

TRUSTEE CONFERENCE REPORT

Date Submitted: August 9, 2016

Name of Conference: Summit on Children & Youth Mental Health

Sponsoring Organization: OPSBA

Theme (If any): _____

Conference Dates: April 7 to April 8, 2016

Location: Airstream Centre, CNE, Toronto

Workshops/Seminars/Presentations/Keynote Speeches Attended:

(Include a brief Summary)

The Summit was held on April 7 & 8 at the Allstream Centre in Toronto. There were 700 attendees. Ryan Barnes, student trustee, Kerri Gettliffe and I attended together. Here are my notes.

April 7 - Performance by UNITY Charity

Students who deal with stress by using artforms to engage students with high energy, inspiring and engaging performance and workshops

Students express their struggled with mental health issues through spoken word, hip hop, music

Hip hop can be healing

70% say they have more respect for mental health

More you dance the lower your social stress becomes

21 weekly programs every week across the GTA

Mental Health Innovation

Respect, Integrity, Passion, Community, Youth -

When you wear their shirt you must live the above values

Neil Pasricha - Book of Awesome

Focusing on Awesome has helped him through tough times

After a short married life, his wife came to him to tell him she was no longer in love with him and she wanted a divorce

The next day, his best friend had suicided

He was looking for something to smile about so he started a list of awesome things - the little events

He wrote the blog and ended up winning the world's best blog

He stopped all things once he lost 40 pounds, stopped sleeping

Spent time on his life

Met a teacher, fell in love, got married and found out they were pregnant on their way home

Started a letter to his baby about the secrets of happiness

Came up with the secrets of happiness

Secret #1

- normal nun pile

- the happy nun pile

Google the Nun study

- happy nuns lived 10 extra years of life

- model is backwards

Great work goes to Big Success which leads to Being Happy

But if we start with Happiness it will lead to Great Work which leads to Big Success

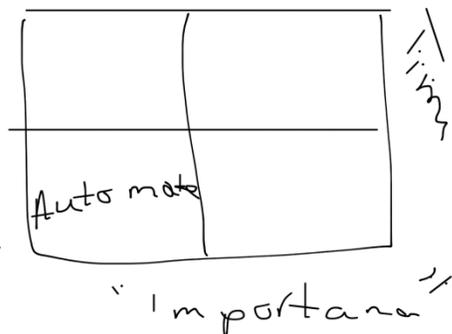
5 Studies to Start a Happiness Habit

- First study was at Penn State - people who do 3 20 brisk walks per day
 - Second study journal 20 minutes about your partner and why things are great
 - #3 5 random acts of kindness per week - this has the greatest impact of all
 - Meditation - 20 minutes where you close your eyes - impacts the pre frontal cortex App
 - 5 Gratitudes or 5 events or 5 hassles. - the 5 Gratitudes were so much happier
- Consider happiness the start of your journey

Be Happy First

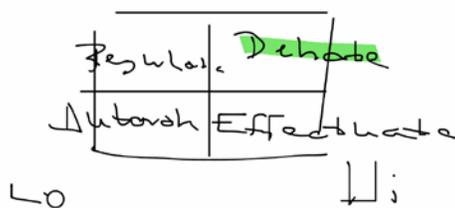
Secret #2

- Too often business is a plague
- 147 is average number of emails per day
- 150 is the average number of times you check your cell phone per day
- 295 is the average number of decisions you make per day
- When no more decision making energy - you make no decision or bad decision
- You can replenish decision making with a nap or glucose
- There is a solution
- Busy is toxic - it is lazy thinking and indiscriminant thinking



Space scribble

Double dinner so you have lunch for the next day



Create space in life

Second secret is Create Space to allow debate

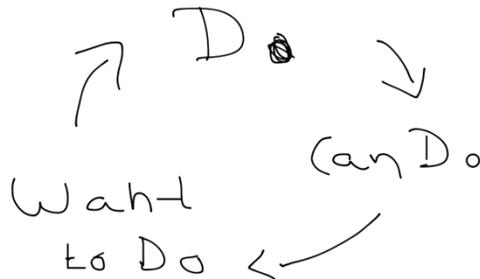
Secret #3

Can do. ----- Want to do ----- DO

- Couldn't swim
- First date, question was do you like swimming
- When he said no - she said nooooooooooooo.
- He determined that the next day he would start to learn
- He went first week - he met 10 people who sucked more
- First day was shallow end with flutter board and life jacket, second day was in the deep end
- Action causes motivation - it is the opposite of what you think
- Act yourself into a new way of thinking
- If action is first, everything follows

An action will remain in action unless it is stopped
He took adult learn to swim 1 four times
Just Do It is powerful
Biggest Fear to your Biggest success - Just Do It!

