



Mental Health and Addictions Symposium

AGENDA

November 13-14, 2024





Agenda

Wednesday, November 13, 2024

TIME	EVENT
8:00 AM	Registration Opens and Trade Show (open all day) Morning Refreshments and Baked Goods available.
9:00 AM – 9:45 AM	1. OPENING CEREMONIES MODERATED BY North Central Local Government Association <ul style="list-style-type: none">• Traditional Opening• O' Canada• Welcome Addresses by Co-Hosts
9:45 AM – 10:00 AM	2. SYMPOSIUM AND ACCORD OVERVIEW MODERATED BY North Central Local Government Association <ul style="list-style-type: none">• Building Collaboration and Impact
10:00 AM – 10:15 AM	Refreshment Break
10:15 AM – 11:15 AM	3. PLENARY PANEL ADDRESS – PREVENTION AND EARLY INTERVENTION MODERATED BY City of Prince George PRESENTERS: <ul style="list-style-type: none">• Andrea Derban and Janine Stevenson, Community Action Initiative• Melissa Bloodoff, Intersect Youth and Family Services
11:15 AM – 12:15 PM	4. PLENARY PANEL ADDRESS – BREAKING DOWN SILOS; COLLABORATION ACROSS THE REGION MODERATED BY Lheidli T'enneh First Nation PRESENTERS: <ul style="list-style-type: none">• Laura Honey and Julia Hintermeister, Saplings Mental Health• Chris Kinch, Connective Support Society
12:15 PM – 1:15 PM	Lunch and Keynote Speaker Corey Hirsch, former NHL goaltender, coach, and Olympic Games silver medalist
1:15 PM – 2:15 PM	5. PLENARY PANEL ADDRESS – RESOURCES: MENTAL HEALTH GOOD MENTAL HEALTH IS AN EVERYONE ISSUE: THE CURRENT CRISIS OF MENTAL HEALTH AND POWERFUL SOLUTIONS FOR WELLNESS MODERATED BY Regional District of Fraser-Fort George PRESENTERS: <ul style="list-style-type: none">• Mike Skrypnek, Stigma-Free Mental Health Society• Graham Hall, Mental Health and Substance Use, Northern Health

TIME

EVENT

2:20 PM – 3:20 PM

6. CONCURRENT SESSIONS**Concurrent Panel Session 6A: Theme: Mental Health Awareness for Children and Youth****CHILD AND ADOLESCENT MENTAL HEALTH AND SUBSTANCE USE**

The child and youth mental health and substance use concurrent session presentation is an opportunity for individuals to gain an understanding of the reality of what children, adolescents, and their families are navigating within the mental health and substance use realm. As mental health clinicians situated within a rural northern community this presentation will include firsthand observations, experiences, and statistics that highlight the unique challenges and successes of northern communities. Risk factors specific to demographic will be examined along with signs and symptoms of mental, emotional distress. Focus on early intervention, responses approaches, and support strategies will be explored.

MODERATED BY Lheidli T'enneh First Nation

PRESENTERS:

- Laura Honey and Julia Hintermeister, Saplings Mental Health

Concurrent Panel Session 6B: Theme: Rural Community Services (in-person and )**A RURAL AND REMOTE APPROACH FOR INTEGRATED YOUTH SERVICES IN BRITISH COLUMBIA: FOUNDRY'S JOURNEY OF UNLEARNING AND RE-DEFINING INTEGRATION**

Foundry offers free and confidential supports for young people ages 12 to 24 – mental healthcare, substance use services, physical & sexual healthcare, youth, and family peer supports, and social services – both online and in-person in communities across BC. The rural and remote community development team at Foundry is implementing several pilot projects to learn from the community experts to collaboratively develop a framework that will meet the unique needs of remote communities in BC. This presentation highlights the innovative, community led projects and lessons learned thus far.

MODERATED BY City of Prince George

PRESENTERS:

- Acasia Preston, Raelene Hodgson, and Colleen Purcka, Intake Coordinator, Foundry BC

Concurrent Panel Session 6C: Theme: Addictions and Trades**IMPORTANT S**T YOU NEED TO KNOW**

This session outlines a practical approach to allow workers to speak up and seek support without the stigma attached to talking about mental health and addiction issues.

The BC Construction Safety Alliance (BCCSA) offers a comprehensive mental health resource called RE-MIND aiming to improve construction workers' access to mental health information and services, covering topics such as recognizing mental health challenges, alcohol and drug use, unique challenges for women in construction, taking action for self-help, assisting colleagues, and guidance for employers on responding to their team's mental health needs. The RE-MIND project includes an informative website and "The Lone Hunter" video resources, emphasizing that every mind deserves time to "RE-MIND" and that the workplace is an ideal starting point for addressing mental health concerns.

