registrants and children  Tickets available for guests at the registration desk.  <b>Refreshments &amp; Cash bar at 6:00</b> - Music by Tiffany Liu sponsored by MRSB  <b>Meal at 6:30</b></p>

## Wednesday, August 23

9:30 - 10:00	Coffee and networking -
10:00 – 10:15	Welcome and announcements – Florence Simmons Hall
10:15 – 10:30	Knowledge to Action – ASI Policy Brief Update - Malcolm Shookner, President, ASI
10:30 – 12:00	<p><b>Leading transformative change for upstream investment in policy</b> 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><b>Moderator:</b> Karen Clarke, Vice President, ASI Board of Directors</p> <p><b>Confirmed Panelists:</b></p> <ol style="list-style-type: none"> <li>1. Sister Elizabeth Davies, - <i>Newfoundland &amp; Labrador Health Accord</i> - virtual</li> <li>2. Alexia Riche, ED, Community Sector Network/Karen Cumberland, ED, PEI Alliance for Mental Well-Being - <i>Leveraging collaboration to maximize funding resources and drive systems change</i></li> <li>3. Nicole Bernier, Expert Scientific Advisor, National Collaborating Centre on Healthy Public Policy – <i>Developing the Canadian Network for Health in All Policies</i> – virtual</li> <li>4. Susan Hartley, Chair, PEI Knowledge Mobilization Project – <i>Building Momentum for Upstream Investment – the PEI Experience</i></li> </ol>
12:00-13:00	<p><b>Lunch Break - Networking - Music – Be active!</b> Visit exhibits, time for journaling, chatting, meeting on community board, posting on social media – and movement!</p> <p><b>Youth Learning Circles – (Youth Leadership Program)</b></p>
13:00 – 14:30	<p><b>Concurrent workshops – Skill development</b> Selected workshops repeated from August 22.</p>
14:30-15:00	<p><b>Break - Networking - COW's Ice-cream</b> <i>Final chats!</i></p>
15:15 – 15:30	<p><b>Leadership to Inspire hope and local action for a well-being society!</b> <b>Speaker:</b> Louise Adongo, Executive Director, Inspiring Communities</p> <p><b>Louise Adongo</b> 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> <p><b>Link:</b> <a href="https://youtu.be/XdxhvrJYquo">https://youtu.be/XdxhvrJYquo</a></p> 
15:30-15:45	<p><b>Key Messages of ASI 2023</b> – Karen Clarke, ASI Vice President <i>What have we learned together?</i></p> <p><b>Continuing the Dialogue</b> - 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>

	Link: <a href="https://youtu.be/a1yL8nM0qQ">https://youtu.be/a1yL8nM0qQ</a>
<b>15:45- 16:00</b>	<b>Closing</b> <ul style="list-style-type: none"><li>• Children's Message</li><li>• Youth reflection</li><li>• Closing Song - Julie Pellissier-Lush</li></ul>

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