

# Child and Youth Mental Health and Substance Use Collaborative

## Learning Session 8

### Day 1 – Wednesday, October 5<sup>th</sup> “All Teach, All Learn”

|               |  |  |                       |
|---------------|--|--|-----------------------|
| 11:00 - 12:30 | <b>Registration &amp; Lunch</b>  |  | Ballroom Foyer        |
| 12:30 - 1:15  | <b>Traditional Welcome &amp; Opening Prayer</b>  | Charlotte Mearns<br>Nahanee Family             | Ballroom              |
| 1:15 - 1:30   | <b>Welcome &amp; Introductions</b><br>Welcome from the Co-Chairs of the Shared Care Committee.   | Marilyn Copes<br>Dr Gordon Hoag                | Ballroom              |
| 1:15 - 2:30   | <b>Gaining Insight from Lived Experience</b><br>Parents and youth of the CYMHSU Collaborative will provide examples of what can be said or done that makes a difference in working well together to create positive and safe spaces that facilitate needed changes.  | Parents & Youth of the<br>CYMHSU Collaborative | Ballroom              |
| 2:30 - 3:00   | <b>Break</b>   |  |                       |
| 3:00 - 4:20   | <b>‘Bear Den’ Conversations 2.0 – Sharing Our Successes and Addressing Our Challenges Together</b><br>Over 30 intimate conversations will connect CYMHSU Collaborative participants with colleagues from across the province to discuss topics critical to ongoing success. Participants are encouraged to join in discussions to help create actionable steps on how to move forward. | Various<br>(see attached list)                 | Ballroom and<br>Foyer |
| 4:20 - 4:30   | <b>Travel Time</b>   |  |                       |
| 4:30 - 6:00   | <b>LAT and Working Group Storyboards</b><br>A chance to hear from upwards of 70 Local Action Teams and Working Groups of the CYMHSU Collaborative, as they share their success and challenges. A fantastic opportunity to get new ideas and make connections for ongoing action.   | Various<br>(see attached brochure)             | Junior Ballroom       |
| 6:00          | <b>Adjourn</b>   |  | Junior Ballroom       |
| 6:30 - 8:00   | <b>Dinner*</b>   | Dr Martin Brokenleg                            | Ballroom              |

\*Dinner will be provided to those individuals who have registered and pre-paid the fee.

## Day 2 – Thursday, October 6<sup>th</sup> Establishing a Firm Foundation for Sustainability

|               |  |   |                    |
|---------------|--|---|--------------------|
| 7:30 - 8:30   | <b>Registration &amp; Breakfast</b>  |   | Ballroom           |
| 8:30 - 9:00   | <b>Welcome &amp; Introductions</b><br>Welcome from Doctors of BC Co-Chair of the General Practice Services Committee.  | Dr Shelley Ross   | Ballroom           |
| 9:00 - 10:00  | <b>Building Community Pathways to Care</b><br>This session will focus on the lessons learned through the first prototype of the Local Agreement process in Local Action Teams.   | Valerie Tregillus<br>Christina Southey<br>Liz Kunkle<br>Dr Todd Kettner<br>Dr Jana Davidson | Ballroom           |
| 10:00 - 10:30 | <b>Discussion: Applying Pathways Locally</b><br>An interactive discussion around the first steps of applying the Local agreement process locally.  |   | Ballroom           |
| 10:30 - 11:00 | <b>Break</b>   |   |                    |
| 11:00 - 12:00 | <b>Measuring Our Impact</b><br>A multifaceted session focusing on measurement from a number of sources including Ministry of Health, the Adolescent Health Survey.   | Christina Southey<br>Annie Smith<br>Linda Nehra   | Ballroom           |
| 12:00 - 1:00  | <b>Lunch</b>   |   |                    |
| 1:00 - 2:30   | <b>Regional Discussions</b>  |   |                    |
|               | <b>Fraser</b>  | Jennifer Mervyn & Catherine North   | Ballroom           |
|               | <b>Interior</b>  | Diane Goossens & Rachel Laird   | Junior Ballroom D  |
|               | <b>Island</b>  | Roxanne Blemings & Terri Kalaski  | Port McNeil        |
|               | <b>North</b>   | Caitlin Blewett & Yvette Bolduc   | Junior Ballroom C  |
|               | <b>Vancouver Coastal</b>   | Bethina Abrahams & Christina Clarke   | Junior Ballroom AB |
|               | <b>Provincial</b>  |   | Parksville         |
| 2:30 - 3:00   | <b>Break</b>   |   |                    |
| 3:00 - 3:45   | <b>Gathering Our Ideas for Change</b><br>The Collaborative thrives on the active testing of ideas in communities. To close, we want to share the new ideas gathered from Learning Session 8 and harness energy for change. |   | Ballroom           |
| 3:45 - 4:00   | <b>Closing</b>   |   | Ballroom           |

## Healing Room

We welcome you to partake in the sacred healing space that has been set up in Gulf BCD for both days. Here you will be cared for with love and respect. First Nations Healers, Elders and Integrative Healing Practitioners will provide an opportunity for you to experience some cleansing and gentle, relaxing laying on of hands. Also included is thermotherapy sessions which take place on the Amethyst BioMat. These wellness services can assist in opening one's heart, mind and body to co-creative and self-healing. Reducing stress and awakening positive life force energy. There is a sign-up sheet located at the front of the room in 30 minute time blocks. Everyone is encouraged to take part in the healing space if you would like some well deserved Self-care, relaxation or are just curious, please come and explore. Everyone is welcome!

## Day 1 Highlights

### 'Bear Den' Conversations

In Northwest West Coastal Native Culture, The Bear represents strength and learned humility through motherhood and teaching and is an important family crest associated with family and children. The Bear has a great self awareness and is also able to deliberate about choices or actions. We look to the Bear to show us how to fish the salmon and collect the berries. The Bear symbolizes family and strength. (Squamish Liliwat Cultural Centre, Animal Symbology)

Through the '*Bear Den' Conversations* on Day 1 we hope to explore key conversations that will help us reach our Collaborative goals by 2017. Key topics as raised by the participants of the CYMHSU Collaborative will be presented, with moderators leading the small group discussions – drawing on the symbolism of The Bear.

### Dinner with Dr Martin Brokenleg

Dr. Martin Brokenleg is co-author of the book *Reclaiming Youth at Risk: Our Hope for the Future* and co-developer of the Circle of Courage model and provides training worldwide for individuals who work with youth at risk. He holds a doctorate in psychology and is a graduate of the Anglican Divinity School. He is a retired professor and was most recently Director of Native Ministries and Professor of First Nations Theology at the Vancouver School of Theology. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana University of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counselor. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, Europe, Australia, and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe.