



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

# Consensus Conference on the Mental Health of Emerging Adults:

## Making Transitions a Priority in Canada

### Conference Program

**November 2-4, 2015**

Victoria Hall, John G. Diefenbaker  
Building (Old City Hall)

Ottawa, Ontario

Hosted by the  
Mental Health Commission  
of Canada



# Welcoming Messages

## From the President & CEO:

### ON BEHALF OF THE MENTAL HEALTH COMMISSION OF CANADA,

I am delighted to welcome you to this ground-breaking consensus conference on the mental health of emerging adults. There is a great deal to be gained, as a society, by acknowledging and nurturing, the unique needs of young people.

This conference will bring together stakeholders from across the country to develop recommendations that can advance policy and services for emerging adults in Canada. With its collaborative format, broad representation and interactive approach, we will set the course for unprecedented dialogue on a topic that has been too long overlooked.

We shouldn't look at the challenges we are facing as problems. Rather, we must see them as opportunities to innovate solutions.



**Louise Bradley, MS, RN, CHE**  
President and CEO,  
The Mental Health Commission of Canada

At the MHCC,  
we have made  
addressing the  
mental health of  
Canadian youth one  
of our top priorities.  
We believe, without  
question, that  
reaching people  
during their  
formative years  
can set them on a  
positive trajectory  
for their entire lives.

## From the Jury Chair:

### THE MEMBERS OF THE JURY WELCOME YOU.

Whether you are an emerging adult, a caregiver, a researcher, policy maker, service provider, or an interested citizen, it is the wisdom, knowledge, perspectives and experience that each of you brings to the conversation over the next two days that will inform and energize our deliberations. Our task is to listen, question, learn, and reflect on all that you say, and then, on your behalf, to bring it all together into coherent recommendations that we believe represent the consensus of your input.

Emerging adulthood is an exciting stage of life, full of opportunity, energy and promise. For those with mental health concerns, it is all too often also a time of challenging transitions.

We, the jury, take our responsibility seriously. We look forward to learning from you. Together we have the opportunity to influence change—change that will ease the transitions experienced by emerging adults within and beyond the mental health system.

### Nancy Reynolds

Jury Chair, Consensus Conference on the  
Mental Health of Emerging Adults

## From Emerging Adults Innovators:

### THE POLICIES THAT SURROUND THE MENTAL

health of emerging adults (EAs) have become an increasingly important topic of discussion. The current strategies, programs, and research supporting mental health and addictions services for emerging adults, or youth transitioning into the adult healthcare system, are scarce. We believe that the time is ripe to bring people from coast-to-coast-to-coast together to discuss this critical area of our mental health system.

As your Emerging Adult Innovators, we are a group of young people who have come together to advocate for EAs everywhere based on our personal experiences with mental health issues. We know firsthand the troubles and challenges of a disjointed system. Drawing on this knowledge, we will present the emerging adult perspective on the themes that you will hear about and discuss. Our goal is to represent the diversity of emerging adults in Canada and to work with you to advance seamless mental health policies and services that support EAs and their families.

Welcome, we can't wait to start working together!

# About the Conference

## Why a Consensus Conference on the Mental Health Of Emerging Adults?

**OVER THE LAST TWO YEARS**, the MHCC's Knowledge Exchange Centre worked with a research team from the Children's Hospital of Eastern Ontario to produce a comprehensive report about the current state of policies and practices for youth transitioning from child and youth to adult mental health and addiction services.

The final report, *Taking the Next Step Forward:*

*Building a Responsive*

*Mental Health and*

*Addictions System for*

*Emerging Adults*, makes a

series of recommendations

for building a more

seamless continuum of

services for emerging

adults and for improving

inter-sectoral policies to

address the challenges

faced by emerging

adults throughout this

transitioning stage of life.

The recommendations build

on the broad strategies

proposed in the MHCC's

*Changing Directions,*

*Changing Lives: The Mental*

*Health Strategy for Canada,*

as well as on innovative

practices, programs, and

policies across Canada and

internationally.

The MHCC is hosting this

first Canadian conference on the mental health of

emerging adults in order to have an open dialogue

and generate a broad consensus on their unique

mental health needs.

### What is a consensus format?

A consensus development conference is a gathering of experts and community leaders that integrates evidence and experience into concrete policy and practice recommendations on a specific topic. They have long been used in medicine to

generate unbiased, evidence-based assessments of controversial medical issues important to researchers, healthcare providers, policymakers, patients, and the general public. The resulting statements are often used by professional organizations to develop guidelines for clinical practice. The Institute on Health Economics has led the way in Canada in modifying the process for policy purposes.

**Bringing together emerging adults, their caregivers, policy makers, researchers, mental health organizations, and clinicians from across Canada, this unique, two-and-a-half day conference aims to point the way forward for improving mental health outcomes of emerging adults and for addressing the challenges they face in the current service system.**

### How does a consensus format work?

A series of speakers will have twenty minutes to discuss and present "evidence" on specific policy questions, each organized under one of four key policy themes. A panel of emerging adults, the audience, and a twelve-person jury will have the opportunity to ask questions of speakers. After hearing the evidence over two and a half days, the jury will deliberate, write a consensus statement, and present its recommendations to the conference delegates.

Unlike some consensus conferences, the

modified format is designed to include a number of opportunities for contributions by all delegates, including youth and general audience participants.

### What is the conference goal?

The goal of the conference is to develop a consensus statement with concrete recommendations to improve the mental health of emerging adults and to address the challenges they face in the current service system.

## About the Conference

### How is collaboration and engagement key to this conference?

The MHCC has convened two advisory groups – one comprised entirely of emerging adults and the other of leading experts in mental health – who are helping to co-create the conference themes and policy outcomes. The MHCC is committed to involving young people and their families throughout the development and delivery of this conference.

### What are the conference policy themes?

The conference will explore factors that impact the mental health of emerging adults during this important stage of life and discuss how health and social systems can work together to better support the overall mental well-being of emerging adults. It will focus on the ways in which the social determinants of health influence mental health across the life span and may present a variety of challenges for emerging adults coming

from various social locations. The conference will also be underscored by other important themes in child and youth mental health more broadly: social determinants of health; First Nations, Inuit, and

Métis mental health; LGBTQ youth mental health; rural and remote mental health; and prevention and promotion.

