

2019 National Mental Health Conference

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9th Annual National Mental Health Conference

Promoting the Journey of Healing For:

- Indigenous People
 - The Criminal Justice System
 - Our Communities (Substance Abuse & Addictions)
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CANAD INNS DESTINATION CENTRE POLO PARK

WINNIPEG, MANITOBA

MARCH 20 – 22, 2019

PROUD INITIATIVE OF:



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

WEDNESDAY, MARCH 20

0800 – 0900

PRE-CONFERENCE & CONFERENCE REGISTRATION

Location: Main Hotel Lobby

Workshop #1
0900 – 1600

PRE-CONFERENCE WORKSHOPS: Please choose one to attend.

PRE-CONFERENCE WORKSHOP #1: “The Community Is the Medicine”

The Indigenous community is often understood to be in a mental health crisis. This workshop will redefine issues, such as suicide, violence and addiction as a community crisis with a social cause and cultural “cure,” one rooted in Traditional values. Participants will have the opportunity to identify and then explore that four-factor “cure” utilizing an Indigenous resilience model designed to assist people to become the Elders they are meant to become. Finally, a 3-part process to decolonize ourselves and our practice will be explored. The result will be a deeper understanding of the source of community problems and a culturally-rooted approach to wellness and a greater capacity to heal oneself, one’s family, clients and the community.

WORKSHOP FACILITATOR:

Dr. Darien Thira, R. Psych.
Darien Thira Consulting Incorporated
www.thira.ca – darien@thira.ca

Dr. Darien Thira is a registered psychologist who serves as a community development/mental health consultant for many Aboriginal communities across Canada and offers training workshops and clinical consultation related to personal and community wellness, grief and trauma healing, “addictions,” suicide pre-/inter-/post-vention, and related fields. He is also an adjunct faculty member at the Adler School of Professional Psychology. His doctoral dissertation related to Aboriginal suicide resilience and social activism and he was involved in further resilience research at the University of British Columbia. He has previously served as a clinician with suicidal youth at Child and Youth Mental Health and as the Director of Community Education and Professional Development at the Vancouver Crisis Centre. “Through the Pain to Wellness”, a culturally driven community-based suicide prevention program has been used in over 40 Aboriginal communities across the country and as a national program in Australia. “Opening the Circle” is designed to assist communities to develop their own crisis response team. Darien has presented workshops at many local, provincial, national conferences, and international conferences in: Canada, the United States, and Australia.

Location: Ambassador L

Workshop #2
0900 – 1600

PRE-CONFERENCE WORKSHOP #2: “Therapeutic Group Games and Activities: Engaging in Social and Emotional Learning”

Social-Emotional Learning is about building self and social-awareness to enable change and growth - the foundations of resiliency. This session will explore experiential and adventure-based games and activities that can be used to enhance social-emotional learning, well-being, and resiliency with all students.

Increase the size and scope of your social and emotional learning activity toolbox by experiencing how to effectively use movement-based activities to engage students in learning about themselves and each other. These tools and resources can be used in your classrooms and schools immediately.

Participants will learn how to promote self-awareness, self-regulation, social-awareness, relationship skill, and responsible decision making - the foundations for resiliency. Come ready to be active, participate, and engage in a variety of adventure and experiential based social-emotional learning and resiliency activities. Participants will leave the session with practical tools that they can take back to their schools and classrooms immediately, adaptable to meet the learning needs of any population.

WORKSHOP FACILITATOR:

Sheldon Franken, Director/Owner
Inquiry Adventures and School Counsellor
Vancouver School Board
Vancouver, British Columbia

Sheldon Franken has a B.Ed. in Physical Education and a M.A. in Counselling Psychology. Sheldon is a school counsellor for the Vancouver School Board, the workshop facilitator and owner of Inquiry Adventures, and has been on the Association of Experiential Education North West Regional Council. Sheldon is known for his activity-based and hand-on learning style of facilitation. He has presented workshops and PlayNotes on active and experiential social-emotional learning to educational, psychological, and human resources organizations across North America

