



Suicide Awareness Conference

Simcoe Muskoka

FINDING OUR VOICE

23rd ANNUAL SUICIDE AWARENESS CONFERENCE

Thursday, April 20, 2017

GENEVA PARK,
5899 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, 2017. No Refunds will be given, but substitute registrations will be accepted up to April 13, 2017. 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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AGENDA

8:15 TO 9:00

REGISTRATION

9:00 TO 9:15

OPENING:

9:15 TO 11:00

KEYNOTE ADDRESS:

Jeremy Dias:

Between the Lines: The Intersections of Mental illness

This presentation will share Jeremy Dias' story of growing up. Experiencing extreme situations of homophobia and transphobia in schools and communities, Jeremy was suicidal and struggled with mental health. Through this, he worked to challenge systems of oppression and founded the Canadian Centre for Gender and Sexual Diversity after winning a Human Rights Case against his school board.



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:

Marcel Beaudin:

Aboriginal Policing Bureau - Ontario Provincial Police

Niigan Mosewak are camps facilitated for at risk youth throughout Ontario. Youth are encouraged to find their voice and identify natural leadership qualities. Wednesdays during the camps youth examine suicide as survivors and as personal experience. This session ends with an invigorating, enlightening songs to lift the spirit. Members of the APB will speak about Niigan Mosewak and end our conference in the same song used at the camps. Conference participants will be encouraged to sing along.



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Workshops



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

A. Life Journeys: Reclaiming Life after Loss: *Glenn Robitaille* - Reclaiming Life after Loss is produced by the American Foundation for Suicide Prevention. Originally aired on International Survivor Day 2016 the documentary "the ongoing journey of grief and healing that follows a suicide. Drawing on stories and insights from long-term loss-survivors, the film unveils the resilience, hope and understanding we can achieve while celebrating the lives of those we lost." This film will provide insight for all those whose lives have been touched by suicide and the individuals who support them. Facilitated discussion will follow the documentary presentation.

B. Post Traumatic Growth Through the Eyes of a First Responder: *Natalie Harris* – Natalie's talk will include a 45 minute presentation describing her journey from darkness to light with mental illnesses such as PTSD, depression and addiction. She will also share her 'Wings of Change Peer Support model' (15 mins). This workshop will also include a discussion on the difference between compassion and attachment.



C. Miikaans - Gap Stories: *John Rice* - Story telling is an integral part of the Feather Carriers training. In this session John explains the roles of story teller and listener. John will use the Miikaans Teaching to present story telling and its importance in presenting life promotion at key times in our lives when we may be in danger of "falling out of life."

D. safeTALK by LivingWorks (Part I): *Facilitators: Gregory Taylor and Bernadette Copeland* - safeTALK is a three hour training, preparing anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained, suicide alert helper, you will be better able to learn steps that contribute to saving lives. You will learn to:

- move beyond common tendencies to miss, dismiss or avoid suicide.
- identify people who have thoughts of suicide
- apply the TALK steps (Tell, Ask, Listen and Keep safe) to connect a person with suicide thoughts to suicide first aid intervention caregivers.

TO BE NOTED:

If you are interested in attending the **safeTALK** sessions being offered, you will need to enroll in **both** the morning and afternoon sessions.

Space is limited

Materials included in the cost of registration



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

- E. **safeTALK by LivingWorks (Part II):** *Facilitators: Gregory Taylor and Bernadette Copeland* – This is the continued session from Workshop D. Anyone signing up for this workshop will need to have attended the morning session.

- F. **Trauma and Complicated Grief: Creating new meanings:** *Daniel Afram* – Exploring the field of complicated grief as it relates to trauma criteria. The workshop will also explore the process of finding meaning within the loss by reviewing current best practice and evidenced based therapies.

- G. **The Four Breaths:** *John Rice* - The Creator used the duality in creating her grandchildren. Humans are spirit beings in physical form. How then, does the spirit enjoy Mnobamaadisiwin? John's session describes the need for the spirit to "breathe" and how the spirit enjoys life through the 5 senses and the 5 metaphysical senses.

- H. **But I'm 'no good' at Art:** *Nancy Moreau Battaglia* – Art, in its most basic form, can help us express our feelings, reduce anxiety and provide a sense of accomplishment. Unfortunately, many of us somehow internalized a message that we do not have the skills or talent for this form of self-expression. This Open Art Studio will allow you to challenge any preconceived notions you have about art, and have fun doing it. Join us as we explore a wide range of art materials that will help to 'draw' out the uniquely creative in you.





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PRESENTER BIOGRAPHIES

Jeremy Dias is the founder of the Canadian Centre for Gender and Sexual Diversity (formerly Jer's Vision: Canada's Youth Diversity Initiative founded in 2002). The organization seeks to encourage tolerance in the classroom and the workplace through training and encouragement of initiatives, including the International Day of Pink. With the help of 15 staff members and 250 youth volunteers, the Centre engages 75,000 people a year.

Dias was born in Edmonton in 1983 and grew up there until moving to Sault Ste. Marie with his family. After coming out in high school, he began to be bullied and beaten. When the school didn't allow him to arrange an LGBTQ social club, Dias took the Algoma District School Board to the Ontario Human Rights Commission. Following a three-year battle, Dias won his case and received \$5,000 from the school board. Dias used the money to found the Jeremy Dias Scholarship, a scholarship for youth working to stop bullying, homophobia, transphobia and discrimination in their schools. Following the establishment of the scholarship, Dias received messages from youth across Canada expressing the need for more support. In 2005, as the age of 22, Dias established Jer's Vision: Canada's Youth Diversity Initiative, which in 2015 became the Canadian Centre for Gender and Sexual Diversity. Dias' goal is to engage youth in dialogue about diversity, inclusion and respect. In 2013, Dias received the Queen Elizabeth Diamond Jubilee Medal for his promotion of acceptance and inclusiveness between the heterosexual communities and communities of diverse sexual orientations and gender identities.

