

# 2017 National Mental Health Conference

[www.2017mentalhealthconference.com](http://www.2017mentalhealthconference.com)

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

Promoting the Journey to Healing Within:

- Aboriginal Communities
  - The Criminal Justice System
  - Society – Suicide & Trauma
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**HILTON WINNIPEG AIRPORT SUITES**

**WINNIPEG, MANITOBA**

**MARCH 15 – 17, 2017**

**PROUD INITIATIVE OF:**



**Mood Disorders**  
ASSOCIATION OF MANITOBA

***Helping people  
help themselves***

## Conference Management Information

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Conference Website: [www.2017mentalhealthconference.com](http://www.2017mentalhealthconference.com)

### W. Zarchikoff & Associates

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### Rebecca Marinos, Stratcom Consulting

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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).

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

- **ABORIGINAL COMMUNITIES**
- **THE CRIMINAL JUSTICE SYSTEM**
- **SOCIETY – SUICIDE & TRAUMA**

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**PRE-CONFERENCE WORKSHOPS MARCH 15, 2017  
CONFERENCE MARCH 16 – 17, 2017**

**WEDNESDAY, MARCH 15**

**0800 – 0900**

**PRE-CONFERENCE & CONFERENCE REGISTRATION**

**Location: Main Hotel Lobby**

**0900 – 1600**

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

**Pre-conference Workshop #1: “Understanding the 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.

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

Location: Stevenson Ballroom B

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**Pre-Conference Workshop #2: “Consciousness: Mindfulness and the Medicine Wheel”**

Mindfulness was important in our Aboriginal communities and was a rite of passage for young people emerging into adulthood. Today, people are hooked into modern technology: television, computers, and cell phones, and have fast forwarded into the space age. This fast pace has become normal and addictive for many. This workshop will introduce the concept of “slowing the mind down” and realizing the power of our consciousness. Traditional teachings and ceremonial practices supporting this mindfulness skills

Wednesday,  
March 15 (cont)

practice will be presented including spiritual laws and traditional teachings relating to violence in all forms, thus restoring the teaching of the elders for the younger generation.

Facilitator: Donald Keith Robinson. M.S.W., R.S.W.  
Educator, Trainer + Traditional Healer  
Winnipeg, Manitoba

Winnipeg, Manitoba

Location: Stevenson Ballroom C

THURSDAY,  
MARCH 16

## 2017 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: Stevenson Ballroom CD

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: Stevenson Ballroom CD

0915 – 1015

### KEYNOTE ADDRESS 1: "What Does Reconciliation Feel Like? Mental Health and the Future of Canada"

Canada is in a time of trauma, waking up from 150 years of dysfunction. Facing truth is only one part of this process – how to live with, carry, and continue to walk is the most pressing issue of our time. This presentation will focus on how to reconcile trauma – heal, persevere, and find resilience – for the sake of a future Canada.

Facilitator: Niigaanwewidam James Sinclair  
Associate Professor & Acting Head, Department of Native Studies  
The University of Manitoba  
Winnipeg, Manitoba

**Niigaanwewidam James Sinclair** is Anishinaabe (St. Peter's/Little Peguis) and an Assistant Professor at the University of Manitoba. He is a regular commentator on Indigenous issues on CTV, CBC, and APTN, and his written work can be found in the pages of *The Exile Edition of Native Canadian Fiction and*

Thursday,  
March 16 (cont)

*Drama*, newspapers like *The Guardian*, and online with *CBC Books: Canada Writes*. Niigaan is the co-editor of the award-winning *Manitowapow: Aboriginal Writings from the Land of Water* (Highwater Press, 2011) and *Centering Anishinaabeg Studies: Understanding the World Through Stories* (Michigan State University Press, 2013), and is the Editorial Director of *The Debwe Series* with Portage and Main Press.

Niigaan obtained his BA in Education at the University of Winnipeg, before completing an MA in Native- and African-American literatures at the University of Oklahoma, and a PhD in First Nations and American Literatures from the University of British Columbia.