### The Consensus Conference will address four key themes:

- 1 Defining emerging adulthood as a stage of life
- 2 Bridging the gap between child and youth and adult mental health services
- 3 Transitions across system sectors
- 4 Mechanisms for improving mental health system responsiveness

### Who will be participating?

This event will bring together delegates from across Canada representing emerging adults, caregivers, family members, researchers, policy makers, clinicians, agencies, and organizations serving emerging adults.

### What will happen with the Consensus Statement?

The recommendations will be widely distributed to stakeholders, with a focus on

targeting decision makers, service providers, and advocates who are in a position to influence change in specific areas.

## About the MHCC

Guided by *Changing Directions, Changing Lives: The Mental Health Strategy for Canada*, the Mental Health Commission of Canada (MHCC) has worked with intensity and purpose to raise awareness about mental health, combat stigma and create a foundation for improved diagnosis and treatment.

Through its unique mandate from Health Canada, the Commission

**Together we  
accelerate  
change needed  
to improve  
mental health  
outcomes for all  
Canadians.**

is Canada's coordinating agent, bringing together the best and most influential minds in the mental health community.

The MHCC is collaborating with hundreds of partners towards a mental health system that is inclusive, adaptable, and supports Canadians living with mental health problems and illnesses in their recovery journey.

# Conference Agenda **Day 1**

SUNDAY, NOVEMBER 1, 2015	
5:00 PM – 8:00 PM	Registration for conference participants at Delta Ottawa City Centre
MONDAY, NOVEMBER 2, 2015	
7:30 AM, 7:50 AM, 8:10 AM	Shuttle buses from Delta Ottawa to Diefenbaker Building
7:30 AM – 8:30 AM	Registration at Diefenbaker Building
8:30 AM	<b>Conference Opening</b>
8:30 AM – 8:40 AM 8:40 AM – 8:50 AM 8:50 AM – 9:00 AM 9:00 AM – 9:20 AM 9:20 AM – 9:40 AM	<ul style="list-style-type: none"> <li>• Opening Prayer: Claudette Commanda</li> <li>• Welcome from Louise Bradley, MHCC President and CEO</li> <li>• Remarks by Her Excellency Mrs. Sharon Johnston</li> <li>• Conference process overview: Jean-Marc Dupont (Moderator)</li> <li>• Conference theme overview: Nancy Reynolds (Jury Chair)</li> </ul>
9:40 AM – 10:00 AM 10:00 AM – 10:20 AM 10:20 AM – 10:40 AM 10:40 AM – 10:45 AM	<b>THEME 1: Defining emerging adulthood as a stage of life</b> <ul style="list-style-type: none"> <li>• Alicia Raimundo</li> <li>• Gilles Bibeau</li> <li>• Chris Richardson</li> <li>• Instructions for next agenda item</li> </ul>
10:45 AM – 11:00 AM	<b>Health Break</b>
11:00 AM – 11:30 AM	Jury deliberation and table work
11:30 AM – 11:45 AM 11:45 AM – 12:00 PM 12:00 PM – 12:30 PM	<b>THEME 1: Questions and discussions</b> <ul style="list-style-type: none"> <li>• EA advisory group (EA Innovators) response</li> <li>• Jury response and questions</li> <li>• Question and discussion period</li> </ul>
12:30 PM – 1:30 PM	<b>Lunch Break</b>
1:30 PM – 2:00 PM 2:00 PM – 2:30 PM	<b>THEME 2: Bridging the gap between child and youth and adult mental health services</b> <ul style="list-style-type: none"> <li>• Patrick McGorry</li> <li>• Simon Davidson</li> </ul>
2:30 PM – 3:15 PM	Jury deliberation and table work
3:15 PM – 3:30 PM	<b>Health Break</b>
3:30 PM – 3:45 PM 3:45 PM – 4:00 PM 4:00 PM – 4:30 PM	<b>THEME 2: Questions and discussions</b> <ul style="list-style-type: none"> <li>• EA advisory group (EA Innovators) response</li> <li>• Jury response and questions</li> <li>• Question and discussion period</li> </ul>
4:30 PM – 4:45 PM	Wrap-up and closing remarks for Day 1
5:00 PM, 5:10 PM, 5:20 PM	Shuttle buses from Diefenbaker Building to Delta Ottawa
EVENING FREE	

# Conference Agenda

## Day 2

TUESDAY, NOVEMBER 3, 2015	
8:20 AM, 8:30 AM, 8:40 AM	Shuttle buses from Delta Ottawa to Diefenbaker Building
9:00 AM	Call to Order
9:10 AM – 9:30 AM 9:30 AM – 9:50 AM 9:50 AM – 10:10 AM 10:10 AM – 10:30 AM	<b>THEME 3: Transitions across system sectors</b> <ul style="list-style-type: none"> <li>• Angela Kays-Burden</li> <li>• Alan Leschied</li> <li>• Catherine Willinsky</li> <li>• Steve Mathias</li> </ul>
10:30 AM – 10:45 AM	<b>Health Break</b>
10:45 AM – 11:30 AM	Jury deliberation and table work
11:30 AM – 11:45 AM 11:45 AM – 12:00 PM 12:00 AM – 12:40 AM 12:40 AM – 12:45 AM	<b>THEME 3: Questions and discussions</b> <ul style="list-style-type: none"> <li>• EA advisory group (EA Innovators) response</li> <li>• Jury response and questions</li> <li>• Question and discussion period</li> <li>• Morning recapitulation</li> </ul>
12:45 PM – 1:45 PM	<b>Lunch Break</b>
1:45 PM – 2:00 PM	Call to Order
2:00 PM – 2:20 PM 2:20 PM – 2:40 PM 2:40 PM – 3:00 PM	<b>THEME 4: Mechanisms for improving mental health system responsiveness</b> <ul style="list-style-type: none"> <li>• Cathy Pryce</li> <li>• Andy Langford</li> <li>• Stan Kutcher</li> </ul>
3:00 PM – 3:45 PM	Jury deliberation and table work
3:45 PM – 4:00 PM	<b>Health Break</b>
4:00 PM – 4:15 PM 4:15 PM – 4:30 PM 4:30 PM – 5:00 PM	<b>THEME 4: Questions and discussions</b> <ul style="list-style-type: none"> <li>• EA advisory group (EA Innovators) response</li> <li>• Jury response and questions</li> <li>• Question and discussion period</li> </ul>
5:00 PM – 5:15 PM	Wrap-up and closing remarks for Day 2
5:15 PM, 5:30 PM, 5:45 PM	Shuttle buses from Diefenbaker Building to Delta Ottawa
<b>EVENING FREE</b>	

