

# 2018 National Mental Health Conference

## 8<sup>th</sup> Annual National Mental Health Conference

Promoting the Journey of Healing For:

- Aboriginal Communities
  - The Criminal Justice System
  - Children & Youth
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CANAD INNS DESTINATION CENTRE POLO PARK

WINNIPEG, MANITOBA

MARCH 21 – 23, 2018

PROUD INITIATIVE OF:



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

## Conference Management Information

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Conference Website: [www.2018mentalhealthconference.com](http://www.2018mentalhealthconference.com)

### W. Zarchikoff & Associates

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## Charity Information

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### Mood Disorders Association of Manitoba

**MOOD DISORDERS ASSOCIATION OF MANITOBA** is a not for profit organization dedicated towards the education, support and advocacy of people affected by a mood disorders. The charitable registration number is 12874 9520 RR0001.

**Contact**

Tara Brousseau Snider  
Executive Director

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*Due to circumstances beyond our control the conference program may have changed without notice. Everything possible has been done to provide equivalent speakers and workshops if a cancellation occurred. The Mood Disorders Association of Manitoba Inc assumes no responsibility for such changes.*

## ***Conference Initiated By***

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**Mood Disorders**  
ASSOCIATION OF MANITOBA

***Helping people  
help themselves***

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## ***Conference Managed By***

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**W. Zarchikoff & Associates**

**Stratcom Consulting**

**[www.aboriginaltrainingandconsultingservices.com](http://www.aboriginaltrainingandconsultingservices.com)**

## Conference Notes

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**My conference goals/desired take-aways:**

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**I really must go to these sessions:**

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**Would love to go to these if possible:**

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**People I met during the conference:**

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**To follow-up on after the conference:**

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**Other thoughts:**

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## **Food & Refreshments**

Your conference registration includes all training materials, conference plenary sessions and conference break-out sessions. It also includes morning pastries & refreshments each day, coffee breaks in the mornings and afternoons, plus one hosted lunch.

## **Ask About Special Needs**

Have special requirements for yourself or someone on your team? Come to Bill Zarchikoff, Rebecca Marinos or Diane Zarchikoff for assistance.

If you require special hotel accommodations, please advise the hotel directly.

## **Tell Us How We Did**

We want to hear from you so we can do better! Please take a few minutes to complete your conference evaluations. Evaluations are included in your conference packet. Share your feedback and suggestions directly as well or you can email us at [rebecca@rebeccamarinos.com](mailto:rebecca@rebeccamarinos.com).

**8<sup>TH</sup> ANNUAL NATIONAL CONFERENCE  
PROMOTING THE JOURNEY TO HEALING WITHIN:**

- **ABORIGINAL COMMUNITIES**
- **THE CRIMINAL JUSTICE SYSTEM**
  - **CHILDREN & YOUTH**
  - **ADDICTIONS**

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**PRE-CONFERENCE WORKSHOPS MARCH 21, 2018  
CONFERENCE MARCH 22 – 23, 2018**

**WEDNESDAY, MARCH 21**

**0800 – 0900**

**PRE-CONFERENCE & CONFERENCE REGISTRATION**

**Location: Main Hotel Lobby**

**PRE-CONFERENCE WORKSHOPS: Please choose one to attend.**

**TIME: 9:00 – 12:00**

**\*\*Please note that this is a half-day workshop and will end at 12:00PM.**

**Pre-conference Workshop #1: "Mental Health and the Road to Resilience"**

Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. It means "bouncing back" from difficult experiences. Join this half-day workshop to learn how to travel the road to resilience. Learn 10 ways to build resilience. Discover where to look for help and how to use your past to build resilience. The workshop will also look at nutrition and how healthy eating can put you on the road to resilience. Tina will also discuss the four cornerstones of mental wellbeing: hope, empowerment, self-responsibility and living a satisfying, productive life. Lastly, the workshop will cover Action Plans.

Facilitator: Tina Holland  
Mood Disorders Association of Manitoba  
Instructor of Cognitive Behaviour Course  
Mental Health First Aid Instructor  
Winnipeg, Manitoba

Location: Ambassador K

**Tina Holland** is an instructor of cognitive behavior courses and a Mental Health First Aid Instructor with the Mood Disorders Association of Manitoba. Tina is an entertaining and informative speaker, who loves to share her story. Tina has lived with bipolar illness all of her life yet she has had a successful career in real estate, as an international artist, and now as an educator. Her story of empowerment and recovery is one of hope.

Wednesday,  
March 21 (cont)

She has spoken to large groups about depression, bipolar illness, suicide prevention, borderline personality and post-traumatic stress disorder, always from a self-help and lived-with-it point a view. Tina's aim is not only to educate the public about these treatable illnesses but also to help eliminate the stigma of mental illness in our society.

Tina has written and delivers a cognitive behaviour course for people living with depression. As well, she has spoken at over 500 schools, businesses and organizations.

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**TIME: 1:00 – 4:00**

**\*\*Please note this is a half-day workshop and will START at 1:00PM**

**Pre-Conference Workshop #2: "Embrace, Engage, Empower: Dr. Martin Brokenleg's Approach to Working With Youth"**

As a Metis social worker, practicing in a mainstream setting has made it important for Reid to find a way to incorporate indigenous teachings into his process. He has long been impressed by Dr. Brokenleg's Circle of Courage teachings and has used them as a guide in his clinical work with students from kindergarten to grade 12.

Looking at the four core messages of the Circle of Courage, Reid will discuss the following lessons:

**Belonging** – Treating others as kin forges strong social bonds. The community can raise a child.

**Mastery** – Learning by observation, the importance of mentorship.

**Independence** – Learning by experience, supporting youth in making decisions, solving problems and showing personal responsibility.

**Generosity** – Showing unselfish behavior and respect for all.

The workshop will challenge social workers and others to link their focused learning/training with a traditional approach built around Dr. Martin Brokenleg's teaching. The hope is that this will strengthen your practice and service to the indigenous and non-indigenous community.