Location: Ambassador M

Workshop #3
0900 – 1600

Pre-Conference #3: “Understanding the Opioid and Fentanyl Crisis in Our Communities and Knowing What to Do About It”

Canada consumes more prescription opioids on a per-capita basis than any other nation, according to a recent United Nations report. The widespread use of prescription opioids is behind the rise of a new class of drug addicts, many of whom are turning to the black market to feed their habit. In British Columbia and Alberta, the two hardest-hit provinces, fatal overdoses linked to Fentanyl have been soaring over the past five years. Fentanyl is an opioid, a class of painkillers that also includes oxycodone and morphine. Prescription-grade Fentanyl is up to 100 times more toxic than morphine. Getting this drug is as easy as placing an order on

line.

Attend this workshop to learn more about how this crisis is impacting our communities, and learn comprehensive intervention strategies that can help save lives.

WORKSHOP FACILITATOR:

Bill Zarchikoff
President, W. Zarchikoff & Associates
Langley, British Columbia

Location: Ambassador K

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.

THURSDAY, MARCH 21

2019 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 3/4

0900 – 0915

INTRODUCTIONS, OPENING REMARKS & Prayer

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

Rachel Westman
Director of Development
Mood Disorders Association of Manitoba
Winnipeg, Manitoba

Opening Prayer
Pahan Pte San Win
Wanbdi Wakita
Spiritual Leaders, Bear Paw Tipi

Location: Ambassador 3/4

0915 – 1015

KEYNOTE ADDRESS 1: “Something Sacred”

One day Wanbdi had a powerful vision that changed his life. Since then he has had the job of making prayers for people. Pahan Pte San Win tells us, “The first time I had a vision I was 8 years old.” A sacredness urges us towards our most meaningful and authentic life. Learn how you can listen and act on these messages.

Facilitators: Spiritual Leaders, Bear Paw Tipi

Pahan Pte San Win is a spiritual caregiver to incarcerated youth at the Manitoba Youth Centre. With a degree in social work from the University of Calgary, Pahan has provided counseling support to residential school survivors, traumatized women and incarcerated men. Her storytelling pursuits include host and producer of the Good Medicine Radio Show for CKLB Radio in Yellowknife, NT and a blog titled, I Married a Holy Man. Pahan’s vision to have a Sundance of Women that honours our stolen sisters was realized in 2017 and continues until

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cont

2020.

Wanbdi Wakita is a Wicasa Wakan or Holy Man, who has spent a lifetime making prayers for people. As a residential school survivor, peace keeper with the Canadian Armed Forces, Chief of Sioux Valley Dakota Nation and Sundance Chief, Wanbdi has walked many paths. For over three decades he provided counseling and ceremony to inmates in various Correctional Institutions. Presently he is the Grandfather in Residence for the University of Manitoba Access Program. In 2016 he received the Order of Manitoba for his life long work to champion a message of healing and unity between all nations. Wanbdi possesses a rare breadth of traditional, cultural and sacred knowledge.

1015 – 1030

HEALTH & NUTRITION BREAK

1030 – 1130

KEYNOTE ADDRESS 2: “Mindgames – The Criminalization of Women’s Mental Health”

In this keynote address, CAEFS Regional Advocate (Prairies), Kiray Mollerup-Jones will present the factors that contribute to the criminalization of women’s mental health. Ms. Mollerup-Jones will also discuss the impact of placing mental health in the mandate of corrections which leads to inappropriate and inadequate care where mental health issues are translated into security risks and treated as behavioural challenges with consequences instead of treatment. There will also be a discussion of the impossibility of providing trauma-centered therapy and approaches from within the correctional framework.

Facilitators: Cassandra Churcher
Executive Director
Canadian Association of Elizabeth Fry Societies

Kassandra Churcher is originally from Montreal where her studies focused on ethics and education. Kassandra spent several years abroad working to develop curriculum and education policy in Ghana, Japan and South Korea before returning to Canada to begin her dissertation on culturally adapted curriculum at McGill University. She has dedicated the last decade of her career to partnering with Indigenous communities to advocate and improve the access and quality of education services through her work as an education administrator and leader.

