



NOW WE ARE **STRONGER**

2017 Provincial Mental Health Conference
Post-Event Report

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OVERVIEW

Now We Are Stronger • A Provincial Conference Advancing Community Mental Health is two days of information exchange and dialogue that will advance the work in our dynamic fields. It brings together the most creative and inspiring mental health thinkers and leaders in the field.

With a focus on community mental health, leaders, researchers, people with lived experience, service providers, and front-line workers will come together to advance thinking and practice in mental health. This conference offers a robust and stimulating program of keynote speakers, presentations, panel discussions and excellent networking opportunities. The program, featuring four keynote speakers, will showcase peer-support, suicide prevention, and successful engagement and inclusion.

The conference organizing committee is pleased with the turnout and reported satisfaction of participants. With the learnings from this inaugural event, we can build on successes and address challenges to improve the experience for future conference participants.



CONFERENCE DETAILS

WHERE

Sheraton Red Deer Hotel
Red Deer, Alberta

WHEN

May 09 and 10, 2017

THEME

Community mental health

STREAMS

Peer Support

Peer support is a fundamental relationship between individuals of a shared experience. Peer support provides compassionate support, along with specific information and resources to individuals as a form of recovery. With a focus on successful service delivery and practice, education and research, this stream will provide you with an abundance of concepts to implement, or improve your own peer support initiatives.

Suicide Prevention

Alberta's suicide rate has long been above the national average. Join us as we take a serious look at Alberta's landscape, where we are headed, and where we need to be. With a key focus of suicide postvention as critical suicide prevention, learn about the services available in Alberta.

Engagement and Inclusion

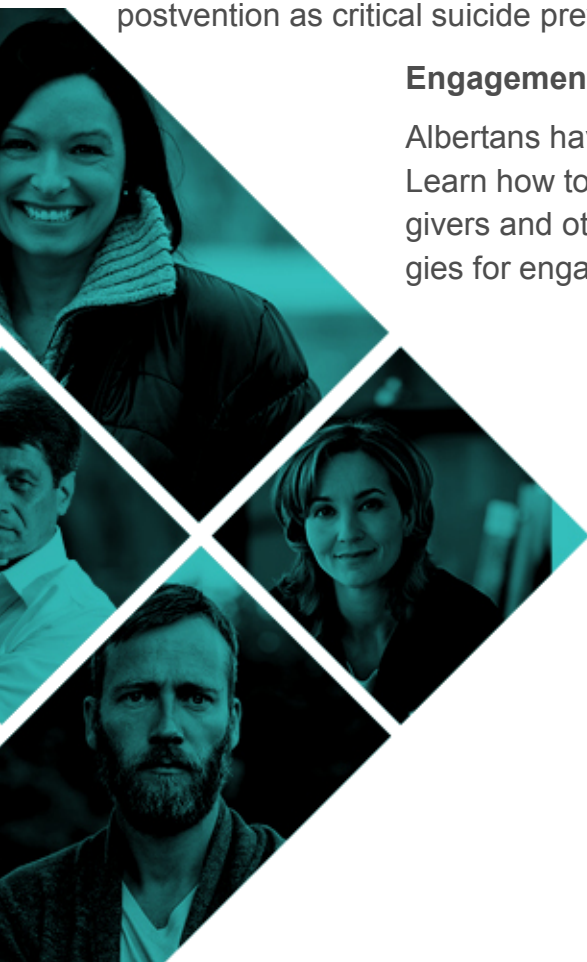
Albertans have a lot of experience to share, from many diverse perspectives. Learn how to successfully engage youth, people with lived experience, caregivers and other diverse groups. This stream provides you with practical strategies for engagement and inclusion that have worked for others in Alberta.

Cost

Early Bird CMHA staff, board members and volunteers \$250

Early Bird General Public \$300

Regular Fee \$350



WHO ATTENDED

207 individuals attended

45

General Public
Early Bird
Registrations

42

General
Registrations

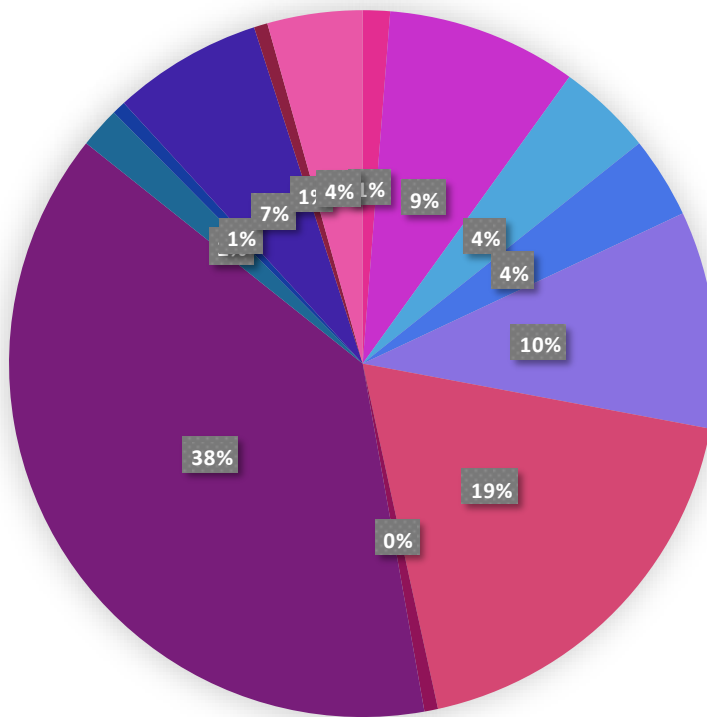
64

Member Early
Bird
Registrations

*56 registrations at reduced group rate, one day rate, or other.

ATTENDEES

Industry of Now We Are Stronger Conference Attendees 2017



- Consultant
- FCSS
- First Responder
- Foundation
- Government
- Healthcare
- HR/OHS/Benefits Company
- Non-Profit
- Professional Association
- Research
- School
- Union
- Unknown

INDUSTRY

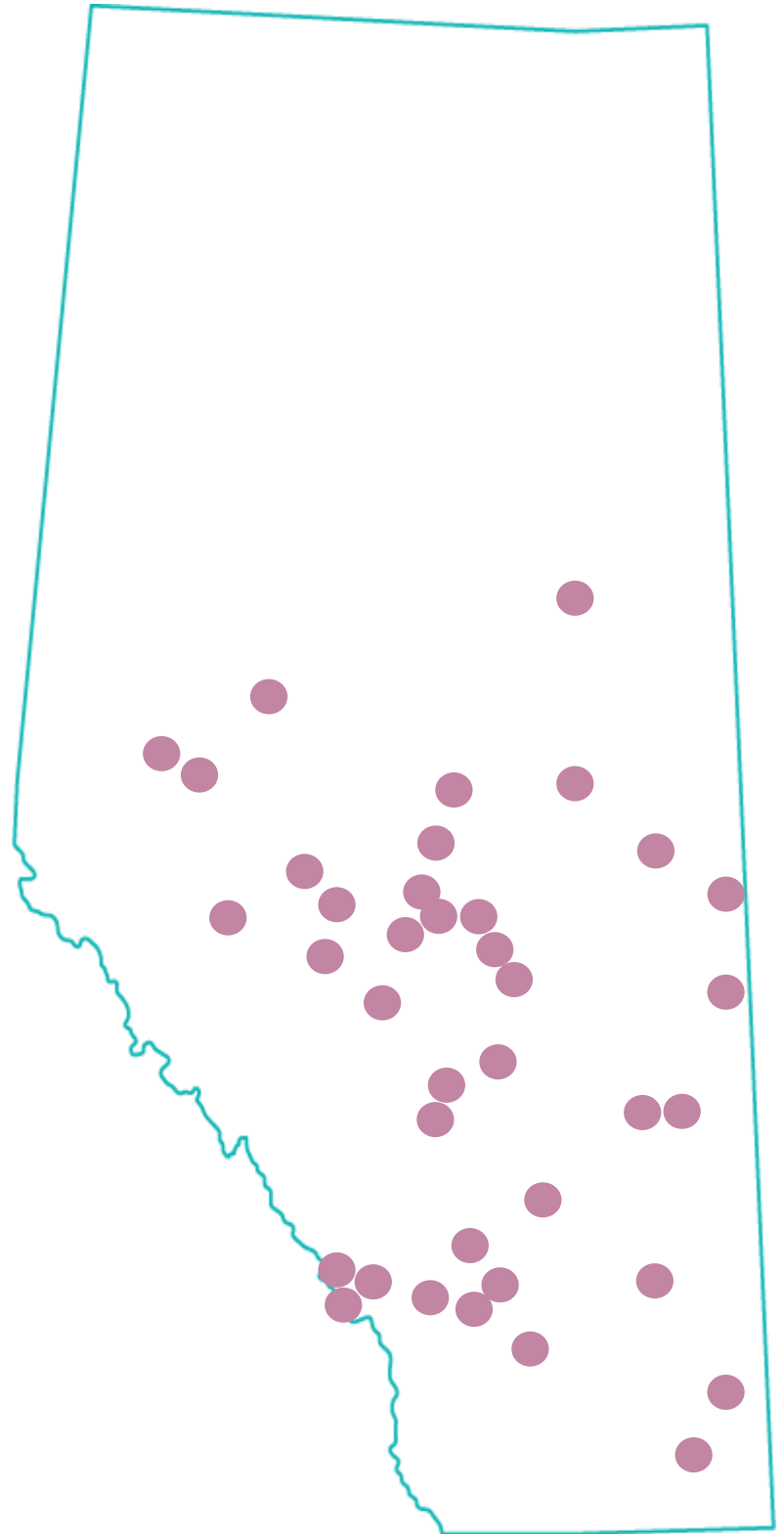
6% CMHA Staff
1% Consultant
9% FCSS Offices
4% First Responders
4% Foundation

