



May 7 & 8 | 2018

May 6th – COP Sessions

Calgary, AB

Westin Calgary | 320 4th Avenue, SW

NATIONAL CONFERENCE ON PEER SUPPORT



Connect



Share



Grow



Peer Support Canada



Canadian Mental
Health Association
Mental health for all



#NCPS2018



PeerSupportCanada



peersupportcan

www.peersupportcanada.ca

Table of Contents

Community of Practice Sessions	4
Conference Day 1 Agenda	6
BP1 - BP3 Breakfast Presentations	7
Keynote Speaker	9
A1 - A6 Concurrent Sessions	10
B1 - B7 Concurrent Sessions	13
C1 - C7 Concurrent Sessions	17
Conference Day 2 Agenda	21
BP4 - BP6 Breakfast Presentations	22
Keynote Speaker: Todd Leader	24
Keynote Address	25
D1 - D6 Concurrent Sessions	25
E1 - E7 Concurrent Sessions	29
Keynote Speaker: Séan McCann	33



Community of Practice Sessions

May 6th 2018 | Early Registration
Community of Practice

Conference Agenda

Sunday, May 6th, 2018

TIME	ACTIVITY	LOCATION
6:00pm – 8:00pm	Early Registration	Conference Foyer
7:00pm – 8:30pm	COMMUNITY OF PRACTICE SESSIONS *Optional COP1: Youth Peer Supporters COP2: Peer Support in the Workplace COP3: Family Peer Support COP4: Peer Support and First Responders/Fire Fighters/Police/Vets COP5: Research on Peer Support COP6: Recovery College COP7: Peer Support Mentors	

What is a Community of Practice?

A Community of Practice is a simply a group of people who have a common interest, and wish to learn and share with others.

At Peer Support Canada, we wanted to create a space for peer supporters and champions to connect with those doing similar work, learn, share promising practices, identify areas for collaboration, and more.

We are hosting several Community of Practice “Meet Ups” at our conference.

These in person Meet Ups are designed to be informal gatherings with a simple agenda:

- Connect with others in your specific area of interest
- Learn about the work of others
- Share what you are passionate about
- Explore how you want to stay connected and continue the conversations

Peer Support Canada will support logistics moving forward (hosting virtual meetings, creating a dedicated online portal, etc.)

Conference **DAY 1**

May 7th 2018 | National Conference
on Peer Support

Conference Agenda

Monday, May 7th, 2018

TIME	ACTIVITY
7:30am – 9:00am	Registration & Continental Breakfast
7:45am – 8:45am	Friends of Bill
7:45am – 8:45am	Breakfast Presentations *Optional
9:00am – 9:30am	Welcome & Opening Remarks: Shaleen Jones , Peer Support Canada & Dr. Patrick Smith , CMHA National
9:30am – 10:30am	Keynote Speaker: TBA
10:30am – 11:00am	HEALTH BREAK
11:00am – 12:00pm	A1-A6 Concurrent Sessions
12:00pm – 1:00pm	BUFFET LUNCH
1:00pm – 2:30pm	B1-B7 Concurrent Sessions
2:30pm – 2:45pm	HEALTH BREAK
2:45pm – 3:45pm	C1-C7 Concurrent Sessions
4:00pm – 5:00pm	Networking Reception
5:30pm – 7:30pm	Grand Opening Reception – CMHA Calgary

BP1-BP3 Breakfast Presentations

7:45–8:45am

BP1: Effective Peer Support in The Women's Mental Health Program	BP2: Pet Therapy and Peer Support: Three Stories of Hope	BP3: The Guided Pen: Creative Writing and Meditation
---	---	---

BP1 Effective Peer Support in The Women's Mental Health Program

Women have always supported each other through life events. Creating opportunities for women to share their unique experiences of mental health and mental illness is fundamental to their recovery. This session will feature three perspectives of peer support: the peer receiving support, the peer providing support, and the social work administrator.

PRESENTERS: Anita Manley, Ann-Marie O'Brien and Victoria Higgins

Anita Manley is a trained peer facilitator, and passionate mental health advocate. She was instrumental in developing peer support in Women's Mental Health at The Royal. Anita shares her story of recovery with many audiences. She is an active member of advisory groups at the local and provincial levels. Anita is the recipient of The Royal's 2015 Inspiration Award.

Ann-Marie O'Brien is a clinical social worker and educator with a broad range of administrative, clinical, and academic experience. She is currently lead for Women's Mental Health at The Royal.

Victoria Higgins is a stand-up comedian and author diagnosed with major depressive disorder and PTSD. Peer facilitated workshops have reduced her feelings of isolation and reassured her there is a safe way out of the darkness. She has participated in the Wellness Recovery Action Plan (WRAP) and Journaling as a Wellness Tool workshops through The Royal's Women's Mental Health program.

BP2 Pet Therapy and Peer Support: Three Stories of Hope

The benefits of having animals in our lives is well known. Mary Jane's dream was to combine Peer Support with Pet Therapy. Along the way she learned about how to bring a dream to fruition, the importance of supportive partners, the power of persistence and the art of good timing. If you are interested in incorporating Pet Therapy in your Peer Support or Peer Navigator work, this is the workshop for you. You will also have a chance to meet a PADS service dog.

PRESENTER: Mary-Jane Moore

Mary-Jane Moore was trained as a Peer Support Worker with Vancouver Coastal Health in 2010, and has worked in the field for the past 7 years. She has worked for Adult Mental Health Services, Magnolia House, the Transition Program at the Hope Centre and is presently happily working as a Peer Navigator at the Michael Dennehy Mental Health Resource Centre, part of the Canadian Mental Health Association. She is a facilitator of the WRAP program (Wellness Recovery Action Program) and is presently teaching at CMHA and in the Transition Department at the Hope Centre.

BP3 The Guided Pen: Creative Writing and Meditation

This creative session is designed to relax participants through meditation, and to allow them to step out of their creative way to write honestly from their inner voice. Learn how facilitating this workshop motivates clients to build into their lives the benefits of meditation, journaling and mindfulness.

PRESENTER: Lisa Colbert

Lisa Colbert is a grateful, recovering addict who today is a public speaker and workshop facilitator. She inspires perspective change through mindfulness and conscious living. She has been a repeat guest on local radio show 900CHML and has spoken in the Hamilton area as a mindfulness expert at the 2017 Wellness Index, the Best Buddies Conference and the Crazy Good Wellness Series.

Keynote Speaker

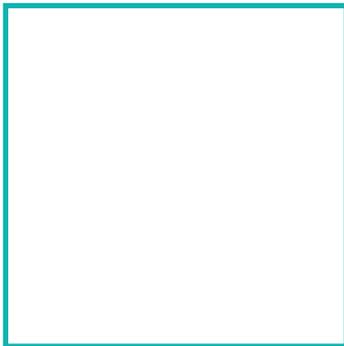
Monday, May 7th, 2018

9:30-10:30am

GRAND BALLROOM

TBA

TITLE



CONFERENCE DAY 1 AT A GLANCE

7:30am - 9:00am	Registration & Breakfast
7:45am - 8:45am	Friends of Bill
7:45am - 8:45am	Breakfast Presentations *Optional
9:00am - 9:30am	Welcome & Opening Remarks
9:30am - 10:30am	Keynote: TBA
10:30am - 11:00am	HEALTH BREAK
11:00am - 12:00pm	A1-A6 Concurrent Sessions
12:00pm - 1:00pm	BUFFET LUNCH
1:00pm - 2:30pm	B1-B7 Concurrent Sessions
2:30pm - 2:45pm	HEALTH BREAK
2:45pm - 3:45pm	C1-C7 Concurrent Sessions
4:00pm - 5:00pm	Networking Reception
5:30pm - 7:30pm	Grand Opening Reception

A1-A2 Concurrent Sessions

11:00am–12:00pm

A1: Creating Choices	A2: Peer Leadership to Advance Mental Health Promotion: Strategies for Going Beyond Recovery to Flourishing	A3: Legitimizing Family Support: Building Resiliency	A4: Peer Support Pacific Style	A5: Peer Confidentiality: Safely Safeguarding Peer Relationships	A6: The Creation of Bean Bag Chat
-----------------------------	--	---	---------------------------------------	---	--

A1 Creating Choices

Come experience Creating Choices, a program based on Choice Theory/Reality Therapy concepts, and Laughter Yoga for body, mind and soul. This includes knowing and getting your basic needs met, seeing and reframing your pictures, recognizing and responding to your signals and choosing and acting on your behaviours. You will leave this workshop feeling inspired, empowered and balanced.