Dr. Glenn A. Robitaille is the Director of Ethics and Spiritual Care at Waypoint Centre for Mental Health Care in Penetanguishene, Ontario. He is a Registered Psychotherapist (RP) with the College of Registered Psychotherapists of Ontario (CRPO), Master Practitioner of Clinical Counselling with the Canadian Professional Counsellors Association (CPCA) and a Doctoral Diplomate with the International Association of Christian Counseling Professionals. Glenn is a contributing author in *A Peace Reader*, Evangel Press, 2001, *Leaving Fundamentalism: Personal Stories*, University of Toronto/Wilfrid Laurier Press, 2008, and *Professional Spiritual and Pastoral Counseling: A Handbook for Chaplains and Clergy*, SkyLight Publishing, 2011 and has published two novels: *Bending Light*, Borealis Press, 2014 and *In Praise of Uncertainty*, Borealis Press, 2015.

Natalie Harris is an Advanced Care Paramedic in Ontario, with over 13 years of experience. She possesses a Bachelor of Health Science in Paramedicine from Victoria University, for which she received the Outstanding Achievement Award in 2010. Along with being an educator with organizations such as Georgian College, the Sunnybrook Centre for Prehospital Medicine, and Simon Fraser University, Natalie is an avid writer and has published articles in the Canadian Paramedicine Magazine and the Journal of Emergency Medicine (JEMS), and is the author of *Save-My-Life School*; *A First Responders Mental Health Journey*.

Natalie was a member of the 1st Place Primary Care Paramedic Team at the Durham National Paramedic Competition in 2004, and is a trainer for the Road to Mental Readiness (R2MR) program with the Mental Health Commission of Canada, as well as the founder of Wings of Change - Peer Support. She is a passionate mental health advocate as a post-traumatic stress injury, addiction and suicide survivor. She endeavours to break down the barriers of mental health stigma by telling the story of her recovery at awareness events, and through this as well as by sharing her peer support model, 'Wings of Change', across the Country.

Natalie is also extremely proud to have had a voice in the successful implementation of Ontario's 'PTSD Bill', Bill: 163, *Ontario's First Responders Act*. The Act creates the presumption that PTSD in first responders is work-related.



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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, Ontario and the Enahtig Outreach Team in Orillia, Ontario. His past work experience includes work such as: Part time lecturer at Georgian College – Barrie, the Coordinator of Aboriginal Spiritual Services at the Mental Health Centre in Penetanguishene and Elder/Healer to Aboriginal inmates at the Fenbrook Institution near Gravenhurst, Ontario. John, along with Dr. Ed Connors and Debby Wilson Denard, is one of the founders of *Feather Carriers: Leadership for Life Training* which is a pilot, community-based approach using traditional, cultural teachings as life promotion/premature death (suicide) prevention.

Greg Taylor is currently the Counseling Coordinator and Mental Health Case Manager at Georgian College and has worked at Georgian for over 20 years. He has also been a co-facilitator of a 20 week suicide recovery program called *Skills for Safer Living*. Before becoming a counselor at Georgian, he worked in youth employment, corrections, residence management, and currently holds a part-time private practice as a relationship therapist. Greg has been a safeTALK Trainer for nearly 4 years and has presented this workshop over 50 times to students, staff, as well as organizations outside of Georgian College.

Bernadette Ramsay-Copeland is the coordinator/facilitator of the Survivors of Suicide Support Program in Orillia, and has been privileged to train facilitators in Barrie and Owen Sound to provide a similar program. She is also the Chair of the Simcoe County Suicide Awareness Council. The mandate of this council is to work with community partners to provide prevention, education and awareness, increase the focus around the issues connected with suicide in the community, and provide support for those grieving a loss by suicide. Bernadette was honored to receive the 'Mental Health and Addictions Award' for work in the community around these issues; as well as the "Freddie Ford Award" for work in the community promoting suicide awareness and prevention. In addition, she coordinates and facilitates the community Rainbows program in Orillia, which supports children and families working through the grief of separation, divorce, death or other painful transition in their lives. As suicide has had a very personal and profound impact on her life, Bernadette became qualified as an ASIST trainer as well as a safeTALK trainer. Bernadette has worked for Kinark Child and Family Services for the past 27 years and currently as an Intensive Community Support Services worker.

Daniel Afram is a clinical therapist within the field of mental health and addictions. He has worked in the field of concurrent disorders with specialized mental health programs within the community over the past 10 years. He currently works for the Orillia CFHT for their Mental Health Service as a therapist. Daniel completed his Social Work graduate education through Sir Wilfrid Laurier, along with previous certifications in Addictions and Psychology.

Nancy Moreau Battaglia is a Registered Psychotherapist and Educator. Nancy holds her Fellowship in Thanatology: the Study of Death, Dying and Bereavement and is a member of the Board of Directors for the Canadian Association for Suicide Prevention. In her private practice, Nancy specializes in supporting those impacted by sudden traumatic death.

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