Canadian Mental Health Association
Alberta
Mental health for all

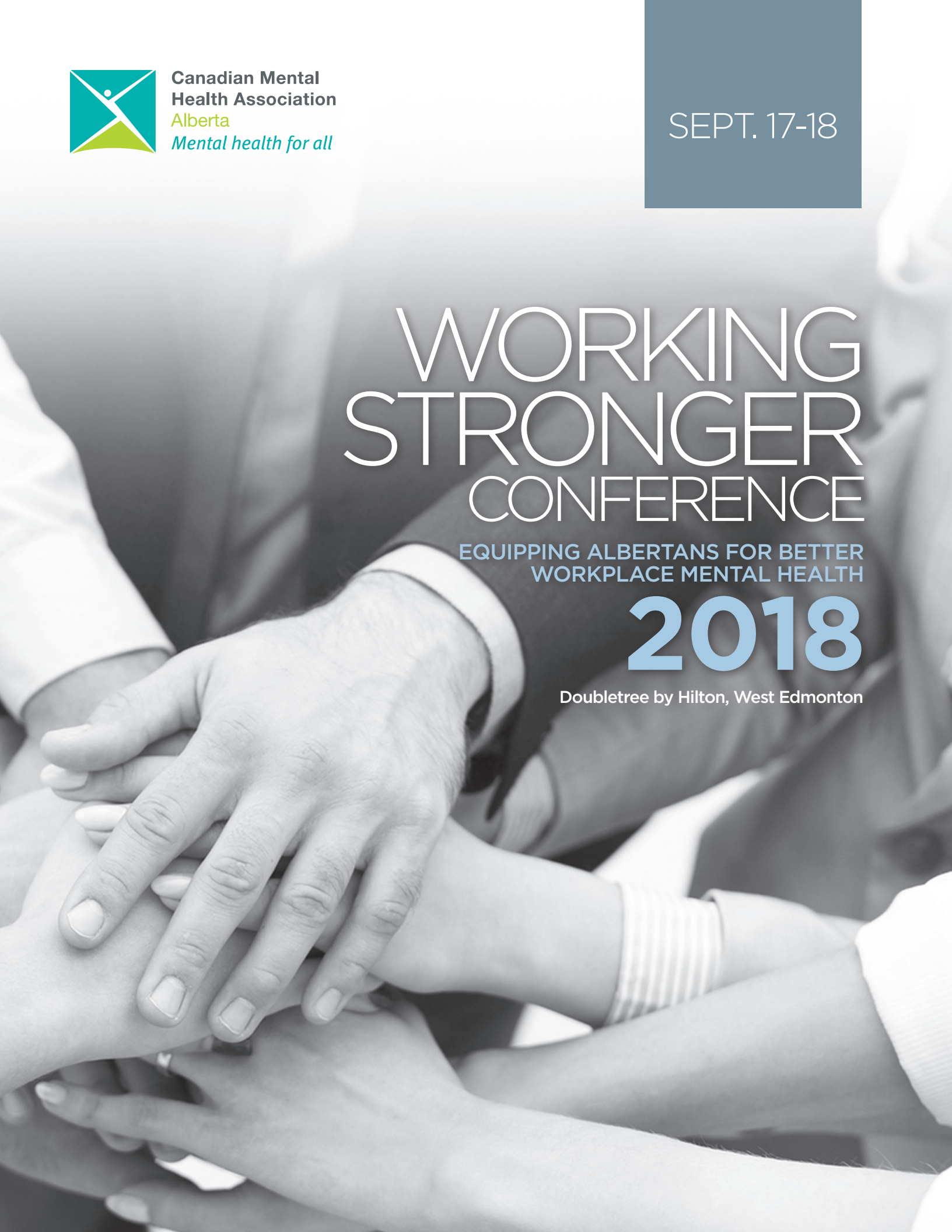
SEPT. 17-18

WORKING STRONGER CONFERENCE

EQUIPPING ALBERTANS FOR BETTER WORKPLACE MENTAL HEALTH

2018

Doubletree by Hilton, West Edmonton



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SEPT. 17, 2018

Conference
DAY 1

Conference Agenda Day 1 **September 17th, 2018**

TIME	ACTIVITY	
7:30am – 8:45am	Registration and Continental Breakfast	Conference Foyer
9:00am – 9:30am	**Welcome | Opening Remarks** **Master of Ceremonies:** ***Seanna Collins***	
9:30am – 10:30am	**Keynote Speaker:** ***Dr. Pratap Chokka*** **Depression in the Workplace**	
10:30am – 11:00am	HEALTH BREAK	
11:00am – 12:00pm	**A1-A4 Concurrent Sessions**	
12:00pm – 1:00pm	BUFFET LUNCH | Workplace Awards	
1:00pm – 2:00pm	**B1-B4 Concurrent Sessions**	
2:00pm – 2:15pm	TRAVEL TIME	
2:15pm – 3:45pm	**C1-C4 Concurrent Sessions**	
3:45pm – 4:00pm	TRAVEL TIME | Snack and Coffee/Tea	
4:00pm – 5:00pm	**D1-D4 Concurrent Sessions**	

Keynote Speaker

Monday, September 17, 2018 9:30am-10:30am

Dr. Pratap Chokka

MD, FRCPC

DEPRESSION IN THE WORKPLACE: RECOVERY FOR THE EMPLOYEE AND THE EMPLOYER

Every week, 500,000 Canadians will not go to work due to mental illness. Depression is much more than simple unhappiness. Clinical depression is a complex mood disorder caused by various factors. A major part of maintaining a healthy and profitable workplace is effective management of employee mental health. If mental health issues concerning employees are assessed and treated immediately, the overall impact to a company and the employee is greatly reduced. 80% of people with depression can recover with the proper help. Dr. Chokka will share from his experience and innovations being used at the Chokka Centre to reduce the impacts of depression on the worker and workplace.

Dr. Pratap Chokka is a Doctor of Medicine with specialist training in Psychiatry. He is currently a Clinical Professor of Psychiatry at the University of Alberta and a Consultant Psychiatrist at the Grey Nuns Hospital in Edmonton. His main areas of interest include mood and anxiety disorders, reproductive psychiatry and ADHD.

Dr. Chokka is the founder of the Chokka Center for Integrative Health. The Chokka Center embraces an integrative and multidisciplinary team approach in the assessment and management of mental disorders by applying conventional medical treatments with complementary and alternative therapies. The Chokka Center has also developed the Integrative Medical and Evaluation Treatment (IMET) program to improve assessment, reduce stigma and treat mental health disorders in the workplace.

A1-A2 Concurrent Sessions 11:00am-12:00pm

