

Research Inspired Mental Health Innovation

8:00 a.m. to 4:00 p.m. December 4th, 2009

Senate & Board Chambers – Wilfrid Laurier University, Waterloo, Ontario

Biographies of Speakers

Dr. Joanna Ochocka, Executive Director, Centre for Community Based Research (CCBR)

Joanna Ochocka has been the Director of CCBR since 1996. She is adjunct faculty in the Department of Sociology at University of Waterloo and in the MA and PhD program in Community Psychology at Wilfrid Laurier University. Joanna is a Canadian leader in participatory action research using research as a tool for social change, particularly in the fields of mental health, cultural diversity, and supports for marginalized populations. She was a recipient of the Award for Teaching Excellence at Wilfrid Laurier University. She is author of numerous academic articles and co-author of the book entitled *Shifting the Paradigm in Community Mental Health*. www.communitybasedresearch.ca

Dr. Kwame McKenzie, Senior Scientist, Social Equity and Health Research, Centre for Addictions and Mental Health (CAMH) – Keynote Speaker

Dr. Kwame McKenzie is a psychiatrist, researcher and policy advisor. He sits on the Service Systems Advisory Committee for the Mental health Commission of Canada and he is the principle investigator of a Commission study that will support the mental health strategy for Canada in improving services for immigrant, refugee, ethno-cultural and racialized groups. Dr. McKenzie has worked in the field of the cause of psychosis and in cross cultural mental health for 19 years. He has set up award winning mental health services and has over 100 academic publications including four books. He drafted the UK Department of Health's policy for improving mental health services for minority ethnic groups. Dr. McKenzie is a Professor of Psychiatry at the University of Toronto and a Senior Scientist in Social Equity and Health Research, Medical Director for Diversity and Deputy Director of the Schizophrenia Program at the Centre for Addiction and Mental Health.

John Lord, Consultant - Facilitator

John Lord was founder and first director of the Centre for Community Based Research. He has authored numerous publications related to community change. He is co-author of *Shifting the Paradigm in Community Mental Health*. His 2007 book, *Pathways to Inclusion: Building a New Story with People and Communities*, describes how innovative organizations across Canada are making changes consistent with new paradigm approaches. John is also founding partner of the Facilitation Leadership Group, and is actively involved in training and education related to the values, principles, and strategies required to facilitate a *New Story*.

Biographies



Toni Adey, Manager, Public Affairs, Waterloo Wellington Local Health Integration Network - Speaker

Toni has been working in health care for over 10 years, with experience in a large community hospital prior to joining the WWLHIN in 2008. In her roles, she has been responsible for leading the Communications Teams to develop and implement communications and community engagement plans.

Dr. Deborah MacLatchy, Vice-President Academic & Provost, Wilfrid Laurier University - Speaker

Deborah is Vice-President Academic & Provost and professor of Biology at Wilfrid Laurier University. A founding Fellow of the Canadian Rivers Institute, she was previously Dean of Science, Applied Science and Engineering at the University of New Brunswick in Saint John (2004-2007). From 2001-2003, she was Director of the International Office at UNB Saint John and the International Liaison Officer for the University of New Brunswick. She coordinated a CIDA Tier 2 project in Cuba on marine ecosystem health from 1997-2003. With her graduate and undergraduate students, she is active in studies determining the source, identity, and mechanisms of action of anthropogenic contaminants on fish reproduction, development and growth.

Biographies of panelists and commentators

Osman Ali, President of the Somali-Canadian Association of Etobicoke - Panelist

Osman is the Founder & President of the Somali-Canadian Association of Etobicoke. He has been involved as a leader in the Toronto Somali community for 25 years and active in the civic life of Toronto. He is passionate about helping newcomers and people within his community. Osman travels often to help needy people in Somalia and Kenyan refugee camps. Mr. Osman Ali is an Electronic Engineer by profession, working for Bell Canada for the last 24 years while volunteering at the Somali Canadian Association of Etobicoke.

Valentin Angardi, Student, Wilfrid Laurier University - Panelist

Valentin is 20 years old and moved to Canada from Iran two years ago. She is currently studying psychology at Wilfrid Laurier University. She graduated from Waterloo Collegiate Institute last year and was a participant in the Newcomer Youth Theatre project which addressed issues relevant to ESL students. In her spare time she enjoys painting, reading and playing the piano. She would like to be a psychologist when she completes her education.

Linda Bender, Team Leader, Community Development & Education, CMHA Grand River Branch - Panelist

Linda has worked for the Canadian Mental Health Association/Grand River (formerly Waterloo Regional) Branch for over 18 years in a variety of capacities. She is trained as a Registered Nurse, and has experience both in hospital and community mental health. Linda has given presentations and facilitated training related to mental health for a wide variety of audiences. For the past two years, she has enjoyed sharing information and dialogue in cross cultural settings. Linda is a Master Trainer for Suicide Intervention Skills Training with Living Works, a certified Mental Health First Aid trainer, and also represents CMHA on a variety of community committees and initiatives.