Facilitator: Reid Hartry  
Louis Riel School Division  
Winnipeg, Manitoba

Location: Ambassador K

**Reid Hartry** is a local Metis social worker who has over 25 years' experience as a school social worker. He is currently employed by the Louis Riel School Division but has also worked with schools in the Winnipeg and Seven Oaks School Divisions. Reid is also a member of the Indigenous Helpers Society of Manitoba.

Nationally, Reid was appointed to the National Aboriginal Head Start Program at its inception and was active until the program moved to the community level. He was also a member of the National Aboriginal Achievement Foundation "Taking Pulse" Initiative. Reid also served as a member of the Expert Technical Advisory Group for the National Children's Survey, Statistics Canada.

Recently, he was appointed as an Elder for Metis Child and Family Services Authority Board. He also sits on the boards of United Way of Winnipeg, Canadian Mental Health Association of Winnipeg/Manitoba and the National Board of Canadian Mental Health Association.

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Wednesday,  
March 21 (cont)

**TIME: 9:00 – 4:00**

**IMPORTANT:** This workshop **MUST** have a minimum of 15 participants in order to proceed. If you plan to attend this workshop, please specifically pre-register for it when you register for the conference.

**Pre-Conference Workshop #3: “Blanket Exercise: Decolonizing Minds and Hearts”**

The Blanket Exercise is an experiential activity that engages peoples’ hearts and minds! This powerful training helps us to understand the historical and contemporary realities of Indigenous peoples, how colonization has impacted Indigenous people who lived here long before 1492, and explores the relationship between Indigenous and non-Indigenous peoples in Canada and how this relationship has been damaged over the years. The Blanket Exercise is a first step in the reconciliation process and shows us that we are together on this journey of healing from this shared past. Since April 2016, Indigenous and Community Connections Division’s Culture Unit of Alberta’s Ministry of Children’s Services has been facilitating the Blanket Exercise. From the very first session participant feedback continues to be extremely positive.

The first hour of the Blanket Exercise is a role play/experiential portion. The second half of the workshop includes a Sharing Circle for participants to discuss their experience.

Facilitator: KAIROS

Location: Ambassador M

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**TIME: 9:15 – 3:30**

**Pre-Conference Workshop #4: “Making Sense of Trauma: Practical Tools for Responding to Children and Youth”**

Trauma is pervasive and impacts all of us, children and adults. Becoming trauma-informed helps us when working with children to shift from saying “what is wrong with you” to “what has happened to you”. Participants will learn how to use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on children, youth and their caregivers. This workshop is suitable for anyone working with or caring for children and youth.

Objectives:

- To develop an understanding of the impact of trauma on children/youth
- To learn the principles of trauma-informed care
- To explore the current understanding of the nervous system and trauma survival responses
- To identify specific tools that assist with freeze/flight/fight survival responses in children and youth

Participants will learn how to use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on children, youth and their caregivers.

Facilitators: Billy Brodovsky, MSW  
Clinician  
Families Affected by Sexual Assault Program  
New Directions for Children, Youth, Adults and Families  
Winnipeg, Manitoba

Kate Kiernan, M.Sc.  
Clinician  
Families Affected by Sexual Assault Program

Wednesday,  
March 21 (cont)

New Directions for Children, Youth, Adults and Families  
Winnipeg. Manitoba

Location: Ambassador L

**Kate Kiernan**, M.Sc., is a clinician at the Families Affected by Sexual Assault Program for New Directions for Children, Youth, Adults and Families in Winnipeg. She has over 25 years' experience working with children and youth who have experienced trauma. She also provides consultation to community agencies and has a private practice in Winnipeg.

**Billy Brodovsky**, M.S.W., is a clinician at the Families Affected by Sexual Assault Program for New Directions for Children, Youth, Adults and Families in Winnipeg. He has been working with children and youth who have experienced trauma for over 25 years. In addition to his work at New Directions, he has a private practice and provides clinical consultation.

Both Billy and Kate have presented the Making Sense of Trauma for Children and Youth workshop to over 2000 professionals in Manitoba, British Columbia, Saskatchewan and Ontario since 2012. The Making Sense of Trauma Webinar, a shortened version of the workshop available at no cost, was launched in the fall of 2016. They are particularly interested in assisting adults to better understand the impact of trauma on children as well as on themselves.

THURSDAY,  
MARCH 22

## 2018 NATIONAL MENTAL HEALTH CONFERENCE

0730 – 900

### REGISTRATION & REFRESHMENTS

Join us for coffee in the lobby as you register for the conference. If you have already registered, you do not need to do so again.

Location: Ambassador 4

0900 – 0915

### INTRODUCTIONS & OPENING REMARKS

Tara Brousseau Snider  
Executive Director  
Mood Disorders Association of Manitoba  
Winnipeg, Manitoba

Rebecca Marinos  
Conference Manager  
Certified Leadership Coach and Communications Consultant  
San Bruno, California

Location: Ambassador 4

Thursday,  
March 22 (cont)

0915 – 1015

**KEYNOTE ADDRESS 1: “A Story of Survival in Human Sex Slave Trafficking”**

As a result of her experiences, Michelle now works with the independent organization known as *Walk With Me*. *Walk With Me* is a community based organization established by a survivor of human trafficking to rescue and restore the dignity, freedom and well-being of human trafficked victims, by providing distinctive, coordinated and comprehensive immediate victim services in Ontario. Within the last 2 years alone this organization has assisted over 280 victims of human trafficking and continues to assist these victims as well as new ones every day. Michelle will talk about her story of survival and resilience.