10% Government
19% Healthcare
1% HR/OHS/ Benefits Company
38% Non-Profits
1% Professional Associations

1% Research
7% School
1% Union
4% Unknown

Geographic Regions Represented

- Airdrie (2)
- Athabasca (1)
- Banff (4)
- Bonnyville (2)
- Bow Island (2)
- Brooks (1)
- Calgary (26)
- Calmar (1)
- Camrose (1)
- Canmore (1)
- Castor (1)
- Coronation (1)
- Devon (2)
- Drumheller (1)
- Edmonton (43)
- Edson (6)
- Exshaw (1)
- Fishing Lake (1)
- Fort McMurray (6)
- Grande Prairie (12)
- High Prairie (1)
- Lac La Biche (2)
- Lloydminster (1)
- Maskwacis (2)
- Medicine Hat (1)
- Peace River (1)
- Penhold (1)
- Red Deer (11)
- Sherwood Park (2)
- Siksita (1)
- Spruce Grove (3)
- St. Albert (6)
- Stettler (2)
- Strathmore (1)
- Valleyview (3)
- Vancouver (1)
- Victoria (1)
- Vulcan (2)
- Westlock (1)
- Wildwood (1)



**40 unique communities
represented the Now We Are
Stronger Conference in 2017.**

SPONSORSHIP REVIEW

For this inaugural year, CMHA Alberta did not actively seek out sponsorship. The conference was profitable based on registrations alone.

In future years, the organizing committee will focus on securing grants and sponsors early in the planning process. By securing additional funding, we can enhance the experience of conference participants, expand our collaborative efforts and continue to build our success.



WORKSHOPS

Building a Peer Support School

Description

A central tenant of recovery-focused programs and services is to redefine the purpose of services. According to experts, to accomplish this, organizations must embrace the importance of both “professional expertise” and “lived experience” by creating a workforce and working practices that includes ‘peer workers. CMHA Calgary will present discuss the development of a ‘Peer School’ focused on delivering recovery oriented training and a community of practice for Peer Support workers in Alberta

Speakers: Debbie Wiebe, Callum Ross Lisa Androulidakis

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 3.6

Will this help you improve mental health in your community?

Average: 3.4

Satisfaction of Workshop:

Average: 3.8

Speaker Rating

Average: 4.1

Conference Attendee Comments:

“Who is peer support for? What is peer support? How does peer support help me?”

“Representatives who are going through the peer school would have been nice - they could speak to their experience”

“I'd be very interested in the feedback from the September Grad Class and what caused them to keep going so they'd finish”

“Better understanding of peer support”

“You need to explain what peer support is.”

“It was very focused on recovery/addictions. Definition of peer would have been helpful. It could have been more general to include students/youth with various mental health issues not only addictions.”

“So much "technical jargon." Left with absolutely no idea what you are offering, what I can take back to my community.”

“Hard to read slides, would like more focus on how it can be expanded to other organizations.”

“How it is working in other parts of the province as well as Alberta.”

“Feedback of some individuals who were not able to attend the workshop was that they found it

WORKSHOPS

Jack.org

Description

Jack.org is a national youth-led mental health advocacy organization with three main programs: Jack Summit, Jack Talks, and Jack Chapters. This workshop will highlight the Jack Chapter's approach in supporting youth-led change-making through leadership training and capacity building. We will demonstrate our method used to train and support youth leaders, and the impact this has in supporting youth mental health advocacy work on the ground.

Speakers: Nancy Zhao, Ocean Avriel

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 4.0

Will this help you improve mental health in your community?

Average: 4.0

Satisfaction of Workshop:

Average: 4.2

Speaker Rating

Average: 4.6

Conference Attendee Comments:

"How can we bring this into our communities?"

"Thank you Ocean + Nancy. Your work is inspiring and important. I feel like I can take this back to my community and hopefully initiate change."

"Great discussion."

"Great workshop. We will take this and implement!"

"There was one use of the work "lame" that came off badly. Great otherwise, just watch for unwelcoming staff."

"Thank you!"

"Loved learning about this, wish there was more on how to build capacity, but incredible content.."

"Continue with youth stream"

WORKSHOPS

I'taamohkanoohsin – Everyone Comes Together

Description

Through the development of peer support programming, it became apparent that a cultural component was lacking in many support and recovery services. This panel will discuss how to begin a conversation around cultural supports in your community by listening to the wisdom of the community and the people we serve.

Speakers: David Gabert, Chelsey De Groot, Les Vonkeman, Roger Hunt and Mark Brave Rock

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 4.0

Will this help you improve mental health in your community?

Average: 4.3

Satisfaction of Workshop:

Average: 5.0

Speaker Rating

Average: 5.0

Conference Attendee Comments:

“What other ceremonies they have done?”

“This is a great topic. Helps to bridge the gap between services and the Indigenous populations.”

“Appreciated their honesty and openness.”

“Great engaging panel. Loved the amount of time for questions and engagement.”

“Thank you for making this change. So inspiring and "easy" - I feel like I can move forward with these kinds of ideas.”

“Genuine and engaging panel. Diversity offered gives great depth of understanding to the topic. Great springboard for creating programs in own community.”

“Very informative. Need Indigenous peer support.”

“Outstanding speakers. Authentic and knowledgeable.”

“I am amazed at how much is being done by the town of Lethbridge through Aboriginal Liaison. Variety of speakers are amazing. My eyes are opened.”

WORKSHOPS

Identifying Youth At Risk for Psychosis

Description

Workshop members will leave our session with greater knowledge about current research efforts regarding youth mental health generally and subthreshold symptoms of mental illness such as psychosis. They will learn about symptoms to watch out for in young clients who may be at risk for developing a psychotic disorder and will be provided with some of the options regarding services available to this population.

Speakers: Danijela Piskulic and Kali Brummitt

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 3.5

Will this help you improve mental health in your community?

Average: 3.1

Satisfaction of Workshop:

Average: 3.3

Speaker Rating

Average: 3.7

Conference Attendee Comments:

“Very long talk, very technical... no time for questions.”

“This is my favourite one yet, very organized and well presented.”

“Daniella was VERY hard to follow.”

“ugh... very boring and dry 1st half.”

“I found this session extremely clinical yet easy to follow. However it covered a lot of information extremely quickly.”

“Topic info presented was too clinical.”

“Thought it was about tools to take to our community, not about the study.”

“More ideas for youth to be proactive.”

“Taught me something I wish I knew 25 years ago.”

“vague - a little to science-y initially. A little over the heads of the audience.”

“Great speakers - very interesting and important research.”

WORKSHOPS

Caregiving

Description

Margaret Hines is Kevin Hines' other half, soul mate and champion. She is also his rock: his caregiver. Hear Margaret share what it means to be a caregiver to Kevin and how she promotes both his mental wellness and her own.

Speakers: Margaret Hines

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 4.0

Will this help you improve mental health in your community?

Average: 4.2

Satisfaction of Workshop:

Average: 4.4

Speaker Rating

Average: 4.7

Conference Attendee Comments:

"Thanks for sharing your personal stories of strength and the very important role of being an ongoing care giver to Kevin and a partner with Kevin."

