

# FUTURE STATE

All times are in ET (Eastern Standard)

## DAY 1 February 23, 2022

### 10:00 - 11:30 AM Opening Plenary

**Knowledge Mobilization Powered by Lived Expertise - Learnings from Frayme's KMB Fellowship**

Ervis Musa, Braeden Levac, Anne Marie Portelli, Angela Xie, Hajar Seiyad, Lauren Iuliani, Katelyn Greer, Yvonne Pelling, Mikaela Basile, Zee Goerzen

### 11:30 - 12:30 PM Concurrent Sessions 1

#### CONCURRENT SESSION BLOCK 1A

**Presentation 1:** MoreGoodDays: an e-mental health program, co-created by young people and designed to bridge the mental health treatment gap in Alberta

**Presentation 2:** e-Mental Health for Youth and Young Adults in Alberta

#### CONCURRENT SESSION BLOCK 1C

**Presentation 1:** Principles in action: youth-centric services in the context of SC2.0

**Presentation 2:** Meeting the mental health service needs of young people with and without a mental health diagnosis during COVID-19

#### CONCURRENT SESSION BLOCK 1B

**Presentation 1:** The Best We Have To Offer: A Look Into the Review into Youth Mental Health Services in New Brunswick

**Presentation 2:** Lessons Learned from The Grove: A Developmental Evaluation Capturing the Growth of a Grassroots Initiative in Wellington County & Guelph

### 12:30 - 1:00 PM Break

*Exhibitor Booth Viewing*

*Extracurricular Activity 1*

**Movement for Everybody** with Nicole Du Guay, Founder of Holistic Synergy Coaching

## DAY 2 February 24, 2022

### 10:00 - 11:30 AM Unstructured Networking/ MYM Workshop: Part 3

### 11:30 - 12:30 PM Concurrent Sessions 5

#### CONCURRENT SESSION BLOCK 5A

**Presentation 1:** Implementation and evaluation of a youth engagement strategy at the Family Navigation Project

**Presentation 2:** Self-Care for Caring Adults

#### CONCURRENT SESSION BLOCK 5C

**Presentation 1:** HEADSTRONG - personal resilience and community hope through youth action

**Presentation 2:** Preventative Mental Health Support for Youth during the Pandemic and Beyond: How can we help each other?

#### CONCURRENT SESSION BLOCK 5B

**Presentation 1:** Live demonstration of an interactive online tool to help front-line clinicians understand best practices, including measurement-based care, to support youth as they manage their depression

**Presentation 2:** Changes in psychological distress and substance use concerns in young people accessing Youth Wellness Hubs Ontario sites for mental health services

### 12:30 - 1:00 PM Break

*Exhibitor Booth Viewing*

*Extracurricular Activity 3*

**Gathering our Medicine** with Marla Klyne Kolomaya, certified counselor and parent consultant.

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1:00 - 2:00 PM

## Concurrent Sessions 2

### CONCURRENT SESSION BLOCK 2A

**Presentation 1:** Operationalizing Young Adult Engagement in Research: Insights from the READY2Exit Study

**Presentation 2:** Listening to You(th): Authentic Partnership with Youth and Families in Mental Health Research

### CONCURRENT SESSION BLOCK 2B

**Presentation 1:** Recovery Cafés: Radical Accessibility After Hours

**Presentation 2:** Understanding Youth Mental Health from Lived Experience

### CONCURRENT SESSION BLOCK 2C

**Presentation 1:** Cannabis and Mental Health: Turning over a new leaf on cannabis education

**Presentation 2:** SPECTRUM Trans and Gender Diverse Mental Health, Wellness and Suicide Prevention Toolkit

2:00 - 3:00 PM

## Concurrent Sessions 3

### CONCURRENT SESSION BLOCK 3A

**Presentation 1:** Creating and Evaluating a Young Adult Substance Use Program (YA-SUP)

**Presentation 2:** Gathering information to best meet youth needs: What is the right amount?

### CONCURRENT SESSION BLOCK 3B

**Presentation 1:** By, For, and With Youth: Transforming the Delivery of Training Programs

**Presentation 2:** Indigenous Resurgence: An "All my Relations" partnership on systems transformation

### CONCURRENT SESSION BLOCK 3C

**Presentation 1:** Supporting young adults with mental health and substance use in the emergency department from the perspective of peer support workers.