Facilitator: Michelle Furgieuele

1015 – 1030

HEALTH & NUTRITION BREAK

1030 – 1130

**KEYNOTE ADDRESS 2: “Critical Reflections on the Spectrum of Services for Indigenous Peoples: Evolving Practices As a Step In the Reconciliation Process”**

Over the past few decades there has been some increasing attention given to health and social services provided to First Nations, Metis, and Inuit peoples. Most recently, the Truth and Reconciliation Commission has issued a call for actions for Canadian organizations and services providers. During this time, the voices of Indigenous people has emphasized particular needs causing shifts in the focus of mental health services. This presentation takes a critical look at how health and social services have been orientated when delivered to Indigenous peoples. It will provide a context for the emphasis made by Indigenous peoples and outline the various orientations taken by mental health providers over the past few decades. It will close with a discussion of need for continued critical analysis by services organizations and service providers, and a movement towards Indigenous practices.

Facilitator: Dr. Michael A. Hart, BSW, BA, MSW, PhD  
Associate Professor  
Canada Research Chair in Indigenous Knowledges and Social Work  
University of Manitoba  
Winnipeg, Manitoba

**Michael Anthony Hart** is a citizen of Fisher River Cree Nation residing in Winnipeg. He worked in the fields of child welfare, family therapy, mental health, and addictions. He is currently a Professor with the Faculty of Social Work at the University of Manitoba, and the Canada Research Chair in Indigenous Knowledges and Social Work. He has helped set up the Masters of Social Work based in Indigenous Knowledges program presented across the country and globally on various topics including colonial oppression, mental health and Indigenous practices; and published several articles, book chapters, and books on the topics.

1130 – 12:30

**KEYNOTE ADDRESS 3: “Youth Suicide and What We Are Doing To Make A Difference in the Lives of Children”**

This keynote session will deliver an overview of the suicide research as compiled by the Office of the Children’s Advocate over the past four years. As the Children’s Advocate office is notified of all deaths of children and youth under 18 in Manitoba, they have complete datasets of manners of death, where deaths are occurring, and when those youth fall into scope for review. They also have in-depth information about their lives and experiences. As such, for years one and two, the Office did a close exam of 50 youth who died in Manitoba by suicide and then compared those youth to a control group of their peers. Now in Phase 3 of their study, they have partnered with the Canadian Mental Health Association and have developed evidence-informed resources for building mental health wellness in adolescents. They are halfway through their pilot test year of a year-long curriculum that is currently

Thursday,  
March 22 (cont)

being delivered to 450 students in 19 classrooms in Winnipeg. Ms. Krone will present about what they know about youth suicide in Manitoba and what they are doing to make a difference in the lives of children.

Facilitator: Ainsley Krone, MA PC-IIC  
Deputy Children's Advocate (Acting)  
Office of the Children's Advocate  
Winnipeg, Manitoba

**Ainsley Krone** has worked as an advocate for children and youth for the last 18 years, with the last eight of those at the Manitoba Advocate for Children and Youth (formerly the Manitoba Office of the Children's Advocate). Ainsley joined the Advocate's office originally as a Special Investigator on the child death review unit where she blended research and writing skills to advocate for changes to public systems that could improve service delivery to families and prevent future deaths of children. In 2011, Ainsley went on to create and develop the research and public education department for the Manitoba Advocate, successfully building public outreach and education campaigns to increase awareness of the work of the office. Since spring 2017, she has served as Manitoba's Deputy Children's Advocate, helping to organize and oversee ongoing initiatives in the frontline service programs as well as the investigative and systemic review areas of the Advocate's province-wide mandate.

Prior to returning to Winnipeg eight years ago, Ainsley spent 10 years on the Sunshine Coast of British Columbia as a direct service youth worker and alternative education program developer. She holds an MA in Communication, with a specialization in international and intercultural communications. Ainsley's work focuses on children's rights education and finding ways to amplify the voice of young people in the public sphere.

1230 – 1330

NO-HOST LUNCH

1330 – 1430

**KEYNOTE ADDRESS 4: "Reducing Stigmas and Increasing Mental Resiliency"**

This keynote session will weave in the workplace standard and R2MR/TWM, Healthcare Workers and TEMPO.

Facilitator: Ed Mantler, RPN, MSA, CHE  
Vice President, Program and Priorities  
Mental Health Commission of Canada

**Ed Mantler** – A highly motivated visionary and an expert at building partnerships, fostering stakeholder engagement and aligning strategic objectives, Ed has led innovation and improvement in health care for over two decades. As Vice President of Programs and Priorities at the Mental Health Commission of Canada, Ed is dedicated to promoting mental health in Canada and changing the attitudes of Canadians toward mental health problems and illnesses. By collaborating with stakeholders to improve mental health services and supports, he leads the way to change. Ed pays particular attention to reducing stigmas and increasing mental resiliency through innovative measures like Mental Health First Aid, the *National Standard for Psychological Health and Safety in the Workplace*, Suicide Prevention, and the *Mental Health Strategy for Canada*.

Ed is also a Registered Psychiatric Nurse, holds a Master's of Science Administration, and is a Certified Health Executive.

1430 – 1445

HEALTH & NUTRITION BREAK

Thursday,  
March 22 (cont)

1445 – 1600

**TRACK 1:  
Mental Health  
Challenges In  
Aboriginal  
Communities**

**Breakout Sessions: Please choose ONE to attend.**

**WORKSHOP 1: “We Have Always Had Our Helping Practices: An Example of Indigenous Practice Model in the Colonial Context”**

Indigenous peoples have always had our own orientations and means to helping one another. While colonizing practices have significantly and negatively impacted us as Indigenous peoples, these Indigenous understandings and practices continue to exist. In recent times educators, philosophers, and practitioners have been delving into them and bringing them forth as a means to address the impacts of the oppression and other issues that arise in the contexts of health and social services. This session will briefly outline this context and present an example of an Indigenous practice model. Time will be provided during the session for discussion on the context and model.