# Conference Agenda

## Day 3

WEDNESDAY, NOVEMBER 4, 2015	
8:20 AM, 8:30 AM, 8:40 AM	Shuttle buses from Delta Ottawa to Diefenbaker Building
9:00 AM	Call to Order
9:10 AM – 9:45 AM	<b>Presentation of the consensus statement and recommendations</b>
9:45 AM – 10:15 AM	Review: small table groups
10:15 AM – 10:30 AM	<b>Health Break</b>
10:30 AM – 11:15 AM	Questions and discussions
11:15 AM – 11:35 AM	<b>Recapitulation and closing remarks</b>
11:35 AM – 11:45 AM	<b>Evaluation and adjournment</b>
12:00 PM, 12:15 PM, 12:30 PM	Shuttles to Delta Hotel and Ottawa International Airport



## About the Participants

### Consensus Conference Jury Chair

#### Nancy Reynolds



Nancy Reynolds was the inaugural President and CEO of the Alberta Centre for Child, Family, and Community Research until 2012. Her prior senior executive portfolios include Assistant Deputy Minister in

Alberta Children's Services and in Alberta Health. Currently, Ms. Reynolds is the Managing Partner of a consultancy firm and a faculty member of the Max Bell Foundation's Public Policy Training Institute, lecturing on the role of research in public policy. A former Member and Chair of the Mental Health Commission of Canada Child and Youth Advisory Committee, she now serves on the Advisory Council. Other current voluntary board roles include: Chair National Institute of Families for Child and Youth Mental Health, Vice Chair Edmonton Community Foundation and Member Alberta's Promise.

### Consensus Conference Moderator

#### Jean-Marc Dupont



Mr. Dupont has held executive management and board positions in both the private and public sectors. A media-trained, bilingual public speaker and moderator, he has appeared in training videos, as well

as radio and television interviews. He has facilitated several events over his almost 30-year career in health promotion, where he managed the *Public Health Goals for Canada initiative*, the *Integrated Pan-Canadian Healthy Living Strategy* consultations and Canada's response to the United Nations *International Framework Convention on Tobacco Control*. He is the principal researcher and author of *The Health Promotion Alignment Framework*, which identifies positive mental, physical and social outcomes required to make healthy developmental transitions over the life span. He also brings practical lived experience in mental health issues during the transition to young adulthood, as a father of four teenagers.

### Consensus Conference Jury Members

#### Dr. Jana Davidson



Jana Davidson is Psychiatrist in Chief, BC Children's Hospital. She is a Clinical Professor, Department of Psychiatry and Head of the Division of Child & Adolescent Psychiatry at the University of British Columbia.

Dr. Davidson completed both her medical training and psychiatric residency at the University of British Columbia and her Child & Adolescent Psychiatry Fellowship at BC Children's Hospital and the Early Psychosis Intervention Program in Melbourne, Australia. At present, Dr. Davidson consults to the provincial Child & Adolescent Mental Health Metabolic Clinic. Her research interests include the metabolic effects of second generation antipsychotics on children and youth.

#### Tanya Davoren



Tanya Davoren is the Director of Health for Métis Nation British Columbia. She is the lead on an informed consent process for Métis citizens that has led to Métis-specific data being available in B.C.

for the first time. Tanya is well known for her work in program development and community outreach. She was recently appointed co-chair of the Community Action Initiative, which supports communities in identifying areas of focus regarding mental health and substance use. Combining her Métis heritage and her passion for health as a RN, she allows her health knowledge, advocacy skills and unique leadership style to shine.



# About the Participants

## Consensus Conference Jury Members

### Jeanne Foot, CEB, HIAA



Jeanne Foot is a change agent and expert connector to people and resources. She is an active community advocate for mental health and addictions and is especially passionate about youth mental health. Jeanne is a graduate of the Addiction Care Work Program at McMaster University, is certified in SASSI, Clinical Interpretation for Addiction Screening & Assessments and Administration & Scoring for Addiction Screening and Assessments. Furthermore she is one of few people trained as a SMART facilitator. Jeanne is a Board Member of The Bellwood Foundation for Bellwood Health Services in Toronto and in 2013, she was appointed as Chair of Parent Advisory Council, Family Navigation Project at Sunnybrook Health Sciences. Jeanne has three children and understands firsthand the challenges faced by parents in the mental health system.

### Kevin Frieze



As Executive Director of University Wellness Services at the University of Alberta, Kevin Frieze has the privilege of leading a committed team of health professionals that supports students, their families and staff. Kevin has been a student affairs professional in campus health for over fifteen years. Following a public health framework that relies on the key determinants of health, he has a passion for supporting the health and well-being of our university campuses. He envisions communities in which each person is empowered to flourish and achieve their full potential – the vision of *A Healthy Vibrant U!*

### Tevin-Everett Gooden



Tevin-Everett Gooden was born in New Haven, Connecticut from a family of Jamaican descent. Tevin-Everett is currently attending school at Dalhousie University with a major in arts and science. He is also an active volunteer, public speaker and peer supporter. In his spare time, he enjoys being a freelance writer, editor, graphic designer and artist. In addition to these activities, he still remains an active member in the community. Tevin-Everett is also an entrepreneur, as he sold his first painting to Sharon Johnston (wife of the Governor General of Canada) at the age of 24.