A1: Promoting Mental Health in Healthcare Workplaces	**A2:** Practical Tools for Workplace Mental Health Training and Support	**A3:** How to Be a Mental Health Ally in Your Workplace	**A4:** An Innovative Concept in Benefit Provision

A1 Promoting Mental Health in Healthcare Workplaces

PRESENTER: Hazel Magnussen

While healthcare workers attend to needs of others, they have a moral obligation to maintain their own health and fitness to practice. Yet, mental health problems such as post-traumatic stress, depression and addiction are prevalent amongst healthcare workers. This presentation includes a retired nurse's reflections on her own mental health challenges in various healthcare workplaces. She notes how negative workplace environments, exposure to trauma and lack of natural sunlight exacerbated her episodes of depression. She calls for healthcare leaders to recognize the unique psychological challenges of work in healthcare, provide education and support programs for management and staff, and develop polices to ensure psychological health and safety in the workplace. Drawing on her own experience, the presenter offers suggestions for self care for health professionals. Although this presentation focuses on healthcare settings, examples and suggestions may be applied to other workplaces.

Hazel Magnussen is an author and retired nurse with vast experience in healthcare. He has done further study in healthcare ethics and maintains a special interest in nurses' health. She is currently completing a program at Providence Renewal Centre in order to become a spiritual director/companion.

A2 Practical Tools for Workplace Mental Health Training and Support

PRESENTERS: Bob Keer | *CMHA Alberta*
Tim Neubauer & Jordan Friesen | *CMHA National*

Bob Keer

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.

Jordan Friesen

A3-A4 Concurrent Sessions 11:00am-12:00pm

A3 How to Be a Mental Health Ally in Your Workplace

PRESENTER: Dr. Glynnis Lieb | *Alberta Federation of Labour*

The ever-changing landscape of occupational health and safety is shifting as it expands to encompass mental wellness. In this presentation, participants will gain awareness about mental health issues facing employees in today's workplace. Participants will have a practical conversation about the concrete things that EVERY working person can do to improve the health of their workplace. Participants will develop a range of strategies to specifically support, accommodate and represent employees with mental health challenges at work. We will explore myths around mental health issues and illnesses including addiction, challenging stigma and misinformation, and focus on how to change the conversation about mental wellness.