"Nice to have a down to earth presenter that is not very content heavy but relatable."

"Love Margaret Hines."

"Margaret is an amazing speaker."

"Awesome."

"Focus was on caring for him, not self care."

"Very well spoken. Open and willing to share. Thank you!"

"While I admire your commitment and love to your husband, I question is there enmeshment here? Mother/wife. Just a thought. God bless you both."

"Margaret is an amazing person who is clearly helping from her heart. Best workshop from last two days so far."

"I think it was a great presentation, but it wasn't about helping caregivers, it was about being a caregiver and strategies for mental illness maintenance."

"Amazing woman and speaker. Love your passion. You are so wonderful to listen to."

WORKSHOPS

Suicide Prevention in The Alberta Landscape: Where We Are Headed

Description

In 1976, Menno Boldt launched Alberta's suicide prevention efforts with the Boldt Report: the first of its kind in the world. The provincial government heeded his advice and implemented the Alberta Model; we were world leaders. Learn more about where Alberta's suicide prevention efforts are now focused, how they fit into the Canadian landscape and how this important work continues to involve us all.

Speakers: Mara Grunau

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 4.0

Will this help you improve mental health in your community?

Average: 4.0

Satisfaction of Workshop:

Average: 4.3

Speaker Rating

Average: 4.6

Conference Attendee Comments:

"Great knowledge and pertinent stats/ Great to see incredible awareness and passion for suicide prevention. I pray the governments "get it" and put it as a major priority."

"I am very interested in ways to advocate for more cross-functional work between gov't departments."

"Thanks Mara"

"Great speaker. Passionate about suicide prevention."

"Stats are presented in a gender/sex binary. I know you can't change the data, but acknowledging the lack of accounting for non-binary gender/sex would be really great."

"It would be helpful to also have materials with the info presented."

"A very in-depth session, thank you so much for this session."

"Everything was well presented, I will have to do more research on my own time though."

WORKSHOPS

Creating Caring Campus Communities

Description

The panel will consist of key stakeholders within the community of practice who will speak to the value of collaboration and how Healthy Campus Alberta is serving as a communication hub and link, bringing together postsecondary campuses across Alberta.

Speakers: Danielle Stewart Smith, David Grauwiler, Jessica Turowski, Debbie Bruckner, Dr. Andrew Szeto and Fatima Dhooma.

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 3.6

Will this help you improve mental health in your community?

Average: 3.4

Satisfaction of Workshop:

Average: 3.9

Speaker Rating

Average: 4.1

Conference Attendee Comments:

“I felt there was a heavy focus on the process. Would be nice to hear more about the results/stats/future goals/ Thank you!”

WORKSHOPS

Achieving Lasting Impact: The Potential of Peer Support

Description

Peer Support Workers (PSWs) are a disrupting force in the addiction and mental health sector. Participants will gain an understanding on what core competencies, support networks, and change is critical for PSWs to be successful in their career and to make a lasting change in the delivery of our mental health and addiction services.

Speakers: Pamela Spurvey, Debbie Wiebe, Lisa Elford, and Callum Ross

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 3.6

Will this help you improve mental health in your community?

Average: 3.5

Satisfaction of Workshop:

Average: 3.6

Speaker Rating

Average: 4.2

Conference Attendee Comments:

“I did not learn about what a PSW is and how they fit into the healthcare team. Great work to evaluate and develop the roll but more info on what, who and where would have been helpful. Good presentation of why and when.”

“This is the only session I attended about peer support, so more of an explanation of peer support may have been helpful.”

“I would love to see this implemented everywhere... and I would love to be a part of this! Excellent!!”

“Thank you.”

“There was no explanation on what a PSW is or what they do.”

“Look forward to measurement of your work. Good luck, you have my support.”

WORKSHOPS

Suicide Postvention is Critical Prevention

Description

Previous experiences with suicide have demonstrated that individuals who lose someone close to them are more vulnerable to suicide themselves. This panel will explore the ways in which we can identify and help those who may be at risk of this circumstance.

Speakers: Diane Yackel, Priscilla Lalonde, Dave MacLeod, Cindy Negrello and Joy Pavelich

Evaluation 1-5 (Poor-Excellent)

Rate your current understanding of this topic

Average: 3.9

Will this help you improve mental health in your community?

Average: 4.0

Satisfaction of Workshop:

Average: 4.4

Speaker Rating

Average: 4.6

Conference Attendee Comments:

“Thank you - wonderful panel.”

“Powerful story from "Joy." So sorry for your loss. You are keeping your love alive and doing a great job of honouring your son's life. To all speakers, thank you for telling us about what programs are in place.”

“Thank you. I enjoyed that.”

“Thanks for the ideas to better consider the postvention aspects and bereavement needs of people.”

“Thank you.”

“More knowledgeable about resources/better understanding of who all is affected when someone chooses to end their life.”

“Great material shared and wonderful presentation of lived experience by Joy! Thank you!”

“Joy was great, she pulled lots of it together.”

“Wonderful video. Thank you for sharing Joy. God bless.”

WORKSHOPS SUMMARY

Highest Scored Workshops:

	Will this help you improve mental health in your community?	Satisfaction of Workshop:	Speaker Rating
First Place	l'taamohkanoohsin – Everyone Comes Together. Average 4.3	l'taamohkanoohsin – Everyone Comes Together. Average 5.0	l'taamohkanoohsin – Everyone Comes Together. Average 5.0
Second Place	Caregiving Average 4.2	Caregiving AND Suicide Postvention is Critical Prevention Tied Average: 4.4	Caregiving Average: 4.7
Third Place	Suicide Postvention is Critical Prevention AND Suicide Prevention in The Alberta Landscape: Where We Are Headed Tied Average 4.0	Suicide Prevention in The Alberta Landscape: Where We Are Headed Average 4.3	Suicide Postvention is Critical Prevention AND Suicide Prevention in The Alberta Landscape: Where We Are Headed AND Jack.org Three-way Tie Average 4.6

WORKSHOPS SUMMARY

Lowest Scored Workshops:

	Will this help you improve mental health in your community?	Satisfaction of Workshop:	Speaker Rating
First Place	Identifying Youth At Risk for Psychosis Average 3.1	Identifying Youth At Risk for Psychosis Average 3.3	Identifying Youth At Risk for Psychosis Average 3.7
Second Place	Building a Peer Support School AND Creating Caring Campus Communities Average 3.4	Achieving Lasting Impact: The Potential of Peer Support Tied Average 3.6	Building a Peer Support School AND Creating Caring Campus Communities Tied Average: 4.1
Third Place	Achieving Lasting Impact: The Potential of Peer Support Tied Average 3.6	Building a Peer Support School Average 3.8	Achieving Lasting Impact: The Potential of Peer Support AND Jack.org Tied Average 4.2



DAY 1 KEYNOTE SPEAKER

Frank O'Dea

Frank O'Dea, co-founder of Second Cup, demonstrates the power of hope by using his own story and experiences of hope, courage, change and persistence. Humble yet powerful, Frank relates how he went from the bowery, panhandling for nickels and dimes not so many years ago, to the successes he has



DAY 1 KEYNOTE SPEAKER

Austin & Catherine Marden

Austin and Catherine deliver a heart-warming presentation on how they overcame personal trials and tribulations by living simply, and learning to live in what might be termed “a mentally healthy lifestyle”.

DAY 2 KEYNOTE SPEAKER



Kevin Hines *Unfortunately Kevin was unable to attend, so his wife Margaret spoke on his behalf.

In September 2000, Kevin Hines survived his leap off the Golden Gate Bridge. In the years since then, Kevin has become the bridge between the many mothers, fathers, brothers, sisters, friends, and loved ones who made similar acts. Kevin fosters a critical bridge of hope between life and death for people caught in the pain of living with serious mental illness and difficult life circumstances.

