

HCA 2018 Wellness Summit Transitions

presented by:



Canadian Mental
Health Association
Alberta
Mental health for all

In Partnership With:



UNIVERSITY OF
CALGARY

Welcome to the 2018 HCA Wellness Summit!

The Summit is a great place to celebrate the amazing work that is going on across the province, be inspired, and connect in community with like-minded people who are passionate about post-secondary mental health and addiction.

This year our focus is on the conversation of **transitions** and we are excited to have world renowned social learning theorist **Beverly Wenger-Trayner** join us to facilitate the conversation of creating value among stakeholders.

We are so glad to have you join us, as we believe that each member of our community brings rich perspective to this conversation.

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Agenda

Activities

Speed Art Workshop

Monday, 9:30 am - 5 pm

Ariel

Take some time to relax, be creative, or decompress, while making art on the theme of mental wellness and transitions! No experience is required, all materials are supplied, and you will be mentored by professional artists Dick Avern and Brandon Hearty. Collage, drawing and text-based art are fun, quick and easy yet impart emotive visual power.

Quiet Room

Monday, 8 am - 4 pm

That Empty Space

If you find yourself needing a space for silence and self-care, please feel free to recharge in the quiet room we've made available.

Performative co-creation

Throughout the main sessions in the MacEwan Ballroom, there will be the performative co-creation of new artwork on the Summit theme of Transitions. This piece will be presented by Dick Avern, supported by art students Sophia Marlow and Gaby Haidl.

Monday, June 11, 2018

8 am - 7 pm

University of Calgary

Day 1

8 am MacEwan Ballroom	Continental Breakfast
8:45 am MacEwan Ballroom	Greetings & Acknowledgements
9 am MacEwan Ballroom	Healthy Campus Alberta Update
9:30 am MacEwan Ballroom	Lived Experience: "Committing" by Stardale Women's Group
10 am MacEwan Ballroom	Set the Stage: Beverly Wenger-Trayner

10:30 am MacEwan Ballroom	Coffee Break / Mindfulness Moment with Allan Donsky
10:45 am MacEwan Ballroom	Main Speaker Session: Beverly Wenger Trainer
12 pm MacEwan Ballroom	Buffet Lunch
1 pm MacEwan Ballroom	Secondary Panel with David Smith, Denise Belley, Lori Roe, Dalal Souraya, and Keith Nanooch
2:15 pm	Coffee Break
2:30 pm	Concurrent Sessions
Cassio A/B	Breakout Room 1: Strategies for Community Collaboration, A Model of Success in Halifax with Deborah Phillips, Coordinator for the Stay Connected Mental Health project
MacEwan Ballroom	Breakout Room 2: Secondary Transitions with Lori Roe, AHS, Manager for School Based Mental Health, and Andrew Baxter, AHS, Mental Health Literacy Project Coordinator
Ariel	Breakout Room 3: Speed Art Workshop: What does mental health look like transitioning between life and the post-secondary experience? facilitated by Dick Aaverns and team
3:45 pm MacEwan Ballroom	Share and Celebrate, facilitated by Beverly Wenger-Trayner and Danielle Stewart-Smith
4:30 - 6 pm Cassio A/B	Student Reception

8 am MacEwan Ballroom	Continental Breakfast
8:45 am MacEwan Ballroom	Welcome & Acknowledgements
9 am MacEwan Ballroom	Lived Experience: <i>Stand Up for Mental Health</i> with David Granirer
9:45 am	Coffee Break
10 am MacEwan Ballroom	Deep Dive Sessions Option 1: To Share or Not To Share Understanding the complexities of sharing information to create smooth transitions with Rachel Hayward from the Office of the Information and Privacy Commissioner, Lori Roe from Alberta Health Services, and Deena Martin from the College of Alberta Psychologists.
Cassio A/B	Option 2: Play it Out Come develop solutions to student transitions using the legacy tools with Sharon Matthias, Systems Thinking and Learning Partner.
Ariel	Option 3: Making it Count Metrics and Reporting. RSVP Only.
That Empty Space	Option 4: Stand Up for Mental Health Workshop: Join David for an opportunity to better understand the work of Stand Up for Mental Health.
11:30 am MacEwan Ballroom	Share key learnings and Close Summit

Speakers

Keynote Speaker



Beverly Wenger-Trayner is known for her work with international organizations including cross-boundary processes and the use of new technologies. Her expertise encompasses the design and facilitation of social learning strategies and coaching of social learning leaders in complex situations. Once an activist for international equitable development, her passion has matured into an intellectual drive to help people and institutions get better at making a difference. She is the co-author of practical and theoretical guides on social learning,

with a new book underway called “Learning to make a difference”. She lives between Portugal and California.