Glynnis Lieb has a PhD in Personality and Social Psychology. She has worked for social services and various mental health related NFPs. She has been teaching post-secondary courses in mental health and policing studies for 14 years. She currently works as the Director of Outreach for the Alberta Federation of Labour and sits on a number of local and international boards.

A4 An Innovative Concept in Benefit Provision

PRESENTER: Cassandra Sampson

B1-B2 Concurrent Sessions 1:00pm-2:00pm

B1: Workshop EFAP Provisions, How to Access Them and How EFAP Coordinates with Other Benefits	**B2:** Start Driving Positive Change in Your Workplace with Not Myself Today®	**B3:** From the Bottom Up: How to Advocate for a Psychologically Safe Workplace	**B4:** Tools for Creating LGBTQ-Friendly Workplaces

B1 Workshop EFAP Provisions, How to Access Them and How EFAP Coordinates with Other Benefits

PRESENTER: Jamie Marcellus

B2 Start Driving Positive Change in Your Workplace with Not Myself Today®

PRESENTERS: Jordan Friesen | *CMHA National*
Heather Logan | *Workplace Mental Health*

Not Myself Today® is an evidence-informed initiative that gives employers the tools and resources to transform their work culture in as little as 5 to 10 minutes a week. And it's more than just colourful buttons! Learn about the insight and evidence that informs Not Myself Today® and experience a hands-on demonstration of the engagement tools that have supported meaningful change in over 450 workplaces across Canada.

Jordan Friesen, National Director, Workplace Wellness, is an enthusiastic, committed, and forward-thinking leader at the helm of CMHA's workplace programs and services. He draws experience from a wide variety of roles including clinical service delivery, case management, education, and business development to ensure that CMHA remains at the forefront of workplace wellness trends and in tune with the needs of Canadian workplaces. Jordan brings a strengths-based approach and focuses on long-term, sustainable change in order to improve the health of today's evolving workplaces.

Heather Logan, National Manager, Workplace Mental Health, has an extensive background in business, working for large multinational organizations in the areas of business solutions and telecommunications. After seeing many colleagues struggle with mental health challenges in silence she decided to take action. In 2014 Heather embraced her role with the Not Myself Today® campaign as being the most important work she has ever done. Her passion is to reach out to Canadian organizations, provide employers with the means to transform their workplace cultures, and more importantly, to provide employees with a mentally healthy place to work.

B3-B4 Concurrent Sessions 1:00pm-2:00pm

B3 From the Bottom Up: How to Advocate for a Psychologically Safe Workplace

PRESENTER: Ray Geldreich | *Health Sciences Association of Alberta*

Many people believe that change happens from the top down — but that is not the only way! Discussions surrounding workplace mental health often focus on how organizational leaders can build psychological health and safety policies and practices for employees. This presentation focuses on building these programs from the bottom up — exploring how front-line workers and their advocates can make a case for impactful mental health programs in the workplace. In fact, national standards, best practices and legislation dictate that front-line employees and their advocates (such as unions) should have a significant role in shaping psychological safety in the workplace. Participants will come away with tools and strategies that worker advocates can use to advance mental health in their workplace.

Ray Geldreich is currently the Senior Health Safety and Wellness Advisor with the Health Sciences Association of Alberta. In this role, Ray works with HSAA members to reduce the risk of physical and mental injuries to workers through Education and advocacy. Ray is a Canadian Registered Safety professional, and a certified Psychological Health and Safety Advisor through the Mental Health Association of Canada, and a mental health workshop facilitator through the Mental Health Commission of Canada. Currently Ray is serving on the Canadian Standards Association (CSA) technical committee developing a national standard on industry specific psychological protections for paramedics. Ray also holds a Bachelor of Human Resources and Labour Relations from the University of Lethbridge and an Occupational Health and Safety diploma from the Northern Alberta Institute of Technology along with a certificate in Environmental Health and Safety leadership from the Harvard T.H. Chan School of Public Health.

B4 Tools for Creating LGBTQ-Friendly Workplaces

PRESENTER: Becky Van Tassel | *Calgary Sexual Health Centre*

In this interactive session, participants will discuss the importance of safe and inclusive workplaces for Lesbian, Gay, Bisexual, Transgender, and Two Spirit people. How does homophobia, transphobia, and stigma in the workplace impact staff wellbeing? How does organizational policy and culture affect the mental health of staff? In this session, participants review an organizational assessment tool that fosters safer workplaces and provides participants with practical tools to apply in any workplace.

