



CONFERENCE PROGRAM

Anti-Stigma Conference

Wednesday, October 7, 2015

Lewis & Ruth Sherman Conference Centre
St. Joseph's Healthcare Hamilton
West 5th Campus

St. Joseph's
Healthcare  Hamilton

BUILDING A COMMUNITY OF INCLUSION AND UNDERSTANDING



Welcome to the inaugural Anti-Stigma Conference at the West 5th Campus at St. Joseph's Healthcare Hamilton!

This event will bring together a diverse group of healthcare providers, community members, individuals with lived experience of mental illness and/or addiction and their families to explore themes, challenges and opportunities surrounding the stigma associated with mental health and addiction.



KEYNOTE SPEAKER

Dr. John Bradford, MD

Dr. Bradford is a Professor in the Division of Forensic Psychiatry, Faculty of Medicine at the University of Ottawa. He is also a Professor in the Department of Psychiatry at Queen's University and Adjunct Professor of Psychiatry at the University of Saskatchewan and the University of Alberta. He is a Founder of Forensic Psychiatry granted by the Royal College of Physicians and Surgeons of Canada.

Dr. Bradford's research interests focus on the assessment and treatment of the paraphilias, as well as other aspects of forensic psychiatry. He has published over 125 peer-reviewed papers, more than 40 chapters in academic books, presented at over 250 peer-reviewed national and international conferences, and co-authored four books.

Dr. Bradford's expertise in the field of forensic psychiatry is well recognized, not only from his peers, media and judiciary, but from many levels of government. Dr. Bradford is a highly celebrated Canadian mental health expert who received the Order of Canada in 2011 and the Queen Elizabeth II Jubilee Medal in 2012 amidst numerous other awards and honours.



KEYNOTE SPEAKER

Dr. Heather Stuart, MA., Ph.D.

Dr. Stuart is a social-epidemiologist specializing in psychiatric epidemiology and mental health services research. Dr. Stuart is a full professor and the holder of the Bell Canada Mental Health and Anti-stigma Research Chair in the Department of Public Health Sciences at Queen's University with cross appointments to the Department of Psychiatry and the School of Rehabilitation.

She is a senior consultant to the Mental Health Commission of Canada's Opening Minds anti-stigma program and Past Chair of the Scientific Section on Stigma and Mental Disorders with the World Psychiatric Association.

Dr. Stuart's areas of research interest are: stigma and discrimination related to mental health, and mental health system and program evaluation. She has contributed to peer reviewed scientific literature in the areas of mental health needs assessments, suicide and suicide prevention, stigma and stigma reduction, and workplace mental health.



MASTER OF CEREMONIES

Dr. Peter Bieling, Ph.D.

Peter Bieling, Ph.D. is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and a Director in the Mental Health and Addiction Program at St. Joseph's Healthcare in Hamilton. Dr. Bieling has authored numerous research articles and books, and has taught psychological intervention, research methods, and quality improvement principles locally, nationally and internationally. He is passionate about quality improvement and evidence based mental health services. He completed his B.Sc, (Hons) at the University of Victoria, M.A. and Ph.D. at the University of British Columbia and did post-doctoral training at the Centre for Addiction and Mental Health, Toronto and the University of Pennsylvania.



SPEAKERS PANEL MODERATOR

Dr. Jennifer Poole, MA, Ph.D.

Dr. Poole is an Associate Professor at Ryerson's School of Social Work whose research is primarily focused on mental health, madness and heartbreak. To that end, her current work focuses on sanism and discrimination against those with histories of psychiatric diagnoses, anti-sanist practice, racism, Anti-Black racism, decolonization and madness, critical approaches to recovery, critical qualitative research, grief and loss, heart transplantation, field education and the possibilities of proximity in critical pedagogy.

She thoroughly enjoys teaching undergraduate, masters and doctoral students and is the Associate Director, Masters of Social Work Program at Ryerson.

At the University of Toronto, she is adjunct faculty at the Leslie Dan Faculty of Pharmacy and a fellow of the Centre for Critical Qualitative Research. Author of "Behind the Rhetoric: Mental Health Recovery in Ontario", she is also a founding member of the Madvocates and editor of the Journal of Anti-Oppressive Social Inquiry (CAOS).



