

Wellness in a Wired World

THE 2023 KNOWLEDGE SERIES

POWERED BY **FRAYME**



EVENT PROGRAM

NOV 1-2, 2023

#WWW2023

Day 1 Agenda



1:00

Opening Remarks

Presented by The Honourable
Ya'ara Saks, Minister of Mental
Health and Addictions and
Associate Minister of Health

1:10

Panel Session 1

Insights and Innovations for e-Mental
Health and Virtual Services

2:15

Break

2:25

Panel Session 2

*Next-Gen Solutions:
Artificial Intelligence in
Youth Mental Health*

3:30

Break

3:35

Breakout Rooms

Attendees will collaborate on
probing questions that will
inform policy recommendations

4:05

Debrief & Closing Remarks

Presented by Heather
McLaughlin, Operations
Lead, Frayme

Day 2 Agenda

2:25

Panel Session 4

Thriving Online: Supporting Youth in a Rapidly Evolving Digital World

1:00

Opening Remarks

Presented by Luc Grey,
Knowledge Equity
Specialist, Frayme

3:30

Break

1:10

Panel Session 3

Shaping a Healthy Virtual Society for Youth

3:35

Breakout Rooms

Attendees will collaborate on probing questions that will inform policy recommendations

2:15

Break

4:05

Debrief & Closing Remarks

Presented by Micaela Harley,
Senior Engagement and
Knowledge Equity Lead, Frayme

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SESSION 1

Insights and Innovations for e-Mental Health and Virtual Services

Online services have drastically expanded across the sector in recent years. From support groups to self-reporting tools, and everything in between, young people now have more choice when it comes to accessing care. Attendees will gain insight into the longevity of virtual care programs.



Sonia Kumar she/her
Body Brave

In 2017, Sonia co-founded Body Brave, a charitable organization that offers treatment and support to people struggling with disordered eating and eating disorders. Over the pandemic, Body Brave responded to an exponential increase in demand and now serves nearly 3000 people per year, making it one of the largest community-based programs in Canada.



Stacie Smith she/her
Youth Advocate

Stacie Smith was a Co-Chair of the Youth Advisory Council of the Youth Mental Health and Suicide Prevention Services Review conducted by the NB Child and Youth Advocate, Co-Executive Director of the Young Canadians Roundtable on Health and works as the Youth Programs Lead at the YWCA Halifax. She is completing her Master's in Arts in Education at Mount Saint Vincent University.



Nicole Luke she/her
Brock University

Nicole is an educator who specializes in the strategic science of instruction for both adult and child learners. She completed her doctoral degree in Education and Applied Behavior Analysis at Columbia University. She has worked in both clinical and educational settings and consulted to a variety of organizations in North America, Europe, and Asia. Her research interests include verbal behaviour development and the use of advanced technology like virtual reality to design learning environments.



Kaydi Hayden she/her
Atlantic Wellness

Kaydi is a Canadian Certified Counsellor and Licensed Counselling Therapist-Candidate in Moncton, New Brunswick. She is part of the clinical team at Atlantic Wellness; a community organization that offers free mental health services to youth. Kaydi works with a range of presenting concerns and enjoys forming meaningful connections with her clients.



Jessica Noakes she/her
Youth Advocate

A vocal mental health advocate with a background in communications and logistics, Jessica currently attends Nipissing University for history with concurrent education. Coming from a background rich in mental health advocacy and lived experience, she is a fierce seasoned leader eager to make a difference.

SESSION 2

Next-Gen Solutions: Artificial Intelligence in Youth Mental Health

Through tools like machine learning, chatbots, and natural language processing, AI has supported our sector with symptom monitoring, preventative care, risk assessments, task automation and more— but this is only the beginning. Attendees will hear from individuals who are leveraging AI to support service providers and patients themselves.



Elizabeth Cawley she/her
Get A-Head

Dr. Elizabeth Cawley is one of Canada's leading experts in student mental health. She has a PhD from McGill University, specializing in post-secondary student mental health. Dr. Cawley is currently the Vice President, Mental Health at Get A-Head powered by Keel Mind. In this role is she responsible for the continued implementation of the Get A-Head platform within Ontario while working to expand its reach into other jurisdictions.



Matthew Reeson he/him
Mood Disorders Society of Canada

Dr. Matthew Reeson has a PhD in Psychiatry from the University of Alberta, with a specific focus on improving child and adolescent mental health services. He has done extensive research on the impact of early-life stress and adverse childhood experiences on psychiatric development. Matthew is currently a postdoctoral fellow working on the development of an artificially intelligent chatbot designed to assist youth with accessing and navigating mental health resources.



Alisa Simon she/her
Kids Help Phone

Alisa Simon has more than 20 years of leadership experience in healthcare access, innovation, and non-profit management. In her current role, Alisa oversees Kids Help Phone's national clinical services and programs, providing strategy, leadership and guidance with a focus on building innovative digital systems that break down barriers by changing the way care is delivered, measured and received. Under Alisa's leadership, Kids Help Phone has evolved from a phone-based helpline to a comprehensive solution that fully integrates a growing number of access points, programs and resources, achieving over 16 million interactions since 2020. Alisa also oversees knowledge translation, quality assurance and equity programs, ensuring the organization is delivering the best possible services to young people.



