



# 2022 OPEN DOOR MENTAL HEALTH SYMPOSIUM

## Event Recordings

(These recordings will only be accessible until April 8<sup>th</sup>, 2022)

To view the recordings for the following segments, click on the hyperlinks below to access them on the Google Drive. These recordings are also available on the [DFO's Box site](#).

**Note:** *Some of the sessions were not recorded due to the sensitive nature of the topic and are not listed below.*

### OPENING REMARKS (18 minutes)

**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

**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

### KEYNOTE ADDRESS – *Truth, Reconciliation, and Mental Wellness – Begins With Me and It Begins With You!* Grand Chief Doug Kelly (50 minutes)

### Meditation and Grounding – *Christy Hutchison* (20 minutes)

#### Morning Concurrent Sessions

- [Systemic and Anti-Black Racism Workshop: Black Don't Crack: The Pressure of White Institutions on Black Mental Health](#) (50 minutes)

#### Afternoon Concurrent Sessions

- [The Belly Brain and Mind-Gut Connection: How to Fuel a Healthy Mind](#) (1hr 30 minutes)
- [Workload and Burnout: How to Take Action](#) (1hr 20 minutes)

### Stretch Break with Krista Leis (13 minutes)

### CLOSING REMARKS (9 minutes)

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

**If you are having issues viewing the links, try using a different internet browser such as Google Chrome, or use a personal device to access the files.**