PANELIST

Harrison Wheeler

HAW! is Harrison Wheeler, a comedian, cartoonist and writer living with Bipolar 1, Guillian Barre Syndrome, and 10 years of recovery from substance abuse. Using humour and his lived experience, Harrison speaks and performs as an advocate for mental wellness in the Hamilton community.



PANELIST

Nancy Watt

Nancy Watt has been an active member of St. Joseph's Healthcare Hamilton's Quality Council in General Psychiatry since October 2012. She is a strong advocate of those affected by addiction and mental health. She is a daughter, sister and dear friend of those who are diagnosed and knows firsthand the stigma both the individual and family can face.



PANELIST

Judy Vair

Judy Vair is a second career Registered Practical Nurse who immediately began working for the inpatient Mood Disorders Unit at St. Joseph's Healthcare Hamilton.

Judy graduated with Honours from her nursing program and was the recipient of the "Nursing Award of Excellence" in her field at St. Joseph's Healthcare Hamilton.

Judy is currently on long term disability with the diagnosis of Recurrent Major Depressive Disorder, Anxiety and Chronic Pain. She brings the unique perspective of being staff on the Mood Disorders unit, as well as being an active client with the OutPatient Mood Disorders Clinic and a former client on the Inpatients Mood Disorders Unit.

DAYTIME AGENDA

TIME	SESSION
8:00	Registration
8:30	Opening Remarks and Welcome
8:45	Presentation by Dr. David Higgins, President, St. Joseph's Healthcare Hamilton
9:15	Plenary Keynote Speaker: Dr. John Bradford
10:10	Spoken Word Presentation
10:15	Morning Break
10:35	Panel Presentation: Dr. Jennifer Poole, Moderator
11:35	Spoken Word Presentation
11:40	Lunch Break and Marketplace
12:50	Concurrent Session 1
1:45	Concurrent Session 2
2:35	Afternoon Break
2:55	Spoken Word Presentation
3:00	Plenary Keynote Speaker: Dr. Heather Stuart
3:50	Closing Remarks

MORNING KEYNOTE

Dr. John Bradford, MD

PTSD as an Occupational Hazard for Mental Health and Other Professionals

In recent years, Dr. Bradford has publicly shared his own experience with post traumatic stress disorder (PTSD), depression and stigma associated with and resulting from the high-profile and traumatic work he has conducted during his career.

Dr. Bradford will be discussing these personal experiences, and the effects of repeated exposure to extremely violent video tapes that began with the “Bernardo Tapes” and ended with the exposure to the “Russell Williams” tapes.

Dr. Bradford will share what it has been like to speak publicly in order to sensitize others about the risks of this type of occupational exposure. Although he does not regret this disclosure, he experienced subtle and blatant stigma that ranged from concerns about how he was coping and difficulties he may have performing his professional role as a forensic psychiatrist to an objection about him testifying as an expert witness in a criminal case.

AFTERNOON KEYNOTE

Dr. Heather Stuart, MA., Ph.D.

Stigma and Recovery: The Eight Deadly Sins

Dr. Stuart’s presentation will aim to describe the nature of stigma, and will consider the eight ways in which health systems and providers may stigmatize their clients and limit recovery possibilities.

Dr. Stuart will also offer approaches that can be used to reduce stigmatization of people with a mental illness in health care settings.

CONCURRENT SESSION SUMMARIES



REJECT STIGMA

CONCURRENT SESSION 1

PhotoVOICE: Promoting Recovery at the North Bay Regional Health Centre

The North Bay Regional Health Centre will share PhotoVoice projects through a documentary-style video and accompanying presentation. This session will include an interactive exercise to teach participants how to use PhotoVoice as a tool and draw out the information they need to make social change.

The facilitators will help participants develop ideas for themes that reflect their communities in order to address subjects like mental health and addiction, community wellness, youth connectivity, as well as cultural needs and awareness. With this information, communities can build capacity through their support service and communities.

FACILITATED BY: Tamara Dube-Clarke, North Bay Regional Health Centre

CONCURRENT SESSION 2

Making the Invisible, Visible: How Stigma Creates Barriers in Mental Health Treatment Accessibility for Panic Disorder with Agoraphobia

What does agoraphobia really look like? Participants in this session will view a documentary centered around one woman's journey following a panic attack that left her virtually housebound with agoraphobia.

"Three years ago I became invisible. Creating this documentary gave me the opportunity to have a voice and to use my own struggle to create something that has the potential to really make a difference."