Becky Van Tassel has been employed in the non-profit sector since 2001. She holds a Bachelor of Social Work and a Master of Education specializing in Adult, Community and Higher Education. From her years of academic and professional experience Becky is adept at creating enjoyable, meaningful and practical educational sessions for adult learners. As a facilitator Becky is skilled at facilitating difficult topics, discussions, and is able to bring a sense of humor to serious issues. Becky is the training Centre Manager at the Calgary Sexual Health Centre.

C1-C2 Concurrent Sessions 2:15pm-3:45pm

C1: Indigenous Approaches to Creating Safe and Trustful Relationships in the Workplace	**C2:** Compassion Fatigue: The Cost of Caring	**C3:** Exploring the Standard: 13 Factors Towards Mentally Healthy Workplaces	**C4:** Facing the Challenge: Stories of Mental Illness, Recovery and Return to Work

C1 Indigenous Approaches to Creating Safe and Trustful Relationships in the Workplace

PRESENTERS: Manisha Khetarpal, Claudine Louis, Violet Soosay & Elaine Littlechild
Maskwacis Cultural College

This panel presentation explores Indigenous approaches to conflict resolution, which can be applied universally. Indigenous conflict resolution tools are culturally unique and rooted in a holistic team approach. Participants will takeaway an Indigenous Mental Health Organization Culture toolkit.

Manisha Khetarpal is our librarian. She is an economist with international experience.

Claudine Louis is from Samson Cree Nation and is the President of Maskwacis Cultural College and the vision behind our Mamtonechikan organization culture.

Violet Soosay weaves in cultural approaches towards mental health as an integral part of organization culture.

Elaine Littlechild is an active listener and employee engagement executive.

C2 Compassion Fatigue: The Cost of Caring

PRESENTER: Tim Neubauer

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 session participants will gain a better understanding of the signs and effects of Compassion Fatigue both personally and organizationally. You will also learn about risk factors and what systemic barriers may exist on the road to receiving help. This workshop is for both employees and supervisors who are looking to mitigate the effects of Compassion Fatigue and to begin to create a collaborative partnership that supports mental health in the workplace.

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.

C3-C4 Concurrent Sessions 2:15pm-3:45pm

C3 Exploring the Standard: 13 Factors Towards Mentally Healthy Workplaces

PRESENTER: Lesley MacKinnon | *JxJ Solutions Inc.*

"This session unpacks the 13 factors identified in the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) and explains how these factors can be integrated into an organization's current environment. The session will demonstrate how to incorporate the Standard in areas like on-boarding, employee development, wellness, leadership and organizational culture. Participants will learn why psychological health and safety matters, how to recognize and identify risks related to the workplace, how to build a business case for implementing a strategy, and integrating psychological health and safety in to your workplace.

Lesley MacKinnon is a health & safety professional with over 20 years of experience who currently works in the area of Psychological Health and Safety believing this needs to be a critical consideration for workplaces complying with the changing landscape. Lesley has gained her expertise supporting organizations in construction, healthcare, municipal government, and oil and gas sectors. She has led professional teams delivering programs and services to complex and demanding work environments. She understands that success results from inspiring organizations and its leaders to take a strategic approach to the health and safety, going beyond compliance and management systems. As a credible advocate for psychological health and safety and mental health in the workplace, she brings her passion and expertise to this very important conversation in order that we may inspire change and the reduce stigma.

C4 Promoting Workplace Mental Health: Getting Great Ideas off the Ground

PRESENTERS: Jodie Mattia, Kristy Gialet, Kylie McLean & Kristyn Berry | *WRPS & ASEBP*

Unsure how to ignite interest and encourage engagement in a workplace wellness initiative? Join the Alberta School Employee Benefit Plan (ASEBP) to see how they work with education sector employers across the province to apply the Idea Readiness Tool (IRT) when kick-starting workplace wellness. During this session, one employer will share their experience using the IRT to assess the needs of their employees as they worked to promote workplace mental health. Through activities and discussions, participants will learn strategies for promoting their ideas in order to inspire and develop a mentally healthy work environment.

