



2022 OPEN DOOR MENTAL HEALTH SYMPOSIUM

FEBRUARY 23RD, 2022
ZOOM VIRTUAL EVENT

AGENDA

8:25 Please join us a few minutes early to test your connection. Reminder: TURN OFF VPN

MORNING PLENARY

8:30 – 8:35

Event Moderators:

Corey Jackson, Co-Chair Community of Interest on Mental Health and Regional Director, Policy & Economic Analysis, Fisheries and Oceans Canada

Elaine Chong, Director, Health Program Integrity and Control, Migration Health, Immigration, Refugees and Citizenship Canada

8:35 – 8:45

OPENING REMARKS:

Rebecca Reid, National Mental Health Champion and Regional Director General of Fisheries and Oceans Pacific Region.

Angela Cook, Associate Deputy Minister, Ministry of Attorney General, Province of BC

8:45 – 9:00

OPENING PRAYERS AND VIDEO PERFORMANCE: Chinook SongCatchers, Delhia Nahanee, Nisga'a Nation and Maurice Nahanee, Squamish Nation

9:00- 9:50

KEYNOTE ADDRESS – Truth, Reconciliation, and Mental Wellness – Begins With Me and It Begins With You! Grand Chief Doug Kelly**

10:00- 10:15

Meditation and Grounding – Christy Hutchison**

10:15 – 10:30

HEALTH BREAK

MORNING BREAKOUT ROOMS

THEME – *The Importance of Informed Communication Approaches* (3 CONCURRENT SESSIONS)

10:30 – 11:55

A. *Dealing with Mental Health Injuries and Brain Trauma*

CHOOSE:

B. *Does Indians Have Feelings: A Panel Discussion*

A. B. or C

C. *Systemic and Anti-Black Racism Workshop: Black Don't Crack: The Pressure of White Institutions on Black Mental Health***

This special event is brought to you by the British Columbia Federal Council and the Community of Interest on Mental Health in partnership with the Federal Black Employee Caucus (BC Chapter), the Pacific Aboriginal Network and the Canadian Innovation Centre for Mental Health in the Workplace.



12:00 – 12:15 **Bhangra Dance Instruction Session - Gurdeep Pandher**

12:15 – 1:00 pm LUNCH

AFTERNOON PLENARY

1:00 – 1:40 **LIVED EXPERIENCE STORY – Michael Van Nen**, British Columbia-Yukon Regional Field Coordinator, Joint Learning Program

AFTERNOON BREAK

OUT ROOMS **THEME – *Healing and Nurturing Our Bodies and Minds***

1:50 – 3:15 **(3 CONCURRENT SESSIONS)**

CHOOSE:

A, B, or C

A. *Healing for Mental Health: An Inter-Cultural Perspective*

B. *The Belly Brain and Mind-Gut Connection: How to Fuel a Healthy Mind* **

C. *Workload and Burnout: How to Take Action* **

3:15 – 3:30pm HEALTH BREAK AND STRETCH (Krista Leis)

AFTERNOON PLENARY:

3:30 – 4:05 ***Looking Forward: Prioritizing Mental Health in the Workplace – Fireside chat with Chief Information Officer Catherine Luelo***

4:05 – 4:15

CLOSING REMARKS:

David Didluck, Regional Director, Reconciliation and Partnerships, Fisheries and Oceans Pacific Region**.

THANK YOU FOR JOINING US FOR THIS VERY IMPORTANT EVENT!

****Session will be recorded for sharing.**

