



Suicide Awareness Conference

Simcoe Muskoka

Pathways to Hope

25th ANNUAL SUICIDE AWARENESS CONFERENCE

Thursday, April 19, 2018

GENEVA PARK,
6604 Rama Road
Orillia, ON

An educational conference for mental health professionals, consumers, family members, police, teachers, emergency service workers and anyone else interested in suicide prevention.

Registration is limited to the first 200 people who return a cheque or money order for \$75 (includes a buffet lunch) made payable to **CMHA Barrie/Simcoe** to:

Terri Baumer
Conference Coordinator
788 Yonge Street, Unit 3
Midland, ON L4R 2E6
(705) 526-3708 x300
(705) 739-9748 Fax
terri.baumer@kinark.on.ca

Registration can be made online at: www.cmhastarttalking.ca using PayPal.

Registration deadline is April 13, 2018. No Refunds will be given, but substitute registrations will be accepted up to April 13, 2018. Please notify the Conference Coordinator in advance.

This self-financed conference is sponsored by:

CMHA Barrie/Simcoe Branch

Byron MacIntyre & Associates

Kinark Child and Family Services

Waypoint Centre for Mental Health Care

Ontario Provincial Police

Georgian College

Nancy Moreau Battaglia, D.TATI, FT, RP

CMHA - Muskoka/Parry Sound Branch

Simcoe County Suicide Awareness Council



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Simcoe Muskoka

AGENDA



8:15 TO 9:00

REGISTRATION

9:00 TO 9:15

OPENING:

9:15 TO 11:00

KEYNOTE ADDRESS:

Dr. John Maher, MA MD FRCPC:

Borderline Personality Disorder & Suicidality

Borderline Personality Disorder is a serious and often poorly understood mental illness with high rates of self-harm and suicide. This presentation will help clinicians better understand the illness and provide a rationale for helpful clinical responses.

11:00 to 11:15

BREAK

11:15 to 12:30

WORKSHOPS: **A to D** (a.m.)

12:30 to 1:45

LUNCH

1:45 to 3:00

WORKSHOPS: **E to H** (p.m.)

3:00 to 3:15

BREAK (Transition to Auditorium)

3:15 to 4:00

CLOSING SESSION:

Patti Jenkins / Johna Hupfield:

*Ezhtooyaang ndaazhganminaan Gaa-zhi-ndazhchigeyaang
Building Our Bridge: Our Journey of Reconciliation*

Ezhtooyaang ndaazhganminaan Gaa-zhi-ndazhchigeyaang - Building Our Bridge: Our Journey of Reconciliation is a book that was written by 5 students from Parry Sound High School, submitted into a contest with WE.org and winning the 'WE Innovate' award. It's a children's story about the last 20 years at Parry Sound High School how the Indigenous and Non-Indigenous students have created positive connections with each other after a contentious beginning.

After the story, the students will answer questions about the book, about winning the award and about sharing the book with their community. There is also a mural of "The Bridge" for people to sign and contribute comments to.



Suicide Awareness Conference

Simcoe Muskoka



MORNING WORKSHOPS: A to D (11:15 to 12:30)

- A. Miikaans – Taking off The Biiskawaagan:** *John Rice* – John will guide participants through the Miikaans Teaching about how living and the holistic journey creates a crust around the spirit that evolves, if left unattended, into a biiskawaagan (coat). The end of the teaching will touch upon end of rituals as post-vention after a suicide.
- B. Hazards of Helping: Preventing Burnout and Sustaining Compassion:** *Tara Maxwell* – What will you learn in this workshop? The ability to recognize the early warning signs of compassion fatigue and burnout in one's own life. Learn the principles of resilience that reduce the risk of burnout, rebuild wellness and sustain compassion. Receive a self-evaluation process that builds good self-care habits for lifelong wellness. Learn how to communicate with a person who is ill, injured or dying by identifying the layers of a difficult conversation and how to recognize the moment when conversations can turn around to become about discovery. You will leave this workshop with the tools that will support you in fulfilling your helping role.
- C. Citori Touches Many Lives:** *Paddy Fitzgerald-Nolan* – How can dogs give unconditional love? The reactions of humans and pets. The training – the care of a therapy dog.
- D. Crisis Services Panel Discussion:** *Facilitators: Kinark Child & Family Services Crisis Team (Corrine Whittley, Lacey Parker, Mandy Bujold); Community Mental Health Association (CMHA) Crisis Team (Kerry Dault); Royal Victoria Hospital Crisis Team (Carrie Stoner); Moderator Greg Taylor* – Discussion will focus on who can utilize Crisis Services? Defining a Crisis. Defining an Emergency. What does Crisis Intervention look like and what to expect? Service Pathways. What community partners can expect? Concerns regarding addictions and suicide intervention.