1015 – 1030

HEALTH & NUTRITION BREAK

1030 – 1130

**KEYNOTE ADDRESS 2: “Ten Years of the UN Declaration on the Rights of Indigenous Peoples: Implications for Youth Mental Wellness, Criminal Justice and Reconciliation”**

Since the United Nations adopted the Declaration on the Rights of Indigenous Peoples (UNDRIP) 10 years ago, there has been application of its principles to various areas around the world. Much hope has rested on the UNDRIP and its expected/desired positive impact on the lives of Indigenous People, but it was less than one year ago that Canada adopted it in full, without reservation. Both the UNDRIP and the Truth and Reconciliation Commission’s final report advocate for inclusion of Indigenous legal traditions into mainstream Canadian judicial systems. Collectively, these arguably have implications for youth identity, mental wellness and reconciliation. This presentation will weave these together, by including stories of residential school survivors and describing the model of Indigenous Peoples Courts in Canada.

Facilitator: Alex Drossos, MD, MBA, MEd, CHE, CPHIMS-CA  
Psychiatry Resident (PGY5), Child & Adolescent Psychiatry Fellow  
McMaster University

**Alex Drossos** is a physician and Child and Adolescent Psychiatry resident at McMaster University. He has been doing clinical work with Indigenous people for almost 10 years, and has had a passion for Indigenous social justice issues for many more, with a particular interest in the Circumpolar North. He regularly works at the De dwa da dehs nye>s Aboriginal Health Centre in Hamilton and Brantford, at Six Nations Mental Health, at the Brantford Indigenous Persons Court, and also maintains a long-standing clinical relationship with Nunavut. His other interests include School-Based Mental Health, Trauma/PTSD, Eating Disorders, Suicide Prevention and Health Informatics.

1130 – 12:15

**KEYNOTE ADDRESS 3: “Unsocial Media – Virtual World Causing Real World Anxiety: Mental Illness and Suicide Information, Testimony and the Effects of Social Media**

Radio personality Wade Sorochan shares the latest information on the effects of social media on mental health. **Unsocial Media; Virtual World Causing Real World Anxiety** is an informative and humorous presentation on the rise of Social Media Addiction, causing an anxiety induced fixation for "LIKES" and "COMMENTS." Learn how social media can cause feelings of sadness, anxiety and depression, which could lead to “Social Media Anxiety Disorder,” possibly the next recognized mental health disorder.

Facilitator: Wade Sorochan  
Broadcaster and Motivational Speaker  
Edmonton, Alberta

**Wade Sorochan** is an accomplished Alberta broadcaster who is recognized as a talk show pioneer. Nicknamed the “Tone Arm” Wade became the first broadcaster in history to use music to enhance a radio talk show. As a mental illness survivor, Wade is a sought-after motivational speaker who shares his

Thursday,  
March 16 (cont)

inspiring personal story of living with mental illness. He has spoken at numerous events, including the 2011 International Symposium on Wellness. He has been recognized as a nominee for the Alberta Lieutenant Governor's True Grit Award for "Excellent Work to Strengthen Outcomes and Quality of Life for People Living with Mental Illness and Addiction."

Mr. Sorochan is the author of the ground-breaking new book: *UNSOCIAL MEDIA; Virtual World Causing Real World Anxiety*. Contact and booking information available at: [www.wadesorochan.com](http://www.wadesorochan.com).

Mr. Sorochan will be available for books sales, signing and discussion directly following his presentation.

1215 – 1315

NO-HOST LUNCH – Wade Sorochan will be available for book sales & signing during the lunch break.

1315 – 1415

**KEYNOTE ADDRESS 4: "Current Issues in Incarceration & the Impact on Vulnerable Populations"**

Mr. Sapers will explore current issues in incarceration. Particular reference will be made to impacts on vulnerable populations. Mental health concerns, as well as issues related to incarcerated women and indigenous offenders will also be addressed.

Facilitator: Howard Sapers  
Independent Advisor on Corrections Reform  
Government of Ontario

**Howard Sapers** was appointed Independent Advisor on Corrections Reform by the government of Ontario starting January 1, 2017. Between 2004 and 2016 Mr. Sapers was the Correctional Investigator of Canada. In that capacity he provided independent oversight of the Correctional Service of Canada and served as an Ombudsman for federally sentenced offenders.