Kassandra has recently returned to the Ottawa area after partnering with the Inuit of Nunavik, Quebec where she worked at the Kativik School Board for the last 6 years as Director of School Operations. In all areas of her work Kassandra is committed to providing quality services and access to girls and women in marginalized communities.

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1130 – 1230

KEYNOTE ADDRESS 3: “Let’s Talk About Meth, the Meth Crisis and Solutions “

Facilitator: Ian S Rabb O.D.
Director of Business Development & Public Relations Officer
Aurora Recovery Centre
Gimli, Manitoba

Ian Rabb is a certified interventionist and has been active in the recovery community for decades, helping hundreds of people find help and treatment for addictions. Rabb, who had the vision for ARC well before the centre opened in 2016, was honored with the title of “A Manitoba Hero” for his service work with people living in Manitoba. He is also the head of Two Ten Recovery, which is a sober living organization. Before he worked to open ARC with CEO Paul Melnuk, he was with Winpark Dorchester Properties, a property management firm and became a doctor of optometry practicing in Chicago, Illinois. He also served on the board of directors of the Addictions Foundation of Manitoba, a board member for End Homelessness Winnipeg. He served on the community advisory board for The Homelessness Partnering Strategy and on the Homelessness Task Force in 2014. He continues to speak internationally on addiction issues as well and is an addictions expert for numerous media outlets. Rabb was nominated as a finalist for the Scotiabank Game Changers, an award celebrating local heroes. In 2012, he was awarded the Queens Diamond Jubilee medal, was the chair of a forum for Voices. In 2005, he was a part of the the Provincial Meth Task Force. He also is on the board of Jewish Child and Family Services, The Children’s Hospital Foundation and the Health Science Centre Foundation. In 2016, Rabb became a Manitoba Hero, a title he still holds today for all of his work.

1230 – 1330

NO-HOST LUNCH

1330 – 1430

KEYNOTE ADDRESS 4: “Decolonizing Mental Health: Pathways for Community Activated Medicine (CAM) – When I Becomes We”

This presentation will introduce the concept of decolonizing mental health from theory to practice and will include the introduction of culturally responsive and emerging practices. Present-day issues impacting Native communities that have arisen out of colonization, racial trauma, assimilation and generational experiences of historical trauma will be discussed. This presentation will also address the limitations inherent in current clinical practice and how to move mental health services beyond the counseling office, bringing practice to progress through self-awareness, social-awareness, and cultural humility. Participants will learn about the model of Community Activated Medicine (CAM) and how to build co-healing communities. Lastly, participants will be introduced to ways to decolonize their work in agencies and private practice settings and how to foster trauma-informed healing for social justice and systemic change. This is a model that is essential for identifying sustainable pathways to mending the circle that was broken from the chain of pain, racial trauma and mental health issues that are impacting Native communities today. When I becomes We, together we heal.

Facilitator: Lea S. Denny, MS-CMHC, LPC, NCC
Founder, CEO, Clinical Psychotherapist & Researcher
Neurosequential Model of Therapeutics (NMT) Consultant &
Mental Health First Aid Instructor

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cont

Lea S. Denny, MS, LPC, NCC, NMT is the CEO and founder of HIR Wellness Center. HIR is a nonprofit organization and under the direction of Ms. Denny, lead psychotherapist, that provides culturally responsive and trauma-informed free mental health and wellness services to Indigenous and underserved community members. "HIR" Stands for Healing Intergenerational Roots and is pronounced "her". The non-profit was established to address the mental health gap and present-day issues impacting American Indian communities resulting from colonization, assimilation and generational experiences of historical trauma. Ms. Denny is of Pacific Islander descent and her husband is of Oneida descent - they have two children. Lea has worked 20 years in various mental health settings including residential, day-treatment and in-home therapy with children, youth, and their families who presented with emotional distress and behavioral concerns. Ms. Denny was the inaugural recipient of the ChildTrauma Academy International Ana Grace Scholarship in 2016, and is certified in the Neurosequential Model of Therapeutics (NMT) and soon will be a trainer of this model as well. As a researcher, she aims to better understand how to inform and decolonize mental health practices and promote Historical Trauma Healing and social justice. She coined the term Community Activated Medicine (CAM) and developed the model to be used within her nonprofit programming. Her current research, in collaboration with Mount Mary University and Southeastern Oneida Tribal Services, is a social epidemiological study on the impact of transgenerational trauma among American Indian/First Nations people.

