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 struggles 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 indescriminant thinking

Space scribble

Double dinner so you have lunch for the next day

Secret #3
Can do. ------ Want to do ------D0

Second secret is Creat Space to all ow debate
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

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 goal? Autonomy: sense of ownership and personal endorsement
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, autonomous 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 importnat 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 n 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
Impressive 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 cutes

Trial abstinence