### Olivia Heffernan



Olivia Heffernan, BA, CYC is a Peer Facilitator at the Centre for Addiction and Mental Health. Olivia uses her lived experience with mental health and substance abuse issues to inform her work in youth engagement, public education and research at CAMH. She has previously worked at a youth psychiatric acute care unit and a treatment group home where she provided support to youth with mental health and substance abuse issues.

## About the Participants

### Consensus Conference Jury Members

#### Carol Hopkins



Nozhem (“Mother Wolf”) of the Wolf Clan, is from the Delaware First Nation of Moraviantown, Ontario. She is a mother of four and grandmother of nine. Carol is the Executive Director of the

Thunderbird Partnership Foundation, an organization whose mandate is to support Canada's First Nations Mental Wellness through implementing national frameworks designed to address substance use and mental health issues. Her greatest strength is the ability to translate western and Indigenous knowledge to inform competent and responsive mental wellness practice and systems. Carol has also received the 2015 Champions of Mental Health Award in the category of Researcher/Clinician and the Deputy Minister, Health Canada, Innovations Award, as a member of the team leading the development and implementation for the First Nations Mental Wellness Continuum Framework framework.

#### Mary Anne Levasseur



Mary Anne Levasseur is the Coordinator of Peer-driven Family Support at PEPP-Montreal clinic, at the Douglas Mental Health University Institute. In her role of peer supporter, Ms. Levasseur assists families of youth affected by psychosis-related mental health issues to navigate the mental healthcare system, as well as facilitating family support group meetings to share experiences, ideas and solutions in caring for youth with mental illness. Ms. Levasseur is also the National Lead for ACCESS FAMILIES & CARERS, part of ACCESS CANADA, a joint initiative of the Canadian Institutes of Health Research and the Graham Boeckh Foundation.

#### Deborah Parker Loewen



Deborah worked for several years as Director of Child and Youth Services, Discipline Head of Psychology and Regional Executive Director of the Yorkton Mental Health Region. She was appointed to

a ten-year term as Saskatchewan's first Children's Advocate in 1994 and now works with vulnerable children and youth as a Registered Doctoral Psychologist in Saskatchewan. She is the former President of the Board of the YWCA, Saskatoon and has volunteered with the Adoption Council of Canada, the Child and Youth Advisory Committee of the Mental Health Commission of Canada and the First Nations Child and Family Caring Society of Canada.

#### Dr. Kwame McKenzie



Dr. Kwame McKenzie is CEO of the Wellesley Institute. He is an international expert on the social causes of mental illness, suicide and the development of effective, equitable health systems. As a

physician, psychiatrist, researcher and policy advisor, Dr. McKenzie has worked to identify the causes of mental illness and in cross-cultural health for over two decades. He is an active, funded researcher of social, community, clinical and policy issues. Dr. McKenzie is Medical Director responsible for Dual Diagnosis, Child Youth and Family and Geriatric services and Director Health Equity at CAMH. He is also full Professor and the Co-Director of the Division of Equity Gender and Population in the Department of Psychiatry, University of Toronto, the President of CMHA, Toronto, and sits on the Board of the United Way Toronto.

## About the Participants

### Consensus Conference Jury Members

#### Patricia Murray



Patricia received her BA degree in 1980, a Master's degree in Applied Clinical Psychology in 1988, and a Master's degree in Health Services Administration in 2008. She practiced as a child psychologist in

Alberta and Nova Scotia (1988–1998) before joining the IWK, holding several leadership roles (1998–2005). Patricia joined the Department of Health in 2005 where she implemented an Autism program and, in 2006, became Director of Children's Services. Patricia moved on to become Acting Executive Director, Mental Health, Children's Services & Addiction Treatment Branch. In 2011, she was appointed Special Advisor to Associate Deputy Minister, Mental Health and Addictions and currently implements the Mental Health and Addictions Strategy for Nova Scotia.

#### Cathy Paul



Cathy Paul is the President and Chief Executive Officer of Kinark Child and Family Services, a leading provider of evidence-informed children's mental health, forensic mental health/youth justice and

autism services. Cathy leads a multidisciplinary group of 850 staff serving about 9,400 children, youth and their families annually. Before joining Kinark, Cathy was a Director in the ministry's Youth Justice Services Division where she led the government's Alternatives to Custody and Community Interventions Strategy. Following that, Cathy was the Director of the Child Welfare Secretariat where she was responsible for policy and program design for Ontario's child welfare system. Prior to joining the government, Cathy was the Executive Director of Lawrence Heights Community Health Centre where she helped to develop a system of community health centres and reduce barriers to health for marginalized populations.

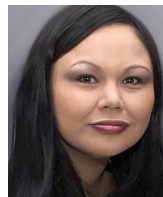
#### Camille Quenneville



Camille Quenneville is the CEO of the Canadian Mental Health Association (CMHA) Ontario Division. Before joining CMHA Ontario, Camille served as Director of Policy and Communications with

Children's Mental Health Ontario. She has also served as Policy Director for the Ontario Public Schools Boards' Association and in a variety of roles in government, including Chief of Staff to the first Minister of Children and Youth Services at Queen's Park. In 2014, the provincial government asked Camille to serve on the Ontario Mental Health and Addictions Leadership Advisory Council, where she provides advice on the government's mental health and addictions strategy. In addition to her role at CMHA Ontario, Camille sits on the Board of Directors of the Canadian Breast Cancer Foundation and was the recipient of the 2015 Cause Leadership Award.

#### Tracy Sarazin



Tracy Sarazin is a Policy Analyst working exclusively on mental wellness issues at Inuit Tapiriit Kanatami (ITK), the national voice for protecting and advancing the rights and interests of Inuit in

Canada. Tracy has been working on Inuit health issues for over 15 years and has worked on such topics as, diabetes, early childhood development, cancer and health human resources. Currently Tracy is involved in developing a National Inuit Suicide Prevention Strategy and working on an Inuit Mental Wellness Continuum Framework.

