



*CENTRE FOR HEALTH PROMOTION
Université de Toronto*

*ÉCOLE D'ÉTÉ EN PROMOTION DE LA SANTÉ
DE L'ONTARIO
Du 25 au 27 juin 2007*

« PROMOTION DE LA SANTÉ MENTALE »

HÔTEL CROWNE PLAZA, TORONTO

*APERÇU DES ATELIERS
ET
BIOGRAPHIE DES PRÉSENTATRICES ET
PRÉSENTATEURS*

Séances « Boîte à outils »

Ateliers d'épanouissement personnel

Activités sociales et récréatives

SÉANCES « BOÎTE À OUTILS »

REMARQUE : NOUS OFFRONS DEUX SÉANCES « BOÎTE À OUTILS » A ET B. LES PARTICIPANTS DOIVENT CHOISIR UN ATELIER PAR SÉANCE. LES ATELIERS SONT OFFERTS EN ANGLAIS SEULEMENT.

MORE WORKSHOPS TO FOLLOW

SÉRIE A : LE LUNDI 25 JUIN DE 15 H 30 À 17 H

SÉANCE « BOÎTE À OUTILS » A – PROGRAMME AUTOCHTONE	
« À déterminer »	Le lundi 25 juin de 15 h 30 à 17 h
The Dream Team	

SUMMARY: In this workshop you will learn how affordable supportive housing saves people's lives. The Dream Team members describe their lived experience of being homeless and their struggle with mental health issues. They tell the stories that reveal their personal transformation. They come from homeless to committed advocates for supportive housing and fighting NIMBY-ism; from psychiatric consumer survivor to educators de-mythologizing "mental illness".

BIOGRAPHY: The DREAM TEAM is a group of psychiatric consumer/survivors, and family members who advocate for more supportive housing in Ontario for people with mental health issues. They demonstrate the life-altering benefits of supportive housing by telling their stories to politicians, community groups and institutions.

SÉANCE « BOÎTE À OUTILS » A – PROGRAMME AUTOCHTONE	
« Wellness Approach in Mental Health Facilities »	Le lundi 25 juin de 15 h 30 à 17 h
Ted Mavor, coordonnateur en promotion de la santé	Grand River Hospital, Kitchener

SUMMARY: The presenter will discuss practical strategies for shifting the medical model toward that of health promotion and consumer empowerment, in hospitals at large and in particular in psychiatric settings. The focus of these strategies is to help challenge the impact of client stigma, and ensure that consumers can participate in treatment, and in how they are perceived by the system and the community using a health promotion framework. These strategies stress the importance of the mental health system becoming more integrated and effective for those they serve. This workshop will be oriented toward those working in health care facilities and community agencies.

BIOGRAPHY: **Ted Mavor** is the Coordinator of Health Promotion and the Professional Leader, Social Work at the Grand River Hospital. In addition to an affiliation with both the University of Toronto's Centre for Health Promotion and the University of Waterloo's Centre for Applied Health Research, Ted has been a key organizer of Ontario Hospital Association's Annual Convention and Exhibition's first two hospital health promotion sections. Ted

coordinates two health promotional newsletters (national and international) which he initiated and has written two books on hospital health promotion for the Canadian Healthcare Association. Ted provides public speaking sessions, and chairs at national and WHO international conferences on health promotion hospitals. He is also the Canadian representative to the World Health Organization's International Network of Health Promoting Hospitals.

SÉANCE « BOÎTE À OUTILS » A – PROGRAMME AUTOCHTONE	
« Neurotoxicants, Child Development, Learning Disabilities and Mental Health »	Le lundi 25 juin de 15 h 30 à 17 h
Dr Loren Vanderlinden, superviseure, Environmental Health Assessment & Policy, Jill McDowell, conseillère en promotion de la santé	Environmental Protection Office, Toronto Public Health

SUMMARY: Learning disabilities and related attentional disorders affect an estimated 10-15% of children. The consequences of these and other neurological, developmental and behavioural disorders are lifelong, often serious for both the child and family, and costly for society. Until recently, the role of toxic chemicals in the environment, such as lead, mercury, PCBs, organic solvents and some pesticides, as contributing, or causative, factors in these disorders has been largely ignored. There has been growing recognition of the enhanced vulnerability of the developing brain to chemical exposures particularly during prenatal and early life. The implications for reducing the incidence or the severity of these disorders are potentially enormous. This session will examine the contribution of toxic chemicals to neurodevelopmental disorders - cognitive and behavioural disabilities in children. It will discuss the need for precautionary approaches in policy and regulation. As well, it will showcase some relatively new health promotion resources developed by the members of the Canadian Partnership for Children's Health and Environment (CPCHE) that introduce the concept of "childproofing for children's environmental health" as tools for preventing neurodevelopmental disorders.

