6th Annual National Conference
Promoting the Journey to Healing:
In Aboriginal Communities
In the Criminal Justice System
& Within Society Today

VICTORIA INN & CONVENTION CENTRE
WINNIPEG, MANITOBA
MARCH 16 – 18, 2016

PROUD INITIATIVE OF:

Mood Disorders
ASSOCIATION OF MANITOBA

Helping people help themselves


**Conference Management Information**

Conference Website: www.2016mentalhealthconference.com

**W. Zarchikoff & Associates**

**Contact**  
Bill Zarchikoff, President  
W. Zarchikoff & Associates  
Conference Manager

Email: wzarchikoff@gmail.com  
www.aboriginaltrainingandconsultingservices.com

**Rebecca Marinos, Stratcom Consulting**

**Contact**  
Rebecca Marinos  
President, Stratcom Consulting  
Conference Manager  
Certified Leadership Coach & Communications Consultant

Email: rebecca@rebeccamarinos.com  
www.rebeccamarinos.com

**Charity Information**

**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

Email: TaraS@mooddisordersmanitoba.ca  
www.mooddisordersmanitoba.ca

*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

Mood Disorders
ASSOCIATION OF MANITOBA

Helping people help themselves

Conference Managed By

W. Zarchikoff & Associates
Stratcom Consulting
www.aboriginaltrainingandconsultingservices.com
Conference Notes

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

I really must go to these sessions:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

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:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Other thoughts:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
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 a hosted reception and one hosted lunch.

Ask About Special Needs

Have special requirements for yourself or someone on your team? Come to Bill Zarchikoff or Rebecca Marinos 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.
### 6th Annual National Conference
**Promoting the Journey to Healing:**
In Aboriginal Communities
In the Criminal Justice System
& Within Society Today

**Pre-Conference Workshops March 16, 2016**
**Conference March 17 – 18, 2016**

<table>
<thead>
<tr>
<th>WEDNESDAY, MARCH 16</th>
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<tbody>
<tr>
<td><strong>0800 – 0900</strong></td>
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<tr>
<td>PRE-CONFERENCE &amp; CONFERENCE REGISTRATION</td>
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<tr>
<td>Location: Main Hotel Lobby</td>
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<tr>
<td><strong>0900 – 1600</strong></td>
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<tr>
<td>PRE-CONFERENCE WORKSHOPS: Each of these is a full-day workshop. Please choose one to attend. You do not need to pre-register for your choice, although it does help us to ensure there are the appropriate numbers of seats in each room.</td>
</tr>
<tr>
<td>Pre-conference Workshop #1: “Changing Old Patterns to New Connections: Trauma, Substance Use, Mental Health and Rebirth”</td>
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<tr>
<td><strong>Consequences of Trauma on Addiction and Mental Health:</strong></td>
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<tr>
<td>A) Peeling the onion:</td>
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<tr>
<td>- Trauma, substance use, mental health</td>
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<tr>
<td>- How does trauma affect the mind (Mental Health)</td>
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<td>- Post-traumatic stress</td>
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<td>B) Creating the best conditions for change</td>
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<td>- Substance abuse</td>
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<tr>
<td>- Stages of a change model</td>
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<tr>
<td><strong>Family Systems Recovery in First Nations</strong></td>
</tr>
<tr>
<td>A) Role, responsibilities and expectations</td>
</tr>
<tr>
<td>- Family system roles</td>
</tr>
<tr>
<td>B) Family intervention demonstration</td>
</tr>
<tr>
<td>- First step in breaking the ice</td>
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<tr>
<td>- Role play or show me how</td>
</tr>
</tbody>
</table>
| Facilitator: Dr. Joseph Beltempo, Ph.D. 
Psychologist, OPQ, APQ 
Lecturer, Concordia University & 
McGill University 
Montreal, Quebec |
| Location: Embassy C |
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 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: Don Robinson
Educator, Trainer + Traditional Healer
Ma Mawi Wi Chi Itata Centre Inc.
Winnipeg, Manitoba

Location: Embassy D
**2016 NATIONAL MENTAL HEALTH CONFERENCE**

**REGISTRATION & REFRESHMENTS**

Location: Lobby - Wellington Ballroom

**INTRODUCTIONS, PRAYER & 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: Wellington Ballroom

**Special Opening Presentation: "Let's Dance!"**

Have you heard the saying live, love, laugh & dance like no one’s watching? Here’s a reminder that life’s a dance and you make it up as you flow with your go. Dancing allows the music of life to flow out with our joy for and with life. Dance continues to be a dynamic storytelling element in all communities. Let’s honour the ancestors and one another as we dance to the heartbeat of Mother Earth.

