



THE CANADIAN FORUM ON PUBLIC EDUCATION
WELLNESS IN OUR SCHOOLS: TIME TO ACT!



JULY 11-12, 2016
WESTIN MONTREAL





WELCOME

When I consider the theme for this year's Canadian Forum on Public Education "Wellness in our Schools: Time to Act!", I recognize that the term wellness is a broad topic that has often been limited to a discussion of physical well-being. However with the increased visibility and openness about mental and emotional well-being, mental health is no longer 'the elephant in the room' and CTF believes now is the time to focus on wellness within the specific context of schools.

According to the World Health Organization (WHO), mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The Canadian Mental Health Association (CMHA) states that "(m)ost people think that mental illness won't affect them but the statistics are hard to dispute – 1 in 5 people will experience a mental illness sometime in their life." In fact, "(d)epression is the most prevalent and is expected to become the second most disabling illness by the year 2020." While it is true that mental illnesses can affect individuals of any age, they often appear by adolescence or early adulthood.

It is no surprise then that schools face a myriad of mental wellness challenges. As a microcosm of society and as highly interactive environments where adults, children and teens who have varied home circumstances and family backgrounds come together, wellness challenges are inevitable. In addition, according to a 2015 report from the Canadian Chronic Disease Surveillance System: Mental Illness in Canada, "(a)mong children and adolescents (under the age of 20 years), the prevalence of the use of health services for mental illness increased between 1996/97 and 2009/10. The largest relative increase was observed among youth 10 to 14 years old (43.8%), followed closely by children five to nine years old (34.5%)."

Access to mental health services for children, teens and adults is not consistent across the country and some may even contend services are inadequate everywhere. What varies is the extent of this lack of access and timely response and the effects on those who are seeking support. It is our hope that, by the end of the Forum, you will have broadened your knowledge about this timely topic and will be resolved to advocate for a focus on mental and emotional wellness in schools. It is indeed... Time to Act!

Heather Smith, President
Canadian Teachers' Federation



MONDAY, JULY 11, 2016

1330-1400 **Wellness in our Schools: Time to Act!**

Heather Smith, Canadian Teachers' Federation

1400-1530 **Wellness from coast to coast to coast**

Featuring perspectives from:

- Janice Graham-Migel, Canadian Counselling and Psychotherapy Association
- Caroline Vézina, Société Santé en français
- Gail Enever, Ontario Teachers' Insurance Plan, and Czar François, Solerah
- Myles Ellis, Canadian Teachers' Federation

1530-1545 **Refreshment Break**

1545-1700 **The Internet of Me: Neglect in an Age of Hyper-Connectivity**

Dr. Phil McRae, The Alberta Teachers' Association

1700-1800 **Free time**

1800-1830 **Reception**

1845-1930 **Dinner**

1930-2000 **Ed Mantler, Mental Health Commission of Canada**

2000-2100 **Getting to Know Thysel: Being an everyday advocate for mental health**

Mark Henick, Mental Health Advocate and Speaker

NOTES

- In accordance with CTF Regulations, materials and information created by CTF are available in both official languages. Although every effort has been made to ensure materials and presentations at the Canadian Forum on Public Education are bilingual, please note some materials provided by guest speakers may only be available in one of the two official languages.
- CTF adheres to a scent-free policy at all our events because of sensitivities and allergies among staff and participants. We thank you in advance.



TUESDAY, JULY 12, 2016

0900-0915 **Welcome Back**

Heather Smith, Canadian Teachers' Federation

0915-1030 **Mental Health is Everyone's Business**

Louise Bradley and Sapna Mahajan, Mental Health Commission of Canada

1030-1045 **Refreshment Break**

1045-1230 **Wellness without Barriers**

A panel presentation featuring:

- Janet Ramsay, *Mental Health Stigma: Challenging it together!* booklet
- Jeremy Dias, Canadian Centre for Gender and Sexual Diversity
- Lisa Weintraub, Centre ontarien de prévention des agressions
- Mary Simon, Inuit Tapiriit Kanatami

1230-1330 **Lunch**

1330-1445 **Promoting Healthy Schools in Canada: Tools to support well-being and student achievement**

- Karen McKinnon, Public Health Agency of Canada
- Katherine Kelly, Pan-Canadian Joint Consortium for School Health