Facilitator: Dr. Michael A. Hart, BSW, BA, MSW, PhD  
Associate Professor  
Canada Research Chair in Indigenous Knowledges and Social Work  
University of Manitoba  
Winnipeg, Manitoba

Location: Ambassador K

**TRACK 2:  
Mental Health  
Challenges In  
the Criminal  
Justice System**

**WORKSHOP 2: “Human Trafficking Experiences, Survival and Recovery”**

Michelle will lead a small-group discussion around her experiences with human sex trafficking and what can be done to help others.

Facilitator: Michelle Furguele

Location: Ambassador L

**TRACK 3:  
Mental Health  
Challenges With  
Children &  
Youth**

**WORKSHOP 3: “How to Minimize Experiences of Loss and Grief In the Lives of Children and Youth”**

This session delves into the issue of loss and grief for children and youth in care. The Children’s Advocacy released a special report to the public that emerged from speaking with youth in/from care about times in their life when they felt they experienced losses, what their experience of those losses was like for them, and what recommendations they have made to government to build public systems that understand and mitigate their negative impacts on children and youth. The study they released is grounded in emerging research in the areas of trauma and resilience and includes information about ways to address trauma including customary care, family group conferencing, lifebooks, and other meaningful planning methods. Ms. Krone will offer a presentation that looks at this issue and provides advice and suggestions to service providers about how to minimize experiences of loss and grief in the children and youth with which they are involved.

Facilitator: Ainsley Krone, MA PC-IIC  
Deputy Children’s Advocate (Acting)  
Office of the Children’s Advocate  
Winnipeg, Manitoba

Location: Ambassador M

Thursday,  
March 22 (cont)

**TRACK 4: Hot  
Topics in Mental  
Health**

**WORKSHOP 4: “Mental Health Issues and Youth”**

During this session, Ed will talk about mental health issues and how they impact youth. The discussion will include prevalence data, the Consensus Conference, Integrated Care Centres, Headstrong the Inquiring Mind and other items of relevance.

Facilitator: Ed Mantler, RPN, MSA, CHE  
Vice President, Program and Priorities  
Mental Health Commission of Canada

Location: Ambassador 4

**FRIDAY, MARCH 23**

0900 – 1000

**TRACK 1:  
Mental Health  
Challenges In  
Aboriginal  
Communities**

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

**WORKSHOP 5: “Aboriginal Mental Health and Addictions”**

Aboriginal people of Canada have faced a unique set of mental health and addiction challenges. Cultural discontinuity, and oppression have been linked to high rates of alcoholism and drug addiction, depression and suicide, HIV and injectable drug use, in addition to violence in many communities, with the greatest impact on youth. Despite these challenges, many communities have done well, and research has identified factors that promote wellness. An essential part of health care professional practice is to take a strengths-based approach versus deficit-based as part of empowerment and culturally safe care for clients. This workshop will: overview a timeline of government policies and health care reports in Canada, focusing on the needs of Aboriginal populations in Manitoba and Saskatchewan; examine social and structural stigma and the effects of de-stigmatizing campaigns nationally and internationally; and, explore models and approaches (harm reduction and recovery-based) that have been successful in the care and treatment of health and mental health conditions.

Facilitator: Arlene Kent-Wilkinson RN, CPMHN(C), BSN, MN, PhD  
Associate Professor, College of Nursing  
University of Saskatchewan  
Saskatoon, Saskatchewan

Location: Ambassador M

**TRACK 2:  
Mental Health  
Challenges In  
the Criminal  
Justice System**

**WORKSHOP 6: “Crystal Methamphetamine in Manitoba: Impacts on Health and Justice”**

Crystal methamphetamine (meth) use is skyrocketing in Manitoba. The cost of the drug is low, and it is very accessible. Emergency, crisis, justice, and front-line service workers are being inundated with the effects of the mass consumption. At this workshop, we will discuss the signs and symptoms of meth-induced psychosis, how various systems (health care & justice) are attempting to deal with patients who present with psychosis, and treatment/outcomes of patients presenting with drug-induced psychosis. Throughout this workshop, the speakers will share case studies and the relationship between meth and both mental health and justice systems.

Facilitators: Dr. Hygiea Casiano, MD FRCPC

Friday, March 23  
(cont)

Forensic Psychiatrist and Child & Adolescent Psychiatrist  
Consultant to MATC Youth Forensic Services  
Assistant Professor, Department of Psychiatry  
Max Rady College of Medicine, Rady Faculty of Health Sciences  
University of Manitoba

Shannon Morley, RPN  
Community Living Psychiatry Services (CLPS)  
Manitoba Families  
Winnipeg, Manitoba

Location: Ambassador L

**Dr. Hygiea Casiano** is an Assistant Professor of Psychiatry at the University of Manitoba. She completed her residency in Psychiatry in 2009 at the University of Manitoba with specialized training in Child and Adolescent Psychiatry and Forensic Psychiatry. Dr. Casiano is a past recipient of the Canadian Academy of Psychiatry and the Law (CAPL) Fellowship as well as the Rappaport Fellowship, provided by the American Academy of Psychiatry and the Law (AAPL). Dr. Casiano's publications have been in the areas of forensic and paediatric psychiatry issues. Her current research interests include the health outcomes in children involved in foster care, the impact of media on children, and suicidal and self-harm behaviour in incarcerated youth.

**Shannon Morley**, RPN, works for Manitoba Families, with adult patients who present with Pervasive Developmental Delays, and mental health issues (dual diagnosis). Many of the adults in this system struggle with complex, comorbid issues such as gang involvement, exploitation, low socioeconomic status, addictions, as examples. Getting to know this population well over the past twenty years, has given Shannon a wealth of experience with patients and the utilization of multiple systems. She is a passionate advocate for her patients, and hopes to help systems come together to best serve this population.

Track 3: Mental  
Health  
Challenges With  
Children &  
Youth

#### **WORKSHOP 7: "Creating Peer-Support Networks for Youth"**

This workshop will discuss and give examples of places where peer support groups can be facilitated effectively. Places include schools, community centres and different types of clubs. The session will delve into why it is so important to have peer support groups in place.