Secondary Panel

Dalal Souraya is currently graduating with a Bachelor of Arts degree in Political Science with a minor in Development Studies. She plans to attend law school in the fall at the University of Calgary. Dalal graduated from Lester B. Pearson High School in 2013 and now works with high school students through the Calgary Bridge Foundation for Youth as a mentor and tutor. She has participated in past mental health initiatives with a focus on linking faith/spirituality and mental health as a tool for healing. In her spare time, Dalal enjoys participating in Brazilian Jiu-Jitsu and reading.



Lori Roe, RSW MSW, is the manager of School Based Mental Health with the Child & Adolescent Addiction and Mental Health and Psychiatry Program with Alberta Health Services Calgary zone and has worked for AHS for over 20 years. She is part of the Calgary and Area Regional Collaborative Service Delivery, MASST and YARD collaborative partnerships, Transitions Mental Health Classrooms and Provincial Mental Health Literacy (SMILES) project. She is also a member of the Calgary Regional Post-

Secondary Mental Health Network. She is committed to furthering the collaborative and integrated work between health and education to better serve our children, youth and families.



Denise Belley has been in the teaching profession for over 33 years and has served in many roles. These include elementary French Immersion teacher, FSL teacher, Jr. High Inclusive Education Coordinator, Jr./Sr. High School Counsellor, Lead Crisis Counsellor for Greater St. Albert Catholic School Division and most recently, School Counsellor and Principal at Outreach High School for St. Albert Public Schools. While teaching, she also worked as a psychotherapist and had a private practice for many years. She admits she's a "learning nerd" in areas of 'learning and the brain', counselling and mental health for children and teens. Denise is thrilled to be part of this important dialogue at the 2018 Wellness Summit.

David Smith, principal in Rocky View Schools, has served in various levels of education. Working for over 20 years in education, he has served on various committees on school improvement, divisional procedures, communication, and more. He is currently principal at C.W. Perry school in Airdrie, and has experience as an administrator in elementary, middle and high school. His passion is for all schools to create a culture of caring, purpose, and positive mental health. Experienced in creating Rocky Views Schools first Mental Health Summit for school, he continues look for ways for students, parents and staff members to be supported in the public school sector. He comes to us with a Masters in Educational Leadership , along with his B.Ed and BFA.



Keith Nanooch is a twenty two year old aboriginal student in his second year of the academic upgrading program at Northern Lakes College, Nanooch is also the President of the Northern Lakes College Student Association. Nanooch hopes to continue his education and transition into a law program.

Concurrent Sessions

Deena Martin, PhD (in Special Education), R. Psych., is the Director of Professional Guidance for the College of Alberta Psychologists and Assistant Deputy Registrar. For the past 20 years, Deena's focus has been on the professional training and academic preparation (undergraduate and graduate) of those in helping professions. Prior to her employment with the College of Alberta Psychologists, she served in a voluntary capacity for both the College and the Psychologists' Association of Alberta.



Rachel Hayward, MPA CIPP/C CRISC CIPM FIP, is the Director of Compliance and Special Investigations with the Alberta Information and Privacy Commissioner's office. She has over 15 years' experience working in the privacy field. Rachel leads high profile investigations, and offence investigations including the largest offence investigation in the history of the office which resulted in 38 charges under the Health Information Act and additional criminal charges. Rachel has a Master's degree in Public Administration, and is a Certified Privacy Professional (Canada) and Certified Information Privacy Manager and recently awarded the status of Fellow of Information Privacy by the International Association of Privacy Professionals. She is also certified in risk and information systems control.

Debbie Phillips has been a registered nurse working in mental health for more than 30 years. She has worked as a staff nurse on inpatient psychiatric and medicine units; however, the majority of her time has been spent in the emergency department in the Halifax Infirmary, first as a staff nurse, then as Health Service Manager of the Psychiatry Emergency service and Bed Manager for the Mental Health Program. Currently, Debbie is the Coordinator of the Stay Connected Mental Health Project, a project funded by the QEII Foundation with the vision of shifting the culture of how youth and their families transition from youth to adult services. Part of the Project's mandate is to build close relationships with our partner Universities to support the mental health and addiction care needs of students. Debbie also works with the Mental Health Commission of Canada delivering training and workshops as part of their Opening Minds initiative, all of which have the goal to decrease stigma and increase resilience. Through the years, Debbie has remained strongly committed to decreasing the stigma that negatively impacts people living with mental illness, and to improving access to mental health care.



Andrew Baxter, MSW RSW, has worked in school based and community mental health for over 17 years. During his time with Alberta Health Services, he has provided direct treatment for students from K-12, consultation for their families and their teachers. He currently serves as the lead for the Alberta Mental Health Literacy Project which is rolling out in school boards across the province. He has conducted Mental

Health Literacy trainings across Canada and assisted in other provincial/territorial Mental Health Literacy initiatives. In addition to acting as a consultant to School Boards, he provides training to parents, pre-service teachers, health care providers and community partners. Andrew continues to serve on the School Based Mental Health Quality Improvement Committee in Calgary. His educational background is in social work and psychology.





