



Today's Children and Youth, Tomorrow's Families

2014 Youth and Family Consensus Conference

*May 2–3, 2014 | Vancouver, BC
Coast Plaza Hotel & Suites*



**INSTITUTE
OF FAMILIES**
for Child and Youth Mental Health




**National Infant Child and Youth
Mental Health Consortium**



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

**Interprofessional
Continuing
Education**



General Information

Conference Description

The purpose of this conference is to bring together youth and families with researchers, policymakers, service providers and educators to share knowledge and experiences about practices that best meet the needs of people living with mental health and/or substance use challenges. The conference will focus on what youth and families need from each other, their communities and service systems to flourish today and in future generations.

The primary aim of the conference is to develop consensus statements on practices that support child and youth mental health within the context of the family, while acknowledging the unique needs and rights of young people. We want to know what evidence resonates with youth and families. What is their experience of promising practice and how can we engage youth and families to help define “family smart” practice within the service systems that touch our lives?

FamilySmart™ is a values-based approach to listening, understanding and responding to the mental health needs of individual family members and whole families. Conceived by the Institute of Families, it is a philosophy, practice and endorsement all rolled into one. FamilySmart™ is intended to help families, and those working with them in communities and across systems, to identify and act upon what is meaningful and what works to improve the mental health of infants, children, youth, parents and whole families. Through this conference we hope to further define and refine FamilySmart™.

Partners



INSTITUTE OF FAMILIES
for Child and Youth Mental Health



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The National Institute of Families for Child & Youth Mental Health (Institute of Families) is a central coordinating organization that acts as a catalyst to facilitate the connection of families to each other, and to service providers, policy makers, educators, researchers and business to improve child, youth and family mental health in Canada.

The National Infant, Child and Youth Mental Health Consortium (The Consortium) was established in 2007 to shine a light on the importance of promoting mental health and well-being of young Canadians. The Consortium was established as a network of many organizations and individuals from across Canada that work collectively from a variety of communities and sectors to support and inform practice and policy improving infant, child and youth mental health.

UBC Interprofessional Continuing Education is a non-for-profit, self-supporting organization that is committed to multidisciplinary approaches to learning where several professions come together to exchange ideas about various health issues. Our mission is to provide advanced, up-to-date, interdisciplinary professional educational programming to health professionals, service providers, policy officials and the public on a variety of topics.

Conference Objectives

Outcome Objectives

1. Develop FamilySmart™ Consensus Statement(s) that clearly define what FamilySmart™ means and looks like:
 - To young people, families, educators, community and business leaders, frontline service providers, policy makers and researchers
 - In the settings of daily life including home, school, community, workplace, recreational setting, doctor's office, hospital, police setting, courtroom
 - From a practice, policy and research perspective
 - For a service, program, policy and organization
 - For a service system such as education, health care, mental health and addiction care, child protection, income security, child and family development, justice
2. Position the National Institute of Families for Child and Youth Mental Health (the Institute) and the National Infant, Child and Youth Mental Health Consortium (the Consortium) as national co-leaders in reframing the public and professional discourse on child, youth and family mental health in Canada.
3. Identify concrete actions for the Institute and Consortium over the next 3 years to ensure a clear focus on children, youth and families in the national mental health agenda.

Process Objectives

4. Engage young people and families in the design, content, delivery and evaluation of the conference (e.g. model FamilySmart™ values and practice).
5. Provide young people, families and other subject matter experts with a mechanism and support ahead of the conference to fully contribute to and participate in the conference.
6. Maximize the reach of the conference through existing and emerging technology, social media and traditional media.
7. Maximize the impact of the conference by combining interactive and creative knowledge exchange and entertainment.
8. Maximize the connectivity of attendees by creating public spaces for connection and dialogue before, during and after the conference.
9. Announce FamilySmart™ Consensus Statement(s) on May 7, 2014 – National Child & Youth Mental Health Day, and link to events across Canada for the National Day.

Expected Attendees

- Youth and families with lived experience of mental health and/or substance use challenges
- Researchers
- Public policymakers
- Frontline service providers with governments and health authorities
- Community-based child, youth and family serving organizations
- Educators
- Specialized health and mental health care providers
- Community leaders and funders
- Business leaders and funders

Location

The Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver, BC, Canada V6G 1P6
A special rate of \$139/night has been set aside for conference participants until April 11, 2014
Reserve today to avoid disappointment online: interprofessional.ubc.ca/2014ConsensusConference/location or by calling toll free: 1-800-663-1144 or local: 604-682-6278.
The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