A graduate of Simon Fraser University, Mr. Sapers has an extensive background in criminology and corrections gained through a combination of education, employment, community and public service. Prior to his appointment as Independent Advisor, Mr. Sapers held a variety of criminal justice positions, including: Vice-Chairperson for the Prairie Region, Parole Board Canada; Director of the Crime Prevention Investment Fund at the National Crime Prevention Centre; and Executive Director of the John Howard Society of Alberta.

Between 1993 and 2001, Mr. Sapers served two terms as an elected member of the Alberta Legislative Assembly representing Edmonton – Glenora. He held various Critic portfolios including: Health, Education, Science and Finance. During his second term, Mr. Sapers served as House Leader and Leader of the Official Opposition.

An active community volunteer, Mr. Sapers has held a number of positions, including: President of the Canadian Criminal Justice Association; President of the Alberta Criminal Justice Association; and Vice-Chair of the City of Edmonton Safer Cities Advisory Committee. He served as Chairman of the DND/Canadian Forces Ombudsman Advisory Committee, North American Region Member of the International Ombudsman Institute Board of Directors, and is currently a Member of the Board of the Directors of the Forum of Canadian Ombudsman.

Mr. Sapers has received national recognition for his work and service. This recognition includes: the Canada 125 Medal; the Weiler Award for Social Development; the Queen Elizabeth II Golden Jubilee Medal; and the Queen Elizabeth II Diamond Jubilee Medal. In 2010, Mr. Sapers was acknowledged as a *Champion of Mental Health* by the Canadian Alliance on Mental Illness and Mental Health and he has received the President's Commendation from the Canadian Psychiatric Association. Mr. Sapers has been recognized as an Outstanding Alumni by Simon Fraser University and was awarded an Honorary Doctor

of Laws degree by the University of Ottawa in 2016.

Thursday,  
March 16 (cont)  
1415 – 1500

**KEYNOTE ADDRESS 5: “Finding Hope After Loss – Amanda Todd’s Story”**

The details of 15-year-old Amanda Todd's tragic story are well-known. At age 12, the Coquitlam, B.C., teen was convinced by a flattering Facebook "friend" to bare her breasts to a webcam – an action that led to her being harassed, stalked, cyber-bullied and beaten up. She was mocked for one suicide attempt (drinking bleach) and called a psycho after spending time in a mental health institution. It wasn't a story Carol wanted to tell – at first. She didn't want her daughter to be defined by how she died. "She was actually a very kind and caring person who loved to help others," says Carol. As time went on she decided the story could help others.

Facilitator: Carol Todd  
Mother and Advocate of Daughter Amanda Todd  
Port Coquitlam, British Columbia

**Carol Todd** is an assistant technology teacher from Port Coquitlam, BC. She is also the mother of Amanda Todd who tragically lost her life to cyber-bullying in October of 2012. Carol is a tireless champion of educating Canadians of all ages on the important subject of cyber-bullying.

Why is Carol Todd an outstanding Canadian citizen? To anyone who has ever connected with Carol, whether it be listening to a public speech she has given, social media interaction or personally, they are humbled by her ability to overcome the loss of her daughter and turn it into an opportunity to open the dialogue around the world on cyber-bullying and mental health. She is a beacon of how we can make the world a better place.

After the loss of Amanda, Carol created the Amanda Todd Legacy which has reached kids and adults alike worldwide. Carol has reach hundreds of thousands of students and adults with her message. Carol has also joined forces with World Mental Health Day which falls on October 10 – a day for global mental health education, awareness and advocacy. The World Federation of Mental Health has provided the Amanda Todd Legacy written support for the awareness campaign #LightUpPurple for World Mental Health Day. Carol and team have enlisted supporters from all around the world to participate in the important campaign.

1500 – 1515

HEALTH & NUTRITION BREAK

1515 – 1600

**KEYNOTE ADDRESS 6: “Let’s Dance 4 Life”**

Every heartbeat, breath and step we make becomes our sacred walk and dance upon Mother Earth. She knows our every step through life’s journey, continually shining life along the longest walk in life, from the mind (ego), to the heart (spirit). When we lovingly respect, accept and care for the 4 aspects of self; mind, body, emotions & spirit, we are then able to give back to life, from our real self, the hearth of the authentic self.

Common sense may not be so common, yet we can bring a calming sense to all matters of the mind, body, emotions, and spirit. After all, when we stand calm facing one of the 4 directions of life, there will be a vision of enlightenment shining from within guiding our way through any past learned shadows of doubt.