PRESENTERS' BIOGRAPHIES:

Dr. Loren Vanderlinden is an Environmental Assessment and Policy Supervisor at Toronto Public Health. She comes from a broad background in social and health sciences. She received a doctorate in medical anthropology from the University of Toronto, and postdoctoral training in environmental health at the McMaster Institute of Environment and Health. She has taught courses in human population biology and environmental health at the University of Toronto. Dr. Vanderlinden has done applied environmental health research with academic, health and environmental institutions for over a decade. Her work at Toronto Public Health's Environmental Protection Office has focussed on children's environmental health and the health effects of pesticides.

Jill McDowell: Jill joined Toronto Public Health in August 2000 as a Health Promotion Consultant in the Environmental Protection Office (EPO). She is currently managing the department's social marketing campaign entitled 20/20 The Way to Clean Air, which aims to encourage residents to reduce energy and vehicle use to help improve air quality in the Greater Toronto Area. She is also involved in the EPO's sub-program on children's environmental health with respect to education and community outreach. Prior to joining Toronto Public Health, Jill worked for Pollution Probe for five years. She started at Probe as the Co-ordinator of its annual Clean Air Campaign and then moved into co-ordinating its Child Health

Programme. Jill was instrumental in developing and launching Pollution Probe's Healthy Schools Project on indoor air quality and children's health. Jill has degree in Environmental Studies from the University of Toronto

SÉRIE B : LE MARDI 26 JUIN DE 15 H 30 À 17 H

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME DES PREMIÈRES NATIONS

« Understanding the Relationship of Mother Earth and FASD »	Le mardi 26 juin de 15 h 30 à 17 h
Walter J. Cooke, Aîné/conseiller, Ojibway-Cree of the Bear Clan	

SUMMARY: The workshop will focus on the development of the earth and how we as humans have looked after it. It will focus on the earth as our mother to explain why FASD is evident today. Once we heal the earth, FASD will stop.

BIOGRAPHY: Walter Cook (Star Watcher) presently resides in Winona, Ontario and was originally born in Berens River, Manitoba. He works as an Elder/Counselor for De dwa da dehs nye's Aboriginal Health Centre in Hamilton, Ontario. Walter has been doing traditional healing work for approximately 20 years. His teachings come from listening to elders and in large, from his own way of life and that of his parents. He is from the Ojibway – Cree nation and is from the Bear Clan. Walter facilitates a Healing Journey Program at the Aboriginal Health Centre. He obtained his counseling certificate through Mohawk College.

Walter has also been involved with the 'Outdoor Adventure Camp', a community health initiative offered by the Aboriginal Health Centre's Health Promotion and Education Services. At camp, he provides cultural teaching/story telling to youth and parents and begins each day with a Sunrise Ceremony. He has also been involved with many Aboriginal Agencies/Organizations in Hamilton in addressing their own healing journeys.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME DES PREMIÈRES NATIONS

« Prisoners of the Moment; Every Moment, Every Day »	Le mardi 26 juin de 15 h 30 à 17 h
Dr Barry Stanley, psychothérapeute	

SUMMARY: The workshop provides an in-depth presentation of the individual mind of one who suffers from FASD and the impacts and issues of the communities that support them. This includes the clinical examples of neuropsychiatric and attention disorders affecting relationships, education systems, and the criminal justice system (i.e. absence of judgment and issues of obsessional lying, defiance, etc.)

BIOGRAPHY: to follow

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME GÉNÉRAL	
« Mental Health Promotion: Mind Also Matters »	Le mardi 26 juin de 15 h 30 à 17 h
Mary Martin-Rowe, conseillère en promotion de la santé	Centre ontarien d'information en prévention

SUMMARY: This workshop will outline why and how, after 20 years of leadership in the field of health promotion and prevention, the Ontario Prevention Clearinghouse (OPC) has taken the decision to integrate mental health promotion into all of its health promotion work. This toolbox will tell the story of how one organization, working as a change agent, is shifting from a health promotion approach to a more inclusive understanding of, and commitment to health for all – one that truly fully embraces mental health promotion as a major facet of its work. What is innovative about this shift is that it moves the organization away from a traditional model of health promotion to one that includes mental health promotion. As it develops practical tools and resources, OPC will begin to influence other organizations in Ontario to use a mental health promotion lens in all of their work.