PRESENTERS: **Debbie Sesula and Andrea Winterbottom**

Debbie Sesula, MA, RTC, CPS, CPSM, works as a coordinator for the North Shore Peer Support Program in North Vancouver, BC. Her involvement in peer support has been 20+ years as a peer support worker, researcher, program and curriculum developer, and she travels to communities to assist them in implementing peer support. Debbie is a recipient of the Consumer Involvement, Courage to Come Back, and Resiliency Awards and is a member of Peer Support Canada's Certification Committee.

Andrea Winterbottom, RYT 200, is a peer support worker and registered yoga teacher, certified Laughter Yoga Leader, Life Coach, and Brain Fitness Instructor. Andrea combines her expertise in these modalities to actively engage with participants. She believes in being kind and compassionate to fellow human beings.

A2 Peer Leadership to Advance Mental Health Promotion: Strategies for Going Beyond Recovery to Flourishing

TBA

PRESENTER: **Dr. Corey Keyes**

Dr. Corey Keyes holds the Winship Distinguished Research Professorship at Emory University. He was a member of a MacArthur Foundation Research Network on Successful Midlife Development, and he co-chaired – with Martin Seligman, Ed Diener and Don Clifton – the First Summit of Positive Psychology held in 1999. Dr. Keyes is a founding member of the Society for the Study of Human Development, was a member of the National Academies of Science Keck Future's Initiative on The Future of Human Healthspan. He was a contributing author to the World Health Organization's publication entitled Mental Health Promotion Worldwide and gave the Dorosin Memorial Lecture on mental health at the 2012 American College Health Association meeting. His research introduced the scientific concept of "flourishing" and focuses on illuminating the two continua model of health and illness.

A3 Legitimizing Family Support: Building Resiliency

Caregivers are often overlooked when it comes to support services which is surprising as 28% of the Canadian population identifies as supporting a loved one. The prevalence of caregivers within Canada shows the need for support services targeted at family members involved in a loved one's care. CMHA Calgary has successfully implemented a Family Peer Support program that strives to build resiliency in those supporting a loved one with a mental health or addiction concern. Come learn about the co-development and co-delivery process that we used in making this program successful.

PRESENTERS: **Meghan Reid, Myra Murias and Diane Matovich**

Meghan Reid is a Registered Social Worker who has lived experience with a mental health concern, as well as experience learning to navigate the tricky waters of family interactions. Her passion lies in working with those who have lived experience in order to build capacity in those who are living with a mental health and/or addiction concern.

Myra Murias is a health educator, has completed the CMHA School of Peer Support and is currently completing a diploma in nutrition with a focus upon mental health issues. She supported a family member with mental health concerns and is now helping support other families through the family peer support program at CMHA.

Diane Matovich completed the CMHA School of Peer Support and graduated as a Family Peer Support Worker in 2016. She continues to engage with caregivers and support families through ongoing drop-in groups, workshops and in one-on-one settings. Her lived experience has proved to be a huge asset when in engaging with families and caregivers.

A4 Peer Support Pacific Style

How do we blend cultures based around family and community, not individuals, and peer support and certification? Guam, CNMI, FSM, MI, Palau and American Samoa are working on this. Come hear how they are looking at ways to integrate their cultures and peer support.

PRESENTER: **Robyn Priest**

Robyn Priest is the Lead Project Coordinator with Peerlink National TA Center. She is involved in peer support in 10 countries. She was part of the team that completed the MHCC Making the Case for Peer Support report and works/consults in a variety of provinces within Canada related to peer support.

A5 Peer Confidentiality: Safely Safeguarding Peer Relationships

In this presentation we will explore the unique features, principles and philosophies of peer confidentiality and co-confidentiality and the distinctive and inherent experiences involved. The subtle and overt differences between peer and clinical confidentiality and reporting requirements will be explored. And finally, how do we respond to these differences?

PRESENTERS: Tyrone Gamble and Kristina Niro

Tyrone Gamble works as a peer support worker in Ottawa. He provides peer support in various environments, including several hospitals. He also co-coordinates a community based volunteer peer support program. He has lived experience with parallel realities, including voices. He facilitates groups on parallel realities and hearing voices; groups that he has been actively and passionately involved in developing.

Kristina Niro works as a program coordinator for Recovery Connections at Psychiatric Survivors of Ottawa. She provides peer support in hospital settings and facilitates community groups surrounding the experiences of young adulthood, substance use, hearing voices, and parallel realities. As someone with lived experience, Kristina is passionate about creating nonjudgmental spaces where people feel safe and valued in sharing their experience.

A6 The Creation of Bean Bag Chat

BeanBag Chat is a peer support and counselling app designed by and for young adults in Toronto, Canada. The process of co-designing a mental health support app with young adults, professionals, technology developers and the community will be shared.

PRESENTER: Alicia Raimundo

Alicia Raimundo has been described as a “mental health superhero”, battling serious bouts of anxiety, depression and a suicide attempt since the age of 13. She has given two TEDx Talks, was named one of 2012 “faces of mental illness”, spoke at the Clinton Global Initiative, headlined UN’s international youth day 2014 at the UN headquarters in New York, and represented Canada in Thailand and Ottawa at One Young World conferences.

B1-B2 Concurrent Sessions

1:00–2:30pm

B1: Integrating Peer Support on Clinical Teams: A Multi-Perspective Discussion	B2: Supervision Needs of Peer Workers in Non-Peer Settings	B3: Self-Care As Organizational Practice at Stella's Place: Reflections from the Peer Experience	B4: Whose Mental Health System Is It Anyway?: The Conversations That Nobody Wants to Have	B5: From the Length and Breadth of Canada and Australia Peer Support Reaches Out	B6: The Magic of Mentorship - I Am Not Your Boss	B7: Peers Save Lives
---	---	---	--	---	---	-----------------------------

B1 Integrating Peer Support on Clinical Teams: A Multi-Perspective Discussion

Addiction and Mental Health, AHS, Edmonton Zone has hired twelve new peer support workers onto various clinical teams over the past year. This has increased the PSW workforce from three to fifteen in a very short time. These PSW's work on various teams across the portfolio, with various areas of specialization, different team composition and dynamics and different managers. The integration of Peer Support onto these teams has proven to be both challenging and extremely rewarding. A panel discussion with all key players represented will share their experiences.