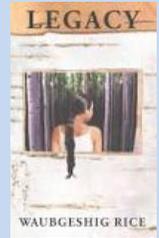
Suicide Awareness Conference

Simcoe Muskoka

AFTERNOON WORKSHOPS: E to H (1:45 to 3:00)

E. **Healing Circle: *John Rice*** – John will guide participants through a healing circle with teachings and song. Participants will be encouraged to fully engage in the healing circle. Objective of this workshop is to give participants the experience of using a healing circle to release or break through the “crust” around the spirit. **Maximum Participants: 16**

F. **Sharing Stories on a Healing Journey: *Waubgeshig Rice*** – Book reading and presentation by author Waubgeshig Rice to explore how telling and writing stories can help Indigenous communities heal. Passages from the novel *Legacy* and short story collection *Midnight Sweatlodge* will be shared and discussed as examples of coping with trauma and tragedy.



G. **Write Through the Pain: Using Therapeutic Writing Techniques: *Maureen Pollard*** - The value of writing as a therapeutic tool to work through emotional pain will be explored. Short, focused, writing exercises will be facilitated allowing participants to experience writing and optional sharing with supportive responses.

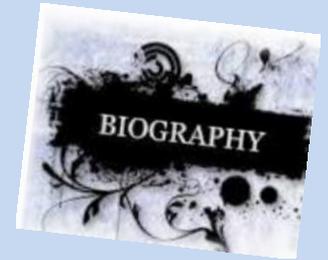


H. **Mindfulness Based Interventions: A Field Guide to Resources for Healing and Self Care: *Byron MacIntyre*** – In this workshop we will experience a variety of mindfulness exercises and learn about structured programs such as Mindfulness Based Stress Reduction, Mindfulness Based Cognitive Therapy and Mindfulness Based Relapse Prevention. We will also learn how they support and are part of therapies such as Dialectical Behaviour Therapy and Cognitive Behavioural Therapy and overview the evidence supporting their use. We will also identify the community resources providing mindfulness based interventions.



Suicide Awareness Conference

Simcoe Muskoka



PRESENTER BIOGRAPHIES

Keynote: Dr. John Maher did his medical training at McMaster University, his psychiatry residency at the University of Ottawa, and he is a Fellow of the Royal College of Physicians and Surgeons of Canada. He has a BA and MA in philosophy, with specialization in medical ethics.

He has been an Assertive Community Treatment (ACT) Team consulting psychiatrist for 15 years. He previously worked at a busy community hospital doing adult and emergency psychiatry and running a day treatment program for patients with personality disorders. He has provided consultations to transitional youth services, a mental health support court, and a community college student mental health service.

Dr. Maher was founder and Executive Director of Camp Trillium and the Trillium Childhood Cancer Support Centre, founding board member of the Canadian Candlelighters Childhood Cancer Foundation, Assistant Director of the National Cancer Control Task Force, Executive Director of Cancer Canada, and founder and Executive Director of Families and Children Experiencing AIDS (FACE AIDS).

He is currently Editor-in-Chief of the Journal of Ethics in Mental Health, President of the Ontario ACT Association (OAA), and Chair of the OAA Technical Advisory Committee.

John Rice: *Zahgausgai/Mukwa Dodem*, is an Ojibwa/Anishinabeninni and a 3rd Degree member of the Three Fires Midewiwin Society from Wasauksing First Nation near Parry Sound, Ontario. John is a student of the Miikaans Teaching which is an Anishinaabe teaching about the Spirit's journey through this physical realm and the mind's adjustments to physiological and experiential events. He adds this expertise to the Early Psychosis Intervention Team at Canadian Mental Health Association in Barrie and the Enaahtig Outreach Team in Orillia, Ontario.