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

**KEYNOTE ADDRESS 1: “Suicide Risk Assessment and Intervention in People With Mental Illness”**

Suicide is a leading cause of death around the world. Although relatively uncommon in the general population, suicide rates in people with mental illness are much higher. Clinicians are frequently tasked with assessing and managing suicide risk. Risk assessment is challenging for a variety of reasons, not least because conventional risk assessment approaches rely on an individual’s self-report and some suicidal people may wish to conceal their plans. Service provision for suicidal patients is often substandard, particularly at times of highest need such as the time after discharge from hospital or the emergency department. A number of medication and psychotherapy-based treatments exist, however it remains unclear what are the best approaches to reduce suicide risk. Some of the most compelling evidence supports long established treatments such as lithium and cognitive behavioral therapy. Emerging options include ketamine and internet-based psychotherapies. This review will summarize the current science in suicide risk assessment and will provide an overview of interventions shown to diminish suicide.
<table>
<thead>
<tr>
<th>Thurs, Mar 17 (cont.)</th>
<th>Objectives:</th>
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<tbody>
<tr>
<td></td>
<td>1. To understand which clinical situations have an especially high risk for suicide</td>
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<td>2. To learn which evidence-based suicide assessment components are useful for clinical practice</td>
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<td>3. To gain knowledge in the latest clinical treatments for reducing suicide risk</td>
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<tr>
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<td>Presenter: Dr. James Bolton, MD, B.Sc, FRPC</td>
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<td></td>
<td>Assistant Professor of Psychiatry and Psychology</td>
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<td></td>
<td>University of Manitoba</td>
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<td>Manitoba Winnipeg</td>
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<tr>
<td>1000 – 1015</td>
<td>HEALTH &amp; NUTRITION BREAK</td>
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<tr>
<td>1015 – 1115</td>
<td>KEYNOTE ADDRESS 2: “Navigating Through the Criminal Justice System While Dealing With Mental Health Issues”</td>
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<td>This session will focus on how people dealing with mental health challenges navigate their way through the Justice System. Discussions will include how community stakeholders can help to ensure a smooth process for the offender as well as help to provide all relevant information to the Court that will allow the best results for the offender and society.</td>
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<td>Facilitators: The Honourable Chief Judge Kenneth Champagne</td>
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<td></td>
<td>Chief Judge of the Provincial Court of Manitoba</td>
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<td>Winnipeg, Manitoba</td>
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<td></td>
<td>Andy Bestland</td>
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<td>Assistant Superintendent of Programming</td>
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<td>Headingley Jail</td>
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<td>Headingley Manitoba</td>
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<td></td>
<td>Christine Deckert</td>
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<td>Area Director, Probation Services</td>
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<td>Manitoba Justice</td>
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<td>Winnipeg, Manitoba</td>
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<td>Lisa LaBossiere, LLP</td>
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<td>MYERS WEINBERG LLP</td>
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<td>Winnipeg, Manitoba</td>
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<tr>
<td>1115 – 1200</td>
<td>KEYNOTE ADDRESS 3: “How a Suicide Attempt Can Be a Turning Point to Recovery”</td>
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<td>Natasha Tracy graduated from university with a bachelor’s of computer science. She travelled the world training clients on software. She even found herself living in Seattle and working for Microsoft. Unfortunately, Natasha also began suffering from bipolar disorder at the age of 20. During treatment, she experienced being rejected by doctors, undergoing what some would consider experimental surgery to treat crippling depression and submitting to electroconvulsive therapy. When external factors compounded the pain of her illness, she finally cracked. But was this breaking point really the beginning of her recovery?</td>
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<td>Facilitator: Natasha Tracy</td>
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<tr>
<td></td>
<td>Award-winning writer and speaker</td>
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<td></td>
<td>Victoria, British Columbia</td>
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<tr>
<td>Time</td>
<td>Event Description</td>
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<tr>
<td>1200 – 1315</td>
<td>NO-HOST LUNCH</td>
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  The thrill is gone: Understanding depression beyond the Darkness. Free from your Spell: Psychotherapy: who is it for? When is the best time to go? How long do you need to go? Pitfalls, dependence, transference anyone? Fertile Ground for growth.  
  As a clinical psychologist working in a Native Community Dr. Beltempo has chosen this topic based on past experience and relevance to the needs of today. Culturally appropriate methods will be explored and related to practical APPLICATIONS, that can be integrated into actual Case Work.  
  This presentation will focus on:  
  1. Behavioral manifestation of mood disorders  
  2. The latest available tools for objective ASSESSMENT of mood disorders  
  3. The latest suggested intervention strategies, using a CASE study for demonstration purposes  
  Presenter: Dr. Joseph Beltempo, Ph.D.  
  Psychologist, OPQ, APQ  
  Lecturer, Concordia University & McGill University  
  Montreal, Quebec |
  Young children with disruptive behaviour problems are often seen as the embodiment of their problematic behaviour. For the past 30 years, Child Development Institute’s Stop Now And Plan (SNAP®) program has worked to challenge this misconception and bring awareness to the middle years, an often “forgotten” yet critical development stage, by looking past a child’s problem behaviour and, instead, seeing their potential. SNAP is an evidence-based, gender-specific program that has helped to bring positive, lasting change to the lives of thousands of at-risk children and their families by believing that everyone has the power to change, and that change starts with learning to make better choices. By teaching emotion regulation, self-control and problem solving strategies, SNAP helps children (and their families) learn how to stop, think, and make better choices “in the moment.” While SNAP has been decreasing the number of children growing up to have contact with the juvenile justice system for 30 years, our new SNAP Youth Justice (SNAP YJ) program is bringing these same vital strategies to youth already in contact with the justice system. This continuity of programming gives these children and youth even more opportunities to turn their lives around, no matter their age.  
  Facilitator: Dr. Leena Augimeri, Director, Ph.D.  
  Centre for Children Committing Offences and Program Development  
  Child Development Institute  
  Toronto, Ontario |
| 1515 – 1530 | HEALTH & NUTRITION BREAK                                                            |
### TRACK 1: Mental Health Challenges In the Criminal Justice System