PRESENTERS: Michelle Knox and Jim Koning

Jim Koning has worked in the addiction and mental health field for the past 28 years; the last 7 as a Care Manager with the Housing Outreach and Stabilization Team with Addiction and Mental Health, Alberta Health Services, Edmonton Zone. Jim has seen first-hand the impact Peer Support Worker's have had through the lived experience lens in shaping his teams understanding of, and support and services provided to the individuals they serve. Most importantly Jim has seen the hope and belief PSW's instill in individuals, that recovery and living a meaningful life is possible.

Michelle Knox is the Program Manager with Housing and Recovery Supports in Addiction and Mental Health Edmonton Zone with Alberta Health Services. She has spent the majority of the last ten years of her career working in both front-line and management positions within the area of Recovery Supports. One of her primary passions has been the integration of peer services into the mental health system and she has been incrementally working towards this goal since the mid 2000's. She is thrilled to see the exponential growth in this area over the last year. Michelle has a BA in Recreation Administration from the University of Alberta.

B2 Supervision Needs of Peer Workers in Non-Peer Settings

The workshop discusses the toolkit created to enhance the competencies of non-peer supervisors. The essential role that reflexive practice plays in maintaining effective peer worker practice will also be reviewed.

PRESENTERS: Julia Read and Keely Phillips

Julia Read is a PhD candidate in Social Work at Wilfrid Laurier University. Her research interests, inspired from both her lived experience and her work as an Addiction Therapist, include exploring contemporary social constructions of addiction and mental distress as well as decolonizing approaches towards understanding addiction. Julia believes people who have experienced being diagnosed or criminalized as "addicts" share unique experiences of marginalization.

Keely Phillips is the Manager of Self Help Services at CMHA Waterloo Wellington. Keely works to expand the presence of peer support throughout the local system and undertakes research related to strengthening the practices and integrity of peer support. In her work, Keely draws from her lived experience of mental health issues in addition to experiences as a researcher and peer worker.

B3 Self-Care As Organizational Practice at Stella's Place: Reflections from the Peer Experience

Peer supporters face unique social and financial barriers to self-care, and added stigmas when exhibiting burn-out. At Stella's Place, we've implemented supports for self-care that are embedded in organizational practice and culture for all staff. In this session Franklynn and Jeanine will share their learnings and, through audience participation, examine peer self-care as a collaborative process.

PRESENTERS: Jeanine Claus and Franklynn Bartol

Jeanine Claus, B.S.W. Jeanine (she/her), turtle clan, is a Peer Support Worker at Stella's Place. She is a proud queer femme from the Kanien'kehá:ka and Lenape nations. She has strong interests in mental health and social justice advocacy, spiritual wellness, harm reduction, therapeutic art practices and sex worker rights.

Franklynn Bartol, MSc. Franky (they/them) is the Peer Initiatives Manager at Stella's Place--a community mental health organization in downtown Toronto serving young adults aged 16-29. They are passionate about LGBTQ+ and consumer-survivor politics and have a background in developmental neuroscience, psychology, psychoanalytic theory, and program evaluation.

B4 Whose Mental Health System Is It Anyway?: The Conversations That Nobody Wants to Have

With lived experience in all the following areas, Imtiaz, Lee and Priscilla explore how everyone plays a role in supporting those with multiple barriers when dealing with race, gender and sexuality through a mental health lens. Participants will engage in interactive activities and walk away with a healthy understanding of the power of language and how to be apart of a new future in mental health.

PRESENTERS: Imtiaz Popat, Lee Thomas and Priscilla Cherry

Imtiaz Popat is a professional Counselor who has been working around peer support for LGBTQI from radicalized communities. They coordinate the Salaam Canada: Queer Muslim Community in Vancouver.

Lee Thomas is a speaker, writer, and mental health advocate based in Fredericton NB. They are professionally mental ill, and queer just for fun.

Canadian freelance journalist and public speaker **Priscilla Cherry**, has used her education in Journalism to attract the attention of ET Canada, LIVE with Kelly and Breakfast Television producers. After growing through a personal journey of mental health, she's now a Peer Support Specialist at CMHA Calgary. Priscilla believes in the healing power of sharing her life experiences for a meaningful purpose and empowers anyone that identifies, to do the same.

B5-B6 Concurrent Sessions

1:00–2:30pm

B5 From the Length and Breadth of Canada and Australia Peer Support Reaches Out

Whether an emergency service first responder or military veteran requires Peer support during their service or in "retirement" - they and their service should not be forgotten.

PRESENTERS: Dr. Megan McElheran, Jim and Debbie Lowther and Mrs. Vicki Key

Dr. Megan McElheran is a Clinical Psychologist and Managing Director of WGM Psychological Services Ltd. Her training has focused on the assessment, diagnosis and treatment of Post-traumatic Stress Disorder. In her clinical practice she works with active duty members of the Canadian Forces, RCMP, Veterans, Firefighters, Emergency Medical personnel and other first responders who have been directly or vicariously impacted by exposure to traumatic events.

Jim Lowther is the CEO and Co-Founder and a veteran of the Canadian Armed Forces who was medically released after a 15-year career and a diagnosis of PTSD/ other service-related disabilities. As a result of a chance encounter with a homeless veteran with whom he had served, Jim and his wife Debbie formed VETS Canada in 2010.

Debbie Lowther, VETS Canada's Co-Founder and Chair, has represented the organization at numerous national venues, including Veterans Affairs Canada Stakeholder Summits, the Mental Health Commission of Canada and the Standing Committee on Veterans Affairs. Debbie received the Queen's Diamond Jubilee Medal in 2013 and the Minister of Veterans Affairs Commendation in 2016.

A 23 year veteran of Victoria Police Force in Australia, **Vicki Key** was instrumental in creating the Retired Police Peer Support Program. Her last position was the Acting Officer in Charge of a busy 24 hour metropolitan police station. Retired early because of a serious work related physical injury she then began the Retired Police Peer Support Officer program. Vicki presents to various groups.

B6 The Magic of Mentorship - I Am Not Your Boss

Join our Alberta peer support movement. Learn directly from the change agents, two Certified Peer Supporters, as they share their journey of collaborative leadership. Acquire an understanding of how mentorship bridges clinical and community based services. Discover their mentorship practices and take strategies back to your workplace to build trust and hope in peer support.

PRESENTERS: Debbie Wiebe and Pamela Spurvey

Debbie Wiebe has worked with the Canadian Mental Health Association – (CMHA) Calgary Region for over 20 years. She is a provincial project Mentor overseeing peer support implementation, training and internships as the head of the CMHA Peer School's faculty of education. She volunteers with Peer Support Canada as a Peer Mentor and Certification Committee Member.

Pamela Spurvey is a Certified Peer Support Worker for Alberta Health Services, a Mentor with the Edmonton Drug Treatment Court and holds a position with the Salvation Army that supports women achieve greater wellness from mental health and addiction. Pam sits on committees for Homeward Trust as a voice for people experiencing homelessness. She is a certified Financial Literacy Instructor with Empower U.

B7 Peers Save Lives: Supporting the Work of People Who Use Drugs in Community Harm Reduction Services in Toronto, Ottawa and Vancouver

A sharing of narratives and lessons learned from three innovative urban peer-led harm reduction initiatives. Each group will present a brief history and overview of their program and its location within the sphere of local and national harm reduction initiatives and the overdose crisis, as well as perspectives, outcomes and lessons learned. The panel will touch on commonalities and distinctions in recruitment, experiences of integrating people with living experience of drug use into institutional working environments, the dangers of assimilation and value of genuine commitment to peer self-determination, challenges and advantages of unique political and geographical settings, shared successes, and challenges moving forward.

PRESENTERS: Anne Marie Hopkins, Eris Nyx and Isaac Malmgren, Gab Laurence

Anne Marie Hopkins has 9 years experience working with homeless/street communities, including at Ottawa Inner City Health (OICH), which provides their health care. As OICH's Supervisor of Peer Outreach Services, she launched an Overdose Response and Prevention Peer Support Program during the 2017 opioid crisis. A graduate of Sheridan College's Community Outreach Development program, she is completing BSW studies at Carleton University.

Eris Nyx is the Assistant Manager of RainCity Housing's Peer Services. She is a queer, trans woman, who uses her own personal narrative of struggle to facilitate dialogue between folks who use drugs and the larger institutions that exist on unceded Coast Salish territories.

As RainCity Housing's Manager of Peer Services, **Isaac Malmgren** draws on personal experiences of substance use and loss from overdose in his work on unceded Coast Salish territories with the Peer Witnessed Use Pilot. He's honoured to hold up this work in a world where the contributions of People who Use Drugs are so often discounted and ignored.

Gab Laurence has worked for St. Stephen's Community House since 2012. Her background is in complex substance use case management. Recently she has changed her focus and moved into managing peer and employment programs for individuals living with substance use and mental health.

C1-C2 Concurrent Sessions

2:45–3:45pm

C1: The Role of Peer Support in Creating a Recovery Oriented Organization	C2: Lessons from a Collaborative Project: HIV/Hep C Peer Support Toolkit	C3: Implementing a Quality Improvement Project by Incorporating Peer Support Values	C4: Helping Increase Access To Services Through Peer Support	C5: Building A Self-Care/Crisis and Resiliency Toolbox	C6: Youth Peer Support and Connection: A West Coast Collaboration	C7: Peer Support Certification: An Inside look
--	---	--	---	---	--	---

C1 The Role of Peer Support in Creating a Recovery Oriented Organization

A leaders guide to change: reforming and transforming services through the growth of Peer Support and Recovery Oriented Practices.

PRESENTER: **Lauren MacNeil**

Lauren MacNeil is the Executive Director at the Canadian Mental Health Association Calgary Region (CMHA Calgary). Prior to joining CMHA Calgary in 2013, she worked with Alberta Health Services and the Mental Health Commission of Canada. Lauren is a professional engineer and holds a Masters in Health Services Administration from Dalhousie University and an Executive Certificate in Management and Leadership from the Massachusetts Institute of Technology Sloan School of Management.

C2 Lessons from a Collaborative Project: HIV/Hep C Peer Support Toolkit

This presentation will highlight three key lessons learned from a collaborative project developing a new toolkit to help grow and strengthen peer support service delivery for people living with HIV and/or Hep C: creating a process for meaningful collaboration and still meeting the deadline; adapting mental health material to new settings; and involving the people who matter.

PRESENTER: **Alison Kyte**

Alison Kyte is the manager of Wellness Programs and Special Projects at the Canadian Mental Health Association in Kelowna. She has a MA in Leadership from Royal Roads University. She has worked in the mental health field for over 20 years and joined CMHA Kelowna in 2008.

C3 Implementing a Quality Improvement Project by Incorporating Peer Support Values

How does a quality improvement project incorporate the principles and values of peer support? This presentation will describe how that can be achieved and will provide suggestions that participants can make use of in their organizations and communities.

PRESENTERS: Allan Strong and Robin Spence-Haffner

Allan Strong is the Clinical Lead for Peer Support with Choices for Change. He has been active in the peer support community as a spokesperson, advocate, and researcher.

Robin Spence-Haffner is the Quality Improvement Lead with Choices for Change. Robin is passionate about engaging users of service in a meaningful and productive way in the quality improvement process.”

C4 Helping Increase Access To Services Through Peer Support

Punjabi Community Health Services’s Peer Support Program forms a holistic program support to the client. The Peer Support Workers (PSW) help with navigation, support and linkages to other services. PSW form an integral part of professional staff and work in close cooperation with the clinical staff. This has resulted in reduced emergency visits to the hospitals and increased well-being of clients.

PRESENTERS: Baldev Mutta and Aman Virk

Baldev Mutta is the CEO of Punjabi Community Health Services. He has developed the Integrated Holistic Service Delivery model to serve the South Asian community in mental health, addictions, services for seniors, and settlement needs.

Aman Virk is the Peer Support Program Coordinator. She operationalized the Peer Support Program with Punjabi Community Health Services and is instrumental in making it a successful program.

C5 Building A Self-Care/Crisis and Resiliency Toolbox

Resilience plans are an important part of any Self-Care Toolbox. Do you have an up-to-date resiliency plan? Learn more about a Canadian-based recovery booklet designed by peers for peers.

PRESENTER: Beth Henry

Beth Henry was certified as a Peer Specialist in Atlanta, Georgia. Upon returning home to Calgary she founded Prairies To Peaks Consulting Inc, with a passion and vision to provide tools to peer workers as they move forward in their own recovery and provide good peer support to others.

C6 Youth Peer Support and Connection: A West Coast Collaboration

This session will explore the collaboration between a non-profit mental health organization and a health authority in the creation of curriculum, training and job placement for young adults with lived experience of mental health challenges. Placements for these young adult Peer Support Workers are largely in youth-specific clinical settings.

PRESENTERS: Leigh-Ann Horwitz Mackintosh and Fraser Mackenzie

Fraser Mackenzie is Coast Mental Health's Peer Support Program Coordinator. He has been involved in the training and development of Peer Support programming for four years. He has a particular interest in young adult Peer Support and has been active in modifying and contemporizing curriculum with the aid of the youth with whom he works.

Leigh-Ann Horwitz Mackintosh is Fraser Health's Youth Peer Support Coordinator. She's been a driving force in implementing the first peer support program in the youth and young adult mental health and substance use programs throughout Fraser Health. Previously, she worked as a peer supporter promoting early intervention and attempting to end the stigma attached to mental health challenges by sharing her story.

C7 Peer Support Certification: An Inside look

Peer Support Canada offers Peer Support Certification and Family Peer Support Certification, grounded in the Peer Support Standards of Practice. Come learn about what is involved in achieving Peer Support Certification, including the assessment of core competencies, assessment of acquired experience, the knowledge assessment, and the guided practicum.

PRESENTERS: Lauren Dickler and Debbie Sesula

As the Certification Coordinator for Peer Support Canada, **Lauren Dickler** works with each person who is completing their Peer Support Certification. She has been an advocate in the mental health community since being diagnosed with depression and panic attacks in 2006, providing peer support, raising funds for mental-health related charities, and working to increase education and reduce stigma associated with mental illness. Lauren teaches at York University and Humber College in Toronto, and is completing her PhD on mental health/illness in athletes.

Debbie Sesula, MA, RTC, CPS, CPSM, works as coordinator for the North Shore Peer Support Program in North Vancouver, BC. Her involvement in peer support has been 20+ years as a peer support worker, researcher, program and curriculum developer, and she travels to communities to assist them in implementing peer support. Debbie is a recipient of the Consumer Involvement, Courage to Come Back, and Resiliency Awards and is a member of Peer Support Canada's Certification Committee.