# About the Participants

## Consensus Conference Jury Members

### Rick Shaw



Superintendent Rick Shaw joined the RCMP in 1990 in Halifax, Nova Scotia. Over the past seven years, he has championed a cultural shift in the RCMP, reshaping the way police deal with youth and positioning J

Division (NB) as a national leader in youth crime prevention. From 2006 to 2009 he held positions at RCMP Headquarters where he led the research and development of the RCMP's Youth Intervention & Diversion model. He implemented the model throughout the Atlantic Provinces which is the first broad-scale implementation of the model in the country and has contributed to reductions in youth crime in NB of over 50%. Most recently, Supt. Shaw was invested into the Order of Merit for Police Forces.

## About the Participants

## Emerging Adult Innovators

### Jasmine Ali



Jasmine Ali is a Spoken Word and Theatre artist who loves working with young people and communities moving towards change. Jasmine uses her art to encourage conversations and collective

learning. She works to create equity by dismantling systemic barriers that prevent people from accessing opportunity. Jasmine is dedicated to improving the opportunities available to Ontario's young people and currently sits on the Premier's Council for Youth Opportunities. She previously sat on the Mental Health Commission of Canada's Youth Council. Jasmine is heavily rooted in her local community through organizations such as the Grassroots Youth Collaborative and SKETCH Working Arts. She is also a graduate of the Community Worker program at George Brown College. Having joined The New Mentality network in 2008, Jasmine is currently the Engagement Coordinator pursuing new ways to engage young people.

### Amanda Ghazale Aziz



Amanda Ghazale Aziz is a queer woman of colour and an undergrad at the University of Toronto, studying literature, equity, and creative writing. She is involved with *voicesagainstviolence.ca* and *mindyourmind.ca* as a youth researcher, advisory board member, and advocate. In the past, she has participated in projects such as *Mobilizing Minds*, *A Thin Line* (MTV), helped to develop apps for *Kids Help Phone*, written for *YPulse*, and served as the Editor-in-Chief at *The Strand*, Victoria College's newspaper. Amanda currently writes and edits as a freelancer and is interested in making research publicly accessible. And yes, her middle name is simultaneously a form of poetry and an animal (Gazelle).

### Dustin Garron



Dustin Garron is an undergraduate student at the University of Ottawa completing his Bachelor of Arts with a Specialization in Communication. Dustin joined the Mental Health Commission of Canada's Youth

Council in March 2013 and is an avid supporter of more mental health funding and services for rural communities. He is working to close the gap between child and youth and adult mental health services. Dustin has been a public speaker on youth mental health for the past five years and was named one of Canada's Future Leaders Under 25 by *Maclean's* in 2013.

### Christal Huang



Christal Huang joins the EA Advisory Group with her passion for advocating for equity in health and social care. As an active volunteer, she sees the impact that the system and its policies have on the health

and well-being of her community. Combining her love for writing and her personal experiences with anxiety, Christal hopes to use her voice to bring mental health issues to light and change the tone of the conversation. As a new graduate from Western University, she plans to use her experiences to create a more supportive and just healthcare system. Christal currently sits on the CAMH National Youth Advisory Committee.

## About the Participants

## Emerging Adult Innovators

### Don Mahleka



Don Mahleka is a member of the MHCC Youth Council and co-founder of the radio show *Revolutionary Lives*, which strives to reduce stigma, empower youth through leadership and creative outlet

opportunities, and collaborate with existing resources in the mental health system in Hamilton. The radio show has hosted youth mental health conferences. Having moved to Canada from Zimbabwe, Don is especially interested in promoting diversity and collaboration among providers of youth mental health services. He has personal experiences with depression and anxiety and sees himself as a combination of advocate, friend and mentor for youth. He enjoys self-care through poetry, dance and various ethnic foods.

### Molly Schoo



Combining nutritional and psychological research to link mood with food, Molly is pursuing an Honours Specialization in Dietetics. Molly is the Chapter Lead of *jack.org-Brescia* (UWO) and also a

#JackTalks Speaker. She's been involved with *jack.org* since she first attended the National Summit in 2012. Molly has broadened her mental health advocacy by speaking on *Marilyn Denis* as a part of Bell Let's Talk Day and is a Community Champion for Wear Your Label. Engaging and eloquent, Molly speaks about her 9-year battle against mental illness, and aims to inspire her audiences to stand up and change the curve of mental health from awareness to understanding.

### Dexter J. Nyuurnibe



Dexter J. Nyuurnibe is a youth mental health advocate with lived experience in Halifax, Nova Scotia. He has shared his battle nationally on CTV's *W5*, CTV's *The Social* (Bell Let's Talk Day), *TEDxCapeBreton*,

numerous radio interviews, at youth conferences and high schools and as part of Olympian Clara Hughes' *Clara's Big Ride* documentary. Dexter is a speaker for *jack.org*, a youth mental health initiative. He is also a Community Champion for the mental health clothing line Wear Your Label and is currently a student at the Nova Scotia Community College, studying Radio and Television Broadcasting with a focus on Broadcast Journalism.



# Conference Speakers

## Theme 1: Defining emerging adulthood as a stage of life

### Dr. Gilles Bibeau



Gilles Bibeau is an emeritus professor of medical anthropology at the Department of Anthropology, Université de Montréal. Between 1966 and 1979, he lived in Africa where he evaluated African

traditional medicines and their potential contribution to health services. Later, he developed an international comparative study (Brazil, Peru, Côte d'Ivoire, Mali, India, Italy, Romania) dealing with the popular ways people identify, explain, and handle mental health problems in their daily life. To complement this intervention-geared research, Bibeau created an international network named REDET (Social Determinants of Health) in which the Schools of Public Health for Brazil, Peru, Nicaragua, Costa Rica and Canada participated. This network integrated the problems of social and economic inequality and questions of Human Rights and justice with critical public health approaches. For more than ten years, he served as a member of the International Scientific Council of the Centre de recherche en santé de Nouna. He also served successively as President of the Canadian Association for African Studies and President of the Canadian Council of Area Studies Learned Societies, where he developed cooperative activities between Northern and Southern universities.