#### WORKSHOP 1: “Communities First: Implementing Rapid SNAP (Stop Now And Plan) Program Expansion in a Culturally Safe Manner by Improving Internal Capacity Within Communities”

As we set forth on our ambitious plan to bring the Stop Now And Plan (SNAP®) program to 120 new sites across Canada over the next 5 years, we recognized the need to develop a strategy that would allow us to bring our 30 years of clinical research to the wide diversity of communities in need. To this end, we are establishing (or building on existing) community hubs/networks of key stakeholders – including representatives from schools, police, children’s mental health and community-based organizations, child welfare, and more – to bring those most capable of affecting change together. This cross-sector strategy builds an incredible amount of internal capacity within communities, forging new collaborative relationships with the success of the children and youth in that particular community at the center, while also providing access to important fidelity tools. Similarly, when we set out to develop a “SNAP Facilitator’s Guide” for Aboriginal communities under funding from the Ministry of Community Safety and Correctional Services’ Safer & Vital Communities Grant, it quickly became apparent from early discussions with the SNAP Team, our Aboriginal Community Partners, consultants, and a review of the literature that a broader scope was called for: the guide needed to include a community-based and historical focus. The resulting Companion Manual for SNAP in Aboriginal Communities is designed to help communities preserve cultural safety while delivering SNAP programming, and – like the community-hub strategy – places that particular community, with its unique set of stakeholders and historical context, in a greater position of authority, improving buy-in and sustainability. The development process in creating both the community-hub strategy and the Companion Manual will be discussed, along with preliminary results from their piloting.

**Facilitator:** Dr. Leena Augimeri, Ph.D., Director
Centre for Children Committing Offences and Program Development
Child Development Institute
Toronto, Ontario

**Location:** Embassy A

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

#### WORKSHOP 2: “Healing Work With The Whole Family”

The focus of this workshop will be to present a holistic model for doing healing work with Aboriginal families, blending Aboriginal healing methodologies with mainstream approaches. Utilizing traditional teachings and understandings of the good life (Mino Pima Ti Sì Win) and incorporating Western healing techniques, provides a foundation for understanding how Aboriginal families and communities have been negatively affected and in some instances, devastated. The model developed becomes the basis for value-based and relationship-focused work including as many of the family group as possible.

**Facilitator:** Don Robinson
Educator, Trainer + Traditional Healer
Ma Mawi Wi Chi Itata Centre Inc.
Winnipeg, Manitoba

**Location:** Embassy B
Thurs, Mar 17 (cont.)

**Track 3: Understanding Mental Health Issues Today**

**WORKSHOP 3: “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: Embassy C

**WORKSHOP 4: “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: Elsa Sydorko (Anxiety Disorders of Manitoba) and Kim Heidinger (Manitoba Schizophrenia Society)  
Winnipeg, Manitoba

Location: Embassy D

**1630 – 1730**

**Hosted Reception**

Please join us for some delicious hors d’oeuvres plus a chance to mingle and relax with other conference delegates. This is a perfect chance for small group interaction and relaxing fun. A cash bar will be available.

