



Canadian Mental  
Health Association  
Alberta  
*Mental health for all*

JUNE  
4-5

# NOW WE ARE STRONGER

A PROVINCIAL CONFERENCE ADVANCING  
COMMUNITY MENTAL HEALTH

# 2018

Doubletree by Hilton, West Edmonton



# Table of Contents

Conference Day 1 Agenda	<b>4</b>
Keynote Speaker: Susan Aglukark	<b>5</b>
A1 - A4 Concurrent Sessions	<b>6</b>
Keynote Panel: Centre for Suicide Prevention	<b>8</b>
B1 - B4 Concurrent Sessions	<b>9</b>
C1 - C4 Concurrent Sessions	<b>11</b>
Special Presentation	<b>13</b>
Conference Day 2 Agenda	<b>15</b>
Keynote Speaker: Victoria Maxwell	<b>16</b>
D1 - D4 Concurrent Sessions	<b>17</b>
E1 - E4 Concurrent Sessions	<b>19</b>
F1 - F4 Concurrent Sessions	<b>21</b>
Sponsors and Exhibitors	<b>23</b>
Poster Presentations	<b>24</b>

# Conference **DAY 1**

Monday  
JUNE  
*4th*

# Conference Agenda Day 1

June 4th, 2018

TIME	ACTIVITY
7:30am - 8:45am	Registration & Continental Breakfast
8:45am - 9:30am	<b>Welcome &amp; Opening Remarks</b>
9:30am - 10:30am	<b>Keynote Speaker: <a href="#">Susan Aglurkark</a></b>
10:30am - 11:00am	HEALTH BREAK / Poster Presentations
11:00am - 12:00pm	<b>A1-A4 Concurrent Sessions</b>
12:00pm - 12:45pm	BUFFET LUNCH / Award Presentations
12:45pm - 1:45pm	<b>Keynote Panel: <a href="#">Youth Suicide Prevention in Indigenous Communities</a></b>
1:45pm - 2:00pm	TRAVEL TIME
2:00pm - 3:30pm	<b>B1-B4 Concurrent Sessions</b>
3:30pm - 4:00pm	HEALTH BREAK / Poster Presentations
4:00pm - 5:00pm	<b>C1-C4 - Concurrent Sessions</b>
7:00pm - 8:30pm	<b>Special Presentation: <a href="#">Valuing Mental Health - Revisiting Alberta's Mental Health Review</a></b>



# Keynote Speaker

Monday, June 4th, 2018

## CONFERENCE DAY 1 AT A GLANCE

7:30am - 8:45am	Registration & Breakfast
8:45am - 9:30am	Welcome & Opening Remarks
9:30am - 10:30am	Keynote: Susan Aglukark
10:30am - 11:00am	HEALTH BREAK / Posters
11:00am - 12:00pm	A1-A4 Concurrent Sessions
12:00pm - 12:45pm	LUNCH / Awards
12:45pm - 1:45pm	Keynote Panel: Youth Suicide Prevention in Indigenous Communities
1:45pm - 2:00pm	TRAVEL TIME
2:00pm - 3:30pm	B1-B4 Concurrent Sessions
3:30pm - 4:00pm	HEALTH BREAK / Posters
4:00pm - 5:00pm	C1-C4 Concurrent Sessions
7:00pm - 8:30pm	Special Presentation

9:30am - 10:30am

**Susan Aglukark**



### HEALED ENOUGH

For many of us, we will reach a “healed enough” stage, we will have to decide at some point that where we are (respectively) in our healing journeys is our threshold point and it can be truly amazing! We will be part of that generation of healers, contributing from our respective experiences and sharing lessons so that participants and listeners gain insight into what we are healing from and why our “cultural” perspective is so critical our journeys to Healed Enough”!

About Susan...

Nunavut’s first ever Juno Award winning Inuk singer/songwriter, **Susan Aglukark**, calls herself the accidental artist. Susan grew up in Arviat, Nunavut and with ‘no musical orthodoxy’ to draw from, Susan’s early years were spent learning as she was headlining.

Susan’s early writing (The Artic Rose-1991) was a series of songs drawn from the thing she had left, a life of uncertainty. The past 25 years and the following 7 albums has seen Susan set on a path of personal discoveries, cultural reconnections and personal healing, a very different path than the one she imagined when she left home. In her singing/songwriting career, Susan is most proud about reaching a place in her life where she knows she is right where she belongs, singing/songwriting and falling in love with creating.

Susan has garnered 3 Juno awards, received the Order of Canada in 2005 and most recently as awarded the Governor Generals Lifetime Artistic Achievement Award (June 2016).

Susan has performed for HRH Queen Elizabeth, Jean Chrétien, Brian Mulroney, Nelson Mandela, Billy Graham and the Countess of Wessex.