PRESENTER'S BIOGRAPHY: **Mary Martin Rowe** is a health promotion consultant at the Ontario Prevention Clearinghouse. Her work focuses on the formation of community coalitions and making collaboration work in the fields of health promotion and prevention. She has been involved in the field of mental health, in various capacities, for over 30 years. She has been a trainer in the areas of collaboration, community mobilization, resource networking creating healthy organizations, group formation and volunteer development.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME GÉNÉRAL	
« What do doctors know about psychiatric drugs, who tells them and what are the consequences? »	Le mardi 26 juin de 15 h 30 à 17 h
Joel Lexchin, professeur et urgentologue	University Health Network

SUMMARY: This workshop will cover three broad themes as they relate to psychiatric drugs: 1) the outcomes of industry funded research on drugs; 2) the suppression of unfavourable research and biases in the publication of research; 3) what sources of information doctors use for knowledge about pharmacotherapy and how use of those sources impacts on the quality of prescribing.

BIOGRAPHY: **Joel Lexchin** received his MD from the University of Toronto and for the past 19 years has been an emergency physician at The University Health Network. He is currently a Professor in the School of Health Policy and Management at York University. He has been a consultant on pharmaceutical issues for the province of Ontario, various arms of the Canadian federal government, the World Health Organization, the government of New Zealand and the Australian National Prescribing Service. He is the author or co-author of over 70 peer-reviewed articles on topics such as physician prescribing behaviour, pharmaceutical patent issues, and the drug approval process and prescription drug promotion.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME GÉNÉRAL

« Care for the Caregiver- Vicarious Trauma »	Le mardi 26 juin de 15 h 30 à 17 h
Cindy Rose, infirmière en santé mentale, conseillère en promotion de la santé Vicarious Trauma	Toronto Public Health

SUMMARY: Vicarious trauma is an inevitable and unique type of occupational stress in the helping professions. This workshop will define vicarious trauma and compare it to burnout. We will look at the effects of vicarious trauma on us personally, professionally and in the organizations within which we work. We will also discuss the factors which contribute to risk for vicarious trauma in ourselves, our clients and in organizations. Finally, we will explore what is suggested help mitigate the effects of vicarious trauma in our personal lives, professional lives and in human service organizations.

PRESENTER'S BIOGRAPHY: **Cindy Rose** is an RN and graduate of Ryerson University. She has been a Public Health Nurse at Toronto Public Health for fourteen years. The last 9 years she has specialized in community mental health. In the summer of 2006 she began working on a special project looking at the issue of vicarious trauma amongst healthy families staff of Toronto Public Health.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME GÉNÉRAL	
« Working Together to Integrate Transpeople into our Organizations & Communities »	Le mardi 26 juin de 15 h 30 à 17 h
Rupert Raj, spécialiste en interaction sociale, thérapeute, formateur, chercheur, conseiller et spécialiste en matière de rôle sexuel	Sherbourne Health Centre

SUMMARY: This workshop will discuss the need for trans inclusion in health care, social services, government services, social housing, education, employment services, immigration & refugee services, legal services, law enforcement, diverse communities, research, academia and the media.

The workshop will address what is currently being done and what still needs to be done, and will offer ideas on how we can work together to develop effective strategies for global trans inclusivity within Ontario (e.g., core competencies, community development, alliance/coalition building, advocacy/activism).

PRESENTER'S BIOGRAPHY: **Rupert Raj** is a 55-year-old, Eurasian, transman, transactivist, therapist, trainer, published researcher, occasional university instructor, consultant & gender specialist.

From 1971 to 2001, Rupert provided peer education, counselling, support and advocacy to the transsexual/ transvestite and medical/psychological communities across Canada (in particular, Ottawa, Montreal, Toronto, Vancouver and Calgary) and also in the USA.

Mr. Raj has published two trans-related research papers (2002: "Towards A TransPositive Therapeutic Model: Developing Clinical Sensitivity and Cultural Competence in the Effective Support of Transsexual and Transgendered Clients": (http://www.symposion.com/ijt/ijtvo06no02_04.htm) and (2003: Trans Health Project Position Paper – co-authored with Susan Gapka - in collaboration with the Ontario Public Health

Association: http://www.opha.on.ca/ppres/2003-06_pp.pdf) and is a member of Sherbourne Health Centre's Trans Pulse Research Committee.

Rupert has been working at Sherbourne Health Centre since November 2002 as a psychotherapist in the LGBTT Program. He counsels transsexual and transgender people, gay men, lesbians and bisexuals, (individual, couple and family therapy), and offers psychoeducational groups and workshops for queer and trans clients.

