



The Conference Board
of Canada

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CONFERENCE **AGENDA**

MARCH 2, 2016 • TORONTO

HEALTHY BRAINS ACROSS THE LIFESPAN

Healthy Canada.



Alex Munter
President and
Chief Executive Officer,
The Children's Hospital
of Eastern Ontario



Edward Mantler
Vice-President,
Programs and
Priorities, Mental
Health Commission
of Canada



Mimi Lowi-Young
Chief Executive
Officer, Alzheimer
Society of Canada



 #CBoCHealth

Brain health has a huge impact on the way that Canadians live their lives.

Estimates indicate that over the next 15 years that the number of cases of dementia will near 1.4 million—that's a 90 per cent increase from 2011. And, an estimated 4.2 million employed Canadians are living with mental illness. What does this say about the state of brain health in Canada? The need to address these issues has never been greater than now, which begs the question: what changes can be made to influence the statistics, and more importantly, the future for Canadians?

What changes are we making to address the neurological and mental health needs in Canada?

Through a number of presentations and panel discussions, experts from across private and public sectors, and academia will share how government, employers, service providers, caregivers, and individuals can address and offset the growing burden of brain and mental health issues.

- Learn about trends and challenges in neurological conditions and mental illness in Canada and across the lifespan.
- Learn from and share best practices in the prevention and management of these diseases.
- Discover emerging treatments, programs, and policies to support individuals living with these conditions and their caregivers in the private and public sectors.
- Gain a better understanding of the supply and demand of services to support brain health in the short-, medium-, and long-term, and how they impact health system sustainability.

Addressing the challenges across the three buckets of life.

This event will approach neurological and mental health across the lifespan—children and youth, adulthood, and the aging population.

This approach will uncover the way these issues impact Canadians, giving you a sense of the trends within these conditions and the influence they have on the subgroups in our population.

With innovative strides being made in care, programs, and treatments, there is cause for discussion on how to implement changes across the health care system to get results.

The health and economic impacts of neurological and mental health conditions is staggering—mental illnesses alone cost the Canadian economy more than \$30 billion annually. From prevention to management, addressing the brain health of Canadians through evidence-based care and services is critical.

Join delegates and experts from across the country to learn about strategies from across Canada that address the supply and demand for treatments and services, and the opportunities to leverage these in order to foster healthy brains, good mental health, and health system sustainability.



Address the impact that brain health has on Canadians.

This conference will provide you with the essential information you need to make a difference. Join CEOs, VPs, Assistant Deputy Ministers, Director Generals, Directors, and Senior Managers in many functional areas and industries, including:

- health and wellness
- health service delivery institutions
- business
- government
- not-for-profit associations
- academia

To register, visit www.conferenceboard.ca/conf

AT A GLANCE

7:45 a.m.	Registration and Continental Breakfast	1:00 p.m.	Plenary Session 4
8:15 a.m.	Opening Remarks from the Chair	2:00 p.m.	Plenary Session 5
8:30 a.m.	Plenary Session 1	2:45 p.m.	Refreshment and Tri Fit Energizer Break
9:15 a.m.	Plenary Session 2	3:15 p.m.	Plenary Session 6
10:15 a.m.	Networking and Tri Fit Energizer Break	4:15 p.m.	Closing Remarks from the Chair
10:45 a.m.	Plenary Session 3	4:30 p.m.	Conference Adjourns
11:45 a.m.	Networking Luncheon		

7:45 a.m. Registration and Continental Breakfast

8:15 a.m. Opening Remarks from the Chair

Conference Chair:

André Picard, Public Health Reporter, The Globe and Mail

8:30 a.m. Plenary Session 1

Children's Brain Health: Neuro-Developmental Disabilities

Dr. Dan Goldowitz, Scientific Director, NeuroDevNet

One out of six children is born with a life-long brain disorder. This session will focus on brain health in the early years and the economic and social impacts of neuro-developmental conditions. Delegates will learn how Canadian researchers are working to produce the best outcomes in children with neurodisabilities through evidence-based treatments.

9:15 a.m. Plenary Session 2

Child and Youth Brain Health: Strategies and Solutions in Hospital and Rehabilitative Care

Moderator:

Fred T. Horne, Principal, Horne and Associates, Adjunct Professor, University of Alberta School of Public Health

Panellists:

Dr. Kathleen Pajer, Chief, Department of Psychiatry, The Children's Hospital of Eastern Ontario

Dr. Jana Davidson, Psychiatrist-in-Chief, BC Children's Hospital

Dr. Evdokia Anagnostou, Senior Clinician Scientist, Bloorview Research Institute and Associate Professor, Department of Pediatrics, University of Toronto



Leaders of hospitals and rehabilitative centres for children and youth are rethinking the way they provide treatments and care. Mental health services and care for those with neurological conditions have come into the spotlight with the emergence of new treatments and integrated services. This session will feature insights from leaders of facilities for children and youth across Canada, and the strategies and solutions they are implementing to realize the best possible outcomes in the most cost-effective and sustainable way. Discussion will include:

- The Future of Child and Youth Mental Health Services at CHEO
- Caring for Children and Youth with Neurological Conditions
- Perspectives on Provincial Services for Children and Youth in BC Hospitals