1445-1515 **Refreshment break – Gallery Walk**

1515-1600 **From Words to Action – Reflections on the Forum**

- André Picard, *The Globe and Mail*



BIOGRAPHIES



Heather Smith
President, Canadian Teachers' Federation

Heather Smith took office as the President of the Canadian Teachers' Federation in July 2015 after teaching in New Brunswick schools for 33 years. She has a combined Bachelor of Child Study degree in Elementary and Special Education and a Master of Education in Literacy, both from Mount Saint Vincent University. Heather's teaching career was at the elementary level in New Brunswick, including 13 years teaching in Kindergarten. She was a member of the New Brunswick Teachers' Association (NBTA) Executive Committee for 9 years and a CTF Executive member for two years. She also was on the Negotiating Team for the last teachers' collective agreement in New Brunswick. From 2011 to 2013, Heather was the President of the NBTA where she took on the challenge of advocating for comprehensive, wraparound services for students with high needs. She believes a multidisciplinary approach is essential if students' needs are to be met, whether they are at-risk for physical, emotional or situational reasons. In September 2013, Heather returned to her position as a teaching principal at Janeville Elementary School just outside Bathurst where she worked until moving to Ottawa to assume her position at CTF. Heather and her husband Eric have three grown children and she comes from a family of teachers.



Janice Graham-Migel, PhD
Canadian Counselling and Psychotherapy Association

Dr. Janice Graham-Migel is a School Counsellor with the Halifax Regional School Board and President of the Nova Scotia School Counsellors Association. She has served as President of the School Counsellors Chapter of the Canadian Counselling and Psychotherapy Association and is currently Chair of the Chapter's National School Counselling Committee. Her scope of practice in the public school system includes a Comprehensive Guidance and Counselling Program that supports student wellness, as well as the personal, social, educational, and career development of students. In 2008, Dr. Graham-Migel completed her PhD in Educational Administration at the University of Toronto. She holds an Adjunct Professor appointment at Acadia University in the School of Education where she teaches graduate courses part time. Dr. Graham-Migel's research and practice concentrates on comprehensive school counselling programs and distributed leadership, as well as collaboration between education and health in the context of school reform.



Caroline Vézina
Société Santé en français

Caroline Vézina is a social worker by training and has been active in the area of health and social services since 1994. She is currently Programs Director for Société Santé en français, a position she assumed in 2010. Caroline began her career in social development and community health, both in rural and urban settings, at a centre local de services communautaires (CLSC) – one of the province of Quebec's community services centres. Following that, she acted as Director of Community Development and Volunteerism for the United Way, and then manager for physical health programs (cancer, palliative care and chronic diseases) at the Agence de la santé et des services sociaux de l'Outaouais. She is passionate about equity in health and healthcare, one of the key reasons for her decision to work with the Société.



Gail Enever, BA, CCRC, CEBS
Ontario Teachers Insurance Plan

Gail Enever is the Associate Vice President of Group Life and Disability Claims at OTIP (Ontario Teachers Insurance Plan). OTIP serves Ontario's education community and is governed by their four education affiliates: AEFO, ETFO, OECTA and OSSTF. Gail started out her career in the field of rehabilitation and currently leads the OTIP department responsible for all aspects of life and long term disability claim adjudication, including early intervention, rehabilitation and appeals. Gail also serves on the Southwestern Ontario Chapter Board of Directors for the International Society of Certified Employee Benefit Specialists (ISCEBS).



Czar François Solareh

Czar François is Senior Advisor, Employee Assistance Programs (EAPs) and Wellness for Solareh.com, a national provider that offers its wellness services to about 50,000 organizations and over one million employees and their loved ones. He holds a BA from Concordia University and is a Certified Human Resources Professional. He is fluently bilingual and has 13 years of experience supporting and integrating EAPs into Corporate Client's Wellness Programs.



Myles Ellis
Canadian Teachers' Federation

Myles Ellis holds a Bachelor's Degree in Education from the University of Prince Edward Island and a Master's Degree in Education from Saint Mary's University in Nova Scotia, as well as a Certificate in Industrial Relations from Queen's University in Ontario. He is a Past President with the Canadian Association for the Practical Study of Law in Education (CAPSLE). His career in education started in Prince Edward Island as a teacher; then department head, vice-principal and principal. He worked for a short time as a consultant with the Department of Education, and went on to become a Director at the Western School Board. Myles followed this appointment by accepting the position of General Secretary of the Prince Edward Island Teachers' Federation (PEITF) which he held for seven years before joining the Canadian Teachers' Federation (CTF) as the Director of Economic and Member Services in February 2007. In September 2011, he accepted the position of Acting Deputy Secretary General at CTF and in November 2014, was appointed Deputy Secretary General. His responsibilities include research and analysis, pensions, collective bargaining and human resources.



Dr. Phil McRae
The Alberta Teachers' Association

Dr. Phil McRae is an Executive Staff Officer with the Alberta Teachers' Association and an Adjunct Professor within the Faculty of Education at the University of Alberta where he earned his Ph.D. He was the Director of the Alberta Initiative for School Improvement (AIS) at the University of Alberta from 2005-2009, and taught several graduate courses in the Master of Education in Educational Studies (MES) program. Phil has worked in many secondary and post-secondary educational contexts while living and teaching in the Middle East (United Arab Emirates), Asia (Japan), Europe (Spain), and in Alberta, Canada with the Lethbridge Public School District and on the Indigenous Blood (Kainai Nation) Reserve. Publications and media available at: www.philmcrae.com.



Ed Mantler

Vice President, Programs and Priorities, Mental Health Commission of Canada

Known for his collaborative and facilitative leadership style, Ed Mantler has gained experience as a senior administrator in mental health services settings as well as acute care teaching hospitals. This experience informs his ability to create change, solve problems, and inspire innovation. A highly motivated visionary and an expert at building partnerships, fostering stakeholder engagement and aligning strategic objectives, Ed has led innovation and improvement in health care for over two decades. As Vice President of Programs and Priorities at the Mental Health Commission of Canada, Ed strives to promote mental health in Canada and change the attitudes of Canadians toward mental health problems and mental illnesses. Ed's leadership fosters work with stakeholders to improve mental health services and supports, with particular focus on the ongoing development and implementation of innovative programs in Mental Health First Aid, Reducing Stigma, Psychological Health and Safety in the Workplace, and promotion of the Mental Health Strategy for Canada. Prior to joining the Commission, Ed has held a number of executive positions including CEO of the Physician Recruitment Agency of Saskatchewan and Senior Operating Office of the University of Alberta Hospital. As an Accreditation Surveyor with Accreditation Canada, Ed contributes to quality and safety in health care across Canada and internationally. Ed is a Registered Psychiatric Nurse, holds a Master's of Science Administration, and is a Certified Health Executive.



Mark Henick

Mental Health Advocate and Speaker

Informed by his direct experience with stigma and the mental health care system, Mark Henick dedicated his life from an early age to opening minds and creating change. He has served as the youngest president of a provincial CMHA division in history, and has been a national spokesperson for the Canada-wide Faces of Mental Illness campaign. He is currently a member of the board of directors for the Mental Health Commission of Canada, and the Program Manager for Mental Health Works, a social enterprise of the Canadian Mental Health Association. Mark addresses issues relating to mental health for television, radio, print, and online media outlets around the world. He is a frequent commentator for CTV National News and CTV News Channel. He regularly speaks to diverse audiences about mental health, mental illness, suicide, advocacy, recovery, and hope. Mark's TEDx talk on suicide is among the top 50 most watched in the world, having been viewed over two million times. Mark lives and works in Toronto with his wife and son, where he occasionally finds time for new restaurants, yoga, and tango.



Louise Bradley

President and Chief Executive Officer, Mental Health Commission of Canada

A proud Newfoundlander, Louise Bradley started her career as a registered nurse in Corner Brook, Newfoundland, where she discovered an immediate passion for mental health. Louise's work has taken her across the country, where she has held a range of positions across the health sector. From front-line nursing to forensic and corrections care, to research, teaching, and large-scale hospital administration, Louise has seen mental health issues on the ground and at the highest administrative level. Louise became President and CEO of the Mental Health Commission of Canada in 2010, after serving as Senior Operating Officer for the University of Alberta Hospital. She holds degrees from Dalhousie University and Northeastern University in Boston, where



she received a Master of Science with a specialization in mental health. She also received a Psychiatric Nursing Diploma with clinical practicum at Memorial University of Newfoundland's Harlow campus in Essex, England. In June 2015, the Canadian College of Health Leaders presented her with the Innovation Award for Health Care Leadership and was also given the Queen's Diamond Jubilee Medal in 2012 for her outstanding contributions to Canadian mental health.



Sapna Mahajan
Director, Mental Health Prevention and Promotion – Workplace Initiatives
Mental Health Commission of Canada

Sapna Mahajan comes to the Mental Health Commission of Canada with experience working in health policy and management in Canada, the United States and overseas. Prior to joining the Commission, Sapna worked at the Queen's Centre for Health Services and Policy Research leading an economic modeling study to analyze province-wide health human resource policy. Sapna has also worked with the William J. Clinton Foundation and the Centre for International Health and Development. At the Commission, Sapna supports the implementation of prevention and promotion initiatives in the areas of workplace mental health. Sapna holds a Masters in International Public Health – Health Policy and Management from Boston University and is a Project Management Professional. She helped lead the development of the first in the world National Standard of Canada for Psychological Health and Safety in the Workplace, and since then has been working with organizations globally to drive widespread adoption.