Facilitator: Travis Dugas Bellerose “Knighthawk”  
Traditional Dancer, Story Teller, Motivational Speaker, Actor, Master of Ceremonies, Dynamic Facilitator  
Edmonton, Alberta

**Travis Dugas Bellerose** guides audiences through inspirational dialogue, awakening their inner vision to perceive their life-path in a new light. Elders shared many life teachings along his quest towards for self-awareness and reconnecting him to the culture. In an honouring ceremony, Travis was presented an eagle feather and, in time, given his spirit name "Knighthawk." With this, the way of the traditional dancer became a part of his journey. Storytelling and performing within the cultural arts spectrum at various international venues raised his consciousness of the value of sharing stories. Becoming and being an actor on stage, TV, commercials, feature films, and the IMAX big screen adventure, has enhanced his abilities to entertain, enlighten, and empower his audiences.

## FRIDAY, MARCH 17

0900 – 1000

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

### TRACK 1: Mental Health Challenges In the Criminal Justice System

#### **WORKSHOP 1: "Trauma-Informed Youth Justice and Mental Health Laws"**

Most would agree that consideration to human rights is an important component of Mental Health Laws (MHLs). Some however argue that our MHLs don't go nearly far enough to address such rights. One specific area of concern is youth justice. Criminally involved youth, most of whom have experienced some prior trauma, end up getting re-traumatized typically while also largely ignoring the perspective of victims. To this end, Indigenous legal traditions have the capability of transforming a variety of laws-- including MHLs and youth justice laws--for the betterment of everyone concerned, not only Indigenous peoples.

Facilitator: Alex Drossos, MD, MBA, MEd, CHE, CPHIMS-CA  
Psychiatry Resident (PGY5), Child & Adolescent Psychiatry Fellow  
McMaster University

Location: Stevenson Ballroom A

### TRACK 2: Mental Health Challenges In Aboriginal Communities

#### **WORKSHOP 2: "On the Margins Front and Center: Truth and 'Micro-Reconciliation"**

This presentation focuses on a six-month ethnographic period of research that 'shadowed' a young First Nations woman living in an inner-city neighbourhood of Saskatoon, Saskatchewan. The daily negotiations of complex and often painful forms of surveillance imposed upon this young woman by the human service sector, including her struggle to simultaneously regain custody of her children, recover from her addiction and address her legal battles will be presented. Filled with triumphs and setbacks, big and small, the presentation provides an in-depth look at the lived experience of intergenerational trauma and our society's response to it. What 'truth' and 'reconciliation' means for this young woman will be presented through the lens of 'micro-reconciliation' and the training of human service sector workers to contribute to reconciliation in a pragmatic and genuine way.

Facilitator: Caroline L. Tait  
Associate Professor and Co-Lead, First Peoples First Person  
Canadian Depression and Research Intervention Network  
Department of Psychiatry, University of Saskatchewan

Location: Stevenson Ballroom B

Friday, March 17 (cont)	<b>WORKSHOP 3: “The Importance of Human Relationships in Battling Mental Health Challenges, and How Our Digital Lifestyle Affects Us”</b>
Track 3: Mental Health Challenges in Society – Suicide & Trauma	<p>This open discussion will focus on the importance of the ways we communicate in today’s life (both face to face and online) and how we can build healthy relationships with our young people and adults. We face a society where much of our time is spent online and we need to assess how this is affecting daily living and our emotional well being.</p> <p>Facilitator: Carol Todd  Mother and Advocate of Daughter Amanda Todd  Port Coquitlam, British Columbia</p> <p>Location: Magellan Room</p>
Track 4: Potpourri of Topics in Mental Health	<b>WORKSHOP 4: “Mental Health And the Workplace”</b> <p>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.</p> <p>Facilitator: Ron Buchanan  Outreach Manager Winnipeg  Mood Disorders Association of Manitoba  Winnipeg, Manitoba</p> <p>Location: Lancaster Room</p>
1000 – 1015	HEALTH & NUTRITION BREAK
1015 – 1115	CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)
TRACK 1: Mental Health Challenges In the Criminal Justice System	<b>Workshop 5: “Mental Health and Segregation”</b> <p>This session will focus on mental health and segregation. Segregation use in Ontario will be described. A high level overview of the mental health consequences of segregation placement will be provided. Mental health supports and intervention strategies will be discussed.</p> <p>Facilitator: Howard Sapers  Independent Advisor on Corrections Reform  Government of Ontario</p> <p>Location: Stevenson Ballroom A</p>

Friday, March 17  
(cont)

**TRACK 2:  
Mental Health  
Challenges In  
Aboriginal  
Communities**

**WORKSHOP 6: “Walking In Two Worlds, Reshaping Organizations to Be Culturally Safe”**

What does it mean to be culturally safe? What do we mean by ‘walking in two worlds?’ How can we overcome violence in the workplace? What strategies can we use to become a culturally safe workplace? These are the questions that will be asked and answered during this informative workshop.

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

Location: Stevenson Ballroom B

**Track 3: Mental  
Health  
Challenges in  
Society – Suicide  
& Trauma**

**WORKSHOP 7: “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.

Facilitators: Kim Heidinger  
Manitoba Schizophrenia Society  
Winnipeg, Manitoba

Location: Magellan Room

**Track 4:  
Potpourri of  
Topics in Mental  
Health**

**WORKSHOP 8: “Transition of Care from Youth to Adult Systems: Challenges for Complex Needs Individuals”**

Youth face numerous hurdles as they transition from mental health services directed to children to those offered to adults. Individuals with complex needs, especially those who are connected to the criminal justice system, face greater challenges. This special population is at elevated risk for negative outcomes that can impact them throughout life. Variables including poor attachment, abuse, neglect, transient placements, trauma, mental health issues, experience with suicide, and involvement in the criminal justice system affect these young people and make it more difficult to transition them to adult services. In this workshop, we will highlight the multiple systems at play, risk and resilience factors that impact outcomes, and models of intervention, through a discussion of the published literature and a presentation of several case studies.

Facilitators: Ms. Shannon Jaye Morley, RPN  
Manitoba Youth Centre  
Winnipeg, Manitoba

Dr. Hygiea Casiano MD, FRCPC  
Manitoba Youth Centre  
Winnipeg, Manitoba

Katelyn Dalke  
Manitoba Youth Centre  
Winnipeg, Manitoba

Location: Lancaster Room

Friday, March 17  
(cont)

CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)

1115 – 1215

**TRACK 1:  
Mental Health  
Challenges In  
the Criminal  
Justice System**

**WORKSHOP 9: "FASD and Co-Occurring Mental Health Concerns: A Review of the CSC Offender Population and Emerging Practices"**

Fetal Alcohol Spectrum Disorder, or FASD, is the umbrella term used to describe the myriad of physical and mental disabilities that result from prenatal exposure to alcohol. Within the population of those affected by FASD, as many as 90% have mental health concerns, and in adulthood, one of the most severe characteristics of FASD is the presentation of a major mental health diagnosis alongside cognitive deficits. Individuals with FASD are at a higher risk than the general population to come into contact with the law.

The learning outcomes of this session are to:

- 1) Review the profile of federally sentenced clients, including those with mental health concerns
- 2) Identify characteristics of offenders with FASD
- 3) Review the literature surrounding FASD and co-occurring mental health challenges
- 4) Highlight successes and emerging practices used within CSC from a front line perspective
- 5) Establish goals for future practice.

Facilitators: Lesley Monkman  
Correctional Services of Canada  
Winnipeg, Manitoba

Amy Martyniuk  
Community Mental Health Specialist  
Correctional Services of Canada  
Winnipeg, Manitoba

Location: Stevenson Ballroom A

**TRACK 2:  
Mental Health  
Challenges In  
Aboriginal  
Communities**

**WORKSHOP 10: "Being the Calm-unity within Community"**

How does one help transform community? Elders say we each play a role in creating a calm-unity, which first commences within the mind, empowering the emotions and body, in order to house the divine journeying spirit within life. It's true; the change we wish to see in the world begins with us. So let's take a look, a listen, to what really does glisten, common sense and truth. People say love hurts, I say lies hurt more & love is willing to soothe a way back to truth. When we learn to let go and embrace truth, we make peace within, we bring a calm-unity within self; thus bringing a calm-unity to community.