Registration Online:	Secure, fast, online registration is available for Visa and Mastercard holders at the conference organizer's website: interprofessional.ubc.ca By Fax: Fax completed registration form to: +1-604-822-4835 Charge-by-phone (please have Mastercard or Visa ready): Toll free within North America: 1-855-827-3112; Other callers: +1-604-827-3112 Mail: Send the registration form with cheque to: IN 9577 REGISTRATION, Interprofessional Continuing Education, The University of British Columbia, Room 105-2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3, Canada. Participants paying by credit card outside of North America: Please inform your credit card company of the transaction as some banks put a block on credit card payments made outside your country.
Tuition Fees:	Please see registration form (on back of brochure) for details. To receive the reduced early-bird rates, you must register by Wednesday, March 31, 2014. The tuition fee includes all conference materials, certificate of attendance, coffee breaks, and a reception. Pre-registration prior to April 4, 2014 is strongly recommended to ensure you receive all conference materials.
Refund and Cancellation Policy	Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by April 4, 2014. No refunds will be granted for withdrawal after that date. There is a \$25 replacement charge in case of a registration transfer. Please contact us prior to April 4, 2014 if you cannot attend and would like another person to come in your place. Organizers reserve the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund will be issued.
Professional Credits	A Certificate of Attendance will be issued to all participants listing pre-approved continuing education credits. For updates regarding credits, see our website: interprofessional.ubc.ca .
Contact Information	For questions regarding the conference program, registration or other matters, please contact Interprofessional Continuing Education at +1-604-827-3112, Fax: +1-604-822-4835 or email: lydia.ipce@ubc.ca

Planning Committee

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Acknowledgements



Today's Children and Youth, Tomorrow's Families

2014 Youth and Family Consensus Conference

Consensus Builder

What is a Consensus Conference?

A consensus conference is a participatory process that brings together people who have multiple and diverse perspectives to influence how issues of societal importance are framed, and how political, policy, funding and service decisions are made about these issues.

Why Do We Need a Consensus Conference?

A consensus conference serves several important purposes:

- broaden and qualify public discourse about an issue
- influence political decision-making, legislative or regulatory change, policy development and/or service delivery
- alter the power balance between different interested parties, and between the priority given to factual expertise, lived experience and "lay" perspectives regarding an issue

The purpose of this conference is to share knowledge and experiences about practices that best meet the needs of today's children and youth living with mental health challenges and tomorrow's families.

As parents, responsible adults, members of extended families and the next generation of families, we are a powerful resource for child and youth mental health and wellbeing.

As caregivers, we have specific knowledge of our own and our kids' mental health. We have hard-won lessons to share about navigating service systems and advocating for what is needed to improve child and youth mental health.

As youth, we have unique perspectives from our own mental health journeys. We have valuable ideas to share with policymakers, service providers and researchers to improve child and youth mental health.

As researchers, policymakers and service providers, we see ourselves as family members first, and then as system representatives with the means to transform how systems interact with families and youth.

This knowledge needs to come together in our country and help inform those who may not know what they need to know.

What is a Consensus Statement?

The tangible results of a consensus conference are written consensus statements. These are based on the careful and deliberate analysis of a small team of people. We refer to this team as the Consensus Builders and it is comprised of people with lived experience of the issue, experts and ordinary people.

The Consensus Builders will help us define, in as much detail as possible, the key elements of FamilySmart™ practice. These elements will be written into formal consensus statements by technical/professional writers immediately after the conference.

Who are the Consensus Builders?

The Consensus Builders consist of a moderator and 10-12 people representing diverse perspectives on child and youth mental health. These people may include:

- Youth and families with lived experience of mental health challenges
- Public policy makers
- Researchers
- Clinicians/practitioners
- Educators
- Community service providers
- Private funders
- Business and community leaders
- Media

Consensus Builders have knowledge, skills, abilities and commitment to child and youth mental health. They will listen to the conference presentations and conversations to build our collective consensus statements.

The conference is bringing together youth and families with lived experience of mental health challenges with a range of experts, including researchers, policymakers, clinicians, service providers and educators, to identify practices that are FamilySmart™. These are practices that support child and youth mental health within the context of the family, while acknowledging the unique needs and rights of young people. We want to know what evidence resonates with youth and families. What is their experience of best and promising practices where they live, learn, work, play and heal? What works for youth and families within the communities and service systems that touch their lives? All conference attendees will engage in dialogue that will be synthesized by our consensus builders.

Program

Friday May 2, 2014

7:30 – 8:30

Registrations

8:30 – 9:30

Welcome and opening remarks. Overview of consensus building process

9:30 – 10:30

Keynote Presentation

A Missing Key to Mental Health System Service Design: The Authentic Voice of Youth and Their Families

Dr. Simon Davidson has spent the bulk of his career dedicated to having the voices of young people and their families inform child and youth mental health in Canada.