Location: Carlton Room

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**FRIDAY, MARCH 18**

**0900 – 1030**

**CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)**

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

**Workshop 5: “Building Partnerships: The role of Community Agencies in Institutional Mental Health and Social Service Delivery”**

The presenters, both of whom work with community-based service agencies focused on the needs of the incarcerated, will make an argument for stronger partnerships between services provided inside the correctional system and those in community-based programs. When service providers work together more closely, there is less likelihood of clients falling through the gaps as they move in and out of correctional centres. The workshop will also discuss some of the challenges facing those with mental health issues when they are incarcerated and how community and institutional partnerships can make for a stronger response.
### TRACK 2: Mental Health Challenges In Aboriginal Communities

**WORKSHOP 6: “Managing Bullying, Harassment, and Lateral Violence in the Workplace”**

This workshop delves into the following topics, particularly looking at the Aboriginal workforce:
- Defining lateral violence and recognizing it in your workplace
- What are your legal requirements in responding to lateral violence
- Strategies for minimizing lateral violence
- Accommodating victims of lateral violence
- How to move forward

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

Location: Embassy B

### Track 3: Understanding Mental Health Issues Today

**WORKSHOP 7: “The Perfect Storm: When Trauma & Addictions Collide, Part I”**

The person who is suffering from a Trauma/PTSD or Addiction Disorder is caught in a storm which produces pain, isolation and a disconnection from the world and themselves. However, when both of these disorders coexist, there is a biological, physical, emotional and psychological tempest which often leads to a poor prognosis. The connection between Trauma and Addiction is highly correlated and this workshop will explore the current research of each disorder, the complications that arise when they are comorbid and what current best practice, emerging practice and innovative practice is being used as intervention models, strategies and tools. Objectives: To learn about most current research/conceptual frameworks related to Trauma and Addiction, to understand the biology of Trauma and Addiction and how they interconnect, to understand the challenges the comorbidity of the two disorders presents, to become aware of the current interventions being used to work with the two disorders when they are comorbid and to be aware of the key concepts to build into interventions being used with this population.

Facilitator: Greg Lubimiv  
Executive Director, Phoenix Centre for Children and Families  
Pembroke, Ontario

Location: Embassy C
**WORKSHOP 8: “Mental Health Crisis Response Centre (CRC) – Overcoming the Challenges of Establishing a Crisis Centre”**

The CRC is a state-of-the-art facility designed and implemented to improve the care of people experiencing a mental health crisis. The CRC has been in operation for almost three years and, like many new services, it has experienced both successes and challenges. This presentation will offer a general description of the Crisis Response Center, the services contained within Crisis Services, the population that it serves and some of the lessons that have been learned in the first three years of its operation.

Facilitator: Ken MacKenzie  
Executive Director WRHA Mental Health Crisis and Forensic Services  
Winnipeg, Manitoba

Location: Embassy D

**1030 – 1045**

**HEALTH & NUTRITION BREAK**

**1045 – 1200**

**CONCURRENT WORKSHOPS (Choose 1 of 4 to attend)**

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

**WORKSHOP 9: “Assisting Clients With Dual Diagnosis to Live Successful Lives”**

Youth with a dual diagnosis (mental health conditions and developmental disability) experience multiple challenges throughout their lives. Systems are currently in place to assist one or the other diagnosis, however rarely capture the true essence of the person as a whole. Without proper identification and treatment, many youth are at risk of becoming involved in the justice system, homeless or victimized in other ways.

Throughout this workshop we will discuss what a dual diagnosis is, prevalence in Canada and within the justice system, early identification, treatment options and transition options into adulthood.

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

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

Location: Embassy B

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

**Workshop 10: "Dance Offerings"**

In the circle of life we are born, known to creation, as the human being. Being human meant respecting the spirit within all of creation. As we make good pace to retrace the steps of life, we celebrate life’s delicate balances, reconnecting to the universal synchronicity within our hearts and minds. To bring good thoughts and actions to life is bringing the first balance from within ourselves into the world of the human being. Being human happily going along in life - now that’s a beautiful song and dance, not by chance, but by choice. This presentation utilizes storytelling, sharing of family & community dynamics, music, humour and dance.
Facilitator: Travis Dugas Bellerose “KNIGHTHAWK”
Traditional Dancer , Story Teller ,Motivational Speaker, Actor, Master of Ceremonies, Dynamic Facilitator
Edmonton, Alberta

Location: Embassy A

WORKSHOP 11: “The Perfect Storm Part II”

This workshop continues to delve into the sessions as outlined in part I. The workshop objectives are: To learn about most current research/conceptual frameworks related to Trauma and Addiction, to understand the biology of Trauma and Addiction and how they interconnect, to understand the challenges the comorbidity of the two disorders presents, to become aware of the current interventions being used to work with the two disorders when they are comorbid and to be aware of the key concepts to build into interventions being used with this population.