Janet Ramsay
Janeville Elementary School, New Brunswick

Janet Ramsay is a passionate teacher from Bathurst, NB. Of her eight and a half year teaching career she has spent 7 years teaching all subjects in Grade 4 and Grade 5 including Intensive French. Janet is currently finishing an education leave to obtain a Diploma in Curriculum Studies at Cape Breton University as well as course work towards her NB principal's certificate. During the recent years Janet and her Grade 4 and 5 students have been involved in the CTF *Poverty, What Is It?* Imagineaction discussions. Most recently during her education leave she co-facilitated the CTF *Mental Health Stigma: Challenging it together!*, Imagineaction discussion with Michelle Basque, the guidance counselor, at Superior Middle School. This entailed various enlightening discussions concerning mental health with over 100 grade 6 to 8 students. She completed a Bachelor of Arts degree, with a major in psychology, from St. Thomas University in 2005 before obtaining a Bachelor of Arts in Education from the University of Maine at Presque Isle in 2007.



Jeremy Dias
Canadian Centre for Gender and Sexual Diversity

Jeremy Dias was born in Edmonton, Alberta, and grew up there until moving to Sault Ste. Marie, Ontario, where he attended high school. As a youth, he was motivated by social and political inequality to take action, volunteering with numerous organizations and charities. In high school he started and lead a number of clubs including Stop Racism and Ontario Students Against Impaired Driving. He also founded and coordinated the Sault Ste. Marie first regional LGBTQ youth group. After coming out in high school, Jeremy faced extreme



discrimination by students and school officials. At 17, he began a legal case against his school and school board, and at 21 won Canada's second largest human rights settlement. Jeremy used the money to found the Canadian Centre for Gender and Sexual Diversity, the International Day of Pink and the Jeremy Dias Scholarship. Jeremy has been featured on Canada AM, Much Music, CTV News, Global News and CBC News; and has been a keynote speaker at countless conferences and events. He has completed a degree in Psychology and Political Science at the University of Ottawa, continues to volunteer for a number of organizations including Ottawa Police Liaison Committee and the Imperial Court. He is also a columnist for 2B Magazine in Montreal. Jeremy Dias currently serves as The Canadian Centre for Gender and Sexual Diversity (and the International Day of Pink)'s Director.



Lisa Weintraub
Centre ontarien de prévention des agressions

Lisa Weintraub, MEd, is the founder and Executive Director of COPA (the Ontario Assault Prevention Centre), the proud recipient of CTF's award recognizing significant contributions to public education in Canada and around the world. COPA programs and resources support "safe, strong and free" schools and communities. COPA is the Provincial Coordinator of Immigration, Refugees and Citizenship Canada's French-language school-based settlement and integration program for newcomers, offered by settlement agencies and school boards. Lisa has been active in equity and social justice in Ontario and Quebec since 1979, with a focus on promoting children's rights and violence prevention. Lisa was the Program Director and a Consultant for ten years at the Francophone Community Health Centre (Hamilton and Niagara region) during which she established and ensured the implementation of a wide variety of services for families, including new arrivals.



Mary Simon
Inuit Tapiriit Kanatami

Mary Simon is an advocate for Inuit rights and culture in Canada. She has represented the Inuit to the Canadian government and the United Nations, including work that led to the Inuit people's inclusion in the Constitution in 1982. After the signing of the 1975 land claims agreement and becoming president of the Makivik Corporation, Mary was involved in the implementation of the James Bay and Northern Quebec Agreement. After working with the Inuit Circumpolar Council and the Arctic Council, she became Canadian Ambassador for Circumpolar Affairs and Canadian Ambassador to Denmark. Beginning in 2006, Mary served two terms as the president of Inuit Tapiriit Kanatami (ITK), which focuses on the advancement of Inuit rights, where she advocated for more attention to health and education issues among youth in the North. She has acted as chairperson for the Arctic Children and Youth Foundation and until 2014, Mary was the chairperson of the National Committee on Inuit Education. Among many other distinctions, Mary is an Officer of the Order of Canada, Governor General's Northern Medal, Recipient of the National Order of Quebec, the Gold Order of Greenland, the National Aboriginal Achievement Award, the Gold Order of the Canadian Geographical Society and the Symons Medal. She has been inducted into the International Women's Forum Hall of Fame. She is a Fellow of the Arctic Institute of North America and of the Royal Canadian Geographical Society.