Learning Objectives

- Understand the current status of child and youth mental health in Canada and how working together can change the current state.
- Promote the authentic engagement of young people and their families in service systems across sectors.
- Provide examples of how service providers

Dr. Davidson is a child, adolescent and family psychiatrist. 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 a Professor in the Division of Child and Adolescent Psychiatry in the Department of Psychiatry and Paediatrics at the University of Ottawa. He is Chief Strategic Planning Executive of the Ontario Centre of Excellence for Child and Youth Mental Health. He is (a) a Past President of the Canadian Academy of Child & Adolescent Psychiatry (CACAP); (b) former Chair of the Child and Youth Advisory Committee for the Mental Health Commission of Canada; (c) former Chief of Staff at the Children's Hospital of Eastern Ontario; (d) past Chair of the Division of Child and Adolescent Psychiatry, University of Ottawa; and (e) recently ended 22 years as Chief of Psychiatry at CHEO and was the Regional Chief of the Specialized Psychiatric and Mental Health Services for Child and Youth (Children's Hospital of Eastern Ontario (CHEO)/Royal Ottawa Mental Health Centre (ROMHC) for the past 5 years.

He is the Co-Founder of Youth Net/Réseau Ado (1993), an ongoing innovative service delivery model empowering and engaging youth in regard to mental health promotion, mental illness prevention and early intervention.

Synthesizing his understanding of system theory, analysis and change management, his interventional and academic interests include development and implementation of integrated models of mental health service delivery; models of youth and family engagement in therapy and service delivery planning; wellness; mental health promotion, prevention and early intervention; and transitioning youth into adult mental health services. As well, he is a strong advocate for enhanced mental health services for children, youth and young adults.

10:30 – 10:45

Break

10:45 – 11:45

HOT TOPICS (5, 10-minute presentations)

Hot topics are very brief presentations with one key message that are intended to stimulate thinking and conversation that will extend into the full conference

Hot Topic

1

From the Horse's Mouth: Aboriginal Traditional Teachings and Equine Programs to Foster Youth and Family Resiliency

Andrea Kennedy, Professor (Nursing), School of Nursing, Mount Royal University, Calgary, AB

Shaylen Smith, Certified Equine Assisted Learning, Cultural Educator, Lucky Louis Stables

Siksika First Nation's Lucky Louis Stables offers a mobile equine program for youth to promote mental health and resiliency through cultural reconnection. Experiences are tailored for each group, and include at-risk youth prevention/intervention, parent-child reconnect, school health, team building, and Aboriginal cultural awareness. Program teachers have years of experience in community program development, including certification in equine assisted learning and traditional horse culture games to enhance youth health promotion through cultural rediscovery.

Learning Objectives

1. Explore equine assisted learning for youth mental health promotion
2. Summarize examples of how this program is implemented
3. Identify how Aboriginal traditional teachings and practices support youth and family mental health

Hot Topic

2

An Orientation Session for a Child and Adolescent Mental Health Community Clinic: Engagement with Children, Adolescents, and Families

Laurene Black, Child and Adolescent Mental Health, Alberta Health Services, Edmonton, AB

Teresa Lightbody, Child and Adolescent Mental Health, Alberta Health Services, Edmonton, AB

In this session, we discuss the implementation of an Orientation Session at a children's community mental health clinic. We explore whether the Orientation Session enhanced client engagement by reducing no shows and increasing client satisfaction with services. We conclude with our learning from the undertaking of an Orientation Session.

Learning Objectives

1. Explore if an Orientation Session helps to engage children and families in mental health services by reducing "no shows" for the follow-up assessment appointment
2. Understand if an Orientation Session increases client satisfaction with service systems
3. Discuss our learning from the implementation Orientation Session and how we continue to work on providing services that best meet the needs of children, youth, and families

Hot Topic

3

Family Quality of Life Concept/Instrument

Emily Gardiner, Department of Psychology, Simon Fraser University, Burnaby, BC

This session will explore the ways in which families of children with ASD are uniquely at risk, and review the role of supports and services in Family Quality of Life. We will review research, and present findings from a study we conducted with primary caregivers of children with ASD.

Learning Objectives

1. Become familiar with the Family Quality of Life (FQOL) concept and its domains
2. Increase understanding of risk factors facing families of children with ASD
3. Reflect on the role services and supports play in FQOL satisfaction

Hot Topic

4

Youth Transition Conferencing: More Than Just Another Meeting

Tony Vanon, Social Worker, Ministry of Children and Family Development, Burnaby, BC

This session will give an overview of Youth Transition Conferencing and focus on what youth are good at, as well as introducing the mechanics of youth transition Conferencing. An article published in the Ontario Children's Aid Society Journal will be distributed to give the audience members a more detailed look at this model.