1430 – 1445

HEALTH & NUTRITION BREAK

Breakout Sessions: Please choose ONE to attend.

1445 – 1600

TRACK 1:
Indigenous
Communities

WORKSHOP 1: "Something Sacred"

Your dreams and visions are there to guide and inform. Explore how sacredness is available to all of us and what we each can do to foster its guidance and our understanding. Wellness is a good balance of health in heart, mind, body and spirit. Learn how two spiritual leaders practice this way of life.

Facilitators: Spiritual Leaders, Bear Paw Tipi

Location: Ambassador K

TRACK 2:
Criminal Justice
System

WORKSHOP 2: "Where Is Home? Mental Health and Supportive Housing in the Community"

This breakout session will encourage conversations about alternatives to prison for criminalized individuals with mental health issues. There will be an overview of the intersection between criminalization and mental health. The breakout session will capitalize on the expertise and lived experience of those attending the session to help develop practical recommendations to prevent criminalization of mental health and provide support through community solutions.

Facilitators: Cassandra Churcher

Executive Director

Canadian Association of Elizabeth Fry Societies

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Kiray Jones-Mollerup
CAEFS Regional Advocate Mental Health
Canadian Association of Elizabeth Fry Societies

Location: Ambassador L

Kiray Jones-Mollerup is a regional advocate with the Prairie Region of the Canadian Association of Elizabeth Fry Societies. In her role as a regional advocate, she advocates with and for women who are incarcerated. Kiray's specific areas of advocacy include improving mental health care for criminalized women and preventing and responding to sexual violence in her community. Kiray is passionate about increasing access to justice and mental health support for all people.

TRACK 3:
Substance
Abuse &
Addictions

WORKSHOP 3: "Detox and Treatment for Meth Amphetamine Addicts"

In this smaller, breakout session, Ian Robb will discuss detox and treatment options available for methamphetamine addicts. There will be time for discussion, plus answers to questions around this topic.

Facilitator: Ian S Rabb O.D.
Director of Business Development & Public Relations Officer
Aurora Recovery Centre
Gimli, Manitoba

Location: Ambassador 3

TRACK 4: Hot
Topics

WORKSHOP 4: "Understanding the Emotional and Physical Costs of Generational Adversity and Trauma Experiences (GATE) and Persistent Trauma & Stress Environments (PTSE)"

Participants will be introduced to the concepts of Trauma-Informed Healing, GATE, and PTSE. This session will explore ways to begin to heal from the relentless impact of discrimination, implicit bias, microaggressions, and inequity. This session will include a mini-lecture on the neurobiology of toxic stress, vicarious trauma, compassion fatigue, and transgenerational trauma. Participants will learn skills to foster healing including the use of somatic experiencing and ancestral knowledge to help recognize, repair, and release distress. Ways to regulate one's arousal system and how to adjust and attune to your needs to prevent burnout and toxic stress will also be explored. This session is for the healer and those seeking to learn about healing, those who are cultural advisors, providers, and any person identified by their community to hold this role.

Facilitator: Lea S. Denny, MS-CMHC, LPC, NCC
Founder, CEO, Clinical Psychotherapist & Researcher
Neurosequential Model of Therapeutics (NMT) Consultant &
Mental Health First Aid Instructor

Location: Ambassador 4

FRIDAY, MARCH 22

0900 – 1030

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

TRACK 1: Indigenous Communities

WORKSHOP 5: “Bringing Balance to the Scales of Justice for Indigenous People”

Indigenous people are over-represented in the Canadian justice system as both offenders and victims of crime. It is our hope that this workshop will shed light on both the historical circumstances that have led to this situation and the innovative efforts being made to incorporate an Indigenous world view into our justice system. By implementing restorative justice models, providing offenders with access to traditional cultural practices and ceremonies, and focusing on individual and community healing, there is new hope that we can bring balance to the scales of justice.

Session Objectives

- Increase knowledge of Indigenous history and culture
- Increase knowledge of reconciliation and healing for Indigenous People

Facilitator: Lori St. Onge, BA, MBA
Director of Indigenous Justice/
Manager Charlottetown Office
Mi'kmaq Confederacy of PEI

Location: Ambassador K

Lori St. Onge has been the Director of Indigenous Justice for the Mi'kmaq Confederacy of PEI since 2007. She graduated from the University of PEI with a Master's in Business Administration, Bachelor of Arts and a Diploma in Public Administration. She also holds a certificate in Human Resource Management, Conflict Resolution and Circle Keeping. Lori is also a trained Gladue writer.

Lori is an advocate for restorative justice. A process which focuses on the rehabilitation of offenders through reconciliation with victims and the community. She is a proud Mi'kmaq woman and a member of the Lennox Island First Nation. Lori sits on numerous committees and boards including the RCMP Commissioner National Aboriginal Advisory Committee. She was appointed to the PEI Human Rights Commission in 2017.

TRACK 2: Criminal Justice System

WORKSHOP 6: “ADHD and the Justice Population”

Attention-deficit/hyperactivity disorder (ADHD) is prevalent among justice-involved individuals. This breakout session will discuss this neurobiological disorder, including its pathophysiology, symptoms, and treatment. Focused discussion will occur on the impact of this disorder among those involved in the justice system.

Facilitator: Dr. Hygiea Casiano, MD FRCPC
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

Fri. Mar 22, 900
– 1030 cont.

University of 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.

Track 3:
Substance
Abuse &
Addictions

WORKSHOP 7: "Mental Health & Addiction Disorders Rehabilitation – One Size Does Not Fit All"

How Science Has Revolutionized the Understanding of Drug Addiction Disorder

In 1950, the United Nation World Health Organization reported that drug addiction is an illness. National Institute on the Drug Abuse (NIDA) also states the following: For much of the past century, scientists studying drugs and drug use labored in the shadows of powerful myths and misconceptions about the nature of addiction. When scientists began to study addictive behavior in the 1930s, people addicted to drugs were thought to be morally flawed and lacking willpower. Those views shaped society's responses to drug use, treating it as a moral failing instead of a health problem, which led to an emphasis on punishment rather than prevention and healing.

Today ground-breaking discoveries about the brain have revolutionized our understanding of compulsive drug use, giving us added resources to respond effectively.

What are the greatest inroads to addiction treatment? No single treatment is the be-all, end-all.

Facilitator: Josephine D'Andrea

Director & Founder

Kelburn Estates Health & Wellness Centre

St. Adolphe, Manitoba

Location: Ambassador 3

Josephine D'Andrea, as the founder and director, with her team of professionals, has provided Mental Health & Addiction Recovery Services to adults, employers and insurers across eastern & western Canada for the past 18 years. Josephine has been past chair of Community Advisory Committee to the WRHA and many other boards and organizations in the past 30 years.

Josephine has received recognition awards from organizations, City of Winnipeg and Italy.