Conference **DAY 2**

May 8th 2018 | National Conference
on Peer Support

Conference Agenda

Tuesday, May 8th, 2018

TIME	ACTIVITY
7:30 am – 9:00am	Registration & Continental Breakfast
7:45am – 8:45am	Breakfast Presentations *Optional
9:00am – 9:15am	Welcome & Opening Remarks
9:15am – 10:15am	Keynote Speaker: Todd Leader
10:15am – 10:30am	TRAVEL TIME
10:30am – 12:00pm	D1-D6 Concurrent Sessions
12:00pm – 1:00pm	LUNCH
1:00pm – 2:00pm	E1-E6 Concurrent Sessions
2:00pm – 2:30pm	Poster Presentations
2:30pm – 3:00pm	Community of Practice Session Report
3:00pm – 4:00pm	Keynote & Closing Remarks: Séan McCann

BP4: Mental Health Journey Guides: Two Métis Men Talk Peer Support	BP5: Digital Storytelling as a Tool in Mental Health Support	BP6: Peer Support: A Crucial Resource in Enabling Recovery From Mental Illness and Maintaining Mental Health
---	---	---

BP4 Mental Health Journey Guides: Two Métis Men Talk Peer Support

How peer support speaks to and engages Indigenous Cultures is an important question that needs to be investigated. Cultural differences around the meaning and practices of wellness and support can arise. In this presentation two Métis men will discuss their experiences providing peer support; they will open a dialogue regarding developing an Indigenous framework and guidelines for peer support.

PRESENTERS: Tyrone Gamble and Guy St-Jean

Tyrone Gamble is of mixed heritage. He strongly identifies with Irish and Métis heritage. His family includes various Indigenous heritages. He has also experienced diverse cultures, mindsets and environments in his lifetime. Tyrone grew up in Canada's arctic and spent time amongst Inuit culture. He has lived experience with parallel realities, including voices. He experiences himself as a man between worlds.

Guy St. Jean, Métis with Algonquin origins, is from eastern Ontario. Working on his ancestry to confirm his Algonquin side, he connected to the land as First Nations. Also connected with the spiritual side of the earth, feels grounded and able to connect with Indigenous culture, he's in his element! Experienced mental health/addiction challenges which able him to relate and connect with similar experiences.

BP5 Digital Storytelling as a Tool in Mental Health Support

Stories are equipment for living and fill both our waking and sleeping hours. It has long been the tradition of human beings to pass along wisdom through storytelling. One of the major "recovery tools" that peer support providers bring to mental health services is sharing their own recovery story. Peers can be inspired by hearing the truth, hope, and possibilities implicit in the recovery stories of others. It is now relatively easy to create and share stories digitally and there is great potential to employ digital tools in therapeutic and pedagogic ways. This presentation will outline a process of creating and sharing short, three minute digital stories in a mental health peer support setting.

PRESENTERS: Joy Pavelich and Mike Lang

Joy Pavelich is the Community Engagement team leader at Canadian Mental Health Association - Calgary Region. A lifelong communicator, working across a spectrum from government, to corporate to non-profit, Joy also holds a Master of Arts degree in professional Communications. Her research was in trauma and narratives and the importance of sharing stories to move past the damaging impact of trauma. When she lost her 20 year old son Eric Schmit to suicide in August, 2013, Joy transferred her skills into supporting mental health awareness, advocacy and action.

Mike Lang is a health narrative specialist, researcher, film-maker, and PhD student at the University of Calgary. He has directed and produced three feature length documentaries and two web series, all focused on different aspects of health and wellness, in addition to publishing research and facilitating the creation of over 350 Digital Stories with a diverse cross-section of patients and families in the past 5 years. Mike's professional and research focus is on using Digital Storytelling in a research, quality improvement, advocacy, and therapeutic capacity. He uses his storytelling skills to help others share their story and stimulate important conversations about what it means to live well with, through and beyond any illness or injury. To view some of his recent projects visit www.mikelangstories.com or connect with him on Twitter, FaceBook or Instagram @mikelangstories.

BP6 Peer Support: A Crucial Resource in Enabling Recovery From Mental Illness and Maintaining Mental Health

Join the National Council of Persons with Lived Experience (NCPLE) in a conversation about why interaction with those who have overcome mental health issues is particularly effective at overcoming one's own issues.

PRESENTERS: Alicia Raimundo, Ken Reddig, William (Bill) Pringle and Theresa Claxton

Alicia Raimundo, Member, NCPLE, has been described as a "mental health superhero", battling serious bouts of anxiety, depression and a suicide attempt since the age of 13. She has, given two TEDxTalks, was named one of 2012 "faces of mental illness", spoke at the Clinton Global Initiative, headlined UN's international youth day 2014 at the UN headquarters in New York, and represented Canada in Thailand and Ottawa at One Young World conferences. When she is not speaking, she writes, researches, advises, and creates awesome and innovative programming with awesome young people (Be Change, Bean Bag Chat as some examples).

Ken Reddig tried to heal himself from the sexual abuse he experienced at a young age. It was only when he was 60 years of age, and had survived numerous suicide attempts, that he landed in a mental hospital. After two stays, he finally began to repair his life and work on a program of Recovery. Now at retirement age, Ken is involved on numerous committees related to mental illness. He continues to tell his story over and over to help others who have had similar experiences.

William (Bill) Pringle has served on the CMHA board of directors for the Saskatoon Branch for 15 years and is a past president. Bill is currently serving as a patient adviser to two provincial government committees. In another life Bill was manager of public relations for the city of Calgary.

Theresa Claxton-Wali is the past chair and sits as ex-officio to the National Council of Persons with Lived Experience (NCPLE), an advisory body to the National Board of the Canadian Mental Health Association. Theresa is an active community volunteer with extensive experience as a board member with past and current positions with Centre for Addiction & Mental Health, Journal of Ethics & Mental Health, Sound Times Peer Support Services and Community Resource Connections of Toronto and Ontario Peer Development Initiative. Theresa brings 25+ years as an advocate for persons with lived experience and their families of mental health, addiction and developmental disabilities. She is an active member of the Ontario Association of Patient Councils and is a Patient & Family Advisor at her local community hospital. Theresa is also a certified peer supporter, advance level WRAP facilitator and recovery educator.

Keynote Speaker

Tuesday, May 8th, 2018

CONFERENCE DAY 2 AT A GLANCE

7:30am - 9:00am	Registration & Breakfast
7:45am - 8:45am	Breakfast Presentations *Optional
9:00am - 9:15am	Welcome & Opening Remarks
9:15am - 10:15am	Keynote: Todd Leader
10:15am - 10:30am	TRAVEL TIME
10:30am - 12:00pm	D1-D6 Concurrent Sessions
12:00pm - 1:00pm	LUNCH
1:00pm - 2:00pm	E1-E6 Concurrent Sessions
2:00pm - 2:30pm	Poster Presentation
2:30pm - 3:00pm	Community of Practice Session Report
3:00pm - 4:00pm	Keynote & Closing Remarks: Séan McCann

9:15–10:15am

GRAND BALLROOM

Todd Leader

**SYSTEM OF CARE:
CREATING A FUTURE WITH A
CLIENT-CENTERED SYSTEM
AND PEER SUPPORT**



The future of addiction and mental health requires not only client-centered care, but also the creation of client-centered systems. This distinction is critical if we hope to genuinely improve the experience and well-being of the public we serve. Just as critical is identifying the irreplaceable role of peer support and peer supporters, and weaving it into a comprehensive, collaborative, intersectoral, and interorganizational **system** of care...with no cracks for people to fall through. Come be part of creating the new client-centered future.

