



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**:

Dylan Jones, Chair of the BC Federal Council and President of the Pacific Economic Development Agency

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- 10:00

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 THEME – *The Importance of Informed Communication Approaches* ROOMS

10:30 – 12:00

(3 CONCURRENT SESSIONS)

CHOOSE:

A. Dealing with Mental Health Injuries and Brain Trauma

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.



A, B, or C

B. Understanding the Experiences and Trauma of Indigenous Colleagues

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

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, 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.**