Facilitator: Greg Lubimiv
Executive Director, Phoenix Centre for Children and Families
Pembroke, Ontario

Location: Embassy C

WORKSHOP 12: “Getting to StressHacks: The Process, the Partnerships, the Product”

This workshop will examine the process of the development of the website StressHacks. StressHacks is a website and navigational tool developed in partnership by MATC, MB Health and a broad advisory group. The website focuses on mental health information and support for young people in the 10-24 year age group, their caregivers, educators and helpers. There will be an opportunity to view a demo of the website as well as have a dialogue about the two-year process to develop this made-in-Manitoba mental health resource for youth.

Facilitators: Marg Synyshyn. RPN, BHS (Psych Nsg) MA
Chief Executive Officer
Manitoba Adolescent Treatment Centre (MATC)
Director, WRHA Mental Health Program
Child and Adolescent Mental Health Services
Winnipeg, Manitoba

Dianne Hoffman, CIM
Corporate Services Manager
Manitoba Adolescent Treatment Centre (MATC)
Winnipeg, Manitoba

Kathy Mestery BN (Hon) MScA
Policy Analyst
Mental Health and Spiritual Care Branch
Manitoba Health, Healthy Living and Seniors (MH HLS)
Winnipeg, Manitoba

Location: Embassy D
### Fri, Mar 18 (cont.)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1215</td>
<td>HOSTED LUNCH</td>
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<tr>
<td>1315</td>
<td>KEYNOTE ADDRESS: “Sheldon Kennedy - A Road map to Recovery”</td>
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<tr>
<td>1430</td>
<td>HEALTH &amp; NUTRITION BREAK</td>
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<tr>
<td>1445</td>
<td>Talking Circles: “Where Do We Go From Here?”</td>
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</tbody>
</table>

#### HOSTED LUNCH

Please join us for a hosted lunch where you can relax, mingle, and get to know your colleagues.

Location: Wellington Ballroom

#### KEYNOTE ADDRESS: “Sheldon Kennedy - A Road map to Recovery”

Sheldon Kennedy was born June 15, 1969 in Brandon, Manitoba. He skated for three teams in his eight-year NHL career (Detroit Red Wings, Calgary Flames and Boston Bruins) and played for Canada’s gold-medal winning team in the 1988 World Junior Hockey Championship. He was also Captain of the Memorial Cup winning Swift Current Broncos in 1989. He is best known for his courageous decision to charge his Major Junior Hockey league coach with sexual assault for the abuse he suffered over a five year period while a teenager under his care. Sheldon’s subsequent decision to go public with the charges brought these issues to the social forefront. Sheldon has become an unofficial spokesperson for millions of abuse survivors around the world. His life story was made into an award winning television movie, and he has appeared on Oprah, ABC’s Nightline, W-5, The Fifth Estate and was nominated as Peter Jennings’ Man of the Week. After retiring from the NHL, Sheldon in-line skated across Canada to raise awareness of abuse issues. In 2006, Sheldon wrote “Why I Didn’t Say Anything,” a riveting account of the many psychological impacts of abuse. Sheldon’s ongoing work “in the trenches” has led to his passion to make change through advocating for victims and supporting legislative changes that serve to better protect Canadian youth from abuse. Having transformed his own personal situation into positive action, Sheldon continues to carry his message through Respect Group Inc., the company he co-founded. Respect Group Inc (RGI) provides empowering on-line education for youth serving organizations, schools and the workplace. The Respect in Sport program alone has trained over 150,000 coaches in the prevention of abuse, bullying and harassment.

Facilitator: Sheldon Kennedy
Co-Founder, Respect Group, Inc.
Lead Director, Sheldon Kennedy Child Advocacy Centre

Location: Wellington Ballroom

#### HEALTH & NUTRITION BREAK

#### 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 Today

Location: Wellington Ballroom
**Fri, Mar 18 (cont.)**  
**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.”