Todd Leader, an alumnus of Cape Breton University and Memorial University of Newfoundland, is a Registered Psychologist and a Registered Social Worker. He has spent 27 years working as a transformational leader in health services and has also been teaching in the Faculty of Science at Saint Mary's University for the same 27 years. Todd has twice earned awards for his teaching, including the Overall Excellence in Teaching Award, the highest award presented by the Saint Mary's University Students' Association. Health services under his leadership have earned two international best-practice awards, and a leadership award for excellence in women's health. This past Spring, Todd's contributions to our communities were recognized by a formal proclamation in the Nova Scotia Legislature.

Todd has been the President of the Public Health Association of Nova Scotia, and a member of the Board of Directors of the Canadian Public Health Association. He is currently the President of the Association of Psychologists of Nova Scotia, the Vice President of the Nova Scotia College of Social Workers, and a member of the Nova Scotia Ministerial Advisory Panel on Innovation in Mental Health and Addictions. Todd is also currently the Project Lead for the SEAK Project, working to integrate social and emotional learning in school systems and communities across Atlantic Canada.

He currently works as a consultant, speaker, and facilitator helping to lead client-centered system improvements, using his recently published book ***"It's Not About Us: The Secret to Transforming the Mental Health and Addiction System in Canada"***.



D1-D2 Concurrent Sessions

10:30am–12:00pm

D1: Creating Structures for Peer Engagement Within Your Organization	D2: Promising Practice Innovation in Peer Support	D3: How Recovery and Peer Support Changed Everything	D4: A Tale of Two Curricula; Two Approaches to Creating and Delivering Youth Peer Support Training	D5: "Yes, I Get It": Peer Support in Families First	D6: The Power of Connections: Support in a Digital Age
---	--	---	---	--	---

D1 Creating Structures for Peer Engagement Within your Organization

ACCESS Open Minds is a pan-Canadian network that is transforming youth mental health services. This workshop explores strategies to help grow stakeholder engagement within existing structures, sharing our experience with the implementation of three national stakeholder councils for youth, family/carers and Indigenous peoples. The various peer initiatives that are taking place within the ACCESS Open Minds Network will be highlighted.

PRESENTER: Chantelle Mireault

As Partnerships and Stakeholder Engagement Coordinator at ACCESS Open Minds central office in Montreal, **Chantelle Mireault** collaborates with the National Youth Council, the Family and Carers Council, and the Indigenous Council. Chantelle strives to empower community members with lived experience to contribute their unique expertise to ACCESS Open Minds, a Pan-Canadian youth mental health research project.

D2 Promising Practice Innovation in Peer Support

This innovative initiative launched intentional peer support into over 11 mainstream mental health and addictions agencies. This session will highlight how the implementation came to be; the intentional building of integral relationships within the system; trainings for peers, supervisors and teams; the formation of communities of practices for supervisors and peer workers; the creation of a validated tool for peer support; and its innovative work on supporting ongoing quality improvement in all aspects of integrating peer support philosophy into our health care system.

PRESENTERS: Betty Lou Kristy and Christina Jabalee

Betty-Lou Kristy, is the Peer Support Substance Use (Provincial) Systems Lead for, Our Beautiful Minds: Centre for Innovation in Peer Support. She is a bereaved mother, in recovery for 18 years from alcohol/multi-drug addictions, trauma and mental health issues. Betty-Lou lost Pete, her 25-year-old son with concurrent disorders to an accidental opioid overdose in 2001. Betty-Lou has spent the last decade as a provincial system-level, lived experience/family – advisor, educator, and advocate – helping to frame policy, governance, and programming. She also provides peer support and outreach at the community level. Previous to this journey her background was in corporate marketing. She received the 2009 Transforming Lives Award from the Centre for Addiction and Mental Health (CAMH), and the 2012/13 ACE (Achievement, Commitment and Excellence) Award –Partner Relations category – from the Ministry of Health and Long-Term Care, for her work with Expert Advisory Narcotics.



Christina Jabalee, Peer Support Systems Lead for Our Beautiful Minds: Centre for Innovation in Peer Support in the Mississauga Halton Region. Christina brings her personal experience in the field of mental health/addictions/substance use through her family experience as a caregiver and navigating her own wellness. She completed her Bachelor of Social work degree and began presenting on her personal/family story to MPP's, the All Party Select committee on mental health and addictions and in numerous newspaper articles. She has worked in the Mississauga Halton region for over 8 years facilitating family support groups, peer support groups, trainings, regional planning tables/committees and has presented 100's of times to high school students and police officers, where she highlights the need for a human approach to health care, where we recognize we are all in this together.

D3 How Recovery and Peer Support Changed Everything

Over 20 years of experiences, stories and evidence is shared in a panel and interactive presentation style from Ontario Shores and CMHA Calgary. Together they explore why by setting peer support and recovery as core principles of their services and programs has completely changed everything - empowering each person that accesses their programs to leave with an evidenced sense of hope, belonging and connection.

PRESENTERS: **Allison Stevens, Katie Enright and Stella Ducklow, Callum Ross and Debbie Wiebe, Greg Miller and Nigel Mayers, Lisa Andrulidakis and MaryLou Freitag**

Allison Stevens has worked within the Forensic program at Ontario Shores Centre For Mental Health Sciences as a Nurse since 2005. In her time throughout the hospital she has become a Recovery Advocate as well as a co-lead investigator in research examining the development and impact of patient-led group facilitation and education. Allison has a passion for leveraging the expertise associated with lived experience and peer support and recovery-related knowledge translation designed to enhance Recovery-Oriented practice. Allison lead the Implementation of the Recovery College at Ontario Shores and oversees the Recovery initiatives within the corporate Recovery action plan.

Katie Enright has worked at Ontario Shores, starting as a nurse since 2006. Her interest in mental health came from her lived experience with bipolar disorder and PTSD, wanting to help others along their recovery journey. As she continued to live with her mental illness, particularly after experiencing post-partum psychosis, she began to come forward about her struggles and rising above them, eventually being featured on Ontario Shores' social media podcast "mindvine". The positive response was overwhelming, and colleagues expressed so much gratitude to have a mental health professional "come out", as many suffering admitted they felt extremely stigmatized even working in the profession. Katie decided at this time the role of peer support specialist was where her heart was, and has been working in the Recovery College at Ontario Shores since its inception.

Stella Ducklow has worked as a Peer Support Specialist at Ontario Shores Centre for Mental Health Sciences since 2014. Hailing from Halifax NS Stella's passion for equitable mental health care when she started doing first voice speaking in 2009, and blossomed further during her time as Artist In Residence for the Sunlife Chair of Adolescent Mental Health from 2011-2014. A firm believer in consumer led movements, Stella has been a key player in Ontario Shore's Recovery College since its inception, and was recently a co-organizer of the first co-designed Eating Disorder Conference in Ontario.

Working with the Canadian Mental Health Association Calgary as Policy and Advocacy Lead and as Co-Chair of the Calgary Council for Addiction and Mental Health, **Callum Ross** leads mental health and addiction initiatives and innovations. His role is to support collaboration within the sector that meets the emerging challenges related to needs of Calgarians living with mental health and addiction challenges.

Debbie Wiebe has worked with the Canadian Mental Health Association – (CMHA) Calgary Region for over 20 years. She is a provincial project Mentor overseeing peer support implementation, training and internships as the head of the CMHA Peer School's faculty of education. She volunteers with Peer Support Canada as a Peer Mentor and Certification Committee Member.

D4

Concurrent Sessions

10:30am–12:00pm

Greg Miller completed the Art of Friendship and Circle of Friends and graduated from Peer School in 2017. Greg is now a facilitator with Art of Friendship and Circle of Friends with CMHA. Greg loves what he does and is getting satisfaction everyday from helping people.