<b>A1: Mental Health Capacity Building Programs in Alberta Schools: Evidence of Success</b>	<b>A2: Mindfulness Now: Discovering How Strong You Really Are</b>	<b>A3: The Biology of Stress: Prevention, Detention and Treatment of Trauma</b>	<b>A4: The Culture Centred and Community Based Music Therapy Approach for Working with Indigenous People</b>
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## A1 Mental Health Capacity Building Programs in Alberta Schools: Evidence of Success

**PRESENTERS:** **Dr. Anna Nadirova & Marva Caldwell** | *Alberta Health Services*

Mental Health Capacity Building (MHCB) initiative was launched in 2006 to promote mental health in children, youth and families. The program is located in 85 communities and 182 schools across Alberta with an outreach to 74 additional schools. MHCB service provision is funded by Alberta Health Services and operates in collaboration with community partners. The presentation highlights how mental health promotion and prevention activities can impact the lives of K-12 students and influence whole communities to ensure overall mental health and well-being. Evidence of the effectiveness of associated programs based on a large-scale MHCB evaluation will be shared. The participants will be provided with program information regarding this model of care.

**Dr. Anna Nadirova** has extensive experience in conducting research and evaluation for government, schools and school jurisdictions. She presents and publishes her work nationally and internationally. Her expertise includes children and youth addiction and mental health, school climate, social and emotional learning, student academic outcomes, and applying evaluation and research for evidence-based decisions and program improvement.

**Marva Caldwell, MA, LMHC**, is the Acting Manager of the Mental Health Capacity Program with the Child, Youth & Family Initiative, Addictions and Mental Health, Alberta Health Services. Marva has 20+ years of experience as a mental health therapist, social worker, program manager and clinical educator. Marva has specialized skill and expertise in mental health intervention with children and families.

## A2 Mindfulness Now: Discovering How Strong You Really Are

**PRESENTER:** **Dr. Allan Donsky** | *University of Calgary*

This highly interactive and experiential workshop will provide participants with a number of mindful practices. We will explore what mindfulness is and is not. Participants will have a deeper appreciation of mindfulness as a foundation for experiencing the fullness of our humanity. We will explore the relevance of mindfulness as an emerging practice in the promotion and maintenance of mental, emotional and spiritual wellness.

Formerly a Pediatrician, **Dr. Allan Donsky** has been a Child and Adolescent Psychiatrist for 22 years. He is consultant Psychiatrist with the Healthy Minds/Healthy Children (HMHC) program. He is a core committee member of Alberta Health Services Addiction and Mental Health Strategic Clinical Network (SCN) He worked with the COPE program in schools for 13 years.

Using Mindfulness as a platform for navigating our lives, his integrated approach combines Mind, Heart and Spirit.

Allan has worked with school students of all ages, Educators, University students and parents. He has presented at many conferences and Teachers Conventions.

## A3 The Biology of Stress: Prevention, Detection and Treatment of Trauma

**PRESENTER:** Jackson Herald | *Maskwacis Ambulance Authority*

This presentation will explore stress, trauma, and PTSD in a First Nations context. We will discuss how stress and trauma lead to changes in behavior, thought processes, and health status. This research can help practitioners, leaders, and policy makers improve the prevention, early detection, and successful treatment of PTSD, anxiety, and other trauma related chronic illness.

**Jackson Herald** is a registered nurse, primary care paramedic, and educator who has held numerous roles in emergency services, public health, education, and mental health crisis response. Jackson is currently the community initiatives manager for the Maskwacis Ambulance Authority, instructor with the Northern Alberta Institute of Technology (NAIT), and mental health first aid instructor for the mental health commission of Canada.

## A4 The Culture Centered and Community Based Music Therapy Approach for Working with Indigenous People

**PRESENTER:** Fleur Alocin Hughes | *Carewest*

This presentation will discuss how a framework based in community and culture centered music therapy approach can assist those working with indigenous people to support and encourage wellbeing.

How can community music therapy offer a framework for music therapy to develop in various settings? How does the process of culture centered music therapy facilitate and provide an environment for positive relationships to develop? How does music therapy assist individuals with their spiritual, physical, emotional and cognitive wellbeing?

The presentation will include descriptions of the model of community music therapy and framework of culture centered music therapy. The presentation will outline music therapy interventions that are used with this population for example like improvisation and song-writing.

I will demonstrate how music therapy can encourage and promote wellness, how music therapy can be used as a therapeutic tool to encourage self-awareness and self-expression or improve relationship. Vignettes and case examples from the presenter's clinical work might be included.

**Fleur Hughes** has a Masters in Music Therapy and is starting a PHD in Music in 2018.

Fleur's is currently working as music therapist for Carewest. Her therapeutic approach work is person centered and psychodynamic.

She is a member of the CAMT's Mental Health Task Force. Fleur is also a part of the FACT-Alberta committee who are advocating for regulation of arts therapies in Alberta.