Raymond Cheng, Advocacy and Policy Coordinator, Ontario Peer Development Initiative (OPDI) – Commentator

Raymond is currently the Advocacy and Peer Coordinator for the Ontario Peer Development Initiative, the provincial voice of over 50 consumer/survivor and peer support organizations. Previously, he was the executive director of an ethno-racial Consumer Survivor Initiative. He also sits on the Board of CAMH, and has been active in the peer support and self-help field for over 20 years. Raymond has a B.A. degree in English from Glendon College, the bilingual campus of York University.

Ruby Chung, Mental Health Navigator - Panelist

Ruby is a mental health navigator representing the Mandarin- speaking Chinese community for the KDCHC. Ruby has a B.Sc. degree in Physiotherapy from the University of Western Ontario. Ruby has worked as a physiotherapist at the University Hospital in London, Ontario, Cambridge Memorial Hospital and at various physiotherapy clinics in Toronto & Kitchener. She has also volunteered in her own community in the Waterloo Region for more than 15 years and is currently thrilled to be part of the KDCHC CURA demonstration project.

Tanya Darisi, Senior Researcher, Centre for Community Based Research (CCBR) - Panelist

Tanya is a Senior Research at the Centre for Community Based Research and is the Project Coordinator for the Leaders Mobilizing Change initiative. Since 1998, Tanya has been involved in social and community research, including program evaluation research in community mental health. Her research interests are focused on issues related to identity, power and gender, with a particular emphasis on supports for mothers in disadvantaged circumstances. She also is a PhD Candidate in Applied Social Psychology at the University of Guelph.

Lynne Griffiths-Fulton, Reception House Waterloo Region - Panelist

Lynne is the Coordinator of the Newcomer Integration Program at Reception House. The Newcomer Integration Program is a Citizenship & Immigration funded program that serves the needs of Government Assisted Refugees who are resettled in the K-W community. One aim of the program is to identify and address the barriers refugees have in gaining access to appropriate and timely health care services, including mental and emotional health. Lynne has worked for a variety of non-profit organizations and government agencies in project management and policy development both in Canada and overseas. Lynne has an MSc in International Relations from the London School of Economics & Political Science.

Brigitte Huber, Therapeutic Counsellor, K-W Counselling Services - Panelist

Brigitte is a counselor at K-W Counselling Services, which is a multi-service agency providing individual, family, group and outreach supports to the community. Brigitte's interests and experiences include working with men, women, and children recovering from family violence, providing therapy for a broad range of community members, and in exploring and utilizing therapeutic models that address the interaction of systemic issues with personal and familial concerns. She enjoys working with children.



Hany Ibrahim, MA Candidate, Wilfrid Laurier University - Panelist

Hany is an MA Candidate of the Community Psychology Program at WLU. She received her BA at the University of Waterloo in Psychology and Peace & Conflict Studies with an International Studies Option. Hany has worked for the House of Friendship in various capacities with children from diverse backgrounds and with diverse behavioral strengths within her community for the past six years and continues to volunteer there. Her experiences and interests include working with newcomer children and youth to adapt and transition in a healthy way into communities while maintaining their cultural identities.

Heidi Ingold, Coordinator, Older Adult Host Program with YMCA Cross Cultural and Immigrant Services - Panelist

The Older Adult Host Program is a friendship program that matches newcomers over the age of 50 with a Canadian volunteer for a period of 6-12 months. Through the support of volunteers, participants are able to learn about the Canadian culture and get to know the new community. In a group setting newcomers can also practice their English Conversation skills. CURA first became involved when a Conversation Circle at the Downtown Community Centre became a demonstration project. Heidi is happy that CURA can highlight the interesting and dynamic group of individuals who make up the Tuesday morning Conversation Circle and that CURA can document the successes and challenges along the way. These past years the group has grown in numbers trust and friendships.

Rich Janzen, Research Director, Centre for Community Based Research (CCBR) - Panelist

Rich has worked at CCBR since 1996, becoming Research Director in 2004. Rich sees research as a tool for social innovation and change - to find new ways of bringing people who are on the edge of society to live within community as full and equal members. Rich has an academic background in community psychology and religious studies, and has taught community-based research methods to graduate social work students at Wilfrid Laurier University.

Barbara Lehto, Volunteer, Older Adult Host Program with YMCA Cross Cultural and Immigrant Services - Panelist

As a volunteer for the Older Adult Host program at YMCA Cross-Cultural and Immigrant Services, Barbara leads other trained volunteers in helping older newcomers practice their English. Barbara is retired; she worked for 20 years with the KW Reception Centre in several capacities including ED. She and her husband raised five children in the Victoria park neighborhood. They continue to reside in the downtown core.

