

healthycampusalberta.ca





UNIVERSITY OF
CALGARY

2017
WELLNESS
SUMMIT

UNIVERSITY
OF CALGARY

*Building Resilient
Campus Communities*

June 20,
2017

HEALTHY CAMPUS ALBERTA SUMMIT

Tuesday, June 20, 2017

8:45 a.m. - 5 p.m.

University of Calgary Dining Centre
Alberta Room and Blue Room

8:15 a.m.

FOOD/NETWORKING/REGISTRATION

8:45 a.m.

Alberta
Room

WELCOME

Dr. Susan Barker

Welcome and Acknowledgment of Traditional Indigenous Territories

8:55 a.m.

Alberta
Room

Victoria Maxwell

Founder of Crazy for Life Co.

Prepare to be challenged and inspired as Victoria shares her lived experience. Victoria is a passionate mental health advocate who is committed to breaking down stigma associated with mental illness.

10 a.m.

Alberta
Room

INTRO DR. UNGAR

Dr. Michael Ungar

Canadian Research Chair in Child, Family, and Community Resilience
Dalhousie University

“Understanding Resilience in the Context of Campus Life”

Dr. Michael Ungar is among the best-known writers and researchers on the topic of resilience in the world. His work has changed the way resilience is understood, shifting the focus from individual traits to the interactions between people and their families, schools, workplaces, and communities. This session will give us the opportunity to consider the definition and principles of resilience in the context of campus life.

10:45 a.m.
Alberta
Room

BREAK

GREETINGS FROM THE ALBERTA GOVERNMENT

11:30 a.m.
Alberta
Room

Honourable Marlin Schmidt

Minister of Advanced Education

Honourable Brandy Payne

Associate Minister of Health

noon

LUNCH

HONOURING LIVED EXPERIENCE

Facilitator: Danielle Stewart-Smith

Healthy Campus Alberta Coordinator

Sydney Quick

Proud2BMe

Student, Mount Royal University

1 p.m.
Alberta
Room

Alan McLuckie

Assistant Professor

Faculty of Social Work, University of Calgary

This session will allow us to honour the expertise of lived experience that is so important in our understanding of post-secondary mental health and addiction. Sydney and Alan will identify how their lived experience has impacted their post-secondary journey and move us to consider how our campus communities can better support those living with mental health challenges.

2 p.m.

BREAKOUT SESSIONS

INDIGENOUS PERSPECTIVES OF RESILIENCY

Facilitator: Gabrielle Lindstrom

PhD Candidate, Adult Learning

Werklund School of Education, University of Calgary

Panel:

Henry Big Throat

Vice President

Red Crow Community College

Colleen Courtoreille

CEO

Nechi Institute

Latasha Calf Robe

Indigenization Admin and Public Relations

Mount Royal University

Elder Marvin Fox

Blood Tribe

This breakout session will explore resiliency from an indigenous perspective. The importance of story, community, honouring cultural values and understanding the power of indigenous ways of knowing will be discussed to deepen our understanding of resilience and consider how these principles can be applied in our own campus journeys to build resilience.

2 p.m

Alberta
Room

MEASURING RESILIENCE

Facilitator: Kevin Friese

Executive Director of Health and Wellness Services
University of Alberta

Panel: Keith Dobson

Professor and Interim Department Head
Department of Psychology, University of Calgary

Dr. Michael Ungar

Canadian Research Chair in Child, Family, and Community
Resilience
Dalhousie University

Rachael Crowder

Assistant Professor
Faculty of Social Work, University of Calgary

This breakout session will consider the current best practice related to measuring individual and community resilience. The panel will consider the tools available and discuss the challenges in successfully measuring a contextual concept like resilience in a standardized way.

2 p.m.

Blue
Room

3 p.m.

BREAK

APPLYING THE PRINCIPLES OF RESILIENCE

Facilitator: Michael Ungar

**Panel:
Jeannie Gorrie
Sarah Grodecki**

ACADSA:Hear/d Residency Program

Latasha Calf Robe

MRU: Resiliency Workshops founded on Blackfoot Tradition

**Jennifer Thannhauser
Russell Thomson**

UCalgary: Roots of Resilience

This final session of the day will highlight principles of resilience in programming on Alberta post-secondary campuses. This is a great opportunity to hear from programs that are practically applying the principles of resilience. The conversation will be moderated by Dr. Ungar and will allow us to consider how resilience can be built in the context of our post-secondary campus communities.

3:15 p.m.

Alberta
Room

**4:45 p.m.
Alberta
Room**

**HEALTHY CAMPUS ALBERTA
ANNOUNCEMENT**



Victoria Maxwell BFA, BPP

*Mental Health Educator, Consultant,
Actor, and Writer*

Victoria Maxwell is a speaker and educator on the lived experience of mental illness and recovery, dismantling stigma, creativity and wellness. She lives with bipolar disorder, anxiety and psychosis. After her diagnosis of bipolar disorder, anxiety, and psychosis, she became extremely proactive in her recovery. She combines her theater background, personal ex-

perience of psychiatric illness and professional knowledge as a group facilitator and mental health worker, to give a unique and powerful 'insider's' perspective on dealing with depression and other mental illnesses. Since 2002, she's performed her award-winning shows and workshops at conferences throughout internationally and has blogged for Psychology Today for over 10 years. Her acting credits include roles opposite X-files' David Duchovny, John Travolta and Johnny Depp. As a 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 national, in the New York Times, Wall Street Journal and Women's Health UK as well as others. Her keynote show, 'That's Just Crazy Talk' was named one of the top anti-stigma interventions by the Mental Health Commission of Canada.

Dr. Michael Ungar, Ph.D

*Canada Research Chair in Child, Family
and Community Resilience
Director, Resilience Research Centre*

Dr. Michael Ungar is the Canada Research Chair in Child, Family and Community Resilience at Dalhousie University, and among the best-known writers and researchers on the topic of resilience in the world. His work has changed the way resilience is understood, shifting the focus from individual traits to the interactions between people and their families, schools, workplaces, and communities. As both a family therapist and professor of Social Work, he has helped to identify the most important factors that influence the resilience of children and adults during periods of transition and stress. He is the author of 14 books that have been translated into five languages, numerous manuals for parents, educators, and employers, as well as more than 135 scientific papers. Dr. Ungar's immense influence comes from his ability to adapt ideas from his research and clinical practice into best-selling works like *Too Safe For Their Own Good: How Risk and Responsibility Help Teens Thrive* and *I Still Love You: Nine Things Troubled Kids Need from their Parents*. His blog *Nurturing Resilience* appears on *Psychology Today's* website.

