

CANADIAN MENTAL HEALTH ASSOCIATION, ALBERTA DIVISION presents

2020

# WORKING STRONGER

ALBERTA'S WORKPLACE MENTAL HEALTH CONFERENCE

## Call for Abstracts

### Building the Mental Health of Alberta's Workforce

The Canadian Mental Health Association (CMHA), Alberta Division is hosting a conference in October 2020 designed to guide Alberta's employers in building mentally healthy workplaces.

**Working Stronger – Building the health of Alberta's workforce** is two days of networking, knowledge translation and conversation supporting healthier workplaces across the province. Each year, the conference brings together the most creative and inspiring mental health thinkers and leaders in the field to share their experiences and expertise.



**Our vision is  
mentally healthy people  
in a healthy society.**

Working Stronger 2020 is taking place in Edmonton on October 26 and 27 and will feature keynote speakers, workshops, panel discussions, presentations, training opportunities and exhibits.

The conference is ideally suited to organizations and individuals interested in promoting and becoming champions of mental health in the workplace.



Canadian Mental  
Health Association  
Alberta  
*Mental health for all*

# 2020 WORKING STRONGER

ALBERTA'S  
WORKPLACE  
MENTAL HEALTH  
CONFERENCE

Building the Mental Health of Alberta's Workforce

## WHAT WILL SET THIS CONFERENCE APART?

Working Stronger 2020 will feature three streams focusing on:

- **mental illness and addictions;**
- **skill building and social supports; and**
- **mental health promotion and wellness**

Mental health leaders, researchers, employers, managers, human resources professionals, occupational health and safety (OHS) workers and people with lived experience of mental illness at work will come together to advance mental health in the workplace.

The conference offers a robust and stimulating program of keynote speakers, presentations, panel discussions, training and valuable networking opportunities. Working Stronger will also showcase successful programs and best practices for personal and professional wellbeing. Delegates will have the opportunity to choose from a variety of carefully curated workshops.





## Conference Streams

### Mental Illness & Addictions

Mental illness and addictions play a significant role in all workplace environments. Learning from those with first-hand experience and discussing various approaches to support and understanding allows us to build capacity and respond appropriately. These stories of lived experience share the impacts of mental illness or addiction on the working lives of employees and provides an intimate look into their struggles, supports, needs and thoughts. This stream will allow those with experiences of mental illness and addiction to tell their stories and give both employers and employees examples and solutions for supporting mental health in the workplace. Participants will learn how workplace stress, environments and duties play a role in creating healthy organizational culture.

### Skill Building & Social Supports

An employer or employee's ability to maintain resilience in times of stress and hardship is an important factor in maintaining good mental health. It is becoming increasingly necessary for individuals to build coping skills which will combat any present mental health challenges. Importantly, employees require social supports—such as family, friends and professionals outside the work environment—to enhance their quality of life and provide assistance when adverse life events affect their well-being. This stream will focus on how to build employees' skills and social supports while exploring resources and approaches in the workplace and community, helping the workforce stay mentally healthy both at work and at home.

### Mental Health Promotion & Wellness

All Albertans have mental health and it's important that workplaces support mentally healthy environments for all employees. By providing proactive tools, resources and programs to maintain and improve employee's mental and physical health, employers can increase productivity and reduce turnover rates. This stream provides employers and employees program ideas, activities, tools and practices that promote overall well-being and encourage more healthy, engaged organizations.

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# Call for Abstracts

## Instructions for Abstract Submission

Online Submission Link: [www.innovative4youevents.com/WS2020abstract.htm](http://www.innovative4youevents.com/WS2020abstract.htm)

## Submitting Your Abstract

Complete the following information:

- Identify the stream and area of interest
- Title of Presentation (relevant to submission/focus of your presentation)
- Educational Objectives
- Name(s) of presenter(s) as you would like them to appear in the conference program
- Identify format: 30, 60 or 90-minute Concurrent Session or Poster Presentation
- Key Contact Information (address, email and telephone number)
- Biography of each presenter (50 words or less)
- Abstract suitable for inclusion in the conference program (sales pitch/description of your presentation)
- Key points that will be in your PowerPoints or an outline of your presentation
- Presentation method details (also include audio/visual equipment required, room set up preference, etc.)

## All submissions will be evaluated using the following criteria:

- Relevance to the conference theme
- Clarity and coherence of the submission
- Contribution of knowledge, expertise or best practices
- Relevance and utility to participants
- **Evidence that submission will encourage interaction among conference participants**
- Key points of presentation and evidence of 'participant take-away'



## Call for Abstracts

### Acceptance as a Presenter:

Please note: **Presenters must be paid registrants.** Honoraria and travel reimbursement are not available. Presenters will receive a discounted registration fee of \$350.00.

An electronic version of the presentation must be submitted to the event manager shortly before the conference for posting to the CMHA Alberta website and to pre-load at the conference.

Presenters will be provided with a designated time to present by the conference committee.

**Presenter(s) may submit multiple abstracts for the conference.**

### Deadlines:

**Call for Abstracts Opens: FEBRUARY 3, 2020**

**Abstract Submission Deadline: APRIL 17, 2020**

**Results Notification: MAY 4, 2020**

We look forward to receiving your abstract submission!

For any questions, please contact us by phone or email:

**Telephone: (780) 482-6576**

**Email: [workingstronger@cmha.ab.ca](mailto:workingstronger@cmha.ab.ca)**