Learning Objectives

1. Demonstrate the strengths of youth, despite their struggles
2. Introduce the mechanics of Youth Transition Conferencing
3. Show how Youth Transition Conferences reinforce existing foundations, reinforce healthy connections and support youth in making healthy, safe transitions to adulthood
4. Demonstrate that this program, which has been part of youth transitioning from government care, can be tailored to fit youth with addictions and/or mental health issues

Hot Topic

5

In the Dark

Keddi-Anne Sherbino, Youth, Kelowna, BC

y

The journey through mental health challenges can be very hard when you're alone, or have someone with you who is afraid. This hot topic will share the experience of being afraid and in the dark, but having someone with you who isn't afraid.

Learning Objectives

1. Create awareness on support that is helpful
2. Provide an opportunity to consider the types of fear and its impact
3. Highlight ways that people can support those who are afraid and in the dark because of their mental health challenge.

Hot Topic

6

Open Your Mind

Tyler Exner, Youth, Nelson, BC

y

Presenting a short film about the effect of mental health, and the struggles it can cause on your everyday life. The video also helps spread awareness and gives people a better understanding of their symptoms and feelings. I will also be talking about my life journey and how I constantly battled my mental illness.

I will provide ways and techniques to help people open up to their doctors and family members and encourage them to seek help.

Learning Objectives

1. To engage people with a powerful video
2. To help give a better understanding around the stigmas of mental illness
3. To help people feel comfortable about opening up when struggling with mental illness.

11:45 – 12:45

Lunch; Exhibit Viewing

12:45 – 1:45

YOUTH JAM SESSION

Brent Seal, Seal Wellness, Vancouver, BC

Lucas Matteilo, Level Up Living, Burnaby, BC

The mental wellness of young people is greatly influenced by many things. The Youth Jam Sessions will provide youth and young adults an opportunity to **connect with other youth – and connect to Brent & Lucas** – 2 young guys who are wellness seekers and committed to empowering young people. As part of the Jam Sessions, adults will be provided creative space to 'Ask' youth a burning question and in the Jam Sessions, youth will interactively come up with answers to the 'Ask a Youth a Question.' In the end, youth will be encouraged to determine actions they can individually and collectively take after the Conference.

Learning Objectives

1. Create space for youth to connect with each other outside of formal presentations and workshops
2. Enhance the knowledge of adults in understanding what is meaningful to and effective with youth and young adults
3. Create a youth network that young people can join and encourage their participation in informing FamilySmart™ practice in Canada
4. Provide wellness tips and tools to youth and young adults

12:45 – 1:45

CONCURRENT PANEL SESSIONS

Panel

1

Youth Transitions into Adult Mental Health Services: An Examination of National, Provincial and Local Policies, Services and Supports

Annie Smith, ALM, Executive Director, McCreary Centre Society, Vancouver, BC

Despina P Papadopoulos, Knowledge Broker, Mental Health Commission of Canada, Ottawa, ON

Mario Cappelli, Director of Mental Health Research at the Children, Children's Hospital of Eastern Ontario, Ottawa, ON

'Youth transitions' is a significant area of concern in Canada, as current policies, programs, and research that support youth transitioning into adult mental health services are scarce. This presentation will showcase national, provincial and local policies and services aimed at encouraging effective transitions for the emerging adult (young people).

Learning Objectives

1. Showcase mental health services, policies, research and practices around Youth to Adults Services on a National, provincial and local level
2. Address young people's experience of transitions from youth to adult services
3. Showcase the youth and family caregiver perspective around youth to adult services



Panel 2

The Vital Importance of Parental Engagement and Wellness in the Lives of Children and Youth

Edward Kruk, MSW, Ph.D., Associate Professor, University of British Columbia, School of Social Work, Vancouver BC

Mark Littlefield, MA CYC, Littlefield & Associates, Sessional Instructor, University of the Fraser Valley, Child and Youth Care, Mission BC

The mental wellness of young people is greatly influenced by the wellness and engagement of parents in the lives of young people. This panel will speak to the needs of children and youth, in addition to what parents and caregivers should have access to in order to meet the mental health needs of their children and youth.

Learning Objectives

1. Strengthen service providers' understanding of the effects of ill-supported parents with mental health and other parenting challenges
2. Detail how present child and family policies should be reformed to support parental involvement and engagement in the lives of children and youth
3. Discuss ways of moving forward in a holistic manner that focuses on supporting the social, emotional and mental well-being of both parents and children and youth
4. Highlight the work and tools being offered through Ulysses Agreements and COPMI (Children of Parents with Mental Illness) in Australia

Panel 3



Supporting Families in Understanding and Addressing Children's Anxiety

Marley & Eva Hanlon, Daughter & Mother, Surrey, BC

Monica Kriese, FRIENDS Online Parent Program Lead & FRIENDS Parent Trainer, Salmon Arm, BC

Victoria Keddis, FORCE Parent in Residence & FRIENDS Parent Trainer, Surrey, BC

The FRIENDS for Life Parent Program was developed with families, for families. This program is complimentary to the FRIENDS Program taught in schools throughout BC. This panel will provide an overview of the online Program that includes a new Kindergarten-Grade One component and will feature a mom and daughter who used the program; they will speak about their story and personal experiences and how the program has helped their family.