3 of the 9 secrets from the book



Rose, Rose, Thorn, Bud - way to end your day or your week

Day 2 - April 8

Panel Discussion about Refugee & Immigrant Students

Data that is collected tends to be only based on English speakers or French speakers
Behaviour is a cultural construct
We need to understand the difference in cultural behaviours
Eg. Some cultures do not allow a child to have eye contact with an elder
Trauma is something that endures
It can, in fact, be intergenerational
Brain wiring can change as a result of trauma
No PTSD but cognitive challenges
What would you look for? A child who cannot socialize, a child that is fearful, withdrawn or angry
Child who has had a developmental delay - does not seem age appropriate
Vicarious trauma - as you support others and try to move forward
Student and parent are providing the troubling of teacher
Because the students have lived the trauma - story is difficult to listen to. - I need some time to process this
Dealing with post migration stress more than trauma experienced
We need to help families to deal with the stress of poor or no housing, no jobs, not enough food, adjusting to the new country
Important to understand that the refugees will become productive members of society
Really important to focus on strengths base with students - don't focus on perceived deficits
Promoting Youth Development by Supporting Relatedness, Competence and Autonomy - Richard Koestner
Why are you pursuing your goal? Autonomy: sense of ownership and personal endorsement
The extent to which a goal reflected your developing interests and core values (versus something you feel pressured to do)
Measuring why you pursue a goal
Autonomous
People who focus on want to goals have much greater success

The Goal Pursuit Paradigm

List 3 goals that you have for the semester, year, etc
Highly autonomous goals are associated with higher success
Personal goals require that we engage other people
Two Kinds of Support
Directive Support - provision of positive guidance and encouragement
Autonomy support - support framed as empathetic, perspective directed
Directive does not help, autonomy support does work
More progress
Greater well being

Better relationship satisfaction
Children
Competence
Autonomous
- commitment to goal

In Finland, teachers are respected more than doctors

Keys to Motivation
Our development Select autonomous goals
Finding autonomy support
Disengage from unattainable goals
Children's Development Encourage collaboration
Personalize learning
Support autonomy
The importance for autonomy for Intrinsic Motivation
Healthy internalization

SINGLE CEILING

Working between school boards, university and community agencies
MerryMount - family support & crisis centre
Child & Youth Network
Thames Valley
Western Education
In London, it seemed like there were silos which prevented the families from accessing the help that they needed
The services were spread across agencies in the community
As a school or family, there was no answer or help
Children get bounced from expert to expert
In London, they have gathered community agencies gathered into family centres which are located into schools
Called family centres as opposed to HUBS
New build on existing schools to accommodate
The new model puts children and families first
Intervention
Prevention
Promotion
For every \$1 you save down the line
Focus was on promotion and prevention piece
Promotion is a universal approach
Promoting mental health for all is important
Evidence based research will build capacity throughout our community
Goal is to build capacity
University has more evidence based research
School staff have more resources
Set up a collaborative -always important to set up great team Faculty of Education at Western - Dean has vision to build research in to the community not back to the faculty
Bring research and university into the community
Merrymount. - serves 8000 children a year - has residential services (beds) - have everyday day care while people are getting sorted out - they have a school board classroom for teenage moms
School board had some excess space - had a quad in an existing school
Child & Youth Network is 150 agencies across the city
Every agency in the family centre
Consider connecting with 211
CHYMH suite of instruments that assess the needs of children and family needs
Community is part of the assessment
INTER Rai?? Has developed a suite of instruments that is across various sectors
Phase 1 of Single Ceiling
Inform design/delivery of efficient, effective, and responsive primary and secondary promotion and prevention
Inform training of professionals in delivery of programs
Process for building community relationships, knowledge and buy-in

Contributes to planning and resource allocation across multiple sectors
Lesson learned so far is the linkage between university, school boards, community
Collaboration REadiness Commitment
Resources
Infrastructure
Imperative to develop relationships
First phase funded through grants - biggest from the City of London and Community Foundation
Organizational set up

London already had Family centres in place

PROBLEM GAMBLING AND ON LINE ACTIVITY

OLG PLAY STARTED IN 2015

OLG turns in to credits not money which makes it less real

Check out the Entertainment software rating board

Has been around since 1994

Iceberg explains the addiction - behaviour above the water and stuff under

Harm Reduction

Environment change

Cooperative play

Daily internet log

Reduce triggers

Recovery apps

Moderate/control use

Reminder cards

Set goals

Sign off/log off cues

Trial abstinence