Silverberg and Miriam Kaufman entitled **The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain and Illness** by Cleis Press, 2004.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME DES PREMIÈRES NATIONS	
« Healing with the Cycles »	Le mardi 26 juin de 15 h 30 à 17 h
Jan Kahehti:io Longboat, Aînée, enseignante des valeurs traditionnelles, herboriste, conseillère en valeurs traditionnelles	Earth Healing Herb Farm and Retreat

SUMMARY: The workshop will focus on the four seasons and how assist with personal growth.

PRESENTER'S BIOGRAPHY: **Jan Kahehti:io** is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts nad medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

She has focused on the `power of the Good Mind` to bring about well-being in her life and now teaches in her community and in learning institutions around the country.

Jan Kahehti:io believes our ancestors have left us a great legacy of knowledge in how to have `good well-being`. Our responsibility is to go back and pick up the pieces that we have left along our journey of 500 years.

Jan Kahehti:io presently services First Nation communities in Indigenous practices of Healing and Well-being.

SÉANCE « BOÎTE À OUTILS » B – PROGRAMME GÉNÉRAL	
« Children's Health and the Environment: the Need for Protection and Action for Prevention »	Le mardi 26 juin de 15 h 30 à 17 h
Dorothy Goldin Rosenberg, santé environnementale, conseillère en éducation interculturelle et en cinématographie, coordonnatrice en formation des bénévoles, membre du Women's Healthy Environments Network	

SUMMARY: In recent years, the rise in environmentally related children's conditions has become a cause for concern among many parents, health professionals, educators, government policy makers and the Canadian public who realize that children need protection from an

environment which has become increasingly toxic. The key Canadian/North American health outcomes with epidemiological evidence of links to environmental hazards are: asthma, cancer, neuro-behavioural and developmental effects, low birth weight and birth defects (Rod Raphael, Director General, Safe Environments Programme, Healthy Environments, Consumer Safety Branch, Presented at Canadian Association of Physicians for Environment (CAPE) public meeting, Nov.2000).

This workshop will highlight issues in the growing public debate about the implications of our contaminated world on children's health in the context of primary prevention on these issues. "Clips" from **If You Love Our Children: Children** will be shown and discussed. Participants will engage in addressing the question: if many children's adverse health conditions are largely environmentally linked, can they therefore be largely preventable?

The workshop is designed to raise awareness, explain the issues and present safe alternatives to harmful substances in the air, water, food and soil with the aim of education and action for prevention. Resources will avail participants with tools to engage in education and action for healthy homes, communities, workplaces and the earth - intended to encourage engagement in personal, social, and policy change.

PRESENTER'S BIOGRAPHY: Dorothy Goldin Rosenberg holds a Masters in Environmental Studies (York University) and a PhD (University of Toronto). An education and film consultant, she researches, writes and speaks on environmental health, equality, social, economic and environmental justice, peace and energy issues. She has worked with the National Film Board, schoolboards, non-governmental organizations, health professional and policy groups on these issues. She was principle research consultant and associate producer of the documentary video, **Exposure: Environmental Links to Breast Cancer** and researcher/writer of the accompanying guidebook called **Taking Action for a Healthy Future**. She has led numerous trainers' workshops using these materials as educational tools.

Volunteer Education Coordinator of the Women's Healthy Environments Network (WHEN), she teaches a theory and policy course called Environmental Health, Transformative Higher Education and Policy Change: Feminist Approaches to Social and Ecosystem Healing at OISE/UT. She was director of *Les femmes s'en melent: Making a World of Difference: A Directory of Women in Canada Specializing in Global Issues* (development, environment, peace and related social justice and economic issues); was the Development and Disarmament Coordinator of the Canadian Council for International Cooperation (1986-88); is affiliated with: WHEN, the Breast Cancer Prevention Coalition, the Voice of Women for Peace, the Cancer Prevention Group of the Centre for Health Promotion, University of Toronto; the 9th International Women and Health Meeting, the Canadian Association of Physicians for the Environment, Physicians for Global Survival, National Network on Environments and Women's Health, Centre of Excellence (NNEWH), York University (2000-04), Canadian Association for the Study of Adult Education. She is co-editor (with George Dei and Budd Hall) of *Indigenous Knowledge: Multiple Readings of Our World*, University of Toronto Press (2000).