Learning Objectives

1. To provide an overview of the online program and highlight tools, resources and activities that parents have found effective
2. To demonstrate how communities are using the program as a resource for families on waitlists
3. To show how a family benefits from the knowledge about anxiety and how that knowledge can be used at home to support young people with worries and anxiety
4. To demonstrate the impact of an early intervention tool on a young person's life

1:45 – 2:00

Break

2:00 – 3:15

CONCURRENT WORKSHOPS

3 rooms: 45-minute workshop + 30 minutes interaction in each room

Workshop 1

Together for Change: Partnering with Young People and Families to Provide the Best Possible Care

Natasha McBrearty, Manager, Ontario Centre of Excellence for Child and Youth Mental Health, Ottawa, ON

Peter Gindl, Youth Engagement Consultant, Ontario Centre of Excellence for Child and Youth Mental Health, Ottawa, ON

Sarah Cannon, Executive Director, Parents for Children's Mental Health, St. Catharines, ON

This experiential presentation will share the Centre's model of co-development and co-facilitation used in its YE and FE training programs and will explore the impact of this approach.

Learning Objectives

1. Understand the benefits of Youth Engagement and Family Engagement for youth, families, agencies and communities
2. Identify strategies for creating partnerships with youth and families
3. Identify opportunities for engaging youth and families in service planning, implementation and evaluation

Workshop

2



Transition to Parenthood

Sarah Irving, Youth in Residence, F.O.R.C.E. Society for Kids' Mental Health, Vancouver, BC

Paul Irving, Youth Ambassador, Kely Mental Health Resource Centre, North Vancouver, BC

Mary-Elizabeth Vaccaro, Social Worker/Academic Researcher, Catholic Family Services, Hamilton, ON

Young people, both as the next generation of parents, and as new parents, face a myriad of complex social challenges, but when they are brought into a conversation about this transition, their insight, and testimony from service providers, offers a way forward to enhance their transition to parenthood.

Learning Objectives

1. Strengthen service providers understanding of the protective and risk factors for young parents through the social determinants of mental health
2. Discuss the holistic ways of moving forward in a way that focuses on supporting the mental well-being of two generations of children
3. Engage young people in discussing the transition to parenthood – one of the most important transitions they may choose to make in their lives
4. Expand the understanding of this transition for young people with mental health challenges
5. Highlight the work being done by Young Parent Resource Organizations and Child and Youth Mental Health Organizations in Ontario and BC

Workshop

3

Families Enhancing Systems

Rhonda Myers & Jeanne Foot, Executive & Chair of the Parent Advisory Council, Family Navigation Project, Sunnybrook Health Sciences Centre, Toronto, ON

Anthony Levitt, Psychiatrist & Medical Director, Family Navigation Project, Sunnybrook Department of Psychiatry's, Sunnybrook Health Sciences Centre, Toronto, ON

Karen Copeland & Mary McCracken, Parent in Residence, F.O.R.C.E. Society for Kids' Mental Health, BC

Jana Davidson, Vice President Medical Affairs and Psychiatrist in Chief, Children's and Women's Mental Health Programs, Children's and Women's Health Centre of BC, Vancouver BC

Families of children and youth with mental health challenges often experience a strikingly similar, very complex journey in seeking help. The parents of the FORCE Society for Kids' Mental Health and the Family Navigation Project set out to connect with those providing mental health services to work together so that future families could experience a better journey with their children and youth.

Learning Objectives

1. To encourage service providers and others to reflect on their own practice and seek ways to engage and partner with families in enhancing their practice
2. Strengthen the understanding of how families and service providers can come together in the co-creation and delivery of services
3. To highlight the work being done within systems by the FORCE and the Family Navigator Project
4. To demonstrate how decision makers were able to champion the work of families with lived experience within their service system

3:15 – 3:30

Break

3:30 – 4:30

CONCURRENT SESSION

4 rooms: two 30-minute presentations per session, one lecture style and one interactive in each room

Lecture Style 1

Between a Rock and a Hard Place: Challenges of Racialized Immigrant Children, Youth and Families in Receiving Mental Health Services

Sarah Maiter, Professor, School of Social Work, York University, Toronto, ON

This presentation explores the particular situations that immigrant children, youth, and families from diverse ethno-racial and religious backgrounds confront and how these pose challenges to their mental health and emotional well-being. Findings from focus groups with immigrant racialized youth, and with immigrant families are examined and practice suggestions highlighted.