Facilitator: Travis Dugas Bellerose "KNIGHTHAWK"  
Traditional Dancer , Story Teller ,Motivational Speaker, Actor, Master of Ceremonies, Dynamic Facilitator  
Edmonton, Alberta

Location: Stevenson Ballroom B

Friday, March 17  
(cont)

Track 3: Mental  
Health  
Challenges in  
Society – Suicide  
& Trauma

**WORKSHOP 11: “The Basics of Suicide Intervention”**

This session introduces participants to the issue of suicide intervention. A non-judgmental approach based in care, compassion, and concern with the individual at risk of suicide are presented as key components for suicide prevention. Suicide recognition, assessment, intervention and prevention methods are the focus.

Facilitator: Sylvia Massinon, BSW RSW  
Public Education & Training Coordinator  
Klinik Community Health  
Winnipeg, Manitoba

Location: Magellan Room

Track 4:  
Potpourri of  
Topics in Mental  
Health

**WORKSHOP 12: “Using Self-Help Tools to Support Those With Mental Health Issues”**

This session teaches the use of self-help tools, along with ways of talking to people with mental health issues through the eyes and mind of someone with lived experience. Tina has worked in the field of mental health for over 10 years, assisting people in reaching their potential. In addition, she has successfully dealt with Bipolar Disorder and putting it In Order for most of her life. Join her to discover the possibilities.

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

Location: Lancaster Room

1215 – 1315

**HOSTED LUNCH WITH MOTIVATIONAL SPEAKER MICHAEL REDHEAD CHAMPAGNE**

Please join us for a hosted lunch where you can sit back, relax, and be inspired by Winnipeg celeb & motivational speaker, Michael Redhead Champagne!

**Michael Redhead Champagne**, aka North End MC, describes himself as “a 24-year-old Cree guy.” Hailing from Shamattawa, Michael was born and raised in the North End of Winnipeg. By night, Michael organizes AYO! (Aboriginal Youth Opportunities)—a youth-led anti-gang organization committed to breaking stereotypes and creating opportunities in the community. MC is also active in the community serving on several boards and committees, including North End Community Renewal Corporation, Mount Carmel Clinic, United Way of Winnipeg’s Aboriginal Relations Council, and the 595 Prevention Team Peer Secretariat.

Location: Stevenson Ballroom CD

1315 – 1430

**PERFORMANCE: GRAMMY & JUNO AWARD WINNER DAN HILL**

Nominated for a Grammy for Best Male Vocal, winner of a Grammy (as co-producer of “Seduces Me” on Celine Dion’s 30 plus million-selling “Falling Into You” album), winner of five Juno Awards and the Harold Moon Award (Canadian Lifetime Songwriting Achievement Award), Dan has recorded and released multiple gold and platinum albums. His classic hits, such as “Sometimes When We Touch” (closing in on 5 million spins in America alone, and covered by hundreds of artists around the world), “Can’t We Try” (#1 Billboard AC Record of the Year), and “Never Thought (That I could Love)”, another #1 AC record, all

Friday, March 17  
(cont)

remain staples of AC radio stations around the world. Dan has also enjoyed consistent success as a 'behind the scenes' songwriter, his compositions recorded by so many artists spanning so many musical genres that it's, well, incredible. Pop singers Celine Dion, Britney Spears, 98 Degrees, The Backstreet Boys, Rod Stewart, Donny Osmond, Jennifer Rush and Michael Bolton, R&B singers Tina Turner, George Benson, and Jeffrey Osborne and country singers Tammy Wynette, Sammy Kershaw, Mark Wills, Reba, Alan Jackson, and Lorrie Morgan, to name a select few.

In 2009, Dan Hill published his highly acclaimed memoir, *I Am My Father's Son* (HarperCollins Canada, slated for international release in June). On the heels of completing his memoir, Dan recorded his 14th album, *Intimate*, with producers Matthew McCauley and Fred Mollin, his first studio album of new songs in almost 15 years. Thus began a hectic period of composing and recording, touring and writing that continues to this day.

Location: Stevenson Ballroom CD

1430 – 1445

HEALTH & NUTRITION BREAK

1445 – 1530

**TALKING CIRCLES: "Where Do We Go From Here?"**

Conference delegates will divide into Talking Circles to discuss common themes found during the Conference, plus shared learnings and most pressing action items. A facilitator from each Circle will present their top ideas and action items to the larger group.