In partnership with Telus and Alberta Government a program has been developed aimed at creating a workplace that understands and supports workers' needs that not only benefits the employee, but also benefits their families, communities, and results in a more loyal, productive and safe workforce.

MODERATED BY North Central Local Government Association

PRESENTERS:

- Ian Robb, Chair, Building Trades of Alberta
- Art Reynolds, British Columbia Construction Safety Alliance

Concurrent Panel Session 6D: Theme: Culturally Relevant and Safe Services

MODERATED BY Regional District of Fraser-Fort George

PRESENTERS:

- Carlos Colindres and Rebecca Tallman, First Nations Health Authority

This presentation will summarize and define the role of First Nations Health Authority in the North as it relates to mental health and addictions.

PRESENTER:

- Jan Tatlock, Niwikwin Métis Family Services

Discussion of Metis culture and identity and impact on health and wellness. This session will also discuss the importance of culture, identity and impact on wellness in general. The session will also share information regarding traditional healing, past practices and how we are integrating into current practice to improve outcomes, build resiliency and personal capacity.

Concurrent Panel Session 6E: Theme: Stigma Reduction**BREAKING BARRIERS: EMPOWERING MENTAL HEALTH AND ENDING STIGMA**

In this impactful session, Andrea Paquette shares her personal journey with mental health and how it led her to co-found the Stigma-Free Mental Health Society. Combining lived experience with expert insights, she offers educational tools, practical strategies, and real-world examples on how to combat stigma and promote mental wellness. Join Andrea as she empowers audiences to foster understanding, resilience, and a stigma-free future.

MODERATED BY Lheidli T'enneh First Nation

PRESENTER:

- Andrea Paquette, Stigma-Free Mental Health Society

Concurrent Panel Session 6F: Theme: Advocacy / Initiatives**WHY NORTHERN BC NEEDS A PSYCHIATRIC HOSPITAL**

This presentation outlines the various problems that have arisen since Riverview Hospital closed in 2012. These problems include those well known to local governments such as increased homelessness, drug use, unsafe communities, etc. As well, there are various implications for the functioning of hospitals, police and fire services.

MODERATED BY North Central Local Government Association

PRESENTERS:

- Dr. Barbara Kane, University Hospital of Northern BC

3:20 PM – 3:30 PM

Refreshment / Networking Break

3:30 PM – 4:30 PM

7. PLENARY PANEL ADDRESS – RESOURCES: TREATMENT CENTRE

MODERATED BY Lheidli T'enneh First Nation

SPEAKER: Isaac Hernandez, North Wind Wellness Center

TIME	EVENT
4:30 PM	8. CLOSING COMMENTS MODERATED BY North Central Local Government Association
6:00 PM – 6:30 PM	Evening Networking
6:10 PM – 6:30 PM	Evening Dinner Opening Comments MODERATED BY North Central Local Government Association <ul style="list-style-type: none"> • Welcome comments • Sponsor Presentation
6:30 PM – 8:00 PM	Evening Dinner