Learning Objectives

1. Understand the struggles of racialized immigrant youth
2. Understand the experiences of immigrant families who receive mental health services
3. Learn ways to intervene that is empowering to parents, youth and children while recognizing the importance of keeping children and youth connected to families



Interactive Session 1

ADHD and Me

Christine Kwong, MEd, PhD student, Dept. of Applied Psychology and Human Development, Developmental Psychology and Education, Ontario Institute for Education Studies (OISE), University of Toronto, Toronto, ON

Omar Ramirez, Writer/Director, "ADHD & Me", film student, Toronto Film School, Toronto, ON

In order to decrease stigma and create awareness and support, there is a need to highlight young adults (including females) living with Attention Deficit Hyperactivity Disorder (ADHD) who are academically and professionally successful. This session will begin with a presentation in the style of a documentary made by and featuring 2 university graduates (Ph.D. student and a B.A. graduate) living with ADHD. Our goal is to highlight the need for those individuals living with ADHD to help change perspectives about ADHD, make connections to individuals with ADHD, and engage in activities and actions that support others with ADHD. In our presentation we share some of the obstacles we have faced, how we overcame them, and describe where we are now. We chose a multimedia tool for communication because we believe it enables our ability to tell our stories in an engaging way that interests and excites youth. Our presentation will be followed by a discussion on the purpose, rationale, and information regarding ADHD and this documentary.

Learning Objectives

1. Understand issues related to stigma and ADHD.
2. Enhance the knowledge of the role physical activity has in understanding ADHD.
3. Enhance the knowledge of youth and adults in understanding what is meaningful and effective to individuals living with ADHD.
4. Provide real-life strategies on how to succeed academically: what worked, what didn't, and lessons learned.
5. To engage youth and adults in discussing the importance of knowing and providing support to those similar to themselves.

Lecture Style 2

Preventing Suicide in Pediatric Mental Health Settings: What Do Adolescents, Children and Parents Find Helpful?

Catherine Pugnoire Gros, Assistant Professor, Ingram School of Nursing McGill University and Douglas Mental Health University Institute, Montréal, QC

Sacha Scholz, RN,MN, Alberta Children's Hospital, Cochrane, AB

Two qualitative research studies were conducted in order to identify the nursing interventions of perceived value to suicidal adolescents during treatment on mental health units and to younger children with suicide-associated risk factors and their parents. The data show that young patients and families value a broad array of individually-tailored nursing interventions which they associate with important health outcomes. Overall, the use of a collaborative, strengths-based approach appears key for promoting the health and recovery of children at risk for suicide and their families.

Learning Objectives

1. To understand the complexity of suicide and the challenge of suicide prevention; and to become familiar with current nursing research in the area of suicide care.
2. To know the various types of health care interventions that inpatient adolescents at risk for suicide find helpful and that younger children with suicide-associated risk factors and their parents find helpful.
3. To understand the importance of working in partnership with suicidal youth and their families in order to advance health care practice in the future.

Interactive Session 2

Youth As Gatekeepers: Youth-led and Community-based Suicide Prevention and Mental Health Literacy

Fred Chou, Counsellor/Consultant, Chilliwack, BC
Students from Chilliwack

The Youth as Gatekeepers program trains students in secondary school to present suicide prevention and mental health literacy to peers with focus on assisting youth to make appropriate help-seeking recommendations.

Learning Objectives

1. Learn about an innovative preventative approach to suicidality and mental health concerns that is supported by the community and is done in collaboration with youth
2. Learn about creative means to engage youth in fostering collective social action to address stigma and enhance education regarding mental health and suicidality
3. Learn about community coordination and participation to address a common concern; the program works in collaboration with the community stakeholders, government, and educational institutions respectively, the FORCE Society for Kids' Mental Health, the Ministry of Children and Family Development, and the Chilliwack School District

Session

3

Lecture Style 3

Improving our Approaches to Addressing Mental Health and Trauma Issues of Foster Care Children

Delphine Collin-Vezina, Associate Professor, Canada Research Chair, School of Social Work, McGill University, Montreal, QC

The complexity of presenting mental health and trauma issues of foster care children require substantial and intensive professional services. A group intervention program based on the 'Attachment, Regulation and Competency' framework was implemented among 10 foster parents. Preliminary results show promising outcomes.