**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**

**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**

**Dr. Leena Augimeri, Ph.D., Director, Scientific and Program Development & Centre for Children Committing Offences, Child Development Institute, Toronto, Ontario**

Leena K. Augimeri, Ph.D., is the Director, Scientific and Program Development & Centre for Children Committing Offences at Child Development Institute (CDI) in Toronto. She is also an Adjunct Professor at the University of Toronto. For the past 30 years, this scientist practitioner has developed a comprehensive mental health crime prevention model which is being adopted around the world for young children engaged in antisocial and disruptive behaviour. Dr. Augimeri is co-founder/developer of the longest and most fully developed evidence-based intervention for children under 12 years of age in conflict with the law and/or disruptive behaviour problems – the SNAP® (Stop Now And Plan) Model. She is also a noted author, researcher/evaluator, program developer, consultant and skilled group leader who co-authored the Early Assessment Risk List for Boys (EARL-20B) and Girls (EARL-21G) which have been translated in various languages to assess risk for future antisocial behaviour in young children. In addition, she is also known for chairing a task force, which led to the development of Canada’s first police-community referral protocol for children under 12 years of age in conflict with the law which has subsequently been adopted by other communities. She consults to numerous national and international projects pertaining to young children at risk for future antisocial behaviour and has participated on many national demonstration projects and government working groups. Currently, Dr. Augimeri is on the Minister of Education’s Accepting Schools Expert Panel and the Premier’s Award Panel for Accepting Schools and a Fellow of the Academy of Experimental Criminology. She is also the recipient of numerous awards such as the Child Welfare League of Canada’s inaugural Outstanding Achievement Research and Evaluation Award, the Elizabeth Manson Award for Community Service in Children’s Mental Health in recognition of exemplary contributions to the promotion of children’s mental health, and accepted (Dec. 2012) on behalf of CDI, the Prime Minister’s Award – Regional Social Innovation Award for SNAP® and most recently, the Toronto Star’s 2015 Ruth Hindmarsh Award for its efforts to improve the lives of children. In addition, SNAP® was selected by the Pecaut/LEAP Centre for Social Impact as their inaugural social innovation to scale up across Canada -- Dr. Augimeri is leading this 5 year national expansion initiative (2013 – 2019).
Dr. James Bolton, MD FRCPC, Assistant Professor at the University of Manitoba in the Department of Psychiatry

Dr. Bolton is an Assistant Professor at the University of Manitoba in the Department of Psychiatry. He obtained his medical degree from the University of Western Ontario and completed his residency training in Psychiatry at the University of Manitoba in 2006. As a clinician-scientist, he is involved both in research and clinical psychiatry. His clinical practice includes inpatient and outpatient psychiatry in the Mood and Anxiety Disorders Program at the Health Sciences Centre in Winnipeg.

Dr. Bolton’s primary research interest is suicide. His research is supported by provincial, national, and international grant funding. Specific areas of investigation include the epidemiology of suicide and suicidal behavior, studies of risk and protective factors, and suicide bereavement. Recently he was awarded a Canadian Institutes of Health Research (CIHR) grant to study the effects of suicide on bereaved family members. He is a board member of the Canadian Association for Suicide Prevention (CASP), and is a member of the Manitoba Health Suicide Bereavement Support Task Team.

He has published studies on suicide risk factors in several international psychiatric journals. Additional research interests include pharmacoepidemiology and the epidemiology of mood and anxiety disorders.

Sheldon Kennedy, Co-Founder, Respect Group, Inc. and Lead Director, Sheldon Kennedy Child Advocacy Centre

Sheldon Kennedy won a Memorial Cup, World Junior Gold Medal and skated for three teams in his eight-year NHL career. He is best known for his courageous decision to charge his Major Junior Hockey league coach with sexual assault for the abuse he suffered over a five year period while a teenager under his care. Through this disclosure, and the important work that Sheldon continues to do, he has become an inspiration to millions of abuse survivors around the world.

Sheldon has been instrumental in bringing governments, public and private sector partners together to work collaboratively to influence policy change and improve the way child abuse is handled. He has influenced changes in Canadian law and has taken his message to the International Olympic Committee and the US Senate.

Sheldon is the Lead Director at the Sheldon Kennedy Child Advocacy Centre, the first-of-its-kind in Canada, offering full wrap-around services for victims of child abuse. He is also the Co-Founder of Respect Group Inc., which provides empowering online abuse, bullying and harassment prevention education to sport organizations, schools and the workplace.