# Keynote Panel

Monday, June 4th, 2018

12:45pm-1:45pm

## Panel hosted by Centre for Suicide Prevention

YOUTH SUICIDE PREVENTION IN INDIGENOUS COMMUNITIES

# B1-B2 Concurrent Sessions 2:00pm-3:30pm

<b>B1: Looking into the Future: Advancing a National Mental Health Movement</b>	<b>B2: Shifting Your Lens - The Implementation of Trauma-Informed Care</b>	<b>B3: Working Together To Support Mental Health: Collaborative Practices for Schools and Communities</b>	<b>B4: Going Rural - Building Capacity through Family Peer Support and Community Counselling Programs</b>
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## **B1** Looking into the Future: Advancing a National Mental Health Movement

**PRESENTERS:** Susan Aglukark, Patrick Smith, Dr. Judi Malone & Dr. Denise Milne

Our panel of provincial and national leaders and mental health champions will focus on the future. What is emerging on the horizon of Mental Health in Canada? What challenges are we facing? What are the opportunities? How can we be “Stronger Together?”

## **B2** Shifting Your Lens – The Implementation of Trauma-Informed Care

**PRESENTERS:** **Chelsea Hobbs** | *Early Childhood Development Support Services (ECDSS)*  
**Dave Smith** | *Indigenous Health and Nutrition Team, Alberta Health Services*

Trauma-informed care aims to acknowledge the prevalence of trauma and provide services that recognize the profound implications trauma can have on developmental and health outcomes. This workshop aims to explore how two different organizations within Alberta have attempted to contribute to the delivery of trauma-informed services. Examples will speak to the importance of education for service providers supporting children, youth and families, as well as the benefits of registered dietitians in supporting trauma-informed Indigenous healthcare, mental health, and health promotion programs.

**Chelsea Hobbs** is a doctoral student in Counselling Psychology at the University of Alberta. Her current research interests include loss, grief, hope and children’s mental health and her counselling, research and volunteer experiences have provided her the opportunity to work extensively with children, youth, and families in a variety of contexts.

**Dave Smith** is a Registered Dietitian with Alberta Health Services. He is a member of clinical, health promotion, and traditional wellness teams at the Elbow River Healing Lodge, Sunrise Native Addictions Services Society, Siksika First Nation, Alex Community Health Centre, CUPS, Calgary Drop-In Centre, and Inn from the Cold health centres.

## **B3 Working Together To Support Mental Health: Collaborative Practices for Schools and Communities**

**PRESENTERS:** **Bev Baker Hoffman & Krystal Abrahamowicz** | *Calgary Regional Consortium*  
**Alena Thompson & Chantal Vailee** | *Covenant House, Bonnyville Primary Care Network*

Join this session to learn more about how the Working Together to Support Mental Health in Alberta Schools resource is promoting deeper collaboration between schools and their partners to support mental health in schools. The Bonnyville Child & Adolescent Mental Health clinic provides a rural example of how schools and healthcare providers are collaborating to increase primary care access and continuity for youth with ADHD, anxiety and depression in their community.

**Bev Baker-Hofmann** is an Education Manager with Alberta Education in the School and Community Supports branch and works primarily within the area of mental health in schools. She is a Registered Psychologist and has extensive experience working in schools in a variety of roles including teacher, counsellor, consultant and district office administrator.

**Krystal Abrahamowicz**, Designer of Professional Learning with the Calgary Regional Consortium, was leader of the Collaborative Community that created the Key Conditions Planning and Implementation tool in the GoA resource, Working Together to Support Mental Health in Alberta Schools. With extensive experience in designing support plans for diverse learners, Krystal is a passionate believer that every student can experience success at school.

**Alena Thompson** is a Registered Nurse with a background in primary care, health promotion and program development. She was hired as the Mental Health Navigator in June 2016 when the clinic initiated and works to navigate the clients and families through the resources and services in Bonnyville and area.

**Chantal Vallee** is a Nurse Practitioner who works in a primary care family practice supported by Covenant Health. She has been key to implementing many programs and services in Bonnyville. She has been instrumental in community assessment and program development of a variety of initiatives in the local area.

## **B4 Going Rural - Building Capacity through Family Peer Support and Community Counselling Programs**

**PRESENTERS:** **Toby Malloy & Mona Cooley**

Collaborative community approaches are strengths based approaches have the potential to provide client centred, inclusive services in rural and remote communities. We will illustrate how two unique programs, a Peer Support program and a Community Counselling program have been developed. The workshop will offer an overview of both approaches, ideas and discussion about how they can be replicated in other rural and remote communities.

**Toby Malloy** has been working in rural mental health with individuals and families for the past 12 years in settings that include clinics, hospitals, community outreach and residential treatment. In her spare time Toby works on the family farm, plays a little music and serves as an elected chair of the International Program Committee and is the Alberta Representative of the Women's Advisory Committee for the National Farmers Union.