Jodie Mattia is a District Principal in Wetaskiwin Regional Public Schools(WRPS), whose focus is on the well being of staff and students including our Indigenous population. Jodie's background is in leadership and educational psychology. Jodie co-created a system approach to addressing adverse life experience training with Kristy Gialet for all staff within WRPS.

Kristy Gialet is a Registered Psychologist as well as the Mental Health Capacity Building Coordinator with Wetaskiwin Regional Public Schools (WRPS). Kristy's background is in psychology with a specialization in mental health and a recent focus on trauma, resiliency and mental health promotion. Kristy is a passionate advocate for personal and professional wellness.

Kylie McLean is an ASEBP workplace wellness liaison with a wealth of experience in workplace wellness promotion. With a background in dietetics, Kylie is invested in health promotion through a multi-dimensional approach, and believes in the importance of social connections, emotional resiliency and mental well-being,

Kristyn Berry is an ASEBP workplace wellness liaison with a diverse background in health promotion and health policy. Kristyn is a passionate advocate for public health both locally and internationally and has spent her career focused on engaging communities through relationship building.

D1-D2 Concurrent Sessions 4:00pm-5:00pm

D1: What is the Law? Assessing Fitness to Work	**D2:** TBA	**D3:** How to be a Mental Health Changemaker: Getting Great Ideas Off The Ground	**D4:** Changing the Discussion: Helping End Stigma in the Workplace Mental Health Conversation

D1 What is the Law? Assessing Fitness to Work

PRESENTERS: Roxanne Davis & Dylan Snowdon | *Carbert Waite LLP*

What does it mean to assess a person's fitness to work? Is it a simple drug test? A psychological test? Lack of sleep, stress, grief, depression, physical injuries, medical conditions, exposure to violence, and other factors affecting employees' lives can play a role in whether they can safely perform their job. Assessing fitness to work is important in all workplaces, not just safety-sensitive workplaces — and it is about more than testing employees for intoxication. This interactive presentation examines Alberta's laws governing employer duties to ensure a safe workplace and accommodate disabilities, reviews employers' rights to inquire about personal employee information that may affect the workplace, and discusses how organizational culture can facilitate or impede the fulfillment of those obligations. We will then examine how employers can meaningfully evaluate employee fitness to work and develop procedures that simultaneously help employees and protect employers.

Roxanne Davis and **Dylan Snowdon** are experienced employment lawyers at Carbert Waite LLP who represent both employers and employees in a wide range of complex employment law matters. Their practices include drafting employment agreements and workplace policies, advising on compliance with employment related laws, conducting workplace investigations, assisting clients in managing disability claims and human rights matters, advising on terminations and negotiating settlements of wrongful and constructive dismissal claims. Roxanne and Dylan regularly teach and present to a wide variety of audiences on employment law issues.

D2 Organizational Culture

PRESENTATION PANEL: TBA

D3-D4 Concurrent Sessions 4:00pm-5:00pm

D3 Facing the Challenge: Stories of Mental Illness, Recovery and Return to Work

PRESENTERS: Judy Reickmann, Jay Davies & TBA

Judy Reickmann is 57 years old. Her background is in administrative management and project co-ordination on many levels. In 2016 her son killed himself. The impact has been immense not only on myself but how it affected his coworkers moved me to adjust my sails completely. She is now a Certified Psychological Health and Safety Advisor trying to promote education and good mental health in the workplace.

D4 Changing the Discussion: Helping End Stigma in the Workplace Mental Health Conversation

PRESENTER: Perri Garvin | *United Way of the Alberta Capital Region*

Why are workers afraid to discuss mental health issues in the workplace? What are the repercussions? What are the supports available to them? What can employers do to support workers? Can a union help? How do workers access community supports? This presentation explores the issue of worker embarrassment surrounding mental health disclosure with employers and coworkers. Employees often feel they are seen as problematic – not treated in the same way they would if they were physically ill or injured. The session encourages open dialogue, and provides speaking points and proper language to assist people in discussing mental health.

Perri Garvin has been the Coordinator of Labour programs at the United Way of the Alberta Capital region for 18 years. His role is to educate unions and their members on community resources and how to support and help their fellow members find community resources when they are struggling with family issues, addictions, mental health family and workplace violence and many of the social ills that show u in the workplace. Perri has presented both domestic violence and mental health workshops to many unions across Alberta.

