

CASA PRESENTS: THE DR. ROGER BLAND LECTURE SERIES ON CHILDREN'S MENTAL HEALTH

A partnership between CASA Child, Adolescent and Family Mental Health, the University of Alberta, the Institute of Health Economics, and the Edmonton Public School Board.



CASA
Child, Adolescent and Family
Mental Health



**UNIVERSITY OF
ALBERTA**



**INSTITUTE OF
HEALTH ECONOMICS**



EDMONTON PUBLIC SCHOOLS

OVERVIEW

Organizations that provide mental health services to children and their families must be responsive and adaptive to the changing needs of the children and families they serve. Children and youth are especially vulnerable to the impact of life stressors; their mental health concerns are often complex, requiring the support of multiple services and individuals. It is therefore important that partners within a child's life discuss mental health concerns together to ensure that treatment and services best serve the child and their family. Families, teachers, government, and community organizations all have parts to play in supporting quality mental health care for children.

To encourage increased awareness of children's mental health leading to better care and outcomes for children and families, CASA is hosting a series of mini-lectures to address four significant areas within children's mental health: personal journey and stigma reduction, school-based mental health, transgender mental health, and transitions between child and adult mental health care systems. Our goal is to raise awareness and dialogue around children's mental health.

FORMAT

Between Fall 2018 and Spring 2019, CASA will host four lectures, each dedicated to a specific topic relevant to children's mental health. The lecture series will be free (with donations accepted at the door), held at McCauley Chambers in downtown Edmonton, and is open to all members of the public.

A keynote speaker for each lecture will discuss their area of expertise for the first half of the evening, followed by a discussion with panel members. We aim to have a diverse panel with representation from youth, families, clinicians, mental health and education professionals, and government. Audience participation through a Q&A session will be encouraged at the end of the evening.

This lecture series compliments CASA's implementation of the CASA Research Chair in Child and Adolescent Mental Health to increase research into, collaboration around, and knowledge translation within the field of children's mental health.

SESSION 1: MENTAL HEALTH JOURNEY: VOICES OF LIVED EXPERIENCE

Background:

Mental health concerns in children and youth are often misunderstood, which means that support for youth with mental health concerns and their families may not always be appropriate or compassionate. Misunderstandings and lack of awareness about youth mental health can also lead to stigma, which negatively impacts both youth and families.

Talking about personal journeys with mental health is one way to help reduce stigma surrounding mental health concerns and encourage open and honest conversations about mental health.

Keynote Speaker Information:

Victoria Maxwell is a sought-after international keynote speaker, performing artist and workshop leader. She uses her personal story of recovery from mental illness to increase awareness, transform negative beliefs, and ignite powerful conversations about mental health.

The Mental Health Commission of Canada has endorsed her one-of-a-kind keynote performances as one of the top anti-stigma interventions that creates lasting shifts. She was named one of Canada's top leaders in Mental Health by the National Centre for Addiction and Mental Health centre (CAMH) and honoured with the National Difference Makers award.

Format Overview

Date	September 20, 2018
Time	6:00 pm-8:00 pm
Location	McCauley Chambers, 1 Kingsway NW, Edmonton, AB T5H 4G9
Keynote	Victoria Maxwell
Format	Keynote: 45 minutes Break: 15 minutes Panel: 30 minutes Audience questions: 30 minutes

SESSION 2: SCHOOL-BASED MENTAL HEALTH

Background

Children spend a lot of time at school and within the education system. We look to the education system to not only educate students, but also help prepare them to have successful lives after graduation. Success at school requires close collaboration between the education system, the family, and the student.

This collaboration and understanding becomes all the more important when a child is experiencing a mental health concern. Mental health concerns are often misunderstood and can carry negative stigma, potentially making it difficult for all partners to work openly and safely together.

Combatting this stigma requires continuous conversation and education about how best to support teachers, students, and families.

