

#FRAYME2024

DRIVING EXPERTISE INTO ACTION»»»

LEARNING INSTITUTE

Frayme's Fifth Annual Learning Institute
February 21-22, 2024

Conference Program





»»» Day 1

February 21, 2024

#Frayme2024
Fairmont Château Laurier

8:00 EST

Breakfast

Time to visit posters and exhibitor booths.

9:00

Opening Plenary

Translating Research into Practice: Addressing the 17-year research gap

Despite advancements in research methodologies and the accelerated pace of knowledge generation, there remains a substantial delay in translating research findings into actionable practices. This plenary session delves into the multifaceted factors contributing to this gap, emphasizing the need for a nuanced understanding of various factors that influence the adoption of evidence-based practices.

10:30

Break

Time to visit posters and exhibitor booths

11:00

Concurrent Workshops Block 1

1A

The Mindkit Project: Practical approaches for co-creation with youth from military and Veteran Families and beyond | *Atlas Institute for Veterans and Families*

1B

Empowering Voices, Transforming Health: The co-creation of the Our Kids' Health Digital Youth Fellows Program | *Unity Health Toronto and University of Toronto*

1C Strategies for Engaging Youth and Families as Equal Partners in Mental Health: A focus on improving Early Psychosis Intervention care for youth and emerging adults | *Centre for Addiction and Mental Health*

11:45

Concurrent Workshops Block 2

2A Anti-Oppressive Approaches to Preventing Adverse Childhood Experiences | *Family Advocacy Support Centre*

2B Youth Driven Homelessness Solutions: A call to action | *York Region Youth Strategy*

2C Implementing and Sustaining Youth-Centred Walk-In Counselling: How Foundry is Transforming Access to Care | *Foundry BC*

2D **Extracurricular Activity: Breathwork**

12:30

Lunch

Time to visit posters and exhibitor booths

13:30

Concurrent Workshops Block 3

3A Maximizing Community Impact Through Collaborative Fundraising | *The Grove Youth Wellness Hubs Ontario*

3B Reimagined Connection: Building youth resilience in first responder families at Warrior Kids Camp | *Wounded Warriors Canada*

3C Supporting Recovery: Implementing peer support programs for those impacted by eating disorders | *Eating Disorders Nova Scotia*

14:15

Concurrent Workshops Block 4

4A Experience a Youth's Journey Through the Foundry Work and Education Program: Snakes and Ladders edition | *Foundry BC*

4B The Secret Sauce: Key implementation learnings in one rural community | *Point in Time Centre for Children, Youth and Parents*

4C Intersecting Identities: The experience of young caregivers | *Young Caregivers Association*

15:00

Break

Time to visit posters and exhibitor booths

15:30

Concurrent Workshops Block 5

5A "Be Angry": By-Youth-For-Youth Peer Leadership as a participatory intervention for youth exiting homelessness | *Centre for Addiction and Mental Health*

5C From Insights to Impact: A co-designed toolkit for supporting young people's awareness and access to mental health and addiction services | *CHEO and mindyourmind*

5D **Extracurricular Activity: Sound Bath Therapy**

16:15

Concurrent Workshops Block 6

6A Beyond Reefer Madness: The next generation of drug education | *Get Sensible (Canadian Students for Sensible Drug Policy)*

6B LinkUp!: Youth-driven community building through ceremony and nourishment | *Foundry BC*

6C Growing With Grief: A stepped care model for grieving youth | *Yorktown Family Services*

18:00

Reception

Located in French Corridor & Drawing Room Foyer



»»» Day 2

February 22, 2024

#Frayme2024
Fairmont Château Laurier

8:00 EST

Breakfast

Time to visit posters and exhibitor booths

9:00

Concurrent Workshops Block 7

7A Frayme’s Knowledge Mobilization Fellowship Showcase | *Frayme*

7B Youth Voices in Action: Centering and integrating diverse perspectives in policy and change | *The Grove Youth Wellness Hubs Ontario*

7C Compassionate Care: Staying well while helping others | *CAPSA*

9:45

Concurrent Workshops Block 8

8A Driving Youth Voices Into Action: Building service and brand awareness through digital storytelling | *Foundry BC*