Sheldon’s awareness contributions are many:

- He in-line skated across Canada in 1998 to highlight the issue of child abuse and donated 100% of the proceeds ($1.2M) towards abuse prevention programs. During this skate he was presented with the keys to the cities of Ottawa, Toronto and Winnipeg.
- His life story was made into an Award Winning TV movie. In 2006 he published “Why I Didn’t Say Anything”; a riveting account of the many psychological impacts of abuse.
- He has shared his story through countless media appearances including Oprah, ABC’s Nightline, W-5, The Fifth Estate, and was named Canada’s newsmaker of the year in 1997.

Sheldon has received several awards for his tireless work including:

- Member of The Order of Canada, 2015
- Member of The Order of Manitoba, 2015
- Honourary Doctorate of Laws, University of Calgary, 2015
- Lincoln Alexander Outstanding Leader Award, University of Guelph, 2015
- The David Foster Foundation Humanitarian Award, 2014
- Calgary Citizen of the Year 2013
- Honourary Doctorate of Laws, University of the Fraser Valley, 2012
- Scotiabank Humanitarian Award, 2012
- Canadian Red Cross Caring Award, 2007
Natasha Tracy, Award-winning writer and speaker, Victoria, British Columbia

Natasha Tracy is an award-winning writer, speaker and social media consultant from the Pacific Northwest. She works to bring quality, insightful and trusted information on bipolar disorder and related illnesses to the public while engaging with the mental health community. Natasha is considered a subject matter expert in bipolar disorder and her thoughts on it have been sought by the media and academics. In 2015, Natasha coauthored her first formal paper, Results From an Online Survey of Patient and Caregiver Perspectives on Unmet Needs in the Treatment of Bipolar Disorder, published in the Primary Care Companion CNS Disorders journal.

Natasha was the proud recipient of the Beatrice Stern Media Award, an #ErasingtheStigma Leadership Award, presented by Didi Hirsch of Los Angeles in 2014. Her Bipolar Burble has been named a top 10 health blog by Healthista, Health.com, Healthline and others. Natasha has also been named one of the top four online influencers in mental health by Sharecare.com. Natasha has made appearances at the National Council’s Behavioral Health Conference, on HuffPost Live, on HealthNation and others. Her writing has been featured on the Daily Mail of the United Kingdom, Huffington Post, HealthyPlace, HealthLine, PsychCentral and elsewhere.

Facilitator Bios

Travis Dugas Belerose “Knighthawk”, Actor & Motivational Speaker

Travis 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 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.

Dr. Joseph Beltempo, Ph.D. Psychologist, OPQ

Dr. Beltempo’s clinical training was in Gestalt, Humanistic and Cognitive psychology at the University of Montreal. His approach takes into account the holistic (Systemic) ways reflecting Native cultural perspectives together with contemporary clinical psychology. Since 1982, Dr. Beltempo, senior clinical psychologist worked for Kahnawake Shaktiia’ takenhas Community Services. His clinical work lately has focused on addiction, mental health, dual diagnosis, Critical Incident Stress Debriefing, Fetal Alcohol Spectrum Disorders and various methods of clinical intervention. He is also a Clinical psychologist consultant and an expert witness in Youth Protection mandated psychological assessments of children, adolescents and adults. Short-term and cognitive-behavioral therapeutic approaches are the basis of psychological therapy that I Practice.

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.
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 of 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.

John Hutton, MSW, Executive Director, John Howard Society of Manitoba

A Winnipeg social worker and mediator, John Hutton has more than 30 years of experience working and/or volunteering in the field of social services. Since 2008, he has become a persistent voice for humane, effective approaches to corrections and incarceration, and a loud critic of policies that focus on punishment rather than rehabilitation, as Executive Director of the John Howard Society of Manitoba. Prior to that Mr, Hutton spent five years at the United Way of Winnipeg as a manager in the community investment. He has also worked for Mediation Services of Winnipeg, the Community Unemployed Help Centre, Child and Family Services of Winnipeg and spent six years as a Voluntary Service Worker with the Mennonite Central Committee in Winnipeg, Florida and Brazil.

Lisa LaBossiere, Myers Weinberg LLP

Lisa LaBossiere was called to the bar in 2007. She has practiced criminal defence law at Myers Weinberg LLP her entire career. Much of her practice is spent defending clients with mental health issues. Lisa is a new member of the Board of Directors for the Mood Disorders Association of Manitoba.