Thursday, November 14, 2024

TIME	EVENT
8:00 AM	Registration Opens and Trade Show (open all day) Morning Refreshments and Baked Goods available.
9:00 AM – 9:30 AM	9. SYMPOSIUM RECONVENES MODERATED BY North Central Local Government Association <ul style="list-style-type: none"> • Day 1 Recap
9:30 AM – 10:30 AM	10. PLENARY PANEL – LOCAL RESPONSE TO MENTAL HEALTH AND ADDICTION CRISIS MODERATED BY City of Prince George SPEAKERS: <ul style="list-style-type: none"> • Emily Christensen-Sweeney (La Fleur), PG CAT Central Interior Native Health Society • Ruth Calduch and Jordan Stewart, POUNDS Project Society
10:30 AM – 10:50 AM	Refreshment / Networking Break
11:00 AM – 12:00 PM	11. CONCURRENT SESSIONS Concurrent Panel Session 11A: Theme: Mental Health Awareness for Children and Youth CHILD AND ADOLESCENT MENTAL HEALTH AND SUBSTANCE USE The child and youth mental health and substance use concurrent session presentation is an opportunity for individuals to gain an understanding of the reality of what children, adolescents, and their families are navigating within the mental health and substance use realm. As mental health clinicians situated within a rural northern community this presentation will include firsthand observations, experiences, and statistics that highlight the unique challenges and successes of northern communities. Risk factors specific to demographic will be examined along with signs and symptoms of mental, emotional distress. Focus on early intervention, responses approaches, and support strategies will be explored. MODERATED BY Lheidli T'enneh First Nation PRESENTERS: <ul style="list-style-type: none"> • Laura Honey and Julia Hintermeister, Saplings Mental Health Concurrent Panel Session 11B: Theme: Community Services A RURAL AND REMOTE APPROACH FOR INTEGRATED YOUTH SERVICES IN BRITISH COLUMBIA: FOUNDRY'S JOURNEY OF UNLEARNING AND RE-DEFINING INTEGRATION Foundry offers free and confidential supports for young people ages 12 to 24 – mental healthcare, substance use services, physical & sexual healthcare, youth, and family peer supports, and social services – both online and in-person in communities across BC. The rural and remote community development team at Foundry is implementing several pilot projects to learn from the community experts to collaboratively develop a framework that will meet the unique needs of remote communities in BC. This presentation highlights the innovative, community led projects and lessons learned thus far. MODERATED BY City of Prince George PRESENTERS: <ul style="list-style-type: none"> • Acasia Preston, Raelene Hodgson, and Colleen Purcka, Intake Coordinator, Foundry BC Concurrent Panel Session 11C: Theme: Addictions and Trades IMPORTANT S**T YOU NEED TO KNOW This session outlines a practical approach to allow workers to speak up and seek support without the stigma attached to talking about mental health and addiction issues. The BC Construction Safety Alliance (BCCSA) offers a comprehensive mental health resource called RE-MIND aiming to improve construction workers' access to mental health information and services, covering topics such as recognizing mental health challenges, alcohol and drug use, unique challenges for women in construction, taking action for self-help, assisting colleagues, and guidance for employers on responding to their team's mental health needs. The RE-MIND project includes an informative website and "The Lone Hunter" video resources, emphasizing that every mind deserves time to "RE-MIND" and that the workplace is an ideal starting point for addressing mental health concerns. In partnership with Telus and Alberta Government a program has been developed aimed at creating a workplace that understands and supports workers' needs that not only benefits the employee, but also benefits their families, communities, and results in a more loyal, productive and safe workforce. MODERATED BY North Central Local Government Association PRESENTERS: <ul style="list-style-type: none"> • Ian Robb, Chair, Building Trades of Alberta • Art Reynolds, British Columbia Construction Safety Alliance

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MODERATED BY Regional District of Fraser-Fort George

This presentation will summarize and define the role of First Nations Health Authority in the North as it relates to mental health and addictions.

PRESENTERS:

- Carlos Colindres and Rebecca Tallman, First Nations Health Authority

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PRESENTER:

- Jan Tatlock, Niwikowin Métis Family Services

Concurrent Panel Session 11E: Theme: Stigma Reduction

BREAKING BARRIERS: EMPOWERING MENTAL HEALTH AND ENDING STIGMA

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MODERATED BY Lheidli T'enneh First Nation

PRESENTER:

- Andrea Paquette, Stigma-Free Mental Health Society

Concurrent Panel Session 11F: Theme: Advocacy / Policy Change / Initiatives

WHY NORTHERN BC NEEDS A PSYCHIATRIC HOSPITAL

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MODERATED BY North Central Local Government Association

PRESENTERS:

- Dr. Barbara Kane, University Hospital of Northern BC

12:00 PM – 1:00 PM

LUNCH

1:00 PM – 1:15 PM

12. PLENARY ADDRESS: SELF-CARE FOR LEADERS PRESENTATION

PROFOUND LEADERSHIP THROUGH EMOTION AWARENESS: THE REAL KEY TO EMOTIONAL INTELLIGENCE

MODERATED BY North Central Local Government Association

PRESENTER: Mike Skrypnek, Stigma-Free Mental Health Society

1:15 PM – 2:15 PM

13. PLENARY ADDRESS

BUILDING A FOUNDATION FOR A SAFER TOMORROW: HOW RECOVERY-INFORMED WORKPLACES CAN STRENGTHEN CONSTRUCTION AND LOCAL COMMUNITIES

MODERATED BY Lheidli T'enneh First Nation

PRESENTER: Dr. Paul Farnan, University of British Columbia, and Simon Fraser University

2:15 PM – 2:45 PM

14. PLENARY ADDRESS: SIGNING OF THE MENTAL HEALTH AND ADDICTIONS ACCORD

MODERATED BY North Central Local Government Association

2:45 PM – 3:00 PM

15. CLOSING COMMENTS

MODERATED BY North Central Local Government Association

- Co-Hosts Closing Comments