<p>Fri. Mar 22, 900 – 1030 cont.</p> <p>Track 4: Hot Topics</p>	<p>WORKSHOP 8: “Mental Health and Resilience”</p> <p>An often-used term, come and walk with me to discover what resilience, recovery, wellness, and hope really means to your journey to be mentally well.</p> <p>Facilitator: Tina Holland Mood Disorders Association of Manitoba Instructor of Cognitive Behaviour Course Mental Health First Aid Instructor Winnipeg, Manitoba</p> <p>Location: Ambassador 4</p> <p>Tina Holland is and 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 a story. Tina has lived with bipolar illness all 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.</p>
<p>1030 – 1045</p>	<p>HEALTH & NUTRITION BREAK</p>
<p>1045 – 1215</p>	<p>CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)</p>
<p>TRACK 1: Indigenous Communities</p>	<p>WORKSHOP 9: “Engaging Evidence-Based Research While Supporting Mental Health and Healing for Indigenous Peoples”</p> <p>Participants will have an opportunity to engage in a discussion around the value of research evidence in supporting healing from mental health and addiction challenges. During this interactive session participants will discuss how research evidence may be used to facilitate best choices for treatments and support. The role of evidence in the context of traditional healing practices will be explored. Topics such as anxiety, depression and treatment of substance use and addictions will be discussed and current evidence on the role of e-mental health technologies for addressing these mental health issues and improving access to mental health care will be presented. Participants will have an opportunity to share examples of lived experiences and offer insights based on their practices and knowledge.</p> <p>Facilitators: Jill Sutherland, RTT, MHS Manitoba Liaison Officer CADTH, Canadian Agency for Drugs and Technology in Health</p> <p>Eftyhia Helis, Msc Knowledge Mobilization Officer CADTH, Canadian Agency for Drugs and Technology in Health</p> <p>Location: Ambassador 3</p>

Fri. Mar 22,
1045 – 1215
cont.

Jill Sutherland is the Manitoba Liaison Officer for CADTH, the Canadian Agency for Drugs and Technology in Health. Her clinical background is radiation therapy and she holds a Masters in Health Studies. Jill spent many years working clinically and also has experience in education, professional development, primary care and program management. She has been active in research and has an interest in supporting evidence-informed decision making.

Eftyhia (Effie) Helis is a Knowledge Mobilization Officer at CADTH. Effie collaborates with researchers and decision-makers across Canada to support evidence-informed implementation in health care. She holds a Master of Science (Neuroscience) and has research experience in the fields of knowledge translation in health and prevention of chronic diseases.

Location: Ambassador K

**TRACK 2:
Criminal Justice
System**

WORKSHOP 10: “TBD”

Facilitator: Honourable Kim Pate, C.M.
The Senate
Ottawa, Ontario

Location: Ambassador L

**Track 3:
Substance
Abuse &
Addictions**

WORKSHOP 11: “The Type of Addiction Services Offered to Indigenous Clients Might Not Fit: An Exploration of Client Centeredness and Culturally Appropriate Approaches

Services for individuals experiencing addiction issues in Manitoba are primarily based on a residential treatment model and a belief that clients should access peer support services such as twelve step groups. For indigenous clients, participation in residential treatment programs away from their home communities, with an emphasis on rules and regulations, might be seen as echoing ideas of residential schools and European colonization. Twelve-step groups, while often an integral source of support for individuals with an addiction, often focus on a Judaeo-Christian belief system which might not match with indigenous belief systems. In this challenging session, an exploration will occur into notions of client-centeredness and the need for multi-pronged, appropriate approaches for indigenous clients who experience addiction.

Facilitator: John Jackson, RPN, BScPN, MPN
Executive Director
Samaritan House Ministries
Brandon, Manitoba

Location: Ambassador 3

John Jackson is a Registered Psychiatric Nurse and Master of Psychiatric Nursing candidate at Brandon University (May 2019). John has conducted research on the possibility of a psychiatric nurse practitioner role in Manitoba. Additionally, he has published on the experiences of Canadian Registered Psychiatric Nurses in the Journal of Psychiatric and Mental Health Nursing. Currently the Executive Director of Samaritan House Ministries in Brandon, John’s experience includes leadership and clinical applications in private and public addictions

Fri. Mar 22,
1045 – 1215
cont.

treatment centres. His experience includes group and individual counselling at AFM, working as a methadone nurse, and supervising the medical detox at Aurora Recovery Center in Gimli. John's passion lies in helping others develop or enhance the leadership skills they need to foster an environment of quality service delivery. There is a link between the skills clinicians have in the helping fields, and the qualities that make a good leader. By helping people identify the attitudes, beliefs and attributes they already have around what it means to be a leader, John is able to guide people on a path to growing as ethical, charismatic and impactful leaders in their field.