Her awards include: the Commemorative Medal for the 125th Anniversary of the Confederation of Canada, a Governor General of Canada Award; the United Nations Environmental Program Award (UNEP) for Environmental Stewardship and the Canadian Auto Workers (CAW) Award for Cancer Prevention.

She is currently researching and producing a documentary on children's health and the environment. She is mother of Pamela Rosenberg Vennin and Matthew Jay Rosenberg and grandmother of Rosie Annabelle, Sydney Helena and Magali Elianne Vennin most important of all!)

ATELIERS D'ÉPANOUISSEMENT PERSONNEL

REMARQUE : NOUS N'OFFRONS QU'UNE SÉANCE. LES PARTICIPANTS DOIVENT AVOIR CHOISI L'ATELIER QUI LES INTÉRESSE. LES ATELIERS SERONT OFFERTS LE MARDI 26 JUIN DE 19 H 30 À 21 H.

ATELIERS D'ÉPANOUISSEMENT PERSONNEL – PROGRAMME GÉNÉRAL	
« Yoga »	Le mardi soir 26 juin de 19 h 30 à 21 h
Rita Piazza	Instructrice accréditée de yoga

SUMMARY: Rita will guide the class through gentle Yoga postures, breathing exercises and relaxation techniques. No previous experience or special equipment required. In other words you don't need mats, or gym clothes. Loose fitting, comfortable clothing is recommended.

Participants will enjoy the practical experience of Yoga and its benefits, such as relaxation, stress reduction, healing, toning, and mental, physical and spiritual health.

PRESENTER'S BIOGRAPHY: **Rita Piazza** teaches Hatha Yoga inspired by Vanda Scaravelli. As well she has a background in Iyengar and Kripalu yoga. Rita has been practicing yoga for over 20 years, and as a certified Yoga teacher she has been teaching yoga since 1996. She has studied meditation, Yoga Nidra, Imagery work, Chi Qong, Dance, and other healing modalities. She has a certificate in Shiatsu Therapy and Therapeutic Touch.

ATELIERS D'ÉPANOUISSEMENT PERSONNEL – PROGRAMME AUTOCHTONE	
« Healing with the Cycles »	Le mardi soir 26 juin de 19 h 30 à 21 h
Jan Kahehti:io Longboat, Aînée, enseignante des valeurs traditionnelles, herboriste, conseillère en valeurs traditionnelles	Earth Healing Herb Farm and Retreat

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ACTIVITÉS SOCIALES ET RÉCRÉATIVES

INSTALLATIONS

Rappel : Les installations de l'hôtel comprennent une piscine intérieure et une piscine extérieure, un centre de conditionnement et un spa.

RASSEMBLEMENT AUTOCHTONE BANQUET ET DIVERTISSEMENT

Un menu spécial sera servi pour célébrer la Journée nationale des Autochtones. Cette activité culturelle met en vedette, entre autres artistes :

- Jamie Maracle et le Wahahiiio Drum Group (Mohawk) de Toronto

NOUS ENCOURAGEONS TOUS LES PARTICIPANTS À Y ASSISTER. L'activité est gratuite, mais vous devez réserver une place.

DATE ET HEURE : Le lundi 26 juin à 18 h.

REMARQUE : UNE FEUILLE D'INSCRIPTION SERA MISE À VOTRE DISPOSITION AU BUREAU D'INSCRIPTION DE L'ÉCOLE D'ÉTÉ

VIRÉE EN VILLE

(L'autobus déposera et ramassera les participants qui se sont inscrits d'avance au centre Eaton (Yonge et Dundas) et à Harbourfront.

IL NE S'AGIT D'UNE ACTIVITÉ ORGANISÉE.

(L'activité est gratuite. Vous devez toutefois faire un dépôt de 20 \$ au moment de vous inscrire à l'École d'été. Ce montant sera remboursé aux personnes qui participent à la Virée en ville.)

REMARQUE : UNE FEUILLE D'INSCRIPTION SERA MISE À VOTRE DISPOSITION AU BUREAU D'INSCRIPTION DE L'ÉCOLE D'ÉTÉ

DATE ET HEURE : Le mardi 26 juin de 18 h 30 à 22 h.
(Le souper sera servi plus tôt ce soir-là.)

Les participants prendront l'autobus devant l'hôtel.

**FESTIVITÉS FRANCOPHONES – Un dîner accompagné de musique!
(NOUS ENCOURAGEONS TOUS LES PARTICIPANTS À Y ASSISTER – L'activité est gratuite et il n'est pas nécessaire de réserver une place.)**

DATE ET HEURE : Le mardi 27 juin de 12 h 30 à 13 h 30.