DAY 2 KEYNOTE SPEAKER



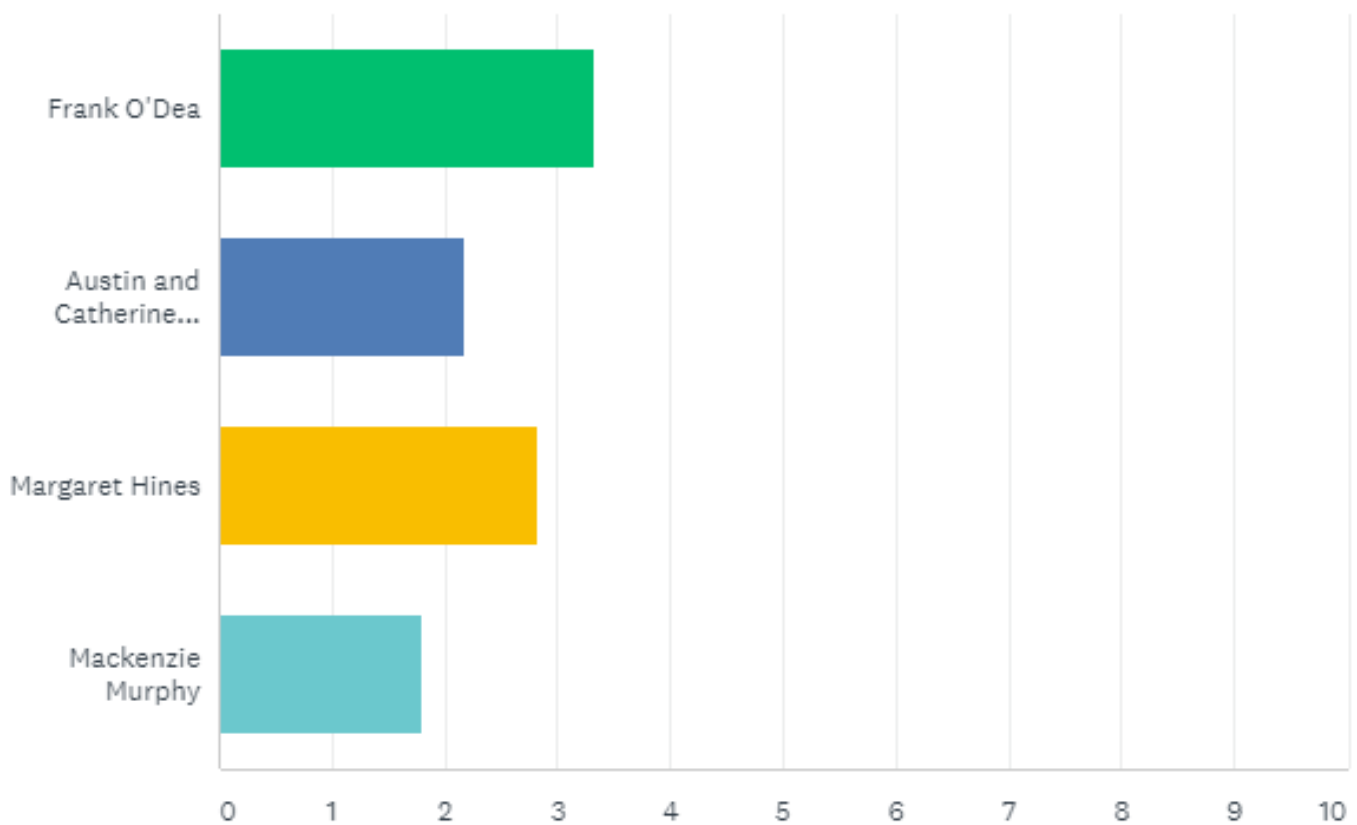
Mackenzie Murphy

Don't allow a diagnosis of a mental illness hold you back from achieving anything and everything you want out of life!



KEYNOTE SPEAKER LEARNINGS

Which speaker(s) were you mostly interested in listening to?
(Rank from best to least.)



