



Canadian Association for School Health

SCHOOL HEALTH CONFERENCE 2008

FOUR POINTS SHERATON GATINEAU-OTTAWA
35 RUE LAURIER, GATINEAU, QUEBEC

MENTAL HEALTH SYMPOSIUM

ROOM: JEAN ALIE (MUNICIPAL CENTRE)

This pre-conference symposium presents a unique opportunity for practitioners, researchers and officials promoting mental health through schools to exchange knowledge and learn from several successful initiatives.

PURPOSES

- To bring together the community of practice interested in the topic of mental health and schools.
- To promote comprehensive, coordinated health promoting schools' strategies.
- To identify key good practices to be shared in a web-based workspace (wiki-toolbox) at: <http://shtoolbox-mentalhealth.wetpaint.com>
- To identify common challenges and build an agenda for progress for consideration by policy makers and practitioners.

SUNDAY, APRIL 20th

5:00 PM - 6:30 PM Hotel Lobby, Four Points Sheraton Hotel	Registration for Symposia and Conference
6:30 PM - 7:30 PM Room: Interprovincial Suite (Hotel Room 902)	Reception & Keynote: School Health in Canada This presentation will highlight recent developments in Canada as well as comment briefly on worldwide trends in policy, research and practice.

MONDAY, APRIL 21st

8:30 AM - 8:30 AM Hotel Lobby, Four Points Sheraton Hotel	Registration for Symposia and Conference
8:30 AM - 8:35 AM Room: Jean Alie (Municipal Centre)	Welcoming Remarks

<p>8:35 AM - 9:30 AM Room: Jean Alie (Municipal Centre)</p>	<p>What We Know Works: A Whole School Approach to Mental Health</p> <p>This presentation will provide a summary of the evidence that whole school approaches to mental health, an overview of the key elements of such an approach and a school district perspective on the policy supports required to ensure successful programs are sustained.</p> <ul style="list-style-type: none"> • Gloria Wells Rocky View School Division & Canadian Advisory Board Member, International Alliance for Child and Adolescent Mental Health in Schools • Michelle Forge, Co-Chair, Education for All Expert Leadership Team, Council of Ontario Directors of Education
<p>9:30 AM - 10:45 AM Room: Jean Alie (Municipal Centre)</p>	<p>Reducing Barriers to Learning through School-Centred Service Delivery Models</p> <p>School-Centred Mental Health Service Delivery: a macro look at evidence informed approaches to enhancing service delivery for children and youth. This session will also feature a closer look at a proven model from York Region and Halton Region.</p> <ul style="list-style-type: none"> • Dr. Stan Kutcher (MD, FRCPC) Sun Life Financial Chair in Adolescent Mental Health, Dalhousie University • Michele Singleton, Manager, Mental Health Liaison and Special Projects, Halton Region Health Department • Louise Moreau, Superintendent of Education and Curriculum and Instructional Services - Special Education, York Region District School Board • Michelle Cassidy, Community Partners with Schools
<p>10:45 AM - 11:00 AM Room: Hallway (Municipal Centre)</p>	<p>Health Break and Networking Time</p>

<p>11:00 AM - 12:00 PM Room: Jean Alie (Municipal Centre)</p>	<p>Evidence Informed Programs at a Glance This session features a variety of Canadian initiatives and resources that represent fundamental elements of a whole school approach to mental health including: state of the art curriculum related materials and support services for educators; school-based and school linked initiatives aimed at addressing and reducing stigma and supportive school environments.</p> <p>Practical Tools for Supporting Educators and School Communities:</p> <ul style="list-style-type: none"> » Curriculum support materials geared to enhancing the mental health literacy of children and adolescents » <i>When Something's Wrong: Resources and Open Mind Workshops</i> Geared to Supporting Educators » <i>Kids have Stress too!</i> from the Psychological Foundation of Canada and more <ul style="list-style-type: none"> • Judy Hills, Psychological Foundation of Canada • Catherine Willinsky, Schizophrenia Society of Canada • Other (TBD) <p>De-stigmatizing Mental Illness: Evidence informed approaches from the Provincial Centre of Excellence for Child and Youth Mental Health at CHEO and Durham Region's Talking About Mental Illness initiative</p> <ul style="list-style-type: none"> • Dr. Darcy Santor, the Provincial Centre of Excellence for Child and Youth Mental Health • Bob Heeney, Child and Youth Worker, Whitby Mental Health Centre & Chair, Durham Talking About Mental Illness Coalition
<p>12:00 PM - 1:00 PM Room: Agora (Municipal Centre)</p>	<p>Lunch</p>
<p>1:00 PM - 1:30 PM Room: Jean Alie (Municipal Centre)</p>	<p>Mental Health and Schools in Canada: A Look At Who's Doing What In Consultation With Key Stakeholders From Across Canada Members of the Community of Practice on Mental Health and Schools and others are invited to provide a brief update on key initiatives they have underway. This information will be collected and posted to the Mental Health and Schools Wiki Toolbox at http://shtoolbox-mentalhealth.wetpaint.com.</p>
<p>1:30 PM - 2:45 PM Room: Jean Alie (Municipal Centre)</p>	<p>From Practice to Policy This panel presentation will feature overviews of several key provincial/territorial and national initiatives underway as well as insight in to what policy supports are required to ensure the sustainability of successful programs.</p> <ul style="list-style-type: none"> • Mental Health Commission of Canada, Representative • Alberta's Mental Health Capacity Building in Schools Initiative: Lynn Damberger, Alberta Mental Health Board • Ontario's Provincial Centre of Excellence for Child and Youth Mental Health at the Children's Hospital of Eastern Ontario: Dr. Darcy Santor
<p>2:45 PM - 3:00 PM Room: Hallway (Municipal Centre)</p>	<p>Break</p>

3:00 PM - 4:00 PM

Room: Jean Alie (Municipal Centre)

Common Challenges to Moving Forward

This session will build on current knowledge to help identified barriers to and opportunities for progress on comprehensive, whole school approaches to Mental Health and Schools and elements therein. The diverse nature of the audience helps to ensure the identified strategic opportunities are grounded in practice.

Where to From Here for the Mental Health and Schools Community of Practice?

The community of practice is open to all interested individuals working in this important area (e.g. school districts, health authorities, non-government organizations, government officials and researchers). This concluding session will discuss the activities of the Community of Practice for 2008-09, including topics for webinars, revisions to the wiki-toolbox, upcoming events relating to school mental health promotion and other topics.