Tara Maxwell is the Coordinator of the Family Mental Health Initiative of Simcoe County at the Canadian Mental Health Association of Simcoe County. Tara's past work experience includes working at Georgian College in the Social Service Worker Program mentoring students in their cooperative placements, New Path Youth and Family Services in the residential homes and Elizabeth Fry Society of Simcoe County in the residential program. Tara is an active volunteer; she was recognized in 2012 by the Ministry of Citizenship and Immigration when she received an Ontario Volunteer Service Award. Her volunteer experience includes membership on the Board of Directors with Catulpa Community Support Services, Alzheimer Society of Simcoe County and her Appointment by the Former Deputy Minister of Health & Long-Term Care, Mr. George Smitherman, to the Community Advisory Board of the former Mental Health Centre Penetanguishene.

Paddy Fitzgerald is a grief counsellor who has specialized in suicide grief for over 10 years. She has worked for 3.5 years with a therapy/service dog. Paddy has a passion to bring peace and joy to patients and students.

Crisis Panel: These crisis teams are responsible for providing support for children and families experiencing social, emotional or behavioural crisis throughout Simcoe County. They assist with Proactive Problem Solving, help with service navigation and connecting families to community supports. They offer community training (ASIST / safeTALK – Suicide Prevention). Crisis CMHA provides support and intervention to individuals in the community via joint police mobiles to respond to Mental Health calls for service and to reach those individuals in the community



Suicide Awareness Conference

Simcoe Muskoka

who are at high risk or who are unable to access Mental Health supports (all regions of Simcoe County – Barrie OPP, Orillia OPP, South Simcoe Police, Barrie Police and Nottawasaga OPP). RVH Mental Health Crisis workers are responsible for responding to acute mental health concerns for patients 16 years old and up presenting in the ED. Crisis service provides mental health and risk assessment which includes, but is not limited to clinical impressions, health teaching, liaising with appropriate members of the ED registrant's system and referral to resources within the Mental Health and Addiction Program and/or the community.

Waubgeshig Rice is an author and journalist originally from Wasauksing First Nation. His short story collection 'Midnight Sweatlodge' and debut novel 'Legacy' were published by Theytus Books in 2011 and 2014, respectively. His forthcoming novel, 'Moon of the Crusted Snow' will be published by ECW Press in 2018. By day, he works as a broadcast and web journalist for CBC News in Sudbury.

Maureen Pollard has been a social worker for 25 years. Maureen is now in private practice offering individual and group counselling, as well as customized, dynamic learning experiences for clients and professionals. Maureen uses writing as a creative and therapeutic practice in her own life and enjoys sharing this tool with others.

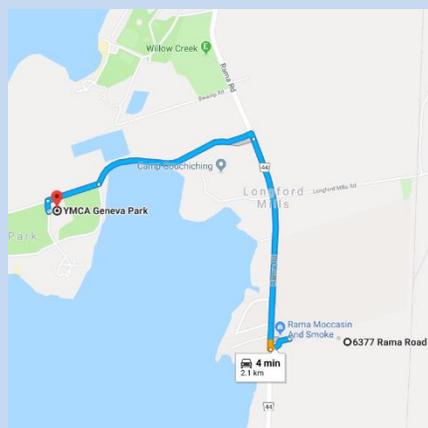
Byron MacIntyre M.Sc., Registered Psychotherapist has been a regular meditator for over 30 years, has been a trained in Mindfulness Based Interventions and is a facilitator of Mindfulness Based Relapse Prevention. Having provided many Applied Suicide Intervention Skills Training (ASSIST) workshops he brings an awareness of how mindfulness practices relate to the journey we are on to create a suicide safer community.

Closing: Ezhtooyaang ndaazhganminaan Gaa-zhi-ndazhchigeyaang – Building Our Bridge: Our Journey of Reconciliation is a children's book that won the WE INNOVATE award from the WE organization. It is based on the true story of the work of reconciliation done by two decades of students at Parry Sound High School. The book was written by students Niizhogiizishwe (Two Suns Woman) Gracie Crafts, Mackenzie Elwes, Nanowaygahkekwe (Reconciler Woman) Taylor Judge, Sara Burns, Biidwayodaam (The One that can be Heard from Far Away) Dawson Bloor. It was illustrated by Mackenzie Elwes with Sara Burns and Gracie Crafts.

Exhibit tables are available. Please contact the Conference Coordinator for more information.

Some Books, Pamphlets and Information Kits will be available for purchase from Manticore Books.

A limited number of sponsored registrations are available. For more information contact the Conference Coordinator



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