#1 Frank O'Dea


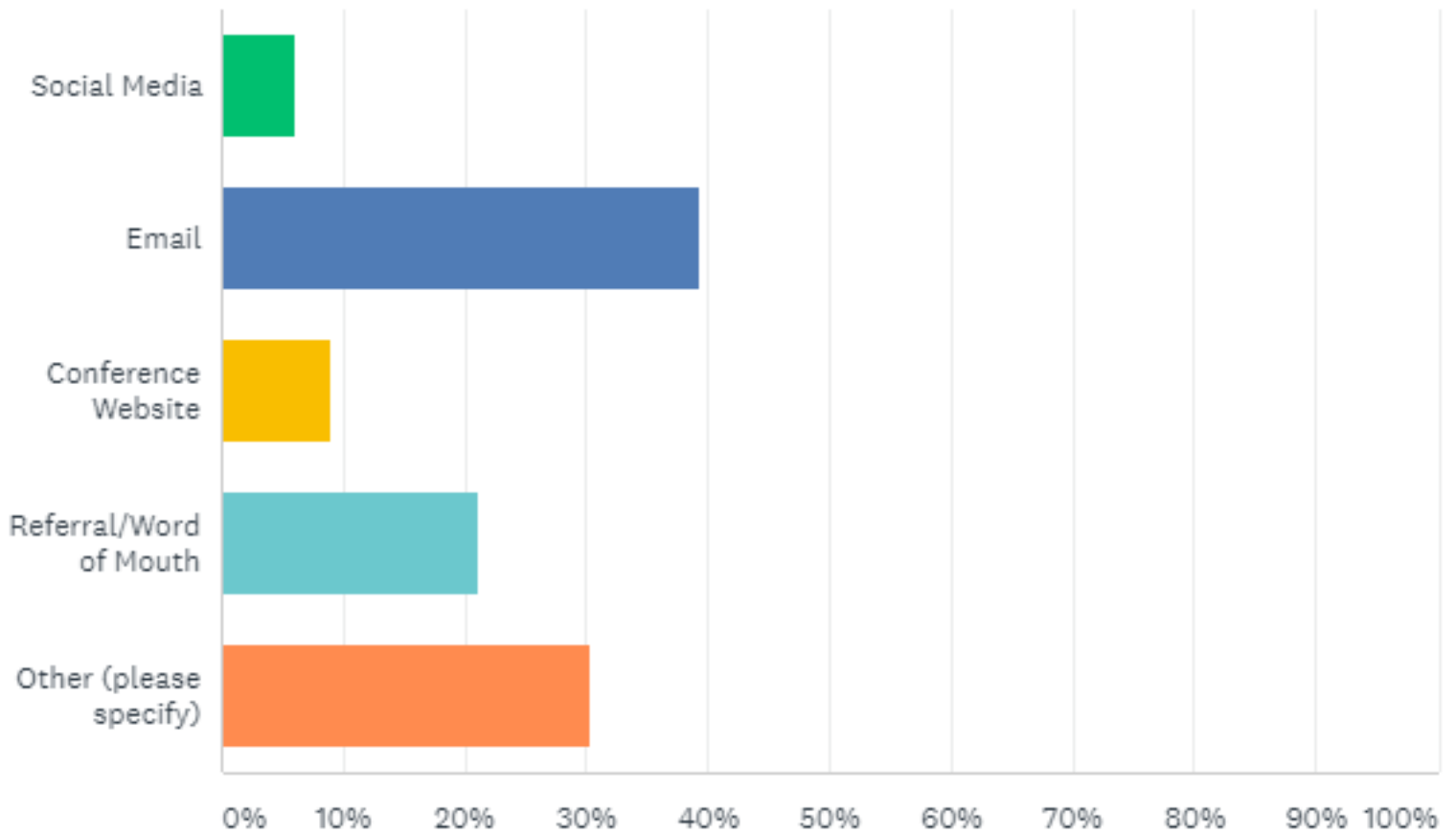
#2 Margaret Hines

#3 Austin and Catherine Mardon

#4 Mackenzie Murphy

PROMOTIONAL REVIEW

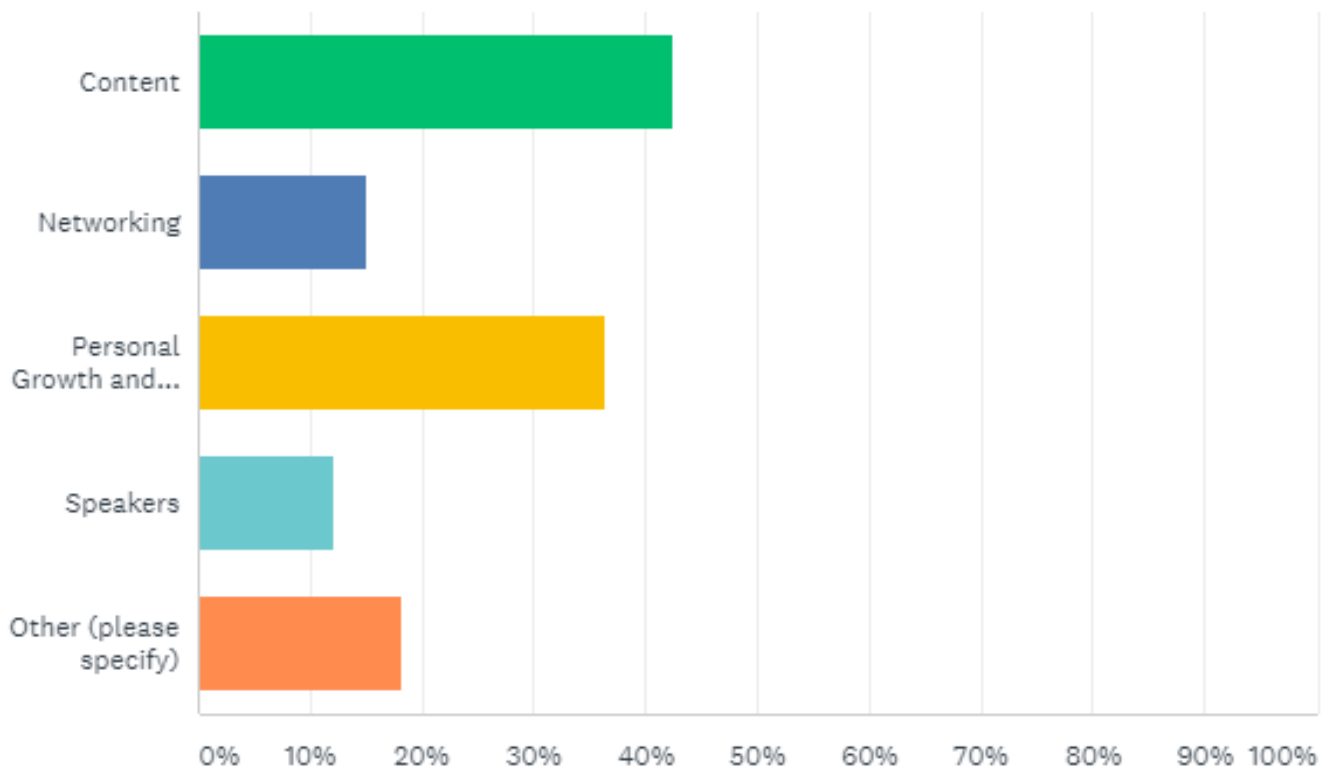
How did you hear or learn about this conference?



Social Media 6%
Email 37%
Conference Website 8%
Referral/Word of Mouth 20%
Other (CMHA, CSP) 29%

POST CONFERENCE REVIEW

Please specify the main reason for attending this conference:



Content 34%

Networking 12%

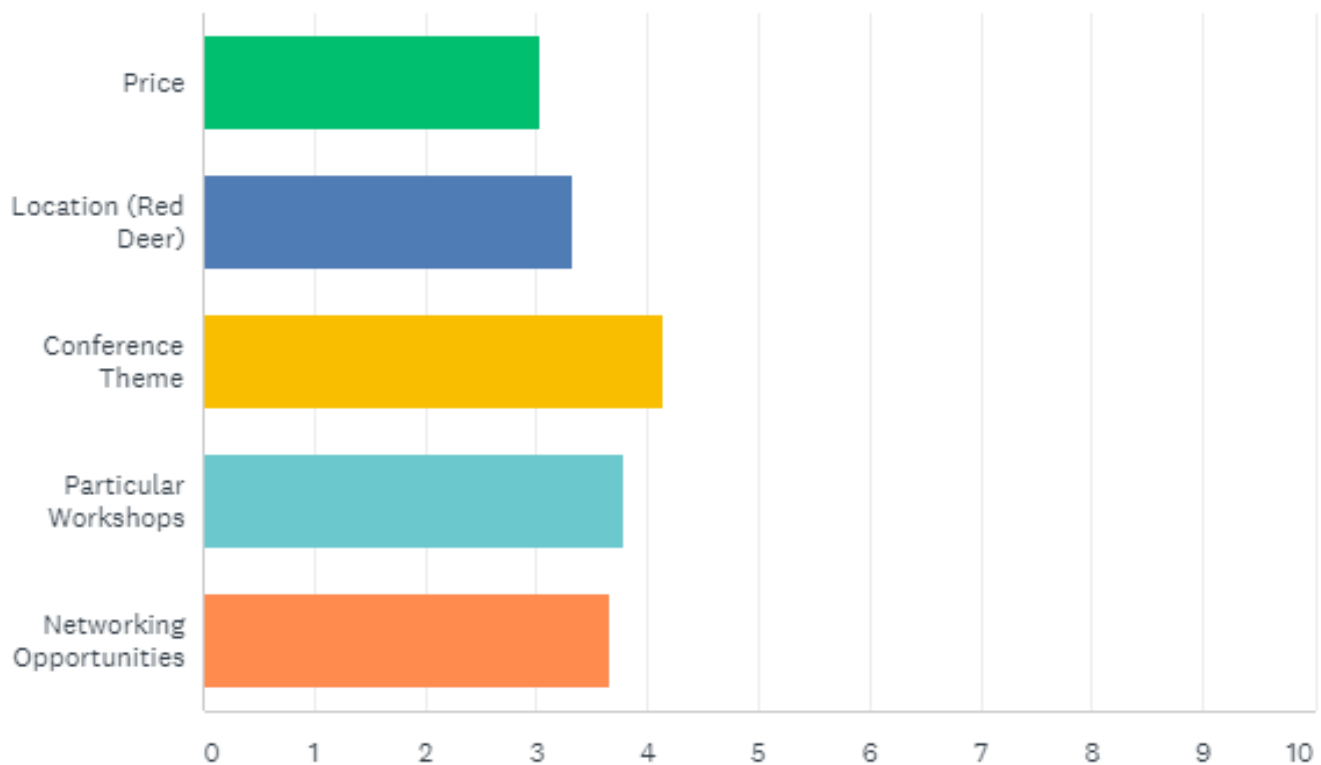
Personal Growth and Development 30%

Speakers 10%

Other (Work Related): 14%

POST CONFERENCE REVIEW

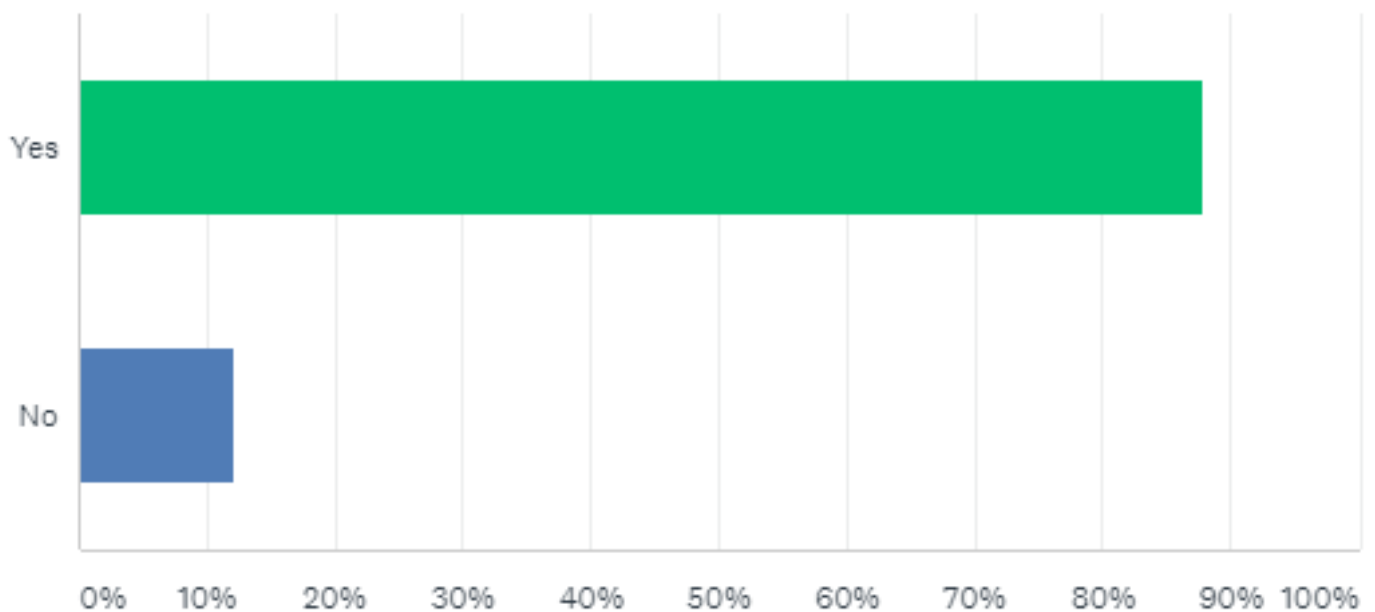
Please rate how the following influenced your decision to attend:



	NOT AT ALL	(NO LABEL)	(NO LABEL)	(NO LABEL)	STRONGLY INFLUENCED	TOTAL	WEIGHTED AVERAGE
Price	22.58% 7	6.45% 2	25.81% 8	35.48% 11	9.68% 3	31	3.03
Location (Red Deer)	15.15% 5	12.12% 4	21.21% 7	27.27% 9	24.24% 8	33	3.33
Conference Theme	6.06% 2	3.03% 1	9.09% 3	33.33% 11	48.48% 16	33	4.15
Particular Workshops	6.06% 2	0.00% 0	27.27% 9	42.42% 14	24.24% 8	33	3.79
Networking Opportunities	6.06% 2	12.12% 4	15.15% 5	42.42% 14	24.24% 8	33	3.67

POST CONFERENCE REVIEW

Did the conference fulfill your reason for attending?