**Mona Cooley**, lived experience and coach training, has facilitated Family Peer Sessions and Family Meetings for over 20 years. She has been recognized by the Governor General of Canada – Caring Canadian Award and recently chosen as one of the 150 across Canada as Difference Maker for impacting Mental Health.

<p><b>C1: Animal Assisted Therapy with Children, Youth and Families</b></p>	<p><b>C2: Forged By Fire - Resiliency</b></p>	<p><b>C3: Youth Engagement in Mental Health Organizations</b></p>	<p><b>C4: Networks and Road Maps for Rural Mental Health - Emerging Opportunities</b></p>
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## C1 Animal Assisted Therapy with Children, Youth and Families

**PRESENTER:** Gail Courtage | CASA

Would you like to partner with your dog, cat, horse or llama in your work with children, youth and families? Animal-Assisted Therapy (AAT) is a unique form of therapy ideal for working with these populations. This presentation will introduce you to current research and the methodology of AAT. Hearing about real life examples will enhance your learning about the power of animals in the healing journey.

**Gail Courtage** is a clinical social worker with over 20 years experience working with children, youth and families. Currently working as clinical lead in the Adolescent Day Program at CASA: Child, Adolescent and Family Mental Health where she has partnered with her therapy dog in CASA's trauma group and recently piloted an equine-assisted therapy program. Her three years in private practice with Dreamcatcher Nature-Assisted Therapy Association provided her with the knowledge and skills to utilize the power of animals in the treatment of children, youth and families struggling with mental health issues.

## C2 Forged By Fire - Resiliency

**PRESENTERS:** Carla White

If you feel like you are always putting out fires, it can feel like you are not getting ahead. Or maybe it's the big fire - that one large event that has your world turned upside down. Using our experiences to empower and energize us, we become STRONGER and more effective at dealing with hardships. Carla White shares key resilience strategies that got her through the 2016 Fort McMurray wildfire and largest evacuation in Canadian history.

With over three decades of experience as a consultant, facilitator and yes, one of the first female Emergency Services Firefighters; overcoming burnout and depression in her nursing career to surviving the 2016 Fort McMurray wildfire, **Carla White** has earned her badassery badge by rising from the ashes of life's literal and figurative fires.

## **C3 Youth Engagement in Mental Health Organizations**

**PRESENTERS:** Jen Nasr and Victoria Fehr | *CASA Youth Council*

This presentation will explore a model of youth engagement in the context of a large mental health service provider. It will focus on areas such as why youth engagement matters, how youth members and CASA have worked together to build a platform for youth voice, and the impacts on the organization and the youth themselves. It will be delivered by youth who are active members of the CASA Youth Council.

**Jenifer Nasr** is currently completing a Bachelor of Science at the University of Alberta with plans of pursuing medicine thereafter. Being passionate about mental health advocacy, she joined the CASA Youth Council and became a co-chair for the Community Outreach Subcommittee. Jenifer strongly believes in giving youth the power and voice to be leaders in their community.

**Victoria Fehr** is a high school senior in Edmonton. Victoria joined the CASA Youth Council for its first meeting in May of 2016, and co-chairs the Community Outreach Subcommittee with Jenifer Nasr. Victoria is on the CASA Youth Council because she aspires to create a positive change on the mental health scene in Edmonton.

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## **C4 Networks and Road Maps for Rural Mental Health - Emerging Opportunities**

**PRESENTERS:** Panel hosted by **CMHA Alberta**

Learn about emerging opportunities and projects focused on building capacity and improving access to community and clinical mental health supports in rural and remote locations. Find out how you can participate in an emerging network of stakeholders and agencies focused on improving mental health outcomes throughout the province of Alberta.

7:00pm - 8:30pm

### VALUING MENTAL HEALTH - REVISITING ALBERTA'S MENTAL HEALTH REVIEW

We are pleased to bring together representatives of the Mental Health Review panel to hear more about what they learned from their engagement with thousands of Albertans on the topics of mental illness, mental health and addiction.

Join us for a continuation of this panel discussion from 2017's Now We Are Stronger conference where we will delve into the questions of implementation, future strategies and community issues.

After hearing from the panelists, we will open the floor to questions from the audience.

