JUNE 13–14, 2018 • METRO TORONTO CONVENTION CENTRE • TORONTO

Workplace Mental Health 2018.

Session Locations

- Room 206 Foyer: Registration
- Room 206: Breakfasts, Breaks, Luncheon, Exhibitors and Plenary Sessions
- Room 205 AB: Concurrent Sessions A1 – B1 – C1 – D1
- Room 205 CD: Concurrent Sessions B1 – B2 – C2 – D2
- Room 205 B: Post-Conference Optional Workshop

Agenda

DAY 1 / Wednesday, June 13, 2018

7:30 a.m. Registration and Continental Breakfast

8:00 a.m. Opening Remarks from the Chair
John Brewer, Executive Program Developer, The Conference Board of Canada

8:15 a.m. Plenary Session 1
Stress, Anxiety, Depression—Addressing the Issues on a Personal and Structural Level
Allan Kehler, Author, College Instructor, Speaker, Out From the Shadows Consulting
Ronit Dinovitzer, Professor, Sociology, University of Toronto

9:15 a.m. Plenary Session 2
Panel Session—Stigma, Workplace Mental Health and Keys to Changing Employee Behaviour
Moderator: Danny Weill, Vice-President, Partnerships, LifeSpeak Inc.
Panellists:
Alain R. Contant, Director, Employee Assistance Services, Health Canada
Lilian Riad-Allen, Senior Mental Health and Wellness Program Consultant, Healthy Workplace Centre, WSIB
Kimberly A. Allen, Total Rewards Leader, Ernst & Young LLP

10:15 a.m. Networking and Fitness Break
UPnGO with ParticipACTION will lead delegates in some simple stretching exercises, before we begin our networking break.

10:45 a.m. Concurrent Sessions—Set A

Concurrent Session A1
Addressing PTSD in the Workplace
Dr. Vivien Lee, WGM Psychological Services

Concurrent Session A2
Case Study—Making Mental Health Part of the Culture at VanCity
Kristin Bower, Diversity and Inclusion Consultant, VanCity Credit Union

11:45 a.m. Concurrent Sessions—Set B

Concurrent Session B1
Harassment is a Mental Health Issue—Addressing Toxic Cultures and Bullying Leaders
Jane Watson, Head, People and Operations, Actionable
**Agenda**

**DAY 1 / Wednesday, June 13, 2018** (cont’d)

**Concurrent Session B2**
Mental Health and Distraction in the Workplace
Zoe Kessler, Best-Selling Author, Journalist, Speaker, and Author of the upcoming *ADHD According to Zoe. The Real Deal on Relationships, Finding Your Focus and Finding Your Keys*
Alanna Harvey, Co-Founder and Chief Marketing Officer, Flipd

12:45 p.m. **Networking Luncheon**

1:45 p.m. **Concurrent Sessions—Set C**

**Concurrent Session C1**
Change, Mental Health, and Mindfulness
Louisa Nedkov, Wellness Leader, Halton Healthcare Services Corporation
Geoffrey Soloway, Co-Founder and Chief Training Officer, MindWell-U Training Inc.

**Concurrent Session C2**
Grief, Distress and Difficult Conversations at Work
Rena Arshinoff, Rabbi and Chaplain, Baycrest

2:45 p.m. **Refreshment and Fitness Break**

UPnGO with ParticipACTION will lead delegates in some simple stretching exercises, before we begin our refreshment break.

3:00 p.m. **Concurrent Sessions—Set D**

**Concurrent Session D1**
The App Will See You Now: Workplace Mental Health Goes Digital—Assessing the Effectiveness of Online and App Based Therapy
Allyson Kinsley, Senior Vice-President, Corporate Strategy, Brand Experience, Consumer Markets, Saint Elizabeth Health Care

**Concurrent Session D2**
No and Low—Cost Accommodations for a Productive Workplace that Attracts and Retains the Best
Nitika Rewari, Manager, Research, Evaluation & Knowledge Translation, Prevention & Promotion - Workplace, Mental Health Commission of Canada
Natasha Savoline, Lawyer and Human Resource Advisor, Bernardi Human Resource Law

4:00 p.m. **Plenary Session 3**
Building Resiliency: Mental Health Meets Organizational Change
Rob Muirhead, Independent Consultant

4:45 p.m. **Closing Remarks from the Chair**
John Brewer, Executive Program Developer, The Conference Board of Canada

5:00 p.m. **Day One Adjourns**

---

**DAY 2 / Thursday, June 14, 2018**

7:45 a.m. **Continental Breakfast**

8:15 a.m. **Opening Remarks from the Chair**
John Brewer, Executive Program Developer, The Conference Board of Canada

8:30 a.m. **Plenary Session 4**
Keeping Time: Morning Larks, Night Owls and Circadian Rhythms
Miqdad Bohra, Psychiatrist and Sleep Specialist, Assistant Professor, Department of Psychiatry, University of Toronto

9:15 a.m. **Plenary Session 5**
Panel Session: From Stigma to Return to Work—Overcoming Some Common Challenges in Addressing Workplace Mental Health
Panellists:
Agnes Mclachlan, Wellness and Abilities Management Specialist, City of Barrie
Margaret Cernigoj, Director, Centre for Employee Health, Safety & Wellness, Ontario Ministry of Government and Consumer Services
Tanya Sinclair, Deputy Chief Executive Officer & Director, Human Resources, Pickering Public Library

10:15 a.m. **Networking and Fitness Break**

UPnGO with ParticipACTION will lead delegates in some simple stretching exercises, before we begin our networking break.

10:30 a.m. **Plenary Session 6**
Thanking Outside the Box: Understanding Why Gratitude Can Transform Your Life, and How to Foster A Grateful Culture in Your Workplace
Diviya Lewis, Founder, Choose Gratitude

11:15 a.m. **Plenary Session 7**
Closing Discussion—With a Boost!
Dr. Jamie A Gruman, Associate Professor, Organizational Behaviour, University of Guelph

12:15 p.m. **Closing Remarks from the Chair**
John Brewer, Executive Program Developer, The Conference Board of Canada

12:30 p.m. **Conference Adjourns**

1:00 p.m. **Post-Conference Optional Workshop**
Workplace Mental Health: Best Practices for Return to Work and Stay at Work Strategies
Addie Greco-Sanchez, President, AGS Rehab
Martine Oliveira, Director of Client Relations, AGS Rehab
Sponsors

Commission of Canada
Commission de la santé mentale du Canada

EXHIBITORS

Homewood Health | Santé

wellpoint

AGS
MOVING YOU FORWARD

TECHNOLOGY PARTNER

NEXALOGY

MARKETING PARTNERS

CivicAction

Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

Canadian Society of Professionals in Disability Management