Yes 88% No 12%

Notes:

“I felt there was a lot of great information, but not a lot of information applicable to Edmonton agencies.”

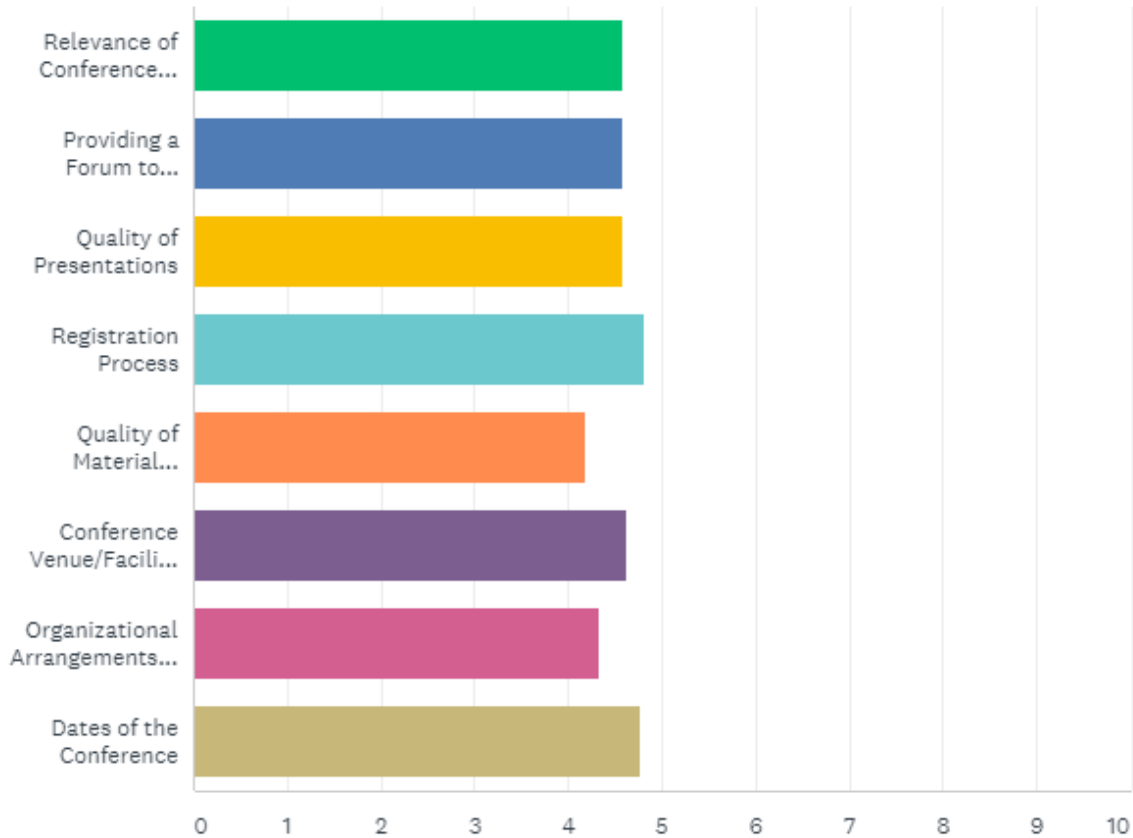
“There is lots more I need to learn, especially how to bring professionals here to support the communities.”

“A lot of repetitive information.”



POST CONFERENCE REVIEW

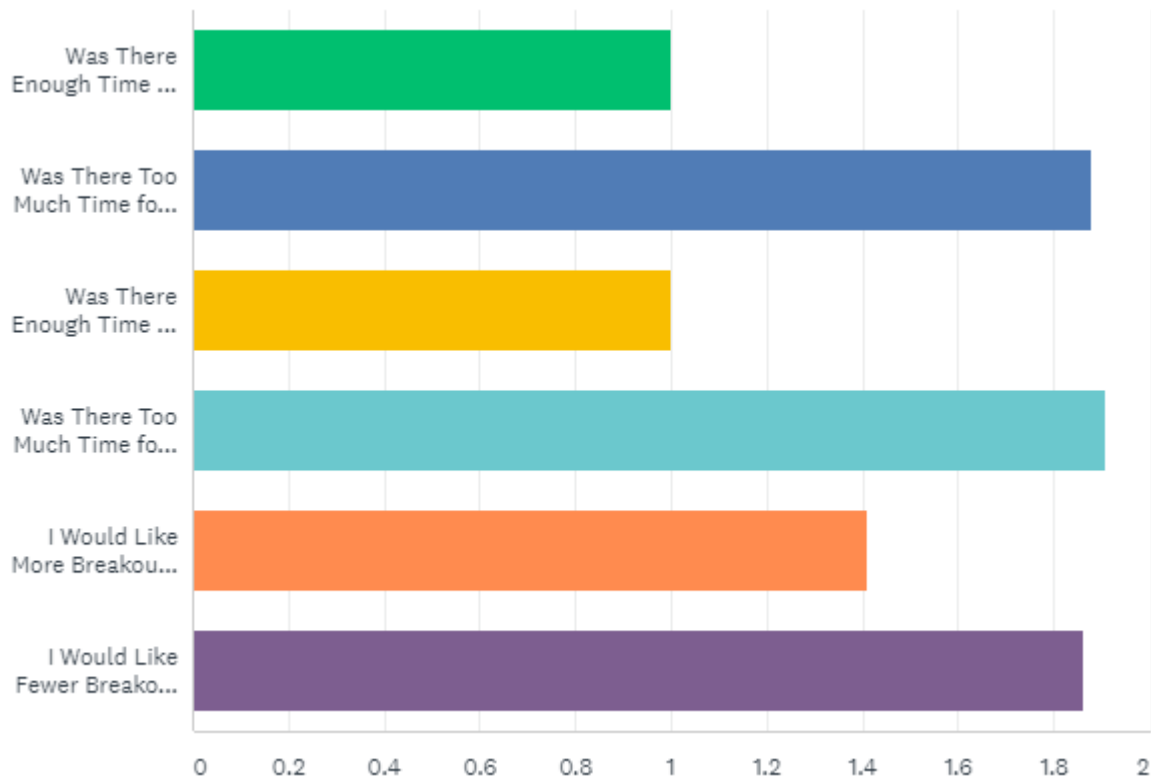
How would you rate the following?



	N/A	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	TOTAL	WEIGHTED AVERAGE
Relevance of Conference Content	0.00% 0	0.00% 0	12.50% 4	28.13% 9	46.88% 15	12.50% 4	32	4.59
Providing a Forum to Exchange Information With Other Participants	0.00% 0	3.13% 1	9.38% 3	34.38% 11	31.25% 10	21.88% 7	32	4.59
Quality of Presentations	0.00% 0	0.00% 0	15.63% 5	21.88% 7	50.00% 16	12.50% 4	32	4.59
Registration Process	3.23% 1	3.23% 1	3.23% 1	12.90% 4	54.84% 17	22.58% 7	31	4.81
Quality of Material Circulated by the Organizers	3.13% 1	3.13% 1	12.50% 4	40.63% 13	34.38% 11	6.25% 2	32	4.19
Conference Venue/Facilities	0.00% 0	0.00% 0	9.38% 3	34.38% 11	40.63% 13	15.63% 5	32	4.63
Organizational Arrangements For and During the Events	3.13% 1	0.00% 0	15.63% 5	37.50% 12	28.13% 9	15.63% 5	32	4.34
Dates of the Conference	0.00% 0	0.00% 0	3.13% 1	34.38% 11	43.75% 14	18.75% 6	32	4.78

POST CONFERENCE REVIEW

In regards to the conference agenda, please answer the following:



	YES	NO	TOTAL	WEIGHTED AVERAGE
Was There Enough Time for Breaks?	100.00% 33	0.00% 0	33	1.00
Was There Too Much Time for Breaks?	12.12% 4	87.88% 29	33	1.88
Was There Enough Time for Meals?	100.00% 33	0.00% 0	33	1.00
Was There Too Much Time for Meals?	9.09% 3	90.91% 30	33	1.91
I Would Like More Breakout Sessions.	58.62% 17	41.38% 12	29	1.41
I Would Like Fewer Breakout Sessions.	14.29% 4	85.71% 24	28	1.86

POST CONFERENCE REVIEW

What was the most beneficial aspect of this conference?

Comments:

“Plenary speakers - breakouts were not beneficial.”

“Making new connections.”

“Information Gathering.”

“Frank O and Margaret.”

“Learning that things are changing & getting better with mental health.”

“The breakout sessions as they provided some concrete tools/ideas to work with in the community.”

“Learning about other peer support activities across Alberta.”

“The opportunity for increased awareness and understanding we are not alone. More education around the agencies, organizations, people involved with a 360 degree view.”

“Connecting with others doing similar work across the province.”

“Learning of new workshops.”

“CSP breakout sessions.”

“Networking”

“Seeing the variety of programs and services.”

“The speakers gave me the most- as I was looking for front line information.”

“Breakout sessions.”

“Networking, speakers.”

“Listening to people who have walked the walk and their story of courage.”

“Learning of programs that support mental health in rural AB.jack.org.”

“Networking and personal stories.”

“Hearing the personal experiences of those who live and function with a mental illness.”

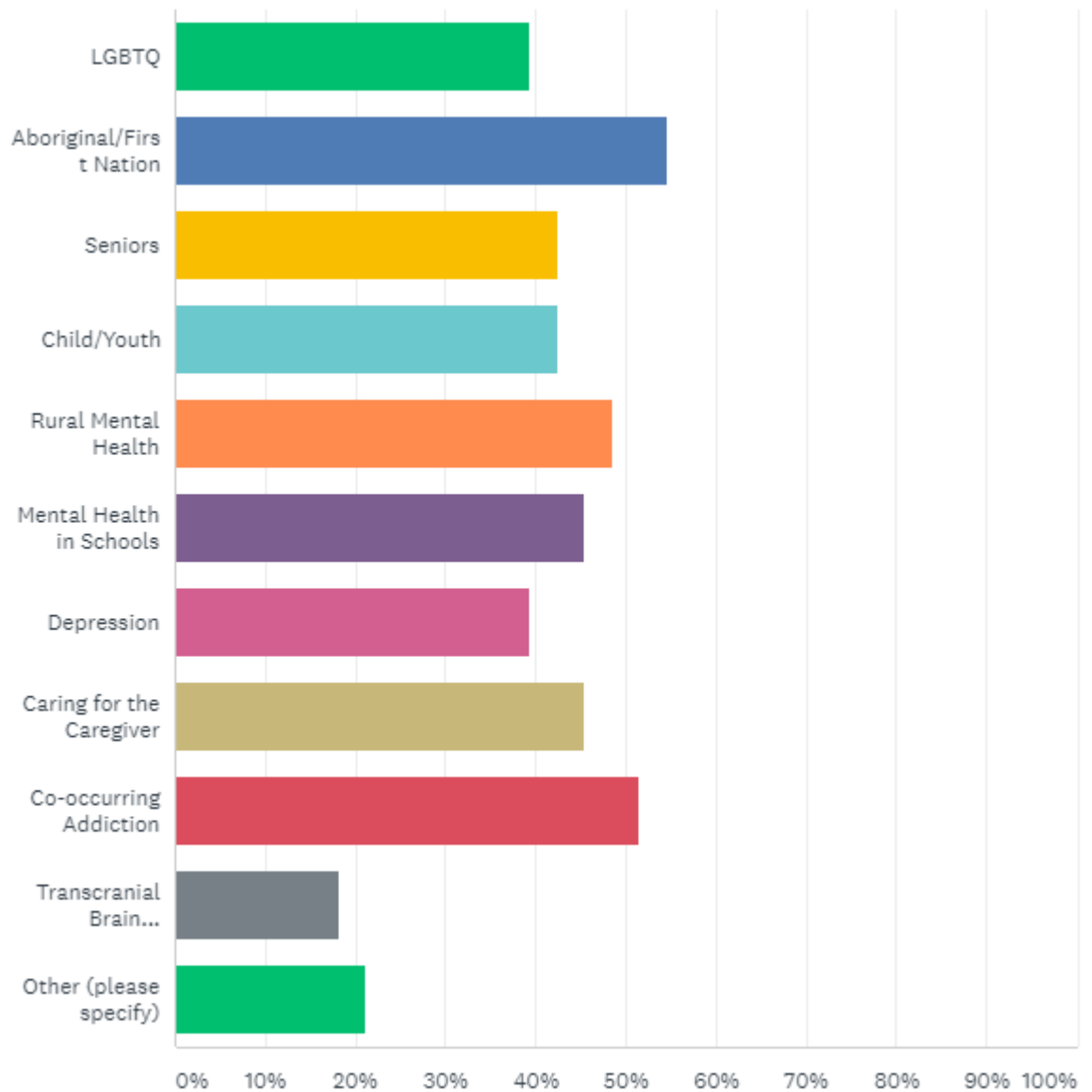
“Frank O’Dea.”

“ Being with like minded individuals all in search of information to better educate ourselves and others.”

“Peer support info.”

POST CONFERENCE REVIEW

What topics/themes would you like covered at the next conference?



POST CONFERENCE REVIEW

What topics/themes would you like covered at the next conference?

Suggested Topics/Comments:

First Responder

Clinical Depression in Youth

Mental Health in the Workplace

Embracing Change, less fear, more anticipation, openness

Strategies for borderline personality disorder

Strategies for community MH prevention

LGBTQ

Best examples of awareness idea that effectively resulted in informing youth

The role of non-professional and professional (expert) organizations in the mental health field

Community mental health from an indigenous world view and cultural relevance.

Specifically/details about mental health conditions such as PTSD

Peer support employment partnership available for secure long term employment opportunities

The ways peer support evolves in the yr

Application of peer support in continuing care system - staff or clients

Addictions

Justice in regards to mental health and addictions

Resources for referral

I would love to hear from the woman with 91 personalities; her story and how she copes.

Community building

More on self care

Seniors

Self-harm (cutting)

More speakers with lived experiences

Pros/Cons of social media for mental health

Maybe actually conduct a safe talk for participants as one of the options

POST CONFERENCE REVIEW

Is there anything else you would like to share with us?

“A few of the presentations were poorly done - could have used some more practicing, perhaps more vetting or more guidelines on effective presentations and clarity.”

“Hotel was very poor - no hot water for everyone and no apparent attempts to fix it.”

“This is small but I'd like to see the amount and type of meals on the last day be put on the first day.....people were departing early on the last day when the food was at its best. I feel this is wasteful.”

“Thanks for providing such a great event!”

“I think there might be an opportunity for attendees this year to help "grow" the conference for next year - based on how positive this year was. Perhaps a price reduction for selling tables of 6 - 8 as example. Opportunities to reach out within our own communities to help foster awareness and interest by helping promote attendance by encouraging expectations of our community / leaders and mental health care providers to attend.”

“Would like more information on dealing with different illnesses. Front line dealing face to face with people- what to do- what not to do- I got the most information from listening to the speakers tell their stories and experiences.”

“Thank you for the wonderful conference, I thoroughly enjoyed the keynote speakers and the workshops. I look forward to next year!”

“It was a great conference...also enjoyed the evening speaker and question period.”