SEPT. 18, 2018

Conference
DAY 2

Conference Agenda Day 2 **September 18th, 2018**

TIME	ACTIVITY	
8:30am – 9:00am	Registration and Continental Breakfast	Conference Foyer
9:00am – 9:30am	**Welcome | Opening Remarks**	
9:30am – 10:30am	**Keynote Speaker:** ***Dr. Tyler Amell***, Morneau Sheppell	
10:30am – 11:00am	HEALTH BREAK	
11:00am – 12:30pm	**E1-E4 Concurrent Sessions**	
12:30pm – 1:30pm	BUFFET LUNCH	
1:30pm – 2:30pm	**Keynote Speaker:** ***Victoria Maxwell***	
2:30pm – 2:45pm	HEALTH BREAK	
2:45pm – 3:45pm	**Keynote Panel: Perspectives on the New Workplace – The Future of Mental Health in the Workplace**	
3:45pm – 4:00pm	**Closing Remarks**	

Keynote Speaker

Tuesday, September 18, 2018 **9:00am-10:30am**

Dr. Tyler Amell

MSc, BSc

INVESTING IN EMPLOYEE HEALTH AND PRODUCTIVITY

This session will cover the rationale that employers should consider when determining their level of investment in employee health and productivity. The perspective will focus on the issue of psychological health in the workplace as a chronic disease, and it's impact on individual and organizational health. The session will demonstrate through objective evidence that not only is promoting and protecting psychological health in the workplace the morally correct approach to supporting employees, but it is of absolute necessity for employers as a productivity strategy.

Dr. Tyler Amell is a widely known and recognized thought leader on the topic of workplace health and productivity. His energetic and thought provoking speaking style always contributes to a great conference experience. When he is not speaking at events around the world, he is a trusted advisor to organizations, on strategic and integrated workplace health and productivity, absence and leave management, STD, LTD, occupational rehabilitation, disability management and disability prevention, workers' compensation, mental health, musculoskeletal health, chronic disease and wellbeing programs. Dr. Amell is a Partner at the human resources firm Morneau Shepell. He also serves on the Executive Board of Directors of the Canadian Association for Research on Work and Health, the Integrated Benefits Institute (IBI) and is the past CEO of a Human Resources Technology Company, and Vice President of Canada's largest independent Healthcare and Rehabilitation Company. Dr. Amell has given seminars and presentations at well over 100 national and international events. He is a former instructor at Queen's University, the Universities of Alberta, Calgary and Ottawa. He is currently on faculty at the Pacific Coast University for Workplace Health Sciences.

E1-E2 Concurrent Sessions 11:00am-12:30pm

E1: Investing in Your People and Organization: Psychologically Healthy Workplaces	**E2:** Ready, Set, Recognize: Detecting Mental Illness and How to Help	**E3:** WCB, Labour Code, OHS Changes and Opportunities	**E4:** Mental Health First Aid and The Working Mind: Training Opportunities for Mentally Healthy Workplaces

E1 Investing in Your People and Organization: Psychologically Healthy Workplaces

PRESENTERS: Dr. Judi L Malone, Danielle Forth & Leanne Keyko | *PAA & ASEBP*

Did you know? Psychologically healthy workplaces experience 28% less employee turnover, enhanced organizational performance and productivity, and improved employee health and well-being. This workshop will highlight the benefits of investing in workplace psychological health. Participants will hear from an exemplar organization (winner of multiple workplace wellness awards) and have the chance to consult directly with psychologists allied with this project. Topics in the session include five key factors to a psychologically healthy workplace, managerial impact on psychological health of employees, how employees and organizations benefit from psychologically healthy workplaces, and the risks of not having a mentally healthy workplace.

Dr Judi Malone is the CEO of the Psychologists' Association of Alberta. Dr. Malone has a wealth of scientist-practitioner experience from clinical practice, academia, and professional association administration & advocacy. Her expertise includes trauma, the neurobiology of addictions, small communities of practice, and professional ethics.

Danielle Forth, R. Psych & CMHA Certified Psychological Health and Safety Advisor. Danielle is an Edmonton-based psychologist with over 15 years experience working in clinical, consulting and teaching roles. She also provides professional development workshops. Danielle works primarily in the areas of anxiety, depression, and stress-related issues. Her mission is to make a meaningful difference in the lives of as many people as she can by helping individuals and organizations connect with health and happiness.