Track 4: Hot
Topics

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 4

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.

1215 – 1315

HOSTED LUNCH @ AALTOS (onsite restaurant in the hotel lobby)

Join us at Aaltos for the Aaltos Buffet Experience, which includes limitless access to their famous Home-style Soup Bar, Fresh Garden Bar, Hot Buffet, and Dessert Buffet complete with Make-Your-Own Sundae Bar. Aaltos Buffet offerings are made in-house using fresh ingredients, and authentic recipes.

1315 – 1415

KEYNOTE ADDRESS 5: "Through the Glass: One Woman's Pursuit of Justice, Healing and Forgiveness"

SHANNON MORONEY was a high school teacher and counsellor in 2005 when violence tore her life apart. Her husband was in custody after confessing to the sexual assault and kidnapping of two women. Shannon tells the story of her husband's arrest, trial, sentencing, and the insights she gained about justice, healing and the relationship between the two as she struggled to triumph over tragedy. Openly sharing her experiences, reading selected pieces from her book and using photos and artwork to illustrate her journey, Shannon leads audiences through an unforgettable ordeal and inspire hope even in the most desperate moments of the human condition.

Fri. Mar 22 cont	<p>Shannon Moroney is the bestselling author of <i>Through the Glass</i>, which chronicles her journey following the violent crimes and incarceration of her (ex-)husband. Listed in top place at the World Empathy library, Shannon’s memoir was also nominated for several awards including the Governor General’s Literary Award for Non-Fiction and the Arthur Ellis Award for Crime Writing. She has published numerous articles for major media outlets, is a sought-after public speaker, an internationally recognized advocate of restorative justice, one of the “world’s 50 most resilient people” (Global Resilience Project), and is featured by the international Forgiveness Project. Shannon is a skilled educator, facilitator and counsellor, and leads forgiveness and healing workshops and retreats for people and communities overcoming trauma all across Canada, including extensive work in the Northwest Territories. She lives in Toronto with her family.</p> <p>Shannon’s next book, <i>Out of the Shadows</i>, memoir of human trafficking survivor Timea Nagy, will be released May 28, 2019 by Penguin Random House.</p>
1415 – 1430	HEALTH & NUTRITION BREAK
1430 – 1515	<p>KEYNOTE ADDRESS 6:</p> <p>Facilitator: Honourable Kim Pate, C.M. The Senate Ottawa, Ontario</p>
1515 – 1555	<p>SHARED LEARNING: “Turning Thoughts Into Action: Implementing Your Conference Ideas”</p> <p>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.”</p> <p>Moderator: Hayley Sinclair Director of Programming Mood Disorders Association of Manitoba Winnipeg, Manitoba</p> <p>Location: Ambassador 3/4</p>
1555 – 1600	<p>Closing Remarks & Conference Evaluations</p> <p>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!</p>

Mood Disorders Association of Manitoba Executive Director

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.

Mood Disorders Association of Manitoba Conference Convenor

Rachel Westman is the Director of Development at the Mood Disorders Association of Manitoba. Rachel holds a four-year undergraduate business degree from the University of Winnipeg, with a major in marketing and international business. In her role at MDAM Rachel works to build relationships within the community, which includes fundraising and event planning to fund the programs and services that MDAM offers.

In addition, Rachel has lived experience with both depression and anxiety herself and has lived through the loss of her cousin by suicide. Rachel is a passionate mental health advocate who uses her strong organizational skills and interpersonal skills to increase awareness and fundraising dollars for MDAM.

Conference Management Bios

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.

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.

Conference Management Information

Conference Website: www.mdam-mental-health-conference.com

W. Zarchikoff & Associates

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Charity Information

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.

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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.

Personal Notes

My conference goals/desired take-aways:

I really must go to these sessions:

Would love to go to these if possible:

People I met during the conference:

To follow-up on after the conference:

Other thoughts:

Conference Notes

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.