Karen McKinnon
Public Health Agency of Canada

Karen McKinnon is the Executive Director, Division of Children and Youth in the Centre for Health Promotion with the Public Health Agency of Canada. She oversees three community-based programs aimed at serving vulnerable Canadian children and their families. From 2010 to 2015, Karen served in various capacities with Agriculture and Agri-Food Canada (AAFC), including as Executive Director in the Business Risk Management Programs Development Directorate. She was responsible for the program policy development and performance measurement agenda for the BRM Program Suite, (a group of investments aimed at Canadian agricultural producers with expenditures of over \$1B annually). Previously, she was Director of the Renewal Division at AAFC where she oversaw transitional programming designed to serve the needs of agricultural producers and processors. Karen also served as Associate Director in the Division of Childhood and Adolescence with the Public Health Agency (PHAC) where she helped advance the government's health and well-being agenda for Canada's youngest citizens. Karen also spent many years in various capacities at the Privy Council Office and the Treasury Board Secretariat. While serving at the centre of government, Karen developed a deep interest in program policy development, which remains the central focus of her career today. Karen received a Bachelor of Arts (Trinity College) and a Master of Arts in History and Political Science from the University of Toronto. She is married to a fellow public servant, and they have two children.



André Picard
The Globe and Mail

André Picard is the health columnist at *The Globe and Mail* and the author of four books, most recently *The Path to Health Care Reform: Policies and Politics*. He has received much acclaim for his writing, including the Michener Award for Meritorious Public Service Journalism and the Centennial Prize of the Pan-American Health Association, awarded to the top health journalist in the Americas. He is also an eight-time finalist for the National Newspaper Awards – Canada's version of the Pulitzer Prize. André is a graduate of the University of Ottawa and Carleton University, and has received honorary doctorates from the University of Manitoba and the University Of Ontario Institute Of Technology.

**Andrew King**
Education International

Hailing from Canada's West Coast, Andrew brings to Education International (EI), the global federation of teachers' unions and organisations of which CTF and CSQ are members, an extensive and eclectic background in media. Beginning in Vancouver's vibrant film and television industry where he managed post production, Andrew left for Montreal to complete a degree in political science and journalism. After moving in front of the camera to work as a broadcast journalist for CTV, he took his life and career to Belgium where he has worked in journalism and communication roles for the last five years. Since Andrew joined EI in April 2014, his role has covered a diverse area, from writing speeches for EI leaders, to media strategizing and carrying out reporting missions to name but a few. Education is a thread that sews together all of society's successes and challenges, which is what makes working for EI an exciting opportunity. He embraces the chance to work with a dedicated, diverse international team to make EI a leader on the global stage. Away from the office, he is happy to call Brussels home and has a passion for community projects, continued learning and traveling whenever he gets the chance.

**Cassandra Hallett DaSilva**
CTF Secretary General

Cassie began her career as a teacher in 1992 (although family and friends pegged her as a teacher long before). Teaching took Cassie from her home province of Nova Scotia to the Northwest Territories, Nunavut, and, more recently, Tanzania; a teacher to the core, she will happily tell stories of wonderful experiences in each school she taught. In addition to teaching, Cassie's career in education has included a variety of leadership roles. Before joining the CTF staff in 2003, she served as the first Professional Development Coordinator in Nunavut and was an English Language Arts Coordinator for both the Kivalliq School Division and the Nunavut Department of Education. She was twice elected President of the Kivalliq regional teachers' association and also served on the central executive of both the Northwest Territories Teachers' Association (NWTTA) and was the founding executive of the Nunavut Teachers' Association (NTA). She is a proud alumnus of CTF's Project Overseas (1999 and 2002). Cassie is a strong advocate for quality inclusive publicly funded public education and a proud mother to two elementary aged children who teach her a great deal each and every day.



THE CANADIAN FORUM ON PUBLIC EDUCATION
LE FORUM CANADIEN SUR L'ÉDUCATION PUBLIQUE



SAVE THE DATES
JULY 10-11, 2017
OTTAWA, ONTARIO



Canadian Teachers' Federation
Fédération canadienne des enseignantes et des enseignants

www.ctf-fce.ca



Tweet using **#CTFForum** Tweetez en utilisant **#ForumFCE**



Follow us **@CanTeachersFed** Suivez-nous **@EnseigneCanada**

Download / Téléchargez **Whova**



ANDROID



APPLE