Learning Objectives

1. Describe mental health and trauma issues experienced by children in out-of-home care
2. Discuss current child protection services in light of the complexity of presenting mental health and trauma issues of foster care children
3. Present the Attachment, Regulation and Competency framework and its application in child welfare contexts

Interactive Session 3

Enjoying Connections and Exploring Issues through a Family Educational Board (not Bored!) Game

Andrea Kennedy, Professor (Nursing), School of Nursing, Mount Royal University, Calgary, AB

We will play and discuss an innovative board game called "Don't Push Your Luck". This game was created to strengthen children's decision-making skills as partners in family-centered care of their chronic illness (hemophilia). Since the game focuses on whole health (mental, physical, social and emotional), playing the game during our session will inspire discussion on how this resource may be optimally adapted for mental health promotion.

Learning Objectives

1. Describe how an educational board game helps children and families engage in discussions to support family-centred care in their daily life experiences
2. Explore the educational board game for experiential learning about this family resource
3. Consider and discuss how this board game may be adapted for mental health promotion

Lecture Style 4

A Long Way to Go and Some Ways to Get There: Engagement of Youth, Parents and Caregivers in Youth Mental Health Services in BC

Brian Hill, Project Manager, Office of the Representative for Children and Youth, Victoria, BC

This presentation is based on the B.C. Representative for Children and Youth's 2013 report "Still Waiting: First-hand Experiences of Youth Mental Health Services in B.C." It will share findings on barriers to youth and family engagement in mental health services and offer suggestions from youth, parents and service providers for strengthening engagement in the future.

Learning Objectives

1. Increase understanding and ability to act on barriers to engaging youth and their families in youth mental health services in BC
2. Increase understanding and ability to act on ways to engage youth and families in mental health services for youth

Interactive Session 4

Cowichan Young Carers Program: Ending the Silence

Dan Vaillancourt, Director, Cowichan Young Carers Program, Cowichan Bay, BC

This session will be presented by Cowichan Young Carers Program on Vancouver Island, British Columbia, which has been successfully engaging youth and professionals in developing support for young carers since January 2010.

Learning Objectives

1. Gain insight into the needs of young carers in Canada
2. Share strategies for engaging youth and professionals in responding to the issue of young caregiving
3. Share strategies for supporting young carers
4. Explore working with aboriginal communities

4:30 – 6:00

Reception



Program

Saturday May 3, 2014

8:00 – 8:30

Registration

8:30 – 9:15

Status update on the consensus building process

9:15 – 10:15

Keynote Presentation: 'Ask A Youth.' Answers to the Burning Questions.

Brent Seal, Seal Wellness, Vancouver, BC

Lucas Matteilo, Level Up Living, Burnaby, BC

Brent Seal and Lucas Matteilo are 2 young guys who are wellness seekers and committed to empowering young people. They will share what the young people had to say at the Youth Jam Sessions about the 'Ask a Youth' questions from day one of the conference.

Learning Objectives

1. Highlight the burning questions that adults asked of youth
2. Create awareness of what youth need adults to know about them
3. Increase capacity to understand, and respond to youth

10:15 – 10:30

Break

10:30 – 11:45

YOUTH JAM SESSION

Brent Seal, Seal Wellness, Vancouver, BC

Lucas Matteilo, Level Up Living, Burnaby, BC

Brent Seal and Lucas Matteilo are 2 young guys who are wellness seekers and committed to empowering young people. They will be discussing the Spectrum of Engagement (being tested at 12:45) with youth and help facilitate youth input in the 'testing' of the Spectrum at the afternoon session.

10:30 – 11:45

CONCURRENT PANEL SESSION

Panel

4

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Youth Empowerment: Exploring Ways to Give Power to Youth Voice Utilizing Traditional and Arts-Based Approaches

Alisha Henson, PhD Student, Counselling Psychology, Montreal, QC

Marilyn Fitzpatrick, PhD, McGill Psychotherapy Process Research Group, Montreal, QC

Samantha Burger, New Mentality Youth, Toronto, ON

Audrey Thompson, Child and Youth Advocate at Provincial Advocate for Children and Youth, Toronto, ON

Syahidah Ismail, Youth Vital Signs Leadership Council Member, Vancouver Foundation, Vancouver BC

Victor Wakarchuk, Youth Vital Signs Leadership Council Member, Vancouver Foundation, Vancouver BC

Muna Mohamed, Dare to Dream Coordinator at the Ontario Centre of Excellence for Child and Youth Mental Health

This panel will present the findings of three different approaches to engaging youth. Findings from traditional research methodologies (questionnaires, focus groups) as well as arts-based approaches will be explored and future direction for working with youth and supporting youth voice will be recommended.