Greg Lubimiv, Executive Director, Phoenix Centre for Children and Families

Greg Lubimiv is the Executive Director of the Phoenix Centre for Children and Families, a children’s mental health centre in southeastern Ontario. Greg has over 30 years of experience in children’s mental health and child welfare where he has been involved as a clinician, trainer and administrator. Greg has specialized in the field of play therapy and family therapy and has authored a number of books and articles on this and other topics. Over the last 6 years, the military clinical team under the direction of Greg has been working with Base Petawawa Military families and become a leader in working with issues related to military experiences and life, such as trauma, grief and loss and re-unification. Greg graduated with his Bachelor of Social Work from Laurentian University and later with his Masters of Social Work from the University of Toronto. He is a certified play therapist and supervisor with the Canadian Association of Child and Play Therapy and was presented with the Monica Hebert Award for contributions to the field of Play Therapy and in 2007 was identified as one of the top 5 Play Therapists in Canada. In 2006, he was recipient of the Liz Manson Award for contributions to the field of children’s mental health. In 2007, he received the Base Commander’s Commendation for services to military families.

Ken MacKenzie, MSW, BSW, BA

Ken MacKenzie has been practicing Social Work in the Province of Manitoba for the past 18 years. Ken’s Social Work practice has spanned across multiple departments including 3 Manitoba Justice; Manitoba Family Services and Housing designing and implementing the Provincial Special Needs Program, and; the Winnipeg Regional Health Authority’s Community Forensic Mental Health Program as a Community Forensic Mental Health Specialist and for...
the past 3 years as Manager of WRHA Forensic Mental Health Program. This program oversees all services and supports related to the provision for mental health consumers and their families involved with the criminal justice system in Manitoba. In addition Ken continues to practice Social Work in Child Protection at All Nations Coordinated Response Network. Ken completed his Bachelor of Arts degree at the University of Winnipeg and his Bachelor of Social Work and Masters of Social Work at the University of Manitoba.

Ken’s areas of expertise include Service Coordination and Service Integration in Human Service Organizations; Management in Human Service Organizations, Working with Indigenous Communities, Groups and Individuals using Decolonizing Methodologies; Clinical Mental Health Services, Forensic Mental Health Services; Clinical Risk Assessment and; Clinical Therapy with Families and Individuals. Ken is committed to delivering a Social Work Practice through an Anti-oppressive and Structural frameworks.

Shannon Morley, RPN, CLPS
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.

Larry Morrissette, BSW, Executive Director Ogijiita Pimatiswin Kinamatwin
Larry Morrissette graduated from the Winnipeg Education Centre with a BSW in 1986. As a Winnipeg based social worker he has worked on developing indigenous programming for such initiatives as Children of the Earth School, The Bear Clan, and a bail release and supervision program for youth. As well he is the founding Executive Director of Ogijiita Pimatiswin Kinamatwin, which works with ex-gang member leaving corrections or the child-welfare system, where he has worked since 2002.

Larry is a co-author of Indians Wear Red: Colonialism, Resistance and Aboriginal Street Gangs, a Pipe Carrier, Sundancer, and a grandfather.

Don Robinson
Don Robinson, a Cree man originally from the Oxford House First Nation, is a graduate of the Bachelor of Social Work Program in 1991 and the Master of Social Work Program, University of Manitoba in 2001. Don has also worked with children, utilizing play therapy approaches, individual and family counseling and group work. He was employed with All Nations Child and Family Coordinated Response Network and now works for Ma Mawi Wi Chi Itata Centre.

Since 1996, he has been an Educator & Trainer in the human development field, traveling extensively to reserve communities delivering training workshops and teaching courses for the University of Manitoba. Don is involved in the traditional way and is a member of the Wolf Clan. As a member of the Wolf Clan, he is interested in learning traditional teachings about the journey of life.

Conference Management Bios

Rebecca Marinos, Certified Leadership Coach and Communications Consultant
Rebecca Marinos has been a certified leadership coach and communications consultant for the past 15 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 Mateo, California, with her husband and two sons.

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

Bill Zarchikoff, President, W. Zarchikoff & Associates

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

Bill has been involved in many major drug and alcohol projects. For example, Evaluation of the Treatment Centres and Inhalant Abuse Programs in the NWT; Site visits and review of Solvent Abuse Programs in the United States; Community Mental Health Strategies; Strategic Plan for the Delivery of Alcohol and Drug Services in the NWT; Canada’s Drug Strategy Baseline and Alcohol and Drug Problems for At-Risk Populations. Bill has also offered a number of workshops on Aboriginal proposal writing and fund-raising strategies, strategic planning, capacity building, the menace of meth, inhalant abuse, crack cocaine, new drug trends, threat assessment - violence and bullying in Aboriginal schools, Aboriginal gangs and violence in communities and schools.

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