It's not the disorder that keeps people trapped - it's the stigma behind it.

FACILITATED BY: Andrea Liss, McMaster University

Documentary produced and directed by Christy France.

CONCURRENT SESSION 3

Combating Stigma in Healthcare: What Works and Why

Combating mental illness-related stigma among healthcare providers is a major concern. Since 2009, Opening Minds (OM), the anti-stigma initiative of the Mental Health Commission of Canada, has conducted a large scale evaluation study of anti-stigma programs targeting various healthcare provider audiences.

This workshop highlights key learnings, providing information about specific programs available for replication that have shown to be effective.

Findings include the identification of healthcare providers' main learning needs for stigma reduction; the identification and validation of key content ingredients for program effectiveness; the development of a model describing key strategies for successful program implementation; and identification of successful programming models and programs.

FACILITATED BY: Stephanie Knaak, Opening Minds, Mental Health Commission of Canada

CONCURRENT SESSION 4

Partnering with Young People in the Co-Creation Process: mindyourmind's Approach to Youth Engagement

Presenters will give a brief overview of the program mindyourmind, including program evaluation results that indicate that young people with self-reported mental health challenges reach out to formal and informal supports as a result of mindyourmind's tools and resources.

The workshop will describe the mental level of youth-adult collaboration that mindyourmind has developed in seeking solutions to complex problems such as eliminating stigma.

You will learn about how this model is developed using an Appreciative Inquiry approach. A "smoothie" metaphor is used to illustrate youth involvement in programs and with community partners.

FACILITATED BY: Christine Garinger, Keara Gillis

CONCURRENT SESSION 5

Beyond Silence and Stigma: Workplace Mental Health Education for Healthcare Workers

Beyond Silence is a new contact-based mental health education initiative that is customized for employees in healthcare organizations. An overview of the content and format of this new program will be provided, as well as the process of implementation and evaluation.

Voices of experience from the peer educator leaders will be featured as well as feedback from program participants and organizational champions.

FACILITATED BY: Sandra Moll, McMaster University, Kim Dell and Lisa Gilmour, Hamilton Health Sciences , Julie Horvath, St. Joseph's Healthcare Hamilton

CONCURRENT SESSION 6

Anti-sanism: History, Details and Approach

Sanism is an oppression and belief system that makes it possible and even 'normal' to assume individuals with mental health issues are dangerous, unreliable, incompetent and inferior.

Named by Birnbaum in 1960 and the underlying cause of stigma in society, sanism is also rarely discussed in professional spaces. In this workshop, you will delve into the history, details and effects of sanism.

This session will also feature a discussion about anti-sanism, an approach to support that seeks to centre the rights and knowledge of individuals with mental health issues, while working against oppressive sanist practices.

FACILITATED BY: Dr. Jennifer Poole, Ryerson University

CONCURRENT SESSION 7

iMatter: Taking Care of Teen Mental Health

weMATTER: Mental Health Teen Leadership is based on the award-winning *iMATTER: Taking Care of Teen Mental Health Initiative* which uses peer power to dispel myths, break stigma, build empathy and encourage help-seeking behaviours.

Recently recognized by the St. Joseph's Healthcare Foundation with the Mental Health Spirit of Hope Award, the program builds a stronger community of support.

FACILITATED BY: Marisa Mariella and Halina Saliccioli, Hamilton-Wentworth Catholic District School Board

CONCURRENT SESSION 8

Relationships as an Instructional Method for Recovery-Oriented Contact-Based Learning in Health Care Education

Service users are increasingly being included as educators in medical education as research has indicated that this interaction can help learners develop greater empathy and interest in recovery principles.

This workshop will discuss contact-based learning projects for medical students and psychiatry residents that centres relationship building between learner and educator in examining recovery principles for professional practice.

The benefits and challenges of using a recovery-focused relational (contact-based instructional) model will be discussed, as well as possible applications across disciplines in health care education and professional development.

FACILITATED BY: Kim McCullough and Rachel Cooper

CONCURRENT SESSION 9

Living the Vision: Engaging Patients in the Forensic Psychiatry Program

Participants will be provided with information about patient engagement projects within the Forensic Psychiatry Program at St. Joseph's Healthcare Hamilton. Participants will be actively involved in identifying everyday examples of "double stigma" experienced by individuals with serious mental illness that have come in contact with the legal system.