8B Dreaming Up Health Promoting Spaces with Youth | *Simon Fraser University*

8C Using Data For Change: Exploring youth-centric data in the Mental Health, Addictions, and Substance Use Health Community dashboard | *Ottawa Public Health*

10:30 **Break** Time to visit posters and exhibitor booths

11:00 **Concurrent Workshops Block 9**

9A Translating Meme Content Into Awareness: The impact and learnings of Digital Engagement Campaigns | *Foundry BC*

9B The Invisible Segment: Raising awareness about life in Indigenous remote communities | *The Ballantyne Project*

9C Engaging Fathers in an Attachment and Trauma-Informed Parenting Intervention | *Concordia University*

9D **Extracurricular Activity: Somatic Yoga**

11:45 **Concurrent Workshops Block 10**

10A Choose Your Own Adventure: Implementing a new province-wide supported work and education program for youth in British Columbia | *Foundry*

10B Breaking Barriers to Be Safe | *mindyourmind*

10C Self-Care for Caring Adults | *YouthSpeak Charity*

12:30 **Lunch** Time to visit posters and exhibitor booths

13:30 **Concurrent Experts in Action Lightning Talk Sessions Block 11**

11A **Lived Experts in Action**

Our Rights, Our Health, Our Future: Insights from the Young Canadians' Parliament in youth mental health policies | *Children First Canada*

Elevating Minds: Empowering youth mental wellness in the digital age | *Canadian Mental Health Association & Youth Wellness Hubs Ontario*

The Importance of Youth Engagement: Breaking the barrier in the conversation | *CHEO Youthnet*

11B Supports for Youth in Action

S.T.E.P Forward: Substance use treatment, education and prevention workshops for South Asian high school students | *Students Overcoming Substance Use Disorder and Addictions*

Supporting Youth How They Want to be Supported | *Youth Wellness Hubs Ontario*

Students Supporting Students: Reflecting on the first year of implementation of the National Campus Peer Support Pilot Project | *Canadian Mental Health Association*

Carving a New Path in Youth Mental Health and Substance Use

11C Integrated Care in Action

What Canadians with Lived Experience Have to Say About Adult Inpatient Eating Disorder Treatment | *Dalhousie University*

Partnering Together for Integrated Person and Family-Centric Care Across the Mental Wellness Care Continuum: Stepped Care 2.0 in the Northwest Territories | *Mental Health Commission of Canada*

HealthEMe: Solving waitlists and healthcare on hold | *HealthEMe*

Why EDI is a Mental Health Issue | *A Melanated Guide to Mental Health*

13:30

Closing Plenary

Knowledge to Action Cycles & Health Equity

The Knowledge-To-Action (KTA) Cycle, renowned for its systematic approach, provides a robust framework for navigating challenges related to knowledge translation. By exploring case studies and practical applications, this plenary explores how the KTA Cycle can be tailored to suit the intricacies of complex systems, fostering a more seamless and efficient flow from evidence generation to practical implementation.

Posters

Visit these posters during your breaks!

Check Yourself School-Based, 4 Years On: An evaluation of a universal, multi-risk, mental health screening for schools | [Tickit Health](#)

Mindsense: Enhancing youth engagement in counselling through measurement-based care | [University of Toronto](#)

This Is Where I'm Meant To Be: Mentee and mentor experiences of peer support in Canada | [Eating Disorders Nova Scotia and CHEO](#)

Helping Change Happen: Building and mobilizing an implementation model | [Knowledge Institute on Child and Youth Mental Health and Addictions](#)

Addressing Youth Substance Use, Gaming and Gambling in Wellington-Dufferin-Guelph: A collaborative approach | [Wellington-Dufferin-Guelph Public Health and Homewood Community Addictions Services](#)

Identifying Where Adolescent Parents Access Health-Related and Parenting Information | [University of Toronto](#)

Hidden in Plain Sight: Access barriers for young adults with mental health-related disability | [Frayme Groundbreaker](#)

Leveraging Integrated Youth Services (IYS) for Social Prescribing at Youth Wellness Hubs Ontario | [Youth Wellness Hubs Ontario and CAMH](#)

Creating Change Together: How to create system recommendations for complex challenges | [Frayme](#)