### Alicia Raimundo



Described as a “mental health superhero,” Alicia Raimundo has battled serious bouts of anxiety and depression since age 13 and once attempted suicide. Now she has used her super powers well. She has

earned a university degree, given 2 TEDxTalks, spoken at the UN's international youth day, and presented the opening keynote at the international youth mental health conference. She has also published a book called *Red Carnation* for grade eight classrooms.

### Dr. Chris Richardson



Dr. Chris Richardson is an Associate Professor at UBC with a research program focused on examining the biopsychosocial determinants of substance use in adolescence, which includes working with Vancouver's

Inner City Youth Program on numerous clinical studies involving youth mental health and substance use. Chris is also a parent with lived experience related to helping his three children manage a range of mental health and addictions challenges and has worked extensively with the non-profit group From Grief to Action ([www.fgta.ca](http://www.fgta.ca)) to support and advocate for the needs of families affected by a loved one's drug use.

## Conference Speakers

### Theme 2: Bridging the gap between child and youth and adult mental health services

#### Dr. Simon Davidson



Simon Davidson is a psychiatrist working with children, youth, emerging adults, and their families. He obtained his medical degree at the University of Witwatersrand, Johannesburg, South Africa and

completed his residency in Psychiatry at McMaster University, Hamilton, Ontario. He is currently the Chief Strategic Planning Executive of the Ontario Centre of Excellence for Child and Youth Mental Health, the Senior Advisor on Mental Health Policy and System Improvement at CHEO and Partners for Mental Health as well as a professor in the Departments of Psychiatry and Paediatrics and clinical professor in the School of Psychology at the University of Ottawa. He is co-founder of *Youth Net/Réseau Ado*, an innovative service delivery model empowering youth on mental health promotion, mental illness prevention and early intervention.

#### Dr. Patrick McGorry



Patrick McGorry is the Executive Director of Orygen, the National Centre of Excellence in Youth Mental Health, Professor of Youth Mental Health at the University of Melbourne and President of the

Society for Mental Health Research in Australia. He is also President-Elect of the Schizophrenia International Research Society and editor of the international journal *Early Intervention in Psychiatry*. Author of over 500 peer-reviewed papers, he is a world-leading researcher and innovator in early intervention for emerging mental illness in young people. He is also an advocate for reform and investment in mental health care and equity for mental health in medical research. He has played a major role in translational medical research and mental health reform both nationally and internationally, including the development and scaling up of *headspace*, Australia's National Youth Mental Health Foundation, and similar reforms in many countries around the world.



# Conference Speakers

## Theme 3: Transitions across system sectors

### Angela Kays-Burden



Angela has been with the Mississauga Halton CCAC since 2014 and her current areas of focus include Health Links, Primary Care Integration and Palliative Care.

Angela was formerly the Director of Innovative Practice at Reach Out Centre for Kids. While there, she provided instrumental leadership in the development of Caroline Families First, an integrated care coordination model between primary care and mental health and regional family engagement for children's mental health. She served as a senior policy advisor to the Ministry of Children and Youth Services Provincial System Transition Team for Moving on Mental Health and was former director of Orange County System of Care in New York, a SAMHSA-funded transformation for children and youth with complex mental health needs and their families.

### Dr. Alan Leschied



Alan is currently a psychologist and professor at Western University. He began in children's services in 1977 at the London Family Court Clinic where his research interests began in the assessment and treatment of youth at risk and how legislation, policy, and service can promote the welfare of children and families. He has served on numerous Boards of Directors and advisory committees. He is a CPA Fellow, recipient of Western's Edward G. Pleva Award for Teaching Excellence, the Judge Wendy Robson Award for outstanding service to children in Ontario and the life-time achievement award through CPA's Criminal Justice Section.

### Dr. Steve Mathias



Steve Mathias trained in psychiatry at the University of British Columbia and completed fellowships in Child/Adolescent Psychiatry (UBC) and Concurrent Disorders (Addictions) (Univ. of Melbourne). He is a

diplomate of the American Board of Addiction Medicine and founded the Inner City Youth (ICY) Program in 2007, which provides intensive case management and psychosocial rehabilitation to homeless youth in downtown Vancouver. In March 2015, ICY partnered with the Ministry of Health to open the doors of the Granville Youth Health Centre, a provincial prototype for the provision of integrated youth health services to youth aged 12-24.

### Catherine Willinsky



Catherine Willinsky has worked in community mental health for over 20 years, leading a range of innovative projects, provincially and nationally, in the areas of mental health promotion, recovery,

education, youth engagement, and concurrent disorders. In her past positions with the Canadian Mental Health Association, the Centre for Addiction and Mental Health, the Psychology Foundation of Canada, and the Schizophrenia Society of Canada, she focused on promoting social inclusion, mental health literacy, and capacity building. Catherine is currently the Director of the Centre for Campus Mental Health, an initiative which promotes collaboration to improve mental health on Ontario postsecondary campuses.

## Conference Speakers

### Theme 4: Mechanisms for improving mental health system responsiveness

#### Dr. Stan Kutcher



Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health and Director World Health Organization Collaborating Center in Mental Health Policy and Training, is a renowned expert in adolescent

mental health. He is a leader in mental health research, advocacy, training, policy, and services innovation at the IWK Health Centre and Dalhousie University. Recipient of numerous awards and honors for his work including: the Order of Nova Scotia, the Excellence in Education Award (CACAP), Canadian College of Neuropsychopharmacology Gold Medal, and the John Ruedy Award for Innovation in Medical Education. Currently focused on knowledge translation and improving mental health literacy and care in schools, he continues his innovative youth mental health development and research across Canada and globally.

#### Catherine Pryce, BScN, MN



Catherine Pryce holds a Bachelor of Science in Nursing from the University of Toronto and a Master of Nursing from the University of Calgary. She holds adjunct appointments with the Faculty of

Nursing and the Department of Community Health Sciences at the University of Calgary and has worked in healthcare in Canada for 40 years, primarily in public health and addiction and mental health. Prior to her retirement in May 2015, she worked for Alberta Health Services and its predecessor Calgary Health Region, providing strategic leadership to diverse teams of clinicians in the development, design, and implementation of provincially integrated priorities and quality improvement programs in addiction and mental health.