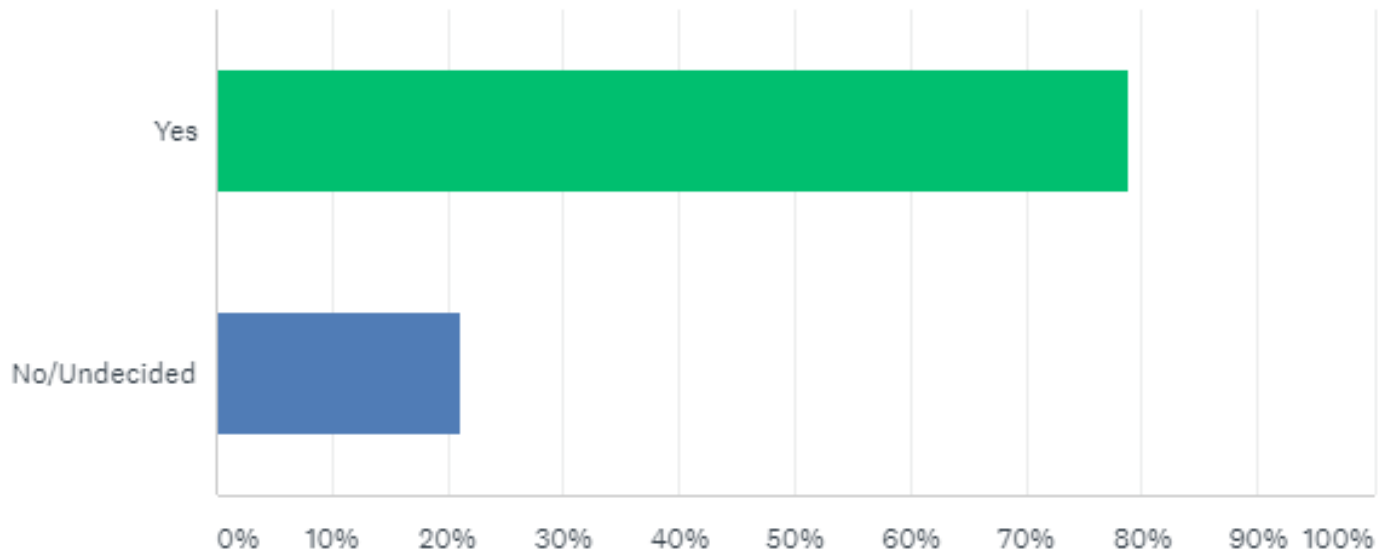
“It was an amazing conference and I will definitely be attending again in the future and I will be requesting that we send more people from our organization to attend.”

“Greatly appreciated how much work went in to providing such an event. While the sessions were great, I most enjoyed the guest speakers- they really spoke to my heart and soul.”

“Great job. Keep up the good work!”

POST CONFERENCE REVIEW

Would you attend this conference again?



If no/undecided, what would make you want to attend again? (Responses)

- Focus on aspects needed for me to be better in my position
- More organization/better speakers
- Depends on location and price
- More activities to facilitate networking among ASIST trainers in attendance would be nice
- I would like to attend again. Organizational funding support during cost containment is a barrier.

Systems approach to research the mental health landscape in Alberta

We are grateful for the contribution made to this conference by the Strategic Foresight and Innovation (SFI) Master's program at the Ontario College of Art and Design (OCAD). Students aim to promote design thinking and research that sparks innovation. Teaming up with the Canadian Mental Health Association Alberta Division, SFI students conducted research to help better understand the workplace mental health landscape in Alberta.

A better understanding of the workplace mental health landscape in Alberta will help us identify where the levers of social change are. Systemic and future facing questions were included in the conference nametag package. Attendees were encouraged to fill out and display the cards on their table's "research trees."

A special thank-you to Jaime Calayo for his leadership on this project.

Objectives:

- 1) To engage the audience in participatory and co-creative design thinking exercises
- 2) To retrieve insights from different players/stakeholders on shared issues
- 3) To promote self-expression and expertise on the topic of mental health

Foresight: Engage with conference attendees to encourage foresight thinking around the topic of mental health. (environmental scanning, scenario building, back casting collaborative workshops, etc.)

The State of Mental Health: How might we visualize, give form and communicate the current state of mental health in Alberta? (installations, interventions, design objects/materials, etc.)

Innovation: How might we address mental health practice and perception in a new more engaging and transcendental ways? (design prototypes)

Strategy: How might mental health in Alberta get to these desired futures and innovations?

(strategic plans, horizon projections, backcasting, etc.)



Systems approach to research the mental health landscape in Alberta

Research Approach

OCAD saw this conference as an opportunity to adopt a systems approach into re-searching what the mental health landscape looks like in Alberta. With so many different communities coming together for the first time, the framing question was as follows:

“In what ways are Alberta’s mental health communities similar and in what ways are they different?”

To answer this question, the team from OCAD designed simple research cards that asked this question from multiple present and future-facing perspectives.

Research Card Design

Drivers of Change

OCAD and CMHA collaborated in the collection of emerging trends and drivers that may have an impact on the future of mental health practice in Alberta. In this card, conference attendees are asked to choose their top three factors.

Drivers of Change

Select three elements below that you think will have the greatest impact on your community's mental health in the future.

<input type="checkbox"/> Personal travel	<input type="checkbox"/> Aging Population	<input type="checkbox"/> Employment
<input type="checkbox"/> Affluence	<input type="checkbox"/> Living Wage	<input type="checkbox"/> Poverty
<input type="checkbox"/> Marginal Communities	<input type="checkbox"/> Techno-reliance	<input type="checkbox"/> Economic Inequality
<input type="checkbox"/> Mental Health Education	<input type="checkbox"/> Hyper-connectivity	<input type="checkbox"/> Sharing Economy
<input type="checkbox"/> Growth of Urban Centres	<input type="checkbox"/> Digital therapy	<input type="checkbox"/> Mobile Working
<input type="checkbox"/> Affordable Housing	<input type="checkbox"/> Stigma	<input type="checkbox"/> Climate change
<input type="checkbox"/> Healthcare	<input type="checkbox"/> Virtual Reality	<input type="checkbox"/> Urban planning
<input type="checkbox"/> Urban Migration	<input type="checkbox"/> Social Supports	<input type="checkbox"/> Displaced communities
<input type="checkbox"/> Social Media	<input type="checkbox"/> Consumerism	<input type="checkbox"/> Community Culture

Systems approach to research the mental health landscape in Alberta

Empathy Map

Empathy Map questions were designed to capture the experience conference attendees have in mental health maintenance. Attendees were given one of six different empathy questions which included:

- What they hear
- What they say
- How it impacts them
- What considerations they have to make
- What types of supports they need
- Barriers and Enablers to maintaining mental health

Empathy Map

The more we understand the experience of others, the more we understand ourselves.

What is one thing you have heard others say about mental health in your community?

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Inquiry Map


In this card, conference attendees are asked what mental health questions they themselves are asking and what part of the mental health ecosystem they are a part of. The goal of these cards is to match different communities who are asking the same questions.



The Questions We Ask

What question around mental health are you and your community trying to explore?

What part of the mental health ecosystem are you a part of?



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Collaborative Dictionary

Each community has a different approach to speaking about mental health. Because of this, we wanted to map out how some of the most used mental health words are interpreted. The words we mapped out included:

- Support
- Acceptance
- Accessibility
- Dignity
- Wellness
- Self-Improvement

Defining Together

Use three words to define the following term in a way that reflects your experience with mental health in your community.

“Support”

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Collaborative Visual Dictionary

To build off the previous card, we also asked attendees to draw a face and to also write an emotion. Insights could then be drawn from the similarities and differences in the pictures along with the emotions tied to them.



Defining Together

Draw a face or write an emotion to depict your experience with the term below in your community.

“Self Improvement”



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Research as Art

Photo display stands were repurposed to display completed research cards. They were placed at the middle of each table and were moved from table to table in between sessions. These were great in facilitating conversations around the research cards.

Conference Package Design

To better integrate systems research into the conference, the research cards were designed to fit into the lanyards given to attendees. The program guide was also designed to encourage attendees to engage in the research and share their findings on social media.

Conference Activation

To encourage engagement with the research cards, conference speakers were asked to remind attendees at the beginning of each talk to fill out the cards and engage in discussion around the research question. Breakfast and lunch were also opportunities to do this.

There was an overwhelming positive response to the research cards with requests from other organizations to include them at their conferences in the future.

Samples of Collected Cards

These are a few of the research cards collected. The next phase in this research will be to record the data collected and have it undergo synthesis by the team.

Next Steps

Next steps will be to take our synthesis thoughts to CMHA and then collaborate on a way to disseminate the insights with the larger Alberta mental health community.



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Key Learnings

Some of the key learnings included:

- Collaborate with festival organizers and speakers to remind attendees the value in sharing their insights
- To share findings in real time. We took photos of cards and presented them on the big screen for people to read on the second day
- Design the questions to be short, concise and easy to respond to. Multiple