Facilitator: Griffin Jenkins  
Director of Education and Youth Programs  
Mood Disorders Association of Manitoba  
Winnipeg, Manitoba

Location: Ambassador K

**Griffin Jenkins** is the Director of Education and Youth Services for the Mood Disorders Association of Manitoba. He uses real life experience from his own mental health journey when educating others about topics of mental illness and peer support. He uses a fun and entertaining presentation style that still addresses the serious issues facing the mental health community.

Track 4: General

#### **WORKSHOP 8: "The John Howard Society of Manitoba (JHSM) Healing Program for Indigenous Men and Restoration"**

This presentation will describe the overall program including program objectives, type of approach, goals, program criteria, Indigenous component, session topics and research and evaluation. We will also discuss how sexual abuse and trauma can affect an individual's mental health and wellbeing.

Friday, March 23  
(cont)

Facilitators: Sharon Perrault  
Manager of Programs  
John Howard Society of Manitoba  
Winnipeg, Manitoba

Melissa Nolin  
Program Caseworker  
John Howard Society of Manitoba  
Winnipeg, Manitoba

Location: Ambassador 4

**Sharon Perrault** of Winnipeg, Manitoba has worked with the Federal Correctional Service of Canada with inmates and offenders both in the community and during their period of incarceration. She has participated on numerous Board of Director positions for non-profit organizations and has been on various committees including policing, not for profit organizations, and universities. She is an Indigenous woman that is aware of what this population faces and is aware of cultural practices and protocols. She is also aware of the special provisions within the criminal code and practices implemented for Indigenous populations throughout the criminal justice system (for example; Elder Assisted Parole hearings, the adoption of the Gladue principles utilized within the court and correctional system).

Sharon Perrault was first appointed to the Parole Board of Canada for a five-year period in March of 2003 as a full-time member Board member and reappointed again in June 2008 for an additional five years, culminating in 10 years of service for the Parole Board serving the Canadian public. Currently she is working for John Howard of Winnipeg as Manager of Programs and has been in this position since August, 2014. She supervises the Bail program and the Literacy and Reintegration departments.

**Melissa Nolin**, Bachelor of Social Work (BSW), Registered Social Worker (RSW), was born in Winnipeg, Manitoba. She is a graduate of the University of Manitoba Inner City Social Work program, with a focus in Indigenous knowledge. Her concentration has included mental health, trauma and addictions particularly within the scope of the Criminal Justice System. Melissa completed two student practicum placements and gained work experience within the Literacy department at the John Howard Society of Manitoba and co-facilitated the Peer Tutor group program in provincial institutions. She also gained work experience as a Student Parole Officer for Correctional Service Canada at the Winnipeg Urban Area Parole Office. She started working at the John Howard Society in October, 2016 as a Bail Caseworker and in 2018 moved into the position of a Program Caseworker for the John Howard Society Indigenous Men's Healing Program. Melissa also supervises social work students who are completing practicum placements at the agency.

1000 – 1015

HEALTH & NUTRITION BREAK

1015 – 1115

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

Friday, March 23  
(cont)

**TRACK 1:  
Mental Health  
Challenges In  
Aboriginal  
Communities**

**WORKSHOP 9: "Telling My Truth"**

The presentation will focus on issues such as lateral violence, bullying and gossip and promoting a respectful workplace. As the mother of Serena McKay who was tragically murdered on April 23, 2017, I recently started speaking about my daughter's death and how this also relates to lateral violence and bullying. This life changing event has prompted me to try making changes to how youth interact and that it is wrong to use social media for harassing and bullying others. Even though my daughter was not harassed openly on social media, there was a video of her murder posted online.

The objective of this presentation is to bring awareness to the issues of lateral violence and bullying among indigenous peoples and how we can overcome the issues plaguing our communities. The presentation will take a 'personal' perspective and cover some of the issues dealt with and the current challenges with my daughter's murder. With a focus on 'respect' and promoting a respectful workplace, the overall presentation will be to empower others to address these issues.

Facilitator: Delores Daniels  
Manager, Human Resources  
Manitoba First Nations Education Resource Centre Inc.  
Winnipeg, Manitoba

Location: Ambassador M

**Delores Daniels** is of First Nations ancestry from Peguis First Nation, MB. Delores studied Business Administration at Red River College from 1990-1993; and obtained the Management Certificate and Human Resources Management Diploma from the University of Winnipeg, Continuing Education in 2007. She has also attended various training events in Administration and Human Resources; and is currently enrolled in the Executive cohort program for a Bachelor of Business Administration Degree at University of Winnipeg. Delores has presented a variety of workshops relating to Human Resources including: Harassment, Lateral Violence, Stress, and Respectful Workplace.

Delores has been employed as Human Resources Manager with the Manitoba First Nations Education Resource Centre Inc. since 2003 as an HR Generalist covering all areas of HR within the organization with a staff of 200. Prior to that, she was employed in Administrative positions with: Winnipeg Regional Health Authority with the CEO and Director Human Resources; Southern Chiefs Organization in the Health program; and to the Executive Director of the Aboriginal Health & Wellness Centre. She has also participated in numerous First Nations and Aboriginal Human Resources Conferences as speaker and workshop presenter. In 2014 Delores co-authored her personal story in the first book of the 'First Lady Nation' series.