#### Andy Langford, M.A., R. Psych



Andy Langford has worked in the Northwest Territories public service for 34 years, in a career that has spanned clinical service delivery, program management, and executive leadership. He is currently

the statutory director of child and family services and the executive lead responsible for mental health and addictions programs. As the legal parent for youth in permanent government care, Andy is all too familiar with the systemic barriers to service delivery young people can face as they make the transition to adulthood. He is well-versed in the administrative, political and cultural dynamics of the NWT.

## Advisory Group Members

### Leanne Boyd

Cross Ministry-Healthy Child Development  
Secretariat

### Mario Cappelli

Children's Hospital of Eastern Ontario

### Andre Delorme

Quebec Ministry of Health and Social Services

### Pamela Liversidge

Government of British Columbia

### Don Mahleka

MHCC Youth Council, Revolutionary Lives  
Radio Show

### Ashok Malla

Douglas Institute

### Kimberly Moran

Children's Mental Health Ontario

### Gillian Mulvale

McMaster University

### Nancy Reynolds

MHCC Advisory Council, Max Bell Foundation's  
Public Policy Training Institute

### Colleen Simms

Government of Newfoundland and Labrador

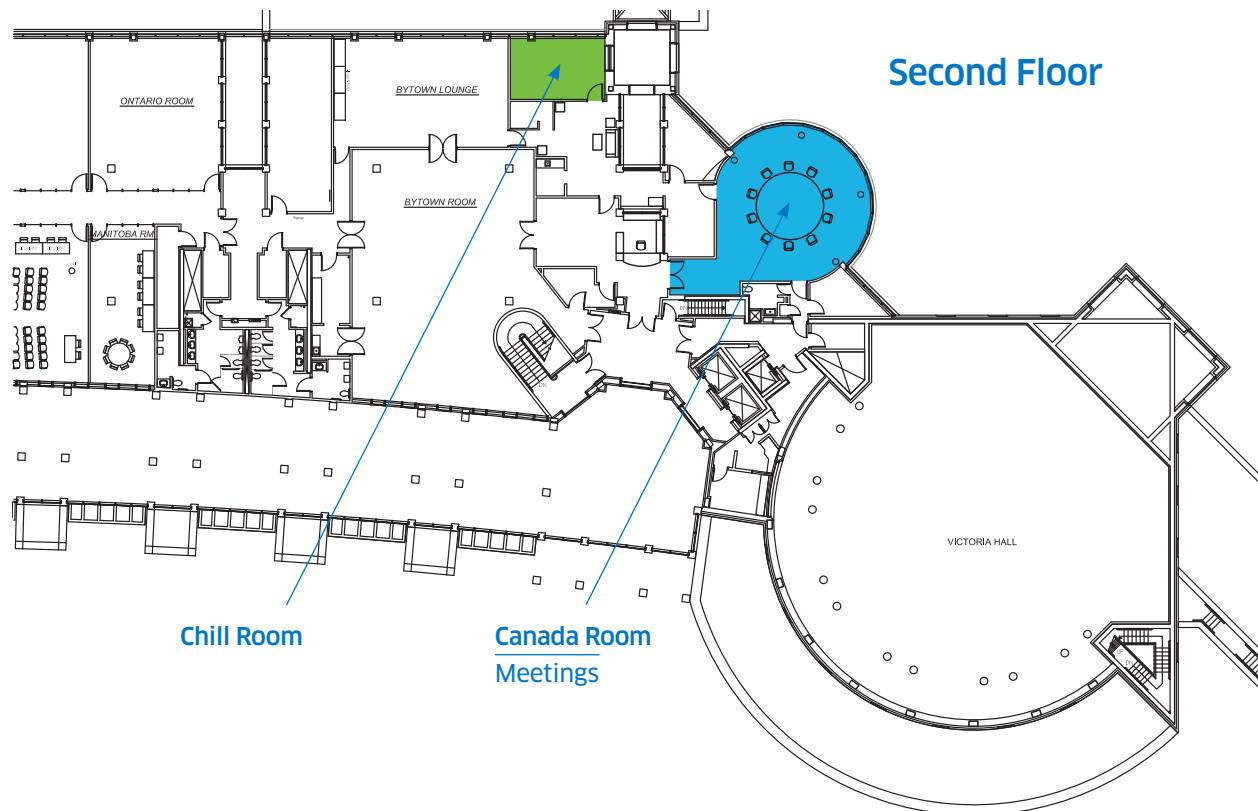
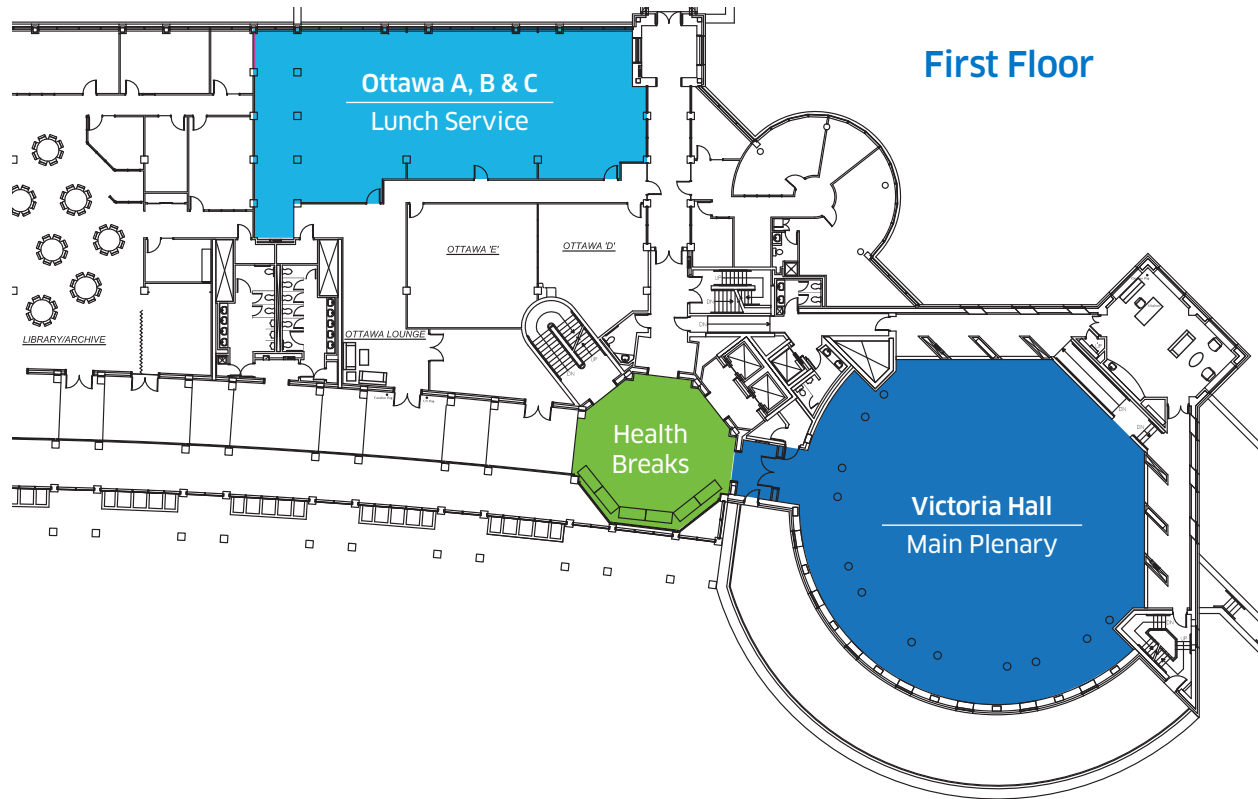
### Margo Warren

