



# 2023 OPEN DOOR MENTAL HEALTH SYMPOSIUM

**FEBRUARY 22 & 23RD, 2023  
ZOOM VIRTUAL EVENT**

## AGENDA – Day 1 (NOTE: ALL TIMES IN PACIFIC STANDARD TIME)

8:15 Please join us a few minutes early to test your connection. *Reminder: TURN OFF VPN*

### PLENARY

8:30 – 8:40

#### Event Moderators:

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

**Renee Umezeki**, Co-Chair Community of Interest on Mental Health, Global Affairs Canada, Regional Director and Senior Trade Commissioner, Global Affairs Canada

8:40 – 9:00

**Introduction - Rod Cunningham**

#### OPENING PRAYERS AND PERFORMANCE ()

9:00 – 9:15

#### OPENING REMARKS:

**David Didluck**, BCFC Mental Health Champion and Regional Director Partnerships and Reconciliation, Fisheries and Oceans Pacific Region.

**Roxane Lee**, Co-Executive Lead, BC Federal Council Building Black Leaders Initiative and Director General, Citizen Services, Service Canada

9:15 - 10:00

**Introduction - Rod Cunningham**

**KEYNOTE ADDRESS – Dr Evan Tesla II Adams**, Deputy Chief Medical Officer of Public Health, Indigenous Services Canada, Coast Salish actor & physician from the from the Tla'amin First Nation

10:00- 10:15

#### HEALTH BREAK

*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.*



Community of Interest on  
Mental Health

10:15 – 11:00

Dr John Ogrodniczuk – Building Psychologically Safe Organizations

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**BREAKOUTS**

11:30 – 1:00

CHOOSE:

A. B. or C

**THEME – Building Psychologically Safe Organizations.**

**(3 CONCURRENT SESSIONS)**

**A. Burnout: – Taking Action Together**

- **Moderator – Teresa Martin**, National Managers Community
- **Jessica Grass**, Registered Psychotherapist, My Workplace Health
- **Denise Macgillivray**, Director General, Environmental Health and Pesticides Directorate, Regulatory, Operations and Enforcement Branch, Health Canada
- **Per Sekon**, Learning Design Specialist and Associate Faculty member at the Canada School of Public Service
- **David Russell**, National Coordinator of Residential Schools at Indigenous Services Canada

**B. The Evolving Workplace Panel**

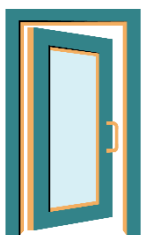
- **Moderator – Jonathan Morris**, CEO Canadian Mental Health Association
- **Alexandra Samuel**, Author, Speaker and Data Journalist
- **Niha Shahzad**, Anti-Racism Ambassadors Network (ARAN)
- **Dr Joti Samra**, Psychologist
- **Amanda Vistman**, Senior Conflict Management Practitioner

**C. The Art of Self Leadership - Empowering Others to Learn to Lead Themselves - Jay DeMerrit, former USA & Vancouver Whitecaps Captain**

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1:15 – 1:30

**Meditation and Grounding – Carole Eros**



## AGENDA – Day 2 (NOTE: ALL TIMES IN PACIFIC STANDARD TIME)

### PLENARY

8:30 – 8:40

#### Event Moderators:

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

**Renee Umezuki**, Co-Chair Community of Interest on Mental Health, Global Affairs Canada, Regional Director and Senior Trade Commissioner, Global Affairs Canada

8:40 – 9:45

#### Introduction – Carole Eros

**Choose Yourself; Lean Out With Dr. Mary Donohue**, CEO of the Digital Wellness Center and one of Fortune Magazine's Business Women to Watch in 2023).

9:45 – 10:00

#### Bhangra Dance – Live with Gurdeep Paneer

10:00 – 10:30pm

HEALTH BREAK

### BREAK OUTS

10:30 – 12:00

#### THEME – *Nurturing Our Bodies and Minds*

CHOOSE:

A, B, or C

#### (3 CONCURRENT SESSIONS)

##### A. *Healing for Mental Health Panel*

- **Moderator - Jennifer Grace**, Senior Conflict Management & Values and Ethics Consultant, Mental Health Community of Interest Coordinator
- **Marilyn Hargreaves**, Triology Wellness
- **Michelle Robinson**, Indigenous Services Canada
- **Tanis Burnett**, B.H.K., CVRP, WorKin Rehabilitation Kelowna
- **Mackenzie Pudwell**, Canadian Centre of Diversity and Inclusion

B. **A Moment on the Edge: How Small Encounters Change Lives – Mark Henick**, Mental Health Advocate and Strategist, Top 50 TEDx Speakerj

C. **Boundary Setting in Action: Creating Safety for a Black Lived Experience, Theresa Thomas MCP**, RCC, In-Power Counselling & Services (**Introduction by Elizabeth Martin**)

## PLENARY

12:15 – 1:00

**LIVED EXPERIENCE STORY - Olubunmi (Lee) Soyemi, Federal Black Employee Caucus**

1:00 – 1:15

### **CLOSING REMARKS**

**David Didluck**, BCFC Mental Health Champion and Regional Director Partnerships and Reconciliation, Fisheries and Oceans Pacific Region.

**Yvette-Monique Gray**, Co-Executive Lead, BC Federal Council Building Black Leaders Initiative and Regional Director General, PSPC Pacific Region

1:15 – 1:30

**Meditation and Grounding – Carole Eros**

**THANK YOU FOR JOINING US FOR THIS VERY IMPORTANT EVENT!**

**\*\*Some session will be recorded for sharing.**