**TRACK 2:  
Mental Health  
Challenges In  
the Criminal  
Justice System**

**WORKSHOP 10: "Forensic Psychiatric Mental Health Care Roles in the Criminal Justice System"**

By the end of the twentieth century, forensic specialty roles were well established in both the forensic sciences and the forensic behavioural sciences. Social factors (public inquiries, class actions suits, human rights movements, advanced technology) prompted forensic specialty evolution where there was a need for a medico legal role. The history of forensic psychiatric/ mental health in Canada will be traced through a timeline of key laws and acts, social movements, and role development. Forensic educational programs began to appear in the curricula of colleges and universities. The *forensic focus* became a popular career choice and area of study for many of the health science disciplines. The sanctioned role of the physician profoundly influenced the role development of other forensic disciplines and practitioners. With the shortage of forensic psychiatrists, and massive costs of care and custody, health care administrators are considering other disciplines with advanced practice education to fill these roles. Alternative strategies and interventions are needed to best care for the complex and increased numbers of mentally ill offenders and victims of violence in the twenty-first century.

Friday, March 23  
(cont)

Facilitator: Arlene Kent-Wilkinson RN, CPMHN(C), BSN, MN, PhD  
Associate Professor, College of Nursing  
University of Saskatchewan  
Saskatoon, Saskatchewan

Location: Ambassador K

Track 3: Mental  
Health  
Challenges With  
Children &  
Youth

**WORKSHOP 11: “Explore the Roles of Creativity and the Arts in Reducing Stigma Around Mental Illness in Moving Young People to Action”**

In this interactive session, you will experience the power of short film and to reduce internalized stigma around mental illness, leveraging the emotional and connective properties of the arts to connect individuals with resources and build community through development of arts projects. You’ll learn techniques used by Art With Impact (AWI) to support students’ resiliency and agency by defining their own terms around mental health. Experience how art and filmmaking can promote mental wellness and lead to early intervention and prevention through exposure to Art With Impact’s OLIVE collection of short films related to mental health.

Facilitator: Natalie Daley  
Program Director, Art With Impact Canada +  
Social Media and Engagement Manager

Location: Ambassador 4

**Natalie Daley’s** passion to work within mental health stems from her own experiences and challenges, which has continually translated into a strong personal advocacy on the topic. She’s inspired by resiliency and the courageous college students and filmmakers who are challenging the status quo around mental illness through AWI’s work.

Natalie is the driving force behind [Art With Impact Canada](#) and is responsible for facilitation, programming, outreach, fundraising and partner relationships for our Movies for Mental Health program north of the border. She also engages students and advocates daily through AWI’s social media platforms. Natalie is committed to providing unique ways for students to engage in conversations around mental wellness and is extremely excited to see how Art With Impact grows in Canadian colleges, universities and workplaces!

Track 4: General

**WORKSHOP 12: “S.O.S – Sharing Our Stories”**

Please join us for this presentation of hope and healing, with a number of guest speakers as they share their inspirational stories of recovery from various mental illnesses.

Facilitator: Kim Heidinger  
Manitoba Schizophrenia Society  
Winnipeg, Manitoba

Location: Ambassador L

**Kim Heidinger** is an Outreach Worker for Manitoba Schizophrenia Society and coordinator of the SOS Sharing Our Stories of Recovery program. She has worked in mental health for 10 years and has experienced recovery from her own mental health problems. The SOS program is a group of individuals willing and prepared to educate others about mental health problems by sharing their personal experiences of recovery from mental illness.

Friday, March 23  
(cont)

1115 – 1215

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

**TRACK 1:**  
**Mental Health  
Challenges  
Aboriginal  
Communities**

**WORKSHOP 13: "Telling My Truth"**

The presentation will focus on issues such as lateral violence, bullying and gossip and promoting a respectful workplace. As the mother of Serena McKay who was tragically murdered on April 23, 2017, I recently started speaking about my daughter's death and how this also relates to lateral violence and bullying. This life changing event has prompted me to try making changes to how youth interact and that it is wrong to use social media for harassing and bullying others. Even though my daughter was not harassed openly on social media, there was a video of her murder posted online.

The objective of this presentation is to bring awareness to the issues of lateral violence and bullying among indigenous peoples and how we can overcome the issues plaguing our communities. The presentation will take a 'personal' perspective and cover some of the issues dealt with and the current challenges with my daughter's murder. With a focus on 'respect' and promoting a respectful workplace, the overall presentation will be to empower others to address these issues.

Facilitator: Delores Daniels  
Manager, Human Resources  
Manitoba First Nations Education Resource Centre Inc.  
Winnipeg, Manitoba

Location: Ambassador M

**Delores Daniels** is of First Nations ancestry from Peguis First Nation, MB. Delores studied Business Administration at Red River College from 1990-1993; and obtained the Management Certificate and Human Resources Management Diploma from the University of Winnipeg, Continuing Education in 2007. She has also attended various training events in Administration and Human Resources; and is currently enrolled in the Executive cohort program for a Bachelor of Business Administration Degree at University of Winnipeg. Delores has presented a variety of workshops relating to Human Resources including: Harassment, Lateral Violence, Stress, and Respectful Workplace.

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**TRACK 2:**  
**Mental Health  
Challenges in  
the Criminal  
Justice System**

**WORKSHOP 14: "Just Keep Them Away From Me and My Children, Make Sure They Take Their Medication, and Restrain and Seclude Them"**

This interactive workshop will focus on myths, misconceptions, and misunderstandings about "psychotics and schizophrenics." Led by Chris Summerville (who has a brother with schizophrenia who spent time in the correctional system) and Tracy Kosowan (who lives with schizophrenia and is living a life of recovery), participants will learn ways of de-escalating people in distress who have a mental illness and why recovery is possible and, why it's more than just medication.