Nigel Mayers has 20 years of lived experience. He completed Art of Friendship and Circle of Friends and graduated from Peer School in 2017. He is a facilitator for Art of Friendship and Circle of Friends.

Having worked in peer support for over a decade, **Lisa Androulidakis** leads innovative projects within the Canadian Mental Health Association, supporting the growth and development of peer initiatives across the Province.

MaryLou Freitag is a Recovery Trainer within the CMHA Recovery College. She brings a background in adult education and counselling. On her own recovery journey, she feels privileged to support amazing people rediscover their value and potential.

D4 A Tale of Two Curricula; Two Approaches to Creating and Delivering Youth Peer Support Training

Stella's Place in Toronto and Foundry in BC have both developed peer support training curricula for young people with lived experience of mental health challenges. This interactive session will discuss how these different curricula were developed, how young people were involved in the design and delivery of the training, the role of curricula in standardizing the field of peer support, and outcomes of the training and learnings. The differences in approach adopted in the curricula, lessons learned from creating and delivering the training, and areas for further work will be shared.

PRESENTERS: Asante Haughton and Dr. Stephanie Rattelad, Carrie Smith and Andrea Vukobrat

Asante Haughton is the Peer Training and Development Lead at Stella's Place. He believes in taking a collaborative approach to youth empowerment and social justice initiatives. When not trying to change the world, Asante spends his time being frustrated with Toronto sports teams and spending way too much time on Netflix.

Dr. Stephanie Rattelade is the Quality Experience and Evaluation Coordinator at Stella's Place. She takes a collaborative approach to research, working with young adults and staff to measure the impact of peer support programs. She is also a chocolate connoisseur and spends her free time hiking and avoiding encounters with bears.

Carrie Smith is part of the clinical implementation team for Foundry; a provincial network of centres providing integrated wellness services for young people in British Columbia. Carrie has been involved in adult education initiatives in the health and social service sector for over 10 years and was fortunate to be involved in the development of the Foundry Youth Peer Support Curriculum over the past year. Carrie has a masters of social work degree and has worked as a social worker in the areas of mental health and neuropsychiatry in both the community and hospital settings.

Andrea Vukobrat was a youth peer support worker for 3 years at the Kelty Mental Health Resource Centre, supporting children, youth and families who were experiencing mental health challenges. As a young person with lived experience, the opportunity to see her experiences as giving her expertise and knowledge was transformative and a huge piece of her journey to wellness. Her work now as the youth peer engagement coordinator with Foundry Central Office allows her to combine her two passions of youth engagement and community development by creating opportunities for youth to see themselves as part of positive community development and growth.



D5 "Yes, I Get It": Peer Support in Families First

The presentation will demonstrate a strength-based approach used to engage families in their growth, and how this helps to facilitate greater levels of family engagement and feelings of personal success. The facilitators will provide real life solutions used to promote growth outside traditional services and therapeutic supports, and foster community development.

PRESENTERS: Alison Wood, Michelle Whalen, Alexis Wenzowski and Jayne Staples

Alison Wood is a Family Support Provider with Caroline Families First. She has lived experience of raising children with mental health. She is the parent of three children (two of which with significant mental health), and is a therapeutic foster parent for the past twenty years.

Jayne Staples is a Care Coordinator with Caroline Families First. She has more than twenty years experience providing high level of service coordination and wraparound in children's services. She is also the parent of a youth with mental health.

Alexis Wenzowski is the Team Lead with Caroline Families First program. She has worked within the Wraparound model of care for the past five years, and, previously, taught English on a northern Saskatchewan.

Michelle Whalen is the Manager of the Caroline Families First program. She has helped to develop and support the peer support model within children's services of Halton Region. She has worked in the child and youth field for 10+ years.

D6 The Power of Connections: Support in a Digital Age

Come learn about two very different organizations using social media platforms to engage and connect people. The Maternal Mental Health Research Collaborative (MMHRC) is an innovative, peer-led, patient driven initiative housed at the University of Massachusetts Medical School, but its reach is international in scope through the harnessing the power of social media. Sponsor Finder helps you on your road to recovery by facilitating connections between sponsors and sponsees in the addiction recovery space.

PRESENTERS: Katie Robinette and Shannon Hennig

Katie Robinette is the founder of Sponsor Helper, a digital recovery tool. She is the past Executive Director of Healthy Minds Canada, a national charity in the mental health and addictions space with a mission to empower Canadians to take charge of their mental health by helping them identify issues early and navigating them to resources to achieve healthy outcomes faster. She has had a long career in the lobbying, government relations, and campaign management space.

Shannon Hennig is the Program Director of the Maternal Mental Health Research Collaborative, a peer-led initiative dedicated to the active involvement of women with lived experience with maternal mental illness in research. After her own recovery from maternal mental illness she became acutely aware of the lack of patient engagement in maternal mental health research and has worked in both Canada and the US to build infrastructure to support "mom-powered research priorities".

E1-E2 Concurrent Sessions

1:00–2:00pm

E1: Peer Support – Harm Reduction in Housing First	E2: The Conduit from Tears to Cheers- Culturally Adapted Wellness Recovery Action Planning (WRAP) Group for Family Peers in the Chinese Community	E3: Mentoring Tools: Using the Peer Support Competencies	E4: Thriving Together: Promising Practices in Mental Health Peer Support	E5: Opportunities for Peer Work in Clinical Settings: Treatment to Recovery	E6: Moving Forward Together → The Little Engine That Could → KAPOW!	E7: The 5 Stages of Recovery from Psychological Injury or Trauma
---	--	---	---	--	--	---

E1 Peer Support – Harm Reduction in Housing First

This session will explore how the role of education on the complexities of harm reduction among housing first/community agencies can expand a peer supporter’s capacity. By unwrapping the definition of harm reduction to other peers we can then explore the complexity of what harm reduction looks like in its truest form. This also serves to build resiliency in avoiding vicarious trauma, can build a better cultural awareness, and a different perspective of relating to others.

PRESENTERS: Shyann Weymouth and Pamela Spurvey

Shyann Weymouth is a Peer Support Worker with the DiverseCity Housing program which is a housing first & harm reduction Assertive Community Treatment model supporting individuals to live independently in market rent apartments.

Pamela Spurvey struggled many years with mental health and substance abuse issues and has now been on her wellness journey now for 10 years. She is a certified Peer Supporter through Peer Support Canada since 2016. Presently she works for Alberta Health Services as Peer Support Worker and is a mentor with the Edmonton Drug Treatment Team.

E2 The Conduit from Tears to Cheers - Culturally Adapted Wellness Recovery Action Planning (WRAP) Group for Family Peers in the Chinese Community

This session shares the experiences of the Chinese family peers in the Wellness Recovery Action Plan (WRAP) Group at Hong Fook Mental Health Association, an agency that provides community mental health services to Asian communities in Greater Toronto Area. It highlights how WRAP model is adapted culturally to enhance the self-care of our Chinese family peers.

PRESENTER: Erica Wan

Erica Wan is with the The Chinese Family Support Group of Hong Fook Mental Health Association, which has established for more than 10 years. It promotes mutual learning, sharing and support in a group setting. From the spectrum of receiving help, self-help to mutual support, Hong Fook Chinese family peers grow together in their recovery journey.

E3 Mentoring Tools: Using the Peer Support Competencies

Certified Peer Support Mentors guide, coach, and assess Peer Support Certification candidates through the Practicum phase. This session will drill into the peer support competencies, and how Mentors coach candidates to reflect upon, and deepen their practice as a Peer Supporter. The process for becoming a mentor will also be discussed.