**Let's continue the conversation about mental health in Alberta!**

# Conference **DAY 2**



Tuesday  
JUNE  
*5th*

TIME	ACTIVITY
7:30am - 8:45am	Registration & Continental Breakfast
8:45am - 9:30am	<b>Welcome to Day 2 &amp; Opening Remarks</b>
9:30am - 10:30am	<b>Keynote Speaker: <a href="#">Victoria Maxwell</a></b>
10:30am - 11:00am	HEALTH BREAK / Poster Presentations
11:00am - 12:00pm	<b>D1-D4 Concurrent Sessions</b>
12:00pm - 1:00pm	BUFFET LUNCH
1:00pm - 2:30pm	<b>E1-E4 Concurrent Sessions</b>
2:30pm - 3:00pm	HEALTH BREAK / Networking
3:00pm - 4:00pm	<b>F1-F4 Concurrent Sessions</b>
4:00pm - 4:30pm	<b>Closing Remarks</b>

9:30am - 10:30am

**Victoria Maxwell**

BFA/BPP



### THAT'S JUST CRAZY TALK

Victoria Maxwell's critically acclaimed solo show *That's Just Crazy Talk* looks at both the light and dark side of living with bipolar disorder, anxiety and psychosis. It describes one woman's journey of coming to terms with mental illness within herself and in her family, uncovering long kept secrets. An intimate, yet universal story exploring the judgment we face not only from others, but from ourselves and the mysteries of family secrets. This funny and achingly truthful play both entertains and educates, exploding stigmas and portraying the love and resilience it takes to stay together as a family in the midst of illness and the beauty that can result when we face our demons. In addition, 'That's Just Crazy Talk' is endorsed by the Mental Health Commission of Canada (MHCC) as one of the most effective anti-stigma tools in Canada.

#### About Victoria...

At the age of 25, **Victoria Maxwell** was diagnosed with bipolar disorder, anxiety, psychosis and an eating disorder. For 5 years she refused to accept this, and in turn was in and out of the hospital. Finally, after acknowledging her disorders and with the help of her family and a good psychiatrist, she became proactive in her recovery.

Since that time, she's become a sought-after speaker on the lived experience of mental illness and recovery, wellness, creativity and dismantling stigma.

As a core researcher with CREST.BD, an international team studying bipolar disorder, she's published papers and lead research to improve the lives of those living with mental illness and their families.

She's appeared on CNN, CTV, in the New York Times, and Wall Street Journal. Her show, 'That's Just Crazy Talk' was named one of the top anti-stigma interventions by the Mental Health Commission of Canada. She was also named a top Canadian leader in mental health by the Centre for Addiction and Mental Health.

[www.victoriamaxwell.com](http://www.victoriamaxwell.com) (\*Bachelor of Fine Arts / Bipolar Princess)

7:30am - 8:45am Registration & Breakfast

8:45am - 9:30am Welcome & Opening Remarks

9:30am - 10:30am Keynote: Victoria Maxwell

10:30am - 11:00am HEALTH BREAK / Posters

11:00am - 12:00pm D1-D4 Concurrent Sessions

12:00pm - 1:00pm BUFFET LUNCH

1:00pm - 2:30pm E1-E4 Concurrent Sessions

2:30pm - 3:00pm HEALTH BREAK / Networking

3:00pm - 4:00pm F1-F4 Concurrent Sessions

3:00pm - 4:00pm Closing Remarks

# D1-D2 Concurrent Sessions 11:00am-12:00pm

<b>D1: The Cost of Caring: Compassion Fatigue (Intro)</b>	<b>D2: Approaches and Innovations in Family and Caregiver Support</b>	<b>D3: Secrets Mothers Keep: Let's Talk About Postpartum Scary Thoughts</b>	<b>D4: The FAMH Framework: Community Based, Holistic, Mental Health Care</b>
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## D1 The Cost of Caring: Compassion Fatigue (Intro)

**PRESENTER:** Tim Neubauer | *Rethinklife*

Compassion Fatigue has been called “the cost of caring” and is experienced by people who are in a helping profession or volunteering as care providers. In this workshop, you will gain a better understanding of Compassion Fatigue and the affects of Vicarious Trauma as well as learning how to build personal resiliency and create an affective self-care plan.

**Tim Neubauer** is the founder of Rethinklife Canada, a consulting organization which focuses on crisis management, disaster recovery and community resilience. He has spent over 25 years in the social profit sector working in the areas of community development, chaplaincy, and social work. Passionate about individual wellness and creating healthy workplace cultures, Tim finds great fulfillment in providing wellness coaching to organizations and community groups.

He travels throughout Canada teaching psycho-social capacity building workshops on Compassion Fatigue, Psychological First Aid and Disaster Recovery. Tim is a certified Psychological Health and Safety Advisor with the Canadian Mental Health Association and a member of the International Association of Trauma Workers. He currently resides in Calgary, Alberta and hopes to one day find his way back to the West Coast to practice good self-care near the ocean.

## D2 Approaches and Innovations in Family and Caregiver Support

**PRESENTERS:** Panel Hosted by CMHA Alberta

Families and Caregivers play a significant role in the recovery and support of their loved ones. But who supports them? Learn from a panel of experts and peers who will share from their lived experience.