**Presentation 2:** What works within peer support for young people coping with complex mental health and substance use issues: A participatory-realist evaluation

3:00 - 3:30 PM

Break

Exhibitor Booth Viewing

Extracurricular Activity 2

**A Body-Positive Break** with Erin Huston, Community Educator and Training & Education Coordinator with Body Brave

1:00 - 2:00 PM

## Concurrent Sessions 6

### CONCURRENT SESSION BLOCK 6A

**Presentation 1:** Beyond the ER: Mental Health Experiences related to Health Crises of Youth with Chronic Health Conditions

**Presentation 2:** Creating Hope: Using co-design for engaging youth in the development of a peer support model for suicide prevention

### CONCURRENT SESSION BLOCK 6B

**Presentation 1:** Results of the BeanBagChat (BBC) Evaluation Project

**Presentation 2:** Peer Support Across the Continuum of Youth Mental Health Services

### CONCURRENT SESSION BLOCK 6C

**Presentation 1:** Adapting youth engagement to new realities: the value of online spaces and peer support in times of change.

**Presentation 2:** So you want to become a Youth Peer Mentor? A course developed by Youth Peer Mentors for Youth Peer Mentors

2:00 - 3:00 PM

## Concurrent Sessions 7

### CONCURRENT SESSION BLOCK 7A

**Presentation 1:** The Service Seeking Profiles of Youth Accessing a Youth Wellness Hubs Ontario Site

**Presentation 2:** Youth, family and caregiver, and service provider perspectives of a stepped care model to provide mental health and substance use supports

### CONCURRENT SESSION BLOCK 7B

**Presentation 1:** Integrating the voices of youth in clinical training approaches

**Presentation 2:** ED2Foundry: Enhancing the transition from the emergency department to community services for young people with mental health and substance use disorders

### CONCURRENT SESSION BLOCK 7C

**Presentation 1:** Engaging in Mental Health First Aid Collective Advocacy: A Brainstorm Session

**Presentation 2:** Gender-based violence and 2SLGBTQ+ youth: The SAFER Project.

3:00 - 3:30 PM

Break

Exhibitor Booth Viewing

Extracurricular Activity 4

**Art of the Doodle** with Noah MacLeod, Visual Artist



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3:30 - 4:30 PM

Concurrent Sessions 4

## CONCURRENT SESSION BLOCK 4A

**Presentation 1:** Exploring the Beauty of Life In Psychosis (BLIP): Insights From a Peer-Led, Arts-Based Group

**Presentation 2:** #Youthincare to #Youthincharge: Youth-Led Documentary Filmmaking for Social and Policy Change in the Canadian Child Welfare System

## CONCURRENT SESSION BLOCK 4B

**Presentation 1:** The Campus Assessment Tool: A Youth Led Participatory Research Project

**Presentation 2:** Healthcare Equity and Anti-Racism for Youth: The Future Starts with Us

## CONCURRENT SESSION BLOCK 4C

**Presentation 1:** Stigmas impact on children who have a parent with a substance use disorder

**Presentation 2:** The needs of transitional-aged youth and their families when seeking, accessing, and transitioning through mental health and/or addictions care

4:30 - 6:30 PM

Unstructured Networking/  
MYM Workshop: Part 2

3:30 - 4:30 PM

Concurrent Sessions 8

## CONCURRENT SESSION BLOCK 8A

**Presentation 1:** Lived Expertise as Evidence – Bridging the Gap through Knowledge Equity

**Presentation 2:** Implementing Integrated Care for Youth: Rejecting traditional Project Management for Adaptive Learning

## CONCURRENT SESSION BLOCK 8B

**Presentation 1:** Celebrating the Evolution of Youth Wellness Hubs Ontario

**Presentation 2:** Starting from scratch: Insights from eight years of the ACCESS Open Minds Youth Council

## CONCURRENT SESSION BLOCK 8C

**Presentation 1:** Rethinking the Eating Disorder Recovery Journey

**Presentation 2:** I'll be there for you: Peer Support for those impacted by Eating Disorders

4:30 - 6:30 PM

Closing Plenary

***Creating The Future State: micro-to-macro, local-to-international***

Maddi Mathon (Mutual Minds Peer Support), Peter Cornish (Stepped Care Solutions), Callum Ross (Habitat Collective)

In our closing plenary, we will hear from three organizations trailblazing the path to an exemplary youth.