10:15 a.m. Networking and Tri Fit Energizer Break

10:45 a.m. Plenary Session 3

Healthy Brains in Young Adulthood: Transitions in School, Community, and Care

Moderator:

Alex Munter, President and Chief Executive Officer, The Children's Hospital of Eastern Ontario

Panellists:

Ed Mantler, Vice-President, Programs and Priorities, Mental Health Commission of Canada

Olivia Heffernan, Peer Facilitator, Centre for Addiction and Mental Health

Dr. David Nicholas, Associate Professor, Faculty of Social Work, University of Calgary

Transitions for youth living with a mental health or neurological condition are critically important and efforts have accelerated to improve these transitions across care, education and community settings. In this session, delegates will hear about the work of various organizations to improve transitions and how these efforts translate into better outcomes for individuals in a more sustainable way. Panellists will discuss:

- Achieving successful transitions between youth and adult mental health services
- Transition pathways for youth with neuro-developmental disabilities
- Youth helping youth

11:45 a.m. Networking Luncheon

1:00 p.m. Plenary Session 4

Healthy Brains and the Employed Population: Finding Workable Solutions for Treatment and Support

Moderator:

Mary-Lou MacDonald, Director, Workplace Health and Wellness Research, The Conference Board of Canada

Panellists:

Dr. Thy Dinh, Director, Health Economics, The Conference Board of Canada

Dr. Marie-Hélène Pelletier, Assistant Vice-President, Workplace Mental Health, Sun Life Financial

Dr. Beth Reade, Medical Director, Homewood RTW Services, Homewood Health

Working adults living with a mental health or neurological condition can face tremendous challenges as they balance work demands and managing their illness. Compounding this are the financial pressures employees and employers encounter related to treatment costs. New or personalized medicines for conditions like multiple sclerosis or depression can have positive impacts on workplace productivity, but the cost pressures on employer benefit plans are proving to be a significant issue. Innovative treatment and workplace programs for employees are showing to have positive impacts. This session will explore the intersection between costs, health, and productivity for employees living with mental health and/or neurological conditions. Panellists will discuss this topic from the following perspectives:

- A Social Programs perspective
- An Insurer perspective
- A Provider perspective

2:00 p.m. Plenary Session 5

Leveraging Technology for Mental Health

Dr. Zul Merali, President and Chief Executive Officer, Institute of Mental Health Research, University of Ottawa, Institute of Mental Health

From diagnosis to treatment, there are several innovations in the field that can be used to improve mental health. In this session, delegates will hear about the innovative technologies being used at The Royal's Institute of Mental Health Research in Ottawa for the diagnosis and treatment of mental health disorders. Some of the technologies to be discussed in this session include the hospital's robotic Repetitive Transcranial Magnetic Stimulation (rTMS) technology, a non-invasive therapy currently being used to treat depression and other mood disorders as well as the use of PET-MR brain imaging technology for diagnosis and personalized interventions, promised to be a "game-changer" in the early detection and personalized treatment of mental health disorders.

2:45 p.m. Refreshment and Tri Fit Energizer Break

3:15 p.m. Plenary Session 6

Healthy Active Living and Brain Health in Older Adults

Moderator:

Mimi Lowi-Young, Chief Executive Officer, Alzheimer Society of Canada

Panellists:

Dr. Alex Mihailidis, Scientific Director, AGE-WELL; Barbara G. Stymiest Research Chair in Rehabilitation Technology, Toronto Rehab Institute and Associate Professor, University of Toronto

Sarah Robichaud, Founder and Executive Director, Dancing with Parkinson's

Dr. Richard L. Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, Schlegel-University of Waterloo Research Institute for Aging

Increasingly, research is showing the importance between healthy active living and brain health. For older adults, factors such as physical activity, social interaction, adequate sleep and a good diet, can have a tremendous impact on brain health. In this session delegates will hear from speakers about the brain-body connection and how efforts to encourage healthy active living in older adults is having an impact on health, functionality, and quality of life. Panellists will discuss:

- Disruption Ahead: Transforming Technology for Aging and Healthcare
- Dancing with Parkinson's
- Arteries, Astronauts and Aging: Implications for Brain Health

4:15 p.m. Closing Remarks from the Chair

Conference Chair:

André Picard, Public Health Reporter, The Globe and Mail

4:30 p.m. Conference Adjourns



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Fees	Before Feb. 2, 2016	After Feb. 2, 2016
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3 Conferences Rate—save 25% off each	\$2,465	\$2,685
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Pantages Suites Hotel & Spa

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416-362-1777

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Registration Form

Healthy Canada: Healthy Brains Across the Lifespan

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YES! Please register the following delegate for this event

Name _____ Title _____

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Your registration in this event includes the sessions, continental breakfast, breaks, luncheon, and a link to speaker presentations.

Fees	Before Feb. 2, 2016	After Feb. 2, 2016
<input type="checkbox"/> Conference	\$1,095	\$1,195

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Day 1 Luncheon:

Payment method: (all fees are due by the event date)

Credit card (we will e-mail you a link to our secure system for payment)

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