## **D3** Secrets Mothers Keep: Let's Talk About Postpartum Scary Thoughts

**PRESENTER:** **Amanda McMillan** | *Families Matter*

In a meaningful way I will break through the stigma surrounding this subject, so that attendees can come away with greater understanding by identifying, and addressing this subject. By the end of this presentation participants will understand what "Postpartum Scary Thoughts Are and Are not", learn what to look for to be able to develop strategies to engage in conversations with mothers regarding this topic in the hope attendees will offer support, comfort and understanding to mothers.

**Amanda McMillan (BA)**, is an Individualized Support Worker and Postpartum group facilitator at Families Matter since 2013. Amanda also designed and co-facilitates a group for dads whose partners are struggling with PPD. Before Families Matter, Amanda stayed home with her two children focusing her Psychology degree studies on the perinatal period.

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## **D4** The FAMH Framework: Community Based, Holistic, Mental Health Care

**PRESENTERS:** **Cory Hetherington, Karen Melon & Alistair Hepworth**  
| *Foundation for Addiction and Mental Health*

The FAMH (Foundation for Addiction and Mental Health) framework is specifically aimed at building capacity for the highest quality mental health assessment and treatment within the community, from a primary health care orientation. An outline of a holistic mental health framework that incorporates current, evidence informed approaches to addiction and related issues, and integrates professional and non professional resources along the continuum of care, will be the focus of this presentation.

**Cory Hetherington, P.Eng., MBA**, Chairperson, Foundation for Addiction and Mental Health (FAMH) has lived experience in long term recovery and started FAMH to promote the highest quality education, assessment, treatment and community based recovery services through public and corporate education programs, advocacy work, networking with other agencies, and speaking out in public forums.

**Karen Melon, RN, MN** has 35 years experience in emergency and critical care, including conducting extensive research into the social organization of health services. As a FAMH member with lived experience in long term recovery, her focus is ensuring early and continuing access to community based assessment, treatment and services for mental health and addiction.

**Alistair Hepworth** is the Vice Chairperson of FAMH, an active volunteer in Alberta Health Services and has worked in marketing and business development for over 25 years. He has been instrumental in developing networks with community organizations that share the vision of optimal health and recovery supported by early access to comprehensive assessment, appropriate treatment and continuing care. He also brings the perspective of having lived experience with Addiction and Recovery and active engagement with the recovery.

<p><b>E1: Caregivers in Alberta: Exploring the Dual Role of Provider and Participant in the Mental Health System</b></p>	<p><b>E2: Simple Techniques To Find Your Inner Peace</b></p>	<p><b>E3: Building Community Capacity - Meeting Local Mental Health Needs</b></p>	<p><b>E4: Indigenous Mental Health with CMHA Lethbridge</b></p>
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## E1 Caregivers in Alberta: Exploring the Dual Role of Provider and Participant in the Mental Health System

**PRESENTERS:** **Rebeccah Marsh & Candace Fehr** | *CASA Child, Adolescent and Family Mental Health*  
**Debra Paches** | *Caregivers Alberta*

Caregivers are the backbone of the health system but are often unrecognized and unsupported. If we want to transform health services and improve outcomes, we need to better recognize and understand the role caregivers play in patient wellness. We equally need to examine the impact that this role has on the caregiver’s own wellbeing, including themes of grief and loss. We will present multiple perspectives on the role of caregivers as providers and participants in the health system and facilitate a discussion about issues, barriers, and resources.

**Rebeccah Marsh** is the Director of Evaluation & Research for CASA Child, Adolescent and Family Mental Health. She also holds an adjunct appointment with the Department of Psychiatry at the University of Alberta.

**Candace Fehr** is Co-Chair of the CASA Family Advisory Council, a committee of lived experiential caregivers with the goal of engaging families and inviting their feedback to improve CASA programs, services, policies, and development.

**Debra Paches** has been an RN for over 40 years and is the Caregiver Advisor for Caregivers Alberta. In her role she deals with many caregivers through out the province, providing information, referrals, supports and education about issues facing Alberta caregivers.

## E2 Simple Techniques To Find Your Inner Peace

**PRESENTERS:** **Susanne Heaton** | *CINIM (Canadian Institute of Natural and Integrative Medicine)*  
**Angela Betts** | *CMHA Alberta*

Learn about two different programs with innovative practices. BreathingRoom™ is an online program for youth ages 13-24, which was clinically developed and proven by CINIM to decrease stress, depression and anxiety; and strengthen resiliency. HeartMath shares its science-based technology and programs for taking charge of your life. Proven to help you reduce stress and anxiety by increasing your inner balance and self-security. Learn to access your heart’s intuition to become the best version of yourself more often.

Cancer. Burnout. Loss. All of these wake-up calls made **Susanne Heaton** realize the importance of mental wellness and inspired her to take a leap of faith from her well-paying corporate career to start her own business as well as do contract work with CINIM.