Facilitators: Chris Summerville, D. Min, CPRC

Executive Director  
Manitoba Schizophrenia Society  
Winnipeg, Manitoba

Tracy Kosowan  
Peer Support Worker  
Manitoba Schizophrenia Society  
Winnipeg, Manitoba

Location: Ambassador K

**Chris Summerville** – As a family member and a recipient of mental health services, Chris has been the executive director of the Manitoba Schizophrenia Society since 1995 and has served also as the CEO of the Schizophrenia Society of Canada since 2007. He served for 6 years as a Board of Directors of the Mental Health Commission of Canada. As a local, regional, provincial, and national leader and advocate for a transformed, recovery-oriented mental health system, he has served on numerous provincial and national boards including the Mood Disorders Society of Canada, The National Network for Mental Health, Psychosocial Rehabilitation Canada, and the South Eastman Regional Health Authority. He is currently Co-Chair of the Canadian Alliance on Mental Illness and Mental Health. Chris is committed to addressing the social prejudice and accompanying discrimination associated with mental illness. He has an earned doctorate from Dallas Theological Seminary and an honorary doctorate from Brandon University. He is a passionate supporter and promoter of the recovery philosophy and of peer support workers. He is a Certified Psychosocial Rehabilitation Recovery Practitioner (CPRRP). Chris lives in Steinbach, Manitoba with his wife Carolyn.

**Tracy Kosowan** began her journey through the realms of mental illness in 2008. In 2012 she was diagnosed with psychosis not otherwise specified (NOS). Tracy is an alumni of the Winnipeg Chamber of Commerce's Leadership Winnipeg program, class of 2008-2009. She has also taken courses in Mental Health First Aid and life coaching. In 2015, Tracy began volunteering at the Manitoba Schizophrenia Society and the Mood Disorders Association of Manitoba. During that time, she helped to facilitate the Hearing Voices workshops and did peer support out of St. Boniface Hospital. Tracy is a new employee of the Manitoba Schizophrenia Society as of October 2017. Her position is a peer support worker which will include one-on-one support, advocacy work, facilitating workshops and support groups, and public speaking. She is also part of the Winnipeg Recovery Network, an organization of Winnipeg mental health agencies meant to aid in the effort of a recovery-oriented model of practice.

### Track 3: Mental Health Challenges With Children & Youth

#### **WORKSHOP 15: "Challenging Anxiety in Children"**

This workshop delves into childhood anxiety and approaches that work to help. Tina uses Cognitive Behavior Therapy in her work, and will discuss how this can successful help children who suffer from anxiety.

Facilitator: Tina Holland  
Director of Education  
Mood Disorders Association of Manitoba  
Winnipeg, Manitoba

Location: Ambassador 4

**Tina Holland** is an instructor of cognitive behavior courses and a Mental Health First Aid Instructor with the Mood Disorders Association of Manitoba. Tina is an entertaining and informative speaker, who loves to share her story. Tina has lived with bipolar illness all of her life yet she has had a successful career in real estate, as an international artist, and now as an educator. Her story of empowerment and recovery is one of hope.

Friday, March 23  
(cont)

She has spoken to large groups about depression, bipolar illness, suicide prevention, borderline personality and post-traumatic stress disorder, always from a self-help and lived-with-it point a view. Tina's aim is not only to educate the public about these treatable illnesses but also to help eliminate the stigma of mental illness in our society. Tina has written and delivers a cognitive behaviour course for people living with depression. As well, she has spoken at over 500 schools, businesses and organizations.

Track 4: General

**WORKSHOP 16: "Mental Health And the Workplace"**

This session takes a look into the workplace from the perspective of mental health. We will ask and answer the following questions: how can the employer recognize when someone may be suffering from mental health issues? And, can the workplace cause mental illness? Solutions will be considered.

Facilitator: Ron Buchanan  
Outreach Manager  
Mood Disorders Association of Manitoba  
Winnipeg, Manitoba

Location: Ambassador L

**Ron Buchanan** is a person with lived experience of major depression. He retired from the mining industry in 2013 after 34 years due to illness. He has since been working for the Mood Disorders Association of Manitoba as an outreach manager in Northern Manitoba and recently in Winnipeg.

1215 – 1315

HOSTED LUNCH

1315 – 1415

**KEYNOTE ADDRESS 5: "Understanding and Working With Mental Health Issues In the Criminal Justice System"**

Presenter: Senator Kimberly Pate  
Senate of Canada  
Ottawa, Ontario

Location: Ambassador 4

**Kim Pate** was appointed to the Senate of Canada on November 10, 2016. She is a nationally renowned advocate who has spent the last 35 years working in and around the legal and penal systems of Canada, with and on behalf of some of the most marginalized, victimized, criminalized and institutionalized — particularly imprisoned youth, men and women.

Senator Pate graduated from Dalhousie Law School in 1984 with honours in the Clinical Law Programme and has completed post graduate work in the area of forensic mental health. She was the Executive Director of the Canadian Association of Elizabeth Fry Societies (CAEFS) from January 1992 until her appointment to the Senate in November 2016. CAEFS is a federation of local societies who provide services and work in coalition with Aboriginal women, women with mental health issues and other disabling conditions, young women, visible minority and immigrant women, poor women and those isolated and otherwise deprived of potential sources of support. Prior to her work with CAEFS, she worked with youth and men in a number of capacities with the local John Howard Society in Calgary, as well as the national office. She has developed and taught Prison Law, Human Rights and Social Justice and Defending Battered Women on Trial courses at the Faculties of Law at the University of Ottawa, Dalhousie University and the University of Saskatchewan. She also occupied the Sallows Chair in Human Rights at the University of Saskatchewan College of Law in 2014 and 2015.

**Friday, March 23  
(cont)**

Kim Pate is widely credited as the driving force behind the Inquiry into Certain Events at the Prison for Women in Kingston, headed by Justice Louise Arbour. During the Inquiry, she supported women as they aired their experiences and was a critical resource and witness in the Inquiry itself. She also persuaded the Attorney General and Minister of Justice to initiate the Self-Defense Review and appoint the Honourable Madam Justice Lynn Ratushny to review the convictions and sentences of women jailed for using lethal force to defend themselves and/or their children against abusive men. She then worked tirelessly in pursuit of the implementation of the many positive recommendations from both. Senator Pate has been instrumental in building coalitions across the country with other equality-seeking women's, anti-racism, anti-poverty and human rights groups and organizations; and, in this capacity, has worked with feminist legal scholars, lawyers, other professionals and front-line advocates and activists — from Indigenous communities to transition house and rape crisis centre workers.