Keynote Speaker Information

Dr. Stan Kutcher is the Sun Life Financial Chair in Adolescent Mental Health and the Director World Health Organization Collaborating Centre in Mental Health Policy and Training at Dalhousie University and IWK Health Centre in Canada. He is a renowned expert in adolescent mental health and leader in mental health research, advocacy, training, and policy and has been involved in mental health work in over 20 countries.

Session 2: School-based Mental Health	
Date	October 18, 2018
Time	6:00 pm-8:00 pm
Location	McCauley Chambers, 1 Kingsway NW, Edmonton, AB T5H 4G9
Keynote:	<i>Tentative: Dr. Stan Kutcher</i>
Format	Keynote: 45 minutes Break: 15 minutes Panel: 30 minutes Audience questions: 30 minutes

SESSION 3: TRANSGENDER MENTAL HEALTH

Background

Poor access to timely and appropriate mental health care is a barrier for many transgender people in Alberta and across Canada who wish to access services associated with transitioning. People seeking gender reassignment surgery, or other treatments associated with transitioning, need at least one letter from a qualified psychiatrist to diagnose them with gender dysphoria in order to begin the process. Gender dysphoria is the distress that comes from having to live as a person one is not.

Wait times to access a qualified psychiatrist to diagnose gender dysphoria are often more than six months, and this long wait time is significant as people who suffer from gender dysphoria have higher rates of lowered mood, anxiety and self-harm.¹

Increased understanding, resources, and research into transgender experiences with mental health and the mental health care system are needed to better serve the transgender community.

Keynote Speaker Information

Michael Marshal is a Psychiatrist specializing in Transgender Mental Health and is the Program Director at the Gender Health Program at the University of Alberta. Through the Department of Psychiatry at the University of Alberta, the Gender Health Program opened in February with the hope of training doctors in trans health, and increasing access to treatment for people in the transgender community. It is the first such clinic in the Prairie provinces.

Session 3: Gender	
Date	November 22, 2018
Time	6:00 pm-8:00 pm
Location	McCauley Chambers, 1 Kingsway NW, Edmonton, AB T5H 4G9
Keynote	Dr Michael Marshall
Format	Keynote: 45 minutes Break: 15 minutes Panel: 30 minutes Audience questions: 30 minutes

¹ Dhejne, C., Van Vlerken, R., Heylens, G., & Arcelus, J. (2016). *Mental health and gender dysphoria: A review of the literature*. International Review of Psychiatry, 28. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/26835611>

SESSION 4: TRANSITION FROM ADOLESCENT TO ADULT MENTAL HEALTH

Background

Transitioning between adolescence and adulthood can be an exciting and nerve-wracking time for both youth and families. Often, for families whose youth have a mental health concern, this transition carries an additional layer of stress as they must learn to navigate a new system of mental health supports. In some cases, the valuable supports that were available to a youth under 18 are no longer available to a youth over 18.

While work is ongoing to improve transitions between the two systems, continued conversations with various partnerships about the importance of a smooth transition between youth to adult mental health care is essential to ensure that the work to improve transitions best serves families and youth.

Keynote Speaker Information

Dr. Ian Manion, PhD, C. Psych is a clinical psychologist and scientist-practitioner who has worked with children, youth and families for over 30 years. He is a clinical professor in the School of Psychology at the University of Ottawa. Currently he is the Director of Youth Mental Health Research at the Institute for Mental Health Research. He serves as the Inaugural Co-Chair of the National Infant, Child and Youth Mental Health Consortium and the Principal Lead for the National School-Based Mental Health and Substance Use Consortium. For the past 12 years he served as the founding Executive Director of the Ontario Centre of Excellence for Child and Youth Mental Health. Dr. Manion is actively involved in research on mental health promotion, youth depression, and suicide.

Session 4: Transitions for Children and Adolescents	
Date	January 24, 2018
Time	6:00 pm-8:00 pm
Location	McCaughey Chambers, 1 Kingsway NW, Edmonton, AB T5H 4G9
Keynote	Dr. Ian Manion
Format	Keynote: 45 minutes Break: 15 minutes Panel: 30 minutes Audience questions: 30 minutes