Steve Lurie, Executive Director, Canadian Mental Health Association (CMHA) Toronto – Commentator

Steve has held his current position at CMHA Toronto since 1979. He has written and lectured extensively on mental health policy issues. He was a principal author of the Graham Report, Building Community Support for People, and provided technical support to Senator Michael Kirby's report "Out of the Shadows at Last". Currently he serves as Chair of the Service Systems Advisory Committee for the Mental Health Commission of Canada which has just finished a project, led by Dr. Kwame McKenzie looking at ethno racial diversity and its effects on health and mental health systems. He is adjunct faculty



at University of Toronto faculty of Social Work where he teaches health and mental health policy

Baldev Mutta, Executive Director, Punjabi Community Health Services – Panelist

Baldev has been in the field of social work for over 30 years. He is the Founder and Executive Director of the Punjabi Community Health Services (PCHS). For the last 20 years, he has developed an integrated holistic model to address substance abuse, mental health and family violence in the South Asian community. Baldev has used an asset based community development approach to develop parenting programs in the Punjabi community. These parenting programs are run in partnership with religious institutions and school boards. Mr. Mutta has received many community awards for his work on equity, community development, diversity management, and organizational change. He has his own television show, Community ConneXion, which is aired every Saturday at channel 626 Rogers Cable.

Geoffrey Nelson, Professor, Wilfrid Laurier University - Panelist

Geoff is Professor of Psychology and a faculty member in the graduate program in Community Psychology at Wilfrid Laurier University. Geoff served as Senior Editor of the *Canadian Journal of Community Mental Health* and in 1999 he was the recipient (with the Canadian Mental Health Association/Waterloo Region Branch) of the Harry McNeill Award for Innovation in Community Mental Health from the Society for Community Research and Action. Geoff's research and practice has focused on community mental health programs and supports for people with serious mental health issues and community-based prevention programs for children and families.

Don Roth, Executive Director, CMHA Grand River Branch - Panelist

As community researcher, Don worked with the Centre for Community-Based Research (Centre for Research in Human Services) in the early 1990s on numerous projects supporting people experiencing challenges in community integration. For the past 15 years, Don has worked in various frontline and management positions with the Canadian Mental Health Association, and for the past 2 years has fulfilled the role of Executive Director for the Grand River Branch. Don has been involved as a project partner with the CURA since its formation through the proposal development process.

Aseefa Sarang, Executive Director, Across Boundaries - Commentator

Aseefa is the Executive Director of Across Boundaries, an ethno-racial community mental health centre, which provides a range of supports and services to people from marginalized communities, including immigrants and refugees who are experiencing mental health problems. Aseefa's experiences and interests range from working to address needs of racialized communities, including youth, those in the criminal justice system, and family members as well as working to affect systemic policy change through various projects in the community, research and advocacy. Conflict mediation is of special interest to her and she occasionally enjoys volunteering her time to mediate workplace and individual conflicts.

Tara Smith, Host Newcomer Youth Coordinator, KW YMCA Cross Cultural and Immigrant Services Host Program - Panelist

Tara coordinated the Newcomer Youth Theatre Project at Waterloo Collegiate Institute in the 2008-2009 school year. She received her Bachelor's Degree in Psychology from the University of Waterloo in 2002 and her Bachelor's of Education from the University



of Alberta in 2005. She previously worked as a Family Education Program Coordinator in the Edmonton area before relocating back to KW. Tara feels privileged to have the opportunity to learn about immigrant youth and the multitude of challenges that they face when adapting to a new country and culture.

Patricia Syms Sutherland, Manager, Mental Health System Transformation, Waterloo Wellington Local Health Integration Network – Panelist

Patricia is currently the Manager of Health System Transformation with the Waterloo Wellington LHIN. Prior to joining the LHIN just over 4 months ago, she was the Manager of Strategic Development and Expansion for the Department of Family Medicine at McMaster University. She has over 15 years of experience working in health care including working with hospitals, the Ministry of Health & Long-Term Care and the Ontario Hospital Association. Patricia has her Master in Health Sciences (Health Administration) from the University of Toronto and is a Certified Healthcare Executive with both the Canadian and American College of Health Service Executives.

Gillian Wells, Clinical Therapist, Mosaic Counselling & Family Services - Panelist

Gillian is a registered social worker who works at Mosaic Counselling & Family Services as a clinical therapist. She received her Masters of Social Work at Wilfrid Laurier University. As a clinician, she works with victims of domestic violence, sexual assault, depression & anxiety, as well as with newcomers to Canada who face issues related to the stress of migration and settlement. More recently she has been expanding her therapeutic practice to include specializing in working with refugees who have experienced trauma as a result of war & torture.