**Angela Betts** endeavours to inspire people. Angela has always dreamt of helping people to find the strength within themselves, to inspire a new generation of hope to accept who they are, who they are striving to be and to be ok if you don’t know yet. No matter what her professional role has been, volunteering and giving back to each community is her priority. One of her greatest moments has been Stand Up for Mental Health. It was a perfect opportunity to bring stigma out of the shadows and on to the stage engrossed in laughter and solidarity. She looks forward to learning more in her role at CMHA Wood Buffalo as a Peer Navigator.

### **E3 Building Community Capacity: Meeting Local Mental Health Needs**

**PRESENTERS: Dr. Tom Feasby and Team with Naomi Parker, Kim Titus, Pat Cushion and Kelly Halverson and CMHA Alberta**

Communities across the province are working with local key stakeholders to build action plans focused on improving mental health outcomes. What are they learning? What are the assets and challenges they are discovering? How do you get started and how do you get the right people to the table? Learn from the experiences of three panelists from different communities.

**Dr. Tom Feasby** is a neurologist and the former head of the Department of Clinical Neurosciences and the former Dean of the Cumming School of Medicine at the University of Calgary and the facilitator for this project.

**Naomi Parker** works at PolicyWise for Children & Families as a Project Manager. Prior to joining PolicyWise, Naomi worked with Alberta Health Services in the area of Addiction and Mental Health, with experience across the continuum of services. She also teaches with Mount Royal University in the Addiction Studies Certificate. She enjoys complex projects, engaging and leading diverse stakeholders towards shared outcomes.

**Kim Titus** has lived in Airdrie since 1983. She has extensive volunteer experience within the community. On September 12, 2015 the family's youngest son Braden died by suicide. The Titus' started the Thumbs Up Foundation to advocate positive change for mental health. Kim is the Chair of Thumbs Up.

**Pat Cushion** is founder and CEO of an Airdrie business that recycles waste glass as raw material for the fibreglass industry. Pat has extensive experience in volunteer leadership roles with not for profit organizations, including several with a mental health focus, and significant experience with mental health and attempted suicide in his own family.

**Kelly Halverson** is the Project Coordinator for the Airdrie Mental Health Task Force. She has an extensive background in supporting individuals and families struggling with mental health concerns. Kelly's passion is suicide prevention.

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### **E4 Reconciliation, Mental Health & Peer Support: Learnings from Collaborative Cultural Programming in Lethbridge**

**PRESENTERS: Panel hosted by CMHA Alberta South Region**

Following up on the initial offering of a unique program with l'taamohkanoohsin, this panel discussion looks at the work that has been undertaken in the larger community towards reconciliation and the importance of cultural programming. This panel offers learnings of leaders from local elders, indigenous leaders and members of Reconciliation Lethbridge to allow other communities to develop their own plan and build programs scaled to serve the needs and resources of their own region.

<b>F1: Recovery and Personal Medicine: The Critical Connection</b>	<b>F2: Talk Today - A CMHA Sports and Mental Health Program</b>	<b>F3: Peer Support with Indigenous People</b>	<b>F4: The AHS Indigenous Patient Journey Projects</b>
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## F1 Recovery and Personal Medicine: The Critical Connection

**PRESENTER:** Victoria Maxwell

Recovery is not a fad, but a reality and the paradigm shift occurring with many mental health systems across the country. In order to regain and maintain health and quality of life, people learning to live well with mental illness need to be fully engaged in their treatment and recovery process. Victoria Maxwell will offer solutions to ‘adherence’ issues and an alternative definition of adherence.

Strategies will illustrate the importance of: - collaborative decision making - alignment of treatment plans with individuals’ existing wellness tools (Personal Medicine)\* - exploring internalized stigma.

These approaches help empower individuals on a wellness journey and their families, and create effective partnerships with health professionals and vice versa.

Intended audience: Individuals with mental illness, family and friends, health professionals, clinicians.

**Victoria Maxwell (BFA/BPP\*)** is one of North America’s top speakers and educators on the ‘lived’ experience of mental illness and recovery and dismantling stigma. She lives with bipolar disorder, anxiety and psychosis and has for more than 17 years, been presenting performances and workshops across Canada and the States. Her four award winning one-person shows tour internationally. And her Psychology Today blog, ‘Crazy for Life: Escapades of a Bipolar Princess’ was named one of the Top Ten Bipolar Blogs by PsychCentral.

Her keynote performances and workshops help health professionals, individuals and families better understand the ‘insider’s’ experience of mental illness and recovery. More importantly, they offer tools and hope to build wellness and reduce stigma of this, one of the very last taboos.