Patient facilitators will help to challenge beliefs about Forensic Psychiatry that may result in stigma.

FACILITATED BY: Dawn Driscoll and Theresa Sanson, St. Joseph's Healthcare Hamilton

SPOKEN WORD ARTISTS

Spoken word involves performance-based poetry that focuses on the aesthetics of word play and story-telling, that originated from the poetry of African Americans in Harlem in the 1960s.

There is no mandatory manner in which to perform spoken word, however, certain aspects of the artistry indicate that it is, indeed, spoken word. Spoken word usually tends to focus on the performance of the words themselves, the dynamics of tone, gestures, facial expressions and more. Performers can weave in poetic components - such as rhyme, repetition, slang, improvisation and many more elements of poetry - to create an atmosphere for the audience to experience.

Giovanni Sounds is a recording independent artist and performer that also directs and edits visuals. He has been doing his artistry since he was 17 years of age. Giovanni aspires to be an inspiration not only to people in his neighborhood, but to people across the world.

He wants his music to be a reflection of his own life and to also spread positive energy by speaking from the heart.

Reducing stigma around mental health and building a community of inclusion is really important to him because he grew up being stigmatized as a youth. Music is the one thing that has been a very therapeutic tool for self-healing throughout his life.

Mellisa Wilson is 19 years old, currently attending Sir John A Macdonald Secondary School, while also being an active leader with NGen Youth Centre's Youth Action Council. She aims to complete her schooling and head off to Mohawk College next year for Child and Youth Work.

As a person who struggles with mental health, reducing stigma is very close to Mellisa's heart, and she strongly believes reducing stigma could help others to feel more comfortable and confident to talk about their mental wellness. Spoken-Word poetry and dance are two forms of art that Mellisa has always felt she could rely on to de-stress in times of need.

Jordanna Laman is a creative 20-something who is sometimes known as Rip Van Winkel for her extended sleep sessions. She is a passionate youth worker and self-care advocate at NGen Youth Centre, and also runs a non-profit thrift shop, while wrapping up her undergrad degree in social work.

Jordanna believes that storytelling is the catalyst for healing and growth, both individually and collectively, and has found a voice through poetry, photography, visual art and music. She is an adventurer, avid knitter, night owl and lives to connect with others.

EVENING AGENDA

TIME	SESSION
5:45	Registration
6:00	Opening Remarks and Welcome
6:15	Evening Performance: Laura Burke
7:30	Break
7:50	Panel Presentation: Dr. Abraham Rudnick, Moderator
8:25	Closing Remarks

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EVENING PRESENTATION

Laura Burke

Laura Burke is a drama therapist, certified Canadian Counsellor, mental health advocate, peer support worker, spoken word and theatre artist, and researcher. She has also been the Dalhousie Student Union Coordinator for the past two years.

It is her goal to help shift the current paradigm of how we relate to mental health issues as a society, and to work to transform our world into a place where people who struggle can do so with dignity and be supported and honoured by their communities. Her belief is that sensitivity has a purpose, and that the wisdom of suffering and anomalous experiences helps to guide us on a more contemplative, expansive path as a society.

“Heartwood: A Self-Revelatory Exploration of one Woman’s Recovery Journey”

PERFORMANCE DESCRIPTION:

Heartwood, an autobiographical one woman theatre show, follows a young Laura through anorexia, depression and psychosis, navigating pitfalls in the mental health care system and battling social stigma attached to her illness. The journey is an exhilarating ride, alternating between darkness and hilarity, woven with pitch-perfect poetry and intimate confession. In the end, we are left both charmed and awed by the brave spirit behind the words: the Survivor, who – according to the artist – could be any one of us.

St. Joseph's Healthcare Hamilton's West 5th Campus is home to regional specialized mental health services for South Central Ontario, providing inpatient and outpatient care to those living with mental illness or addiction. The West 5th Campus also has integrated medical outpatient clinics, diagnostic imaging services, administrative support services, and research and education facilities.

By integrating inpatient and outpatient mental health programs alongside outpatient medical services, St. Joe's is pioneering innovative models of care that will reduce stigma associated with mental illness and addiction. The West 5th Campus is a place of hope and healing, of relationships and partnerships, and of visionary care.

For more information about the anti-stigma initiative at Joseph's Healthcare Hamilton please contact:

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