Yuri Quintana he/him
Harvard Medical School

Yuri Quintana, Ph.D., is a global leader in developing and evaluating digital health systems. He is Chief of the Division of Clinical Informatics at Beth Israel Lahey Health and Assistant Professor of Medicine at Harvard Medical School. His research is focused on learning networks and clinical care collaboration platforms that empower patients, families, and health professionals. He leads the DCI Network, which brings together national leaders to work on complex health problems requiring collaborations between institutions, government, and the private sector. As a Senior Scientist at Homewood Research Institute in Canada, he has developed new methods to evaluate digital mental health systems. Quintana was a principal investigator in the Canadian HealNet Research Network. Quintana obtained his Electrical and Computer Engineering and Systems Design Engineering degrees from the University of Waterloo.



Zach Kaminsky he/him
The University of Ottawa's Institute of Mental Health Research

Dr. Kaminsky received his PhD from the University of Toronto and trained in one of the first labs studying epigenetics in psychiatry. In 2010, he developed a research program at Johns Hopkins using genome-wide DNA methylation microarrays to study brain and peripheral samples in PPD, suicide, and PTSD, generating some of the first epigenetic biomarkers in psychiatry. As Chair of Suicide Prevention Research at The Royal's IMHR, Dr. Kaminsky studies human populations in attempts to better understand both the molecular epigenetic underpinnings of psychiatric phenotypes and environmental stressors influencing their development in order to enable the generation of true "bench to bedside" translational findings. Dr. Kaminsky's research program also develops artificial intelligence driven natural language processing techniques applied to social media data for the purpose of prediction of future risk of suicidal thoughts and behaviours. His group is also developing and evaluating novel digitally delivered suicide interventions leveraging these technologies. As a member of Suicide Prevention Ottawa, Dr. Kaminsky is involved in the implementation of suicide prevention initiatives for suicidal youth in clinical populations.

SESSION 3

Shaping a Healthy Virtual Society for Youth

In this panel, speakers will explore the complex and nuanced issues of the digital world (such as privacy, safety and ethics) and learn more about how these factors are impacting young people across Canada.



Ary Maharaj he/him
National Eating Disorder Information Centre

Ary Maharaj (he/him) is a Registered Psychotherapist (Qualifying) who currently works in community education at the National Eating Disorder Information Centre, coordinating health promotion initiatives aimed at preventing eating disorders. He is immensely passionate about facilitating from a place of cultural humility, recognizing the impact of systemic injustices on mental health while creating spaces that allow for healing and transformation.



Shirley R Steinberg
University of Calgary

An innovative urban educator and social theorist committed to transformative leadership, diversity, inclusion, equity, and social justice. Steinberg's scholarship has contributed to the disciplines of Critical Pedagogy, Critical Leadership Studies, Inclusive Education, and Critical Research Studies. Her commitment to multicultural education has been internationally disseminated for the past 2 1/2 decades. She held the Werklund Research Chair of Critical Youth Studies for two terms at the University of Calgary. Steinberg is committed to academic publishing and promotion of emerging scholars, and has facilitated the publication of over 650 books in leadership and teaching, urban education, critical pedagogy, foundations of education and cultural studies.



Raffela Mancuso she/they
Youth Advocate

Raffela is a 27 year old mental health activist, content creator, and entrepreneur based in Edmonton (Treaty 6 Territory). She regularly shares about being neurodivergent, living with mental illness, and body image issues on her social media in order to help others struggle a little less.



Krista Benes she/her
Mental Health Commission of Canada

Krista is the commission's Director of Prevention and Promotion Initiatives and leads programs on suicide prevention, mental wellness, and life promotion, where her team is a key part of supporting MHCC efforts to build consensus and drive system transformation. Krista is also the Canada Liaison for the IIMHL, a collaborative working to spread innovation and best practice and improve mental health and addiction services around the globe.

SESSION 4

Thriving Online: Supporting Youth in a Rapidly Evolving World

As technology becomes smarter, more robust and more present in various facets of our lives, we must consider how it is shaping young people's experiences with education, work, and social connections. This session will also highlight initiatives that are using digital technologies to create better opportunities for young people.



Shannon Thom she/her
Youth Expert

Shannon is a young professional in public health - she holds a Master's degree in Public Health and a Project Management Professional (PMP)® certification from the Project Management Institute. Currently, Shannon works in cancer data measurement and reporting, and she also serves as the North American representative for Young Experts: Tech 4 Health (YET4H).



Jarret Leaman he/him
Centre for Indigenous Innovation & Technology (CIIT)

Jarret Leaman is a member of Magnetawan First Nation, and is nationally recognized for his work addressing Indigenous economic development, technology, reconciliation, 2SLGBTQIA community and the building of leadership capacity within the Indigenous community. He is the co-founder of the CIIT, a non-profit working to increase the presence of Indigenous Peoples in the technology sector, while promoting innovation with an Indigenous lens.



Nathalie Blanchet she/her
Tamarack Institute

Nathalie is the Director of Communities Building Youth Futures at Tamarack Institute. She has extensive experience working across organizations and with partners and communities to support policy and systems change.



Karenveer Pannu
Tamarack Institute