- Talking Circle #1: Next Steps For Mental Health Wellness in the Criminal Justice System
- Talking Circle #2: Next Steps for Mental Health Wellness in Aboriginal Communities
- Talking Circle #3: Next Steps for Mental Health Wellness in Society – Suicide & Trauma
- Talking Circle #4: Next Steps for Mental Health Wellness – General Topics

Location: Stevenson Ballroom CD

1530 – 1545

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

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

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, 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."

Location: Stevenson Ballroom CD

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.

## ***Keynote Speaker Bios***

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Please refer to the each speaker's session above for individual bios and information.

## ***Breakout Speaker Bios***

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**Ron Buchanan**, Outreach Manager Winnipeg, Mood Disorders Association of Manitoba

Ron 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.

**Dr. Hygiea Casiano**, Assistant Professor of Psychiatry, University of Manitoba

Dr. 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.

**Delores Daniels**, Manager, Human Resources, Manitoba First Nations Education Resource Centre, Inc.

Delores 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.

#### **Tina Holland, Director of Education, Mood Disorders Association of Manitoba**

Tina Holland is the Director of Education for 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.

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.

#### **Kim Heidinger, B. Ed., Outreach Worker, Manitoba Schizophrenia Society, Inc., Eastman and East Central Regions**

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.

#### **Amy Martyniuk, Community Mental Health Specialist, Correctional Service of Canada**

Amy Martyniuk is currently employed as a Community Mental Health Specialist with the Correctional Service of Canada. She holds a Bachelor's degree Psychiatric Nursing, and has been working in the field of mental health for 15 years. She is working on a Master's degree with a focus on clinical teaching and education in mental health and FASD, and this degree will be completed in May 2017. Her background includes front line clinical work, as well as coordinating and delivering adult education in areas such as mental health, FASD, effective intervention strategies, patient safety, health promotion, women's issues in the correctional environment, medication management, employment, addiction and Methadone maintenance. Amy has a true passion for mental health and wellness, and it is her ultimate hope to use her education and experience to educate others in the area of mental health and FASD.

#### **Sylvia Massinon, Public Education & Training Coordinator, Klinik Community Centre**

Sylvia Massinon is the Public Education & Training Coordinator at Klinik Community Health. Sylvia works as an educator and counsellor in this role, and is also a social worker with a Bachelor of Social Work degree from the University of Manitoba. As an educator she provides public education and training on a number of topics to service providers and community members. Topics include suicide prevention, self-care, crisis counselling skills, mental

health, and trauma-informed care. She has been at Klinik since 2011, beginning her experience with Klinik as a volunteer in the Sexual Assault Crisis Program.

#### **Shannon Morley, RPN, CLPS, Manitoba Youth Centre**

Shannon Morley, RPN spent her first years as a Nurse at the Manitoba Youth Centre. Many of the youth in this system presented with various complex and comorbid issues, such as gang involvement, exploitation, acute mental health issues, dual diagnosis, and low socioeconomic backgrounds, as examples. Currently she works in the community, with clients living with a dual diagnosis. Over time, she has observed that clients who lack proper supports in the community, become involved in the justice system. With proper identification, treatment and transitioning into the adult system, she believes that clients with a dual diagnosis can be successful, thus reducing justice involvement, homelessness and victimization.

#### **Caroline L. Tait, Associate Professor and Co-Lead, First Peoples First Person, Canadian Depression and Research Intervention Network, Department of Psychiatry, University of Saskatchewan**

Caroline L. Tait is an Associate Professor in the Department of Psychiatry, University of Saskatchewan and is co-lead of First Peoples First Person, Canadian Depression Research and Intervention Network. Dr. Tait has a PhD from McGill University in Medical Anthropology and completed a post-doctoral fellowship in transcultural psychiatry. She was a visiting fellow at Harvard University and is one of the founding members of Saskatchewan's Indigenous Peoples' Health Research Centre. Caroline is a member of the Métis Nation of Saskatchewan and has conducted community-based research in partnership with First Nations and Métis communities and organizations for the past 20 years. She has one son, Skender.

## ***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; National Mental Health Conference

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.