Leanne Keyko, BKin BScN, is the Health Strategies Liaison, ASEBP. Leanne delivers a breadth of experience in the health and wellness field to her role as ASEBP's health strategies liaison. Since earning her Bachelor of Kinesiology and Bachelor of Science in Nursing (with Distinction) from the University of Alberta, Leanne has held leadership roles in program development, quality improvement and strategic partnership initiatives in hospital, community and education settings.

E2 Ready, Set, Recognize: Detecting Mental Illness and How to Help

PRESENTER: Victoria Maxwell

Combining her own 'been there – done that' experience of bipolar disorder, anxiety and psychosis, her successful return to work and knowledge as a mental health worker, Victoria offers a clear overview of mental illnesses, early warning signs and the associated risk factors.

The program helps differentiate performance problems from mental health issues and provides a concise framework to sensitively approach, talk and support individuals who may be dealing with mental health issues.

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.

E3-E4 Concurrent Sessions 11:00am-12:30pm

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 (*Bachelor of Fine Arts / Bipolar Princess)

E3 WCB, Labour Code, OHS Changes and Opportunities

PRESENTER PANEL: TBA | *CMHA Alberta*

E4 Mental Health First Aid and The Working Mind: Training Opportunities for Mentally Healthy Workplaces

PRESENTER: Darren Aschcaher | *Mental Health Commission of Canada*

In this session, participants review elements of two Mental Health Commission of Canada mental health training programs aimed at the workplace. These programs equip managers and employees with tools to interact confidently in the mental health landscape and help shift organization culture towards respect and inclusivity surrounding mental health. Topics in this session include the mental health continuum, the 'Big 4' cognitive behavioural therapy-based techniques, and the basics of ALGEE.

Darren Aschcaher found his way into the mental health field through his role as a first responder. In 2014, he became a member of Edmonton Fire Rescue Services (EFRS) newly formed Mental Health and Wellness team. At this time, he became certified as a Mental Health First Aid instructor and has been working with the team to teach the Mental Health First Aid Basic course to over 1200 EFRS staff. Since then, he has presented the course to various other professional groups and organizations throughout Edmonton. Teaching Mental Health First Aid has proven to be one of the most rewarding aspects of Darren's career and he enjoys interacting with participants as they work together to raise awareness and reduce the stigma surrounding common mental health problems.

Keynote Speaker

Tuesday, September 18, 2018 **1:30pm-2:30pm**

Victoria Maxwell BFA/BPP

FUNNY, YOU DON'T LOOK CRAZY

Funny, You Don't Look Crazy is the much anticipated 'sister' show to Victoria Maxwell's hit ***Crazy for Life***. This high energy, irreverent one woman show is the second installment of her bipolar escapades, capturing the world of work before, during and after bipolar disorder, anxiety and psychosis.

Follow her mad dash from acting to cashiering to wearing backless hospital greens, participating in vocational rehab with job coaches and back into employment again. This true life story both entertains and educates, exploding stigmas and revealing glimpses of one face of psychiatric illness and the journey back to work. But at its essence, the play is a celebration of the richness of life, the strength of the human spirit and the power of the human heart. Audience members walk away with an expanded vision not of what's improbable, but instead of what is possible.

Funny, You Don't Look Crazy was awarded the Atlantis award at the Moondance International Film Festival. ***That's Just Crazy Talk*** her most recent play, has been named one of the top anti-stigma interventions by the Mental Health Commission of Canada. Crazy for Life, captured an Entertainment Industries Council PRISM award nomination for accurate depiction of bipolar and reducing stigma. She performs her shows throughout North America to rave reviews.

About Victoria...

Victoria Maxwell, (BFA/BPP*) is a sought-after mental health speaker, performer, wellness and creativity warrior. She lives with bipolar disorder, anxiety and psychosis and for more than 17 years has been presenting keynotes and workshops on mental illness and recovery, creativity, wellness and self-care.

She's a member of CREST.BD, a global research team on bipolar disorder and blogs for Psychology Today. Her most recent keynote show, 'That's Just Crazy Talk' was named one of the top evidence-based anti-stigma interventions by the Mental Health Commission of Canada. The Centre for Addiction and Mental Health honoured her as a top Canadian leader in mental health. She's appeared on CNN, in the New York Times and the Wall Street Journal.

Keynote Panel

Tuesday, September 18, 2018 **2:45pm-3:45pm**

Perspectives on the New Workplace: The Future of Mental Health in the Workplace

PANELISTS: Jordan Friesen, TBA

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