## F2 Talk Today - A CMHA Sports and Mental Health Program

**PRESENTERS:** Joe Kim & Alex Salomie | CMHA Ontario

Talk Today is the Canadian Mental Health Association’s sports/mental health program. Launched in 2014, the program now supports young athletes across the country in the high school, university/college and junior hockey ranks. This workshop will include details about program’s origins, audiences, connections to local CMHA branches, implementation ideas, challenges and successful outcomes.

**Joe Kim** is director of communications with the Canadian Mental Health Association, Ontario Division. Prior to working in the community-based mental health and addictions sector, Joe spent 20 years as a journalist, political advisor and communications professional. With a life-long interest in competitive sports, he’s immensely proud of Talk Today. When not working, he’s busy with his son’s baseball and hockey endeavours.

**Alex Salomie** is a communications officer with the Canadian Mental Health Association, Ontario Division. He is responsible for managing the day-to-day operations of CMHA Ontario’s Talk Today program. His work focuses on supporting CMHA branches, partners and sports leagues in implementing the program across Canada.

## F3 Peer Support with Indigenous People

**PRESENTER:** **Mona Cooley** | *Cool Family Solutions*

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## F4 The AHS Indigenous Patient Journey Project

**PRESENTER:** **Randal Bell** | *Alberta Health Services*

The AHS Indigenous Patient Journey project sought to explore what was working, what wasn't & what was missing in Addiction and Mental Health services provided to Indigenous populations.

After listening to 100 high needs indigenous service-users and another 100 indigenous service-users who were incarcerated, the project team has brought these voices forward to enhance services in a way that works for Indigenous people.

**Randal Bell** is employed by Alberta Health Services in Provincial Addictions and Mental Health. He is currently the Provincial Initiative Consultant for Indigenous Populations. Originally from Saskatchewan, Randal has previously held management positions in social care and health organizations that serve Indigenous communities. Randal eventually left Saskatchewan to focus on a career in health, holding senior Project Management and Quality Improvement positions in the United Kingdom and New Zealand. Randal's current provincial role allows him to focus on his passion, improving Addiction and Mental Health services for Indigenous populations. Randal is a member of the Montreal Lake Cree Nation of Saskatchewan and currently resides in Edmonton with his kiwi wife "Liv" and their two bulldogs.

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# Poster Presentations

## PP1 Is the Golden Rule the Bullying Antidote?

**PRESENTER:** Betty Wedman

Join Betty as she shares what bullying is, how it is being reinforced in all environments and how the roles people play need to be examined. She talks about the importance of speaking out when being bullied, rather than suffering in pain and silence as students and adults who do not report bullying may unintentionally reinforce it. Fear of revenge prevents students from telling adults about bullying. Sometimes fear prevents adults from becoming actively involved. Betty will share stories from students who have opened up their hearts to her with their experiences of being bullied and feeling suicidal. Suicide among teens is high due to bullying and cyber-bullying. Given the opportunity to openly discuss emotions and experiences, students have expressed how they have felt a release of stress and like a load had been lifted off their shoulders. By listening to these stories we can become aware of how our thoughts and feelings can affect our well-being. By applying the Golden Rule, bullying can be reduced

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## PP2 Innovative Treatment of the Whole Family in Out-of-Home Mental Health Care

**PRESENTERS:** Chloe Westelmajer, MA, ATR & Nicolle Plumb, MC (Psych)

This presentation will provide an overview of the history of whole family treatment, the current clinical approach of the Wood's Homes Whole Family Treatment Program, along with intervention case examples. Finally, this presentation will provide thirty six months of data from a three year outcome study. Findings will showcase the opportunity in re-envisioning out-of-home care as whole family mental health intervention – keeping families together and addressing how mental health touches all family members.

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## PP3 Mental Health profiles of Children and Youth with Pre- and Postnatal Exposures

**PRESENTERS:** Dr. Carly McMorris & Chantel Ritter

Fetal Alcohol Spectrum Disorder (FASD) occurs in approximately 1 in 100 live births in Alberta. Individuals with FASD are at an increased risk for experiencing mental health issues, as an estimated 90% of individuals with FASD are diagnosed with a co-occurring mental health disorder. The current study investigates the relationship between early prenatal (e.g., alcohol exposure) and postnatal exposures, and later mental health profiles in children and youth aged 7-15.

# Poster Presentations

## **PP4** Supporting Bipolar Disorder While Caring For Yourself

**PRESENTERS: Samantha Pekh & Dr. Christina Bjorndal**

Often when supporting bipolar disorder people become overwhelmed during the search for practical tools and resources.

Many supporters want to be led through the maze of managing bipolar disorder and guided in how to put effective support plans into place. This presentation will give you practical strategies that can be implemented immediately. These strategies will help those with bipolar disorder feel respected and supported while respecting the supporters own limits.

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## **PP5** Nutrition Education Innovations for Patients with Mental Health Conditions

**PRESENTERS: Shannon Josey RD & Melissa Bissinger RD**

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