Learning Objectives

1. Explore various approaches to engaging youth in program and civic development as well as anti-stigma campaigns
2. Share the voices of youth who participate in Youth Engagement programs
3. Demonstrate the value of youth engagement for youth, families, agencies, and communities

Panel 5

Concurrent Disorders – Moving from Grief to Action as Families Access and Contribute to Improving Treatment for Concurrent Disorders

Mae Burrows, President, Family Support Group, From Grief to Action, Burnaby, BC

Chris Richardson, Health Research, From Grief to Action, University of British Columbia, Vancouver, BC

Jennifer Wide, Psychiatrist, Inner City Youth Mental Health Program, Vancouver, BC

Two family members and a psychiatrist specialized in working with youth with concurrent disorders will discuss how substance use can be a barrier to accessing mental health services and outline the attributes of a more inclusive system for concurrent disorders care that extends from diagnosis to long-term support and recovery.

Learning Objectives

1. Educate families and service providers about signs of self-medication when a mental health disorder is present so that they can engage with appropriate health and social services as early as possible
2. Help families and service providers understand how to access and navigate the health system to get treatment for people with concurrent disorders
3. Identify several core attributes of a Family Smart system for concurrent disorders

Panel 6

School-based Mental Health – A Family Model and A School-Based Mental Health Literacy Approach to Address the Needs of Children, Youth and Families

Yifeng Wei, Research Associate, IWK Health Center, Halifax, NS

Stan Kutcher, Physician, IWK Health Center, Halifax, NS

Steve C Cairns, Retired Educator and Administrator, Port Coquitlam, BC

Beverly Ogilvie, Educator, District Counsellor, SD#41, Burnaby, BC

This session first describes a family model in which school-centered connectivity is a heart driven, brain guided process that reignites the intuitive, instinctual need to collectively nurture our young. Then the session further presents a school curriculum-based mental health literacy program as the foundation for youth mental health promotion, prevention and care.

Learning Objectives

1. Teach and inform parents and professionals of the reality that exists for several successful communities from the application of the family model. The result of collaboration connections built into a community is a greater focus on the social, emotional and intellectual health of the children, youth and families.
2. Measure the success of the school connectivity of the model based on the consistent growth of adults who adopt the strategies and discover the personal and professional satisfaction that comes with the intuitive application of this model
3. Obtain information about the Mental Health & High School Curriculum Guide and the process of its application
4. Learn about the results of numerous program evaluations and research studies of the application of the curriculum guide in multiple sites across Canada
5. Understand how the mental health literacy approach can be effectively delivered in every community in Canada



**Panel
7**

Family Connectedness & Acceptance – It Matters to Youth

Annie Smith, McCreary Centre Society, Vancouver BC

Lorraine Grieves, M.A., RCC, Manager, Transgender Health Information Program, Prism, Youth Addictions Services VCH, Vancouver, BC

Feeling accepted and connected to their families, matters to youth. This panel will share these findings from the McCreary 2013 Adolescent Health Survey and provide information on what LGBT2SQ+ means and the great impact of family acceptance on mental health.

Learning Objectives

1. Share BC students perspectives about their mental health
2. Identify supportive adults in the lives of BC youth
3. Demonstrate the link between family, school and community connectedness and youth mental health
4. Share practical knowledge and skills on connecting with and supporting LGBT2SQ+ young people

11:45– 12:45 **Lunch; Exhibit Viewing**

12:45 – 2:00

WORKSHOP

Where Are You on the Engagement Spectrum? Help Us Test a New, FamilySmart™ Tool to Authentically Engage Youth and Families

Keli Anderson, National Institute of Families for Child and Youth Mental Health, Vancouver, BC

Kim Balfour, Balfour Consulting Group, Victoria, BC

River Chandler, TheatreWorks Consulting, Victoria, BC

Join us for a 75-minute, interactive plenary session that will use theatre as a collaborative way to test the FamilySmart™ Spectrum of Engagement for Child and Youth Mental Health. Using scenarios about real-life interactions in two systems—health/mental health and education—we will explore how the Spectrum can be used to make engagement truly FamilySmart™ by moving from simply ‘informing’ youth and families to ‘empowering’ them.

Learning Objectives

1. Test the feasibility of the Spectrum of Youth & Family Engagement for Child and Youth Mental Health in two system settings: health/mental health and education
2. Identify key learnings from the application of each level of engagement in the Spectrum for all participants: youth and families with lived experience, service providers/educators and policymakers
3. Encourage participants to look at their own engagement practices and experiences, identify where they are in the Spectrum, and seek ways to reach the level of FamilySmart™ engagement.
4. Excite participants to use the Spectrum as a means of engaging youth and families in co-creating FamilySmart™ services and settings.

2:00 – 2:30

Break

2:30 – 4:00

Large group discussion. Consensus group to report on what has transpired during the conference and what are the next steps (in developing consensus statements)

4:00

Adjourn

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