Sharon Matthias is a Systems Thinking and Learning Partner. She works with leaders to challenge historical worldviews, and to create systemic, game-changing solutions in public, private and social sectors. Her passion for over-the-horizon innovation thinking and finding the underlying linkages across multiple interventions helps leaders to explore the unexplored territories beyond their traditional strategies.

Sharon has an M.Sc., MBA and eclectic self-directed learning, builds on her experience in government and consulting and is Founder and Principal of Matthias Inc: Connecting for Innovation, and Innovation Platform, aimed at better advancing humanity in our dynamic environment.

David Granirer, RPC, MPCC, M.S.M. is a counselor, stand-up comic, author, and founder of *Stand Up For Mental Health* (SMH), a program teaching stand-up comedy to people with mental health issues. David who himself has depression, is featured in the VOICE Award winning documentary *Cracking Up*. He also received a *Life Unlimited Award* from Depression Bipolar Support Alliance, an *Award of Excellence* from the National Council of Behavioral Health, a *Champion of Mental Health Award*, and a *Meritorious Service Medal* from the Governor General of Canada, and was recognized as one of the 150 Canadian Difference Makers in mental health. He works with mental health organizations in Canada, the U.S., and Australia to train and perform with SMH groups in dozens of cities. and to improving access to mental health care.



Dick Avern is a Calgary-based interdisciplinary artist and writer, whose art practice probes how mental and physical spaces are valued and exchanged. Diagnosed with Tourette Syndrome in adulthood, community collaborations feature regularly in his art practice through socio-political themes including conflict, environmentalism, and mental health. Currently,

Dick is leading a social practice public art research project Recognition... Validation... Reassurance... exploring the question “How do You create a framework for mental wellness?” Dick teaches sculpture, public art, drawing, art theory, and performance art at the University of Calgary: his research has been disseminated in Canada, USA, Australia, UK and Middle East.

Notes

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Meet Your HCA Team

Danielle Stewart-Smith has had a front row seat to the creation of Healthy Campus Alberta and enjoyed the privilege of serving as the HCA team lead and coordinator. She loves reading, laughing and spending time with family and friends. Danielle lives life on the foundational belief that there is always time for relationship and that caring is always possible.



Melodie Esau joined the HCA team earlier this year and plays a pivotal role in connecting campuses with her administrative skills. Melodie enjoys spending time with her extended family, trying new recipes and travel. She is passionate about seeing people live in dignity and develop the capacity to live their unique story.



Art Assoiants joined the HCA team in April and is working in program evaluation until September of this year. His current values include balance, grit, psychological aliveness, and connection. Art enjoys being in nature, spending time with friends, dancing, and learning as much as he can about biohacking.



Makayla Freeman also joined the HCA team in April to develop a communications strategy. Her podcast staple is *The Moth* and she is passionate about seeing communities engage and grow together. Makayla believes strongly in stewarding spaces where everyone has a place at the table.



Closing Statements

Thank you for investing in the community and engaging with us at the HCA 2018 Wellness Summit. We look forward to continuing the conversations and relationships that began here.



Stay connected to the community:

- Sign up for the Healthy Campus Alberta mailing list to hear about future events and webinars
- Join the Community Hub on healthycampusalberta.ca
- Invite HCA to your campus

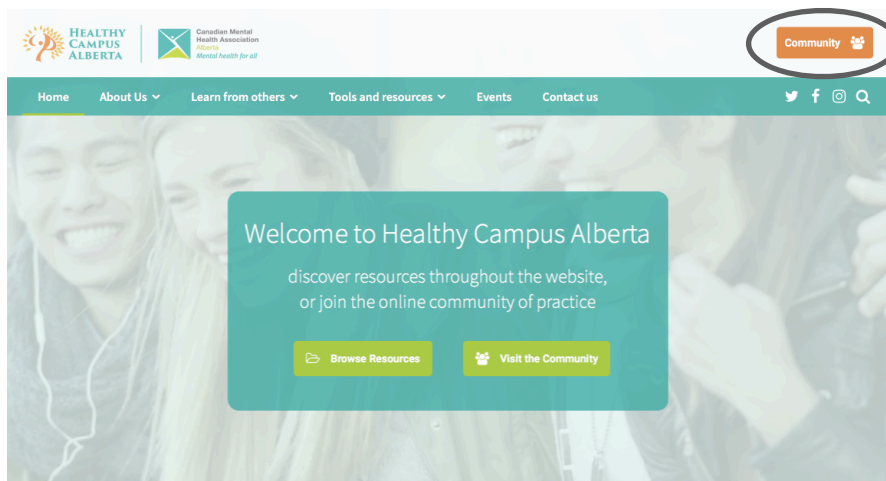
Please be sure to fill out a survey,
as we value your feedback!



We hope to see you at next year's Summit!

Funding for the 2018 Wellness Summit is provided by the Government of Alberta's Post-secondary Student Mental Health Grants to the University of Calgary and Healthy Campus Alberta.

Join the community!



healthycampusalberta.ca