Kim Pate is a member of the Order of Canada, a recipient of the Governor General's Award in Commemoration of the Persons Case, the Canadian Bar Association's Bertha Wilson Touchstone Award, and five honorary doctorates (Law Society of Upper Canada, University of Ottawa, Carleton University, St. Thomas University and Wilfred Laurier University) and numerous other awards. Her extensive list of publications, national and international speaking engagements and her strategic intervention and advocacy for substantive equality testify to her commitment to broader social, economic and cultural change. She continues to make significant contributions to public education around the issues of women's inequality and discriminatory treatment within social, economic and criminal justice spheres. Senator Pate strongly believes that the contributions of women who have experienced marginalization, discrimination and oppression should be recognized and respected and she seeks to credit and empower women. She maintains contact with women in prison through her numerous visits to Canada's federal prisons and strongly encourages other advocates, scholars, service providers, judges and parliamentarians to ground their efforts in a similar way.

**1415 – 1430**

**HEALTH & NUTRITION BREAK**

**1430 – 1545**

**SHARED LEARNING: "Turning Thoughts Into Action: Implementing Your Conference Ideas"**

Vital to initiating change is taking action. When we leave this conference, we need to determine what we will do to make a difference in the area of mental illness. In this session, participants will divide into Talking Circles to discuss what they have learned, and can take away, during the conference. One facilitator from each Talking Circle will present on the things each group learned during the conference and share with the conference delegation their "Top Ideas & Action Items."

Moderator: Tara Brousseau Snider  
Executive Director, Mood Disorders Association of Manitoba  
Winnipeg, Manitoba

Location: Ambassador 4

**1545 – 1600**

**Closing Remarks & Conference Evaluations**

Your comments and suggestion are very important to us. Please take a moment to complete the evaluation form located in your conference folder. Thank you!

## ***Executive Director & Conference Convener***

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**Tara Brousseau Snider**, Executive Director, Mood Disorders Association of Manitoba

Tara Brousseau Snider is the Executive Director for Mood Disorders Association of Manitoba. Her responsibilities include staffing and operation of an 8 branch provincial non-profit, self-help agency providing peer support, group support, education, advocacy and public awareness for people with lived experience of mental illness. Previous to this Tara has spent her career as a Health Care Administrator in the long-term care sector. Her duties included the staffing and operation of two personal care homes with 43 beds and 91 beds. Tara was the Communications Coordinator for former Winnipeg Mayor Susan Thompson, member of the Manitoba Social Services Advisory Committee, and Research Director for the Honourable Sterling Lyon and the Honourable Gary Filmon, and the PC Caucus of Manitoba. As well, she has been employed as a Liability broker in the insurance sector.

Tara has always been an active member in her community and has served as president of the Junior League of Winnipeg, President of Employment Projects of Winnipeg for Immigrants, Chair of the River Heights/Fort Garry Health Advisory Council to the WRHA and Vice-President of the Royal Winnipeg Ballet, member of the St. Norbert Heritage Association, past Commodore of the Royal Lake of the Woods Yacht Club, member of the Manitoba Sailing Board and an active parent volunteer.

Tara has a Masters of Arts in Counselling and Psychology from Yorkville University and a Bachelor of Arts from Queen's University. She is married to Don Snider and is the mother of four children and three step-children.

## ***Conference Management Bios***

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**Rebecca Marinos**, Certified Leadership Coach and Communications Consultant

Rebecca Marinos has been a certified leadership coach and communications consultant for the past 20 years. Her experience includes work with government organizations, non-profits, Aboriginal organizations, corporations, private-sector companies, and individuals. Rebecca holds a Bachelor's degree in Writing from the University of Victoria, a Master's degree in Communications & Information Studies from Rutgers University, and a Certification in Leadership Coaching from New Ventures West, San Francisco. She specializes in leadership development, effective communication strategies, work/life balance, and coaching to attain long-term personal excellence. While a Canadian citizen, Rebecca currently lives in San Bruno, California, with her husband and their three children.

Rebecca is also the Conference Manager for this National Mental Health Conference.

**Bill Zarchikoff**, President, **W. Zarchikoff & Associates**

Bill Zarchikoff has held the positions of Social Geographer, (Instructor) Social Worker (Instructor and Field Practice), Criminologist (Chairman, Department of Criminology), Executive Director of non-profit agencies, and College Administrator, Director of Continuing Education and Director of Contract Services. He is currently president of W. Zarchikoff & Associates. Bill has a Bachelor of Arts (Honours - First Class) and Master of Arts Degree from Simon Fraser University. Bill has taught college and university level courses at Simon Fraser University, Douglas College, Kwantlan College and Fraser Valley College in the social services and criminal justice system. Bill has over 28 years' experience in working with First Nation, Inuit and Metis organizations in Canada, (14 years in the Northwest Territories and Nunavut) and has been retained as a consultant to First Nation, Inuit and Metis organizations, Governments, Crown Corporations and Non-Profit Organizations.

Bill has been involved in many major drug and alcohol projects. For example, Evaluation of the Treatment Centres and Inhalant Abuse Programs in the NWT; Site visits and review of Solvent Abuse Programs in the United States; Community Mental Health Strategies; Strategic Plan for the Delivery of Alcohol and Drug Services in the NWT; Canada's Drug Strategy Baseline and Alcohol and Drug Problems for At-Risk Populations. Bill has also offered a number of workshops on Aboriginal proposal writing and fund-raising strategies, strategic planning, capacity

building, the menace of meth, inhalant abuse, crack cocaine, new drug trends, threat assessment - violence and bullying in Aboriginal schools, Aboriginal gangs and violence in communities and schools.

Bill is also the Conference Manager for this National Mental Health Conference.