PRESENTERS: Kim Dixon, Debbie Wiebe and Tracey Mitchell

Kim Dixon has over 80 years of experience with mental illness. She has worked for the BC Schizophrenia Society for 20 years and completed a graduate degree specializing in peer interventions for families affected by mental illness. Kim has been on a lifetime journey with numerous family members living in recovery from mental illness.

Debbie Wiebe has worked with the Canadian Mental Health Association – (CMHA) Calgary Region for over 20 years. She is a provincial project Mentor overseeing peer support implementation, training and internships as the head of the CMHA Peer School's faculty of education. She is a Certified Peer Supporter, a Certified Peer Support and a member of Peer Support Canada's Certification Committee.

Tracey Mitchell lives in Treaty 6 territory in Saskatoon. She has been the Peer Support Mentor at Mental Health & Addiction Services in Saskatoon since 2014 and is a Peer Support Canada Certified Peer Support Mentor. Tracey also works as the Prairie Region Manager for Next Up, which focuses on leadership training for social and environmental justice.

E4 Thriving Together: Promising Practices in Mental Health Peer Support

What are the key ingredients that make a peer support program flourish? This session will share preliminary findings from the Thriving Peer Support Programs research project, conducted in partnership with a virtual research community including peer supporters, people with lived experience, researchers and policymakers.

PRESENTERS: Dr. Simon Coulombe, Andriana Vinnitchok and Virtual Research Community Members

Dr. Simon Coulombe is Assistant Professor at Wilfrid Laurier University. His research uses positive psychology methods in order to examine the individual, organizational and societal conditions that promote positive mental health of diverse communities, including people living with mental health issues. He is the leading academic researcher on a national study exploring the factors underlying promising mental health peer support practices.

Andriana Vinnitchok is a senior BA Psychology student at Wilfrid Laurier University, who has been pursuing community-based mental health research for the past 3 years. She is passionate about working with community organizations to conduct meaningful and practically-relevant research that contributes to our understanding of well-being.

Virtual Research Community Members

E5 Opportunities for Peer Work in Clinical Settings: Treatment to Recovery

Can peer support exist in a clinical setting? This workshop will look at how Peer Supporter can work collaboratively within a clinical team to bring our invaluable peer lens to our roles, while keeping the spirit of peer support, shifting the focus from treatment planning to a recovery focus, and addressing moral distress we may experience in this role.

PRESENTER: Laura Stanford

Laura Stanford is the Peer Specialist with the Pinecrest Queensway ACT Team in Ottawa Ontario, where she brings her lived experience to all aspects of her job. In addition to individual peer support, Laura has started a monthly Peer Recovery Group. Prior to working with PQ ACTT, Laura worked as an addictions counsellor and an Outreach Worker.

E6 Moving Forward Together → The Little Engine That Could → KAPOW!

This workshop will highlight the essential role of harm reduction peer work in Toronto. During the housing and opioid crises, peer workers affiliated with KAPOW (sex worker drop in for women), helped convince the government to open a 24hr drop in and quickly got naloxone into the hands of people who could most effectively reverse drug overdoses.

PRESENTERS: Carol Danis, Kathy Pinheiro, Debra Neil and Victoria Okazawa

Carol Danis is a University of Toronto graduate, former sex worker and proud drug user, who began her esteemed career as a peer worker. She excelled as a harm reduction outreach worker, speaker, trainer and activist, later joining the Bad Date Coalition and graduating from the Safer Stroll Program. Since 2011, she has led Sistering's successful harm reduction peer support program.

Kathy Pinheiro was a successful executive before losing everything to an addiction. However, with perseverance, and harm reduction strategies, she discovered her natural ability to do peer work. For almost 10 years, she has worked at both Parkdale and Queen West CHCs and Sistering, constantly giving back to her community. Kathy courageously embodies hope for people, as only a peer can.

Debra Neil has been practicing harm reduction for over ten years and is grateful to be alive, having overcome multiple difficulties such as cancer, mental distress and domestic violence. As a peer worker at Sistering, Parkdale and Queen West CHCs, Debra has become a proud role model, incredible supporter, educator, facilitator, advocate, and trusted confidant to people living with similar struggles.

After a few years of doing crisis work, **Victoria Okazawa** realized that harm reduction offers the most humanistic approach to working with people who use drugs and it aligns with her core values. She co-founded the Safer Crack Use Coalition, Bad Date Coalition, and KAPOW. Twenty years later, she remains a dedicated, harm reduction social worker at Parkdale Queen West CHC.

E7 The 5 Stages of Recovery from Psychological Injury or Trauma

Participants explore the five stages in recovery from a psychological injury or trauma. Being aware there is a recovery framework validates the concept of mental health and wellness. Participants will utilize the five stages as a self-management tool to support their mental health and wellness. Participants will take away skills and techniques to support themselves and others to foster mental well-being.

PRESENTER: Mandi J. Buckner

Mandi Buckner is a Workplace and Peer Consultant specializing in the field of Mental Health. Mandi became the first Certified Peer Specialist in Ontario trained through the Georgia Department of Human Resources in the USA, attained a certification in Adult Education and became a CMHA Psychological Health & Safety Workplace Advisor. She has been involved in various mental health initiatives, and developed mental health courses at Sheridan College.



Keynote Speaker

Tuesday, May 8th, 2018

3:00–4:00pm

GRAND BALLROOM

Séan McCann

HELP YOUR SELF (THE SÉAN McCANN STORY)



My story is about surviving abuse, becoming sober, leaving the band and trying to make a real difference in the world. We all carry some kind of denial in our lives that can prevent us from moving forward. We have to find the Courage to face our problems and Help Our Selves. We are all worthy of love and we all need help at some point in our lives. Songs can help us say the things that are often just too hard to say and encourage us to realize that together we are never alone.

Séan McCann bought his first guitar in 1989 which he affectionately calls “Old Brown”. Old Brown has been around. He was there for the first song Séan ever wrote. He was there as Séan founded the acclaimed and multi-million selling band that would change his life. He was there to hold Séan up many a night as he struggled with alcoholism, and he has been there to help guide Séan out of the darkness with music as his medicine.

John Lennon once sang “You can live a lie until you die. One thing you can’t hide is when you’re crippled inside.” After exiting the internationally renowned folk group Great Big Sea and publicly admitting a secret past in which he used alcohol to mask the pain of sexual abuse by a priest ; Séan stopped lying to himself and found his truth and his own voice. With the release of his 5th solo album, “There’s a Place”, he continues his journey as a singer, songwriter, and now a sought after speaker and mental health advocate with Old Brown by his side and a simple message: “You are not alone.”

His 2014 album “Help Your Self” was a battle cry; a line in the sand which announced that he was ready to change and it resonated with people in a way Séan never could have expected. It helped him understand that he wasn’t alone and that telling his story could help others as much as it helped him. 2015’s “You Know I Love You” was inspired by the love he found in sharing that story and an attempt to find a new and real connection in a world that had turned inward to its smart phones. Now comes “There’s a Place” which was produced by Jeremy Fisher, features the beautiful voice of Nova Scotia singer/songwriter Meaghan Smith, and is a collection of songs from a man who is trying to keep his head up when we are tempted to keep them buried in our screens; it’s the story of a man no longer crippled by a lie and who has changed his narrative by not letting his history define him and never forgetting.....that he is not alone.



Peer Support Canada



#NCPS2018



PeerSupportCanada



peersupportcan

www.peersupportcanada.ca