Children's Mental Health Ontario



# About the Venue

**John G. Diefenbaker Building**  
**111 Sussex Drive, Ottawa**



# Discover Ottawa



## Things to see and do while you are in Ottawa:

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 Parliament Hill</b><br/>Wellington St, Ottawa</p> <p><b>2 Supreme Court of Canada</b><br/>301 Wellington St, Ottawa<br/>1-888-551-1185 / (613) 995-4330</p> <p><b>3 Canadian War Museum</b><br/>1 Vimy Pl, Ottawa<br/>1-800-555-5621 / (819) 776-7000</p> <p><b>4 National Arts Centre</b><br/>53 Elgin St, Ottawa<br/>1-866-850-ARTS / (613) 947-7000</p> | <p><b>5 Canadian Museum of Nature</b><br/>240 McLeod St, Ottawa<br/>1-800-263-4433 / (613) 566-4700</p> <p><b>6 ByWard Market</b><br/>(613) 562-3325</p> <p><b>7 National Gallery of Canada</b><br/>380 Sussex Dr, Ottawa<br/>1-800-319-ARTS / (613) 990-1985</p> | <p><b>8 Royal Canadian Mint</b><br/>320 Sussex Dr, Ottawa<br/>1-800-276-7714 / (613) 993-8990</p> <p><b>9 Canadian Museum of History</b><br/>100 Rue Laurier, Gatineau<br/>1-800-555-5621 / (819) 776-7000</p> <p>★ <b>Victoria Hall, John G Diefenbaker Building</b><br/>Old City Hall, 111 Sussex Dr, Ottawa<br/>(613) 941-4823</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# Discover Ottawa



## Parliament Hill

The political and cultural heart of Ottawa's downtown core, Parliament Hill offers beautiful views of the surrounding area. Daily tours of the Parliament Buildings, including the Peace Tower.

[HTTP://WWW.PARL.GC.CA/VISITORS/](http://www.parl.gc.ca/visitors/)

## ByWard Market

Visit Ottawa's historic neighbourhood and discover local artisans, boutiques and restaurants.

[HTTP://WWW.BYWARD-MARKET.COM/](http://www.byward-market.com/)

## Canadian Museum of History

Explore the people, events, experiences and objects that have shaped our nation's history. An architectural treasure on the banks of the Ottawa River within walking distance (20 minutes) of downtown.

[HTTP://WWW.HISTORYMUSEUM.CA/SPLASH/](http://www.historymuseum.ca/splash/)

## National Gallery of Canada

See Canada in one day through the world's largest Canadian art collection.

[HTTP://WWW.GALLERY.CA/EN/](http://www.gallery.ca/en/)

## Canadian War Museum

Experience inspiring and touching stories and learn about Canada's military history.

[HTTP://WWW.WARMUSEUM.CA/SPLASH/](http://www.warmuseum.ca/splash/)

## Go Sens Go!

Experience the excitement of an Ottawa Senators NHL hockey game.

[HTTP://SENATORS.NHL.COM/](http://senators.nhl.com/)

## National Arts Centre

Lose yourself in the performing arts at the NAC. French and English theatre, dance and music.

[HTTP://NAC-CNA.CA/](http://nac-cna.ca/)

## The Great Outdoors

Enjoy a walk or bike ride and take in the capital's beautiful scenery on one of Ottawa's many recreational pathways (over 180 km in the area) along the Rideau Canal or Ottawa River. Gatineau Park is a 15 minute drive from downtown Ottawa and is an oasis of beauty and peacefulness.

[HTTP://WWW.NCC-CCN.GC.CA/PLACES-TO-VISIT/GATINEAU-PARK/](http://www.ncc-ccn.gc.ca/places-to-visit/gatineau-park/)

## The Nordik Spa

Treat yourself to the baths, saunas and steam rooms of the Nordik Spa, a 10 minute drive from downtown Ottawa at the gates of Gatineau Park.

[HTTP://LENORDIK.COM/EN/WELCOME/](http://lenordik.com/en/welcome/)

## And more!

Ottawa Tourism's site lists a multitude of events and sites to see:

[HTTP://WWW.OTTAWATOURISM.CA/DISCOVER/MUST-SEE-OTTAWA-ATTRACTIONS/](http://www.ottawatourism.ca/discover/must-see-ottawa-attractions/)



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



#### Mental Health Commission of Canada

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