Welcome

Welcome to our 8th annual Student Mental Health Symposium. Thank you for your participation, for your commitment to highlighting the importance of mental health awareness in your schools, and your help in stopping the stigma that those with mental illness often experience. Your courage in taking on this topic will make a difference in the lives of the members of your school community.

The TCDSB’s Stop the Stigma initiative has grown substantially over the past 7 years. From the involvement of two schools in 2008-2009, Stop the Stigma has expanded to all of our high schools and to twenty-one of our elementary schools, who this year, will be leading mental health awareness campaigns along with their secondary counterparts.

We greatly appreciate the leadership of the Mental Health Student Advisory Council, listed below, at both the symposium today and with events throughout the program this year.

We hope you enjoy the day and are inspired to lead a powerful Stop the Stigma campaign in your school this year. Through our Catholic virtue of Charity, we hope to motivate your school teams through our presenters, including CAMH and our own Angel Foundation at the TCDSB.

Tina Marroum, Student Success Lead Teacher
Patricia Marra-Stapleton, Mental Health Leader

Mental Health Student Advisory Council

Ahsas Nagee – Michael Power/St. Joes
Gabriela Arias – Marshall McLuhan
Milena Hurtarte – Loretto Abbey
Nicolas O’Hearn – Fr. John Redmond
Salina Rezene – Loretto Abbey
Taylor Jinju Dallin – Cardinal Carter
Schedule of the Day

8:30 - 9:00  Light Breakfast
9:00 - 9:30  Welcome and Prayer
9:30 – 10:15  Keynote Address - UNITY
10:20 – 11:05  Workshop Session 1
11:10 - 11:55  Workshop Session 2
12:00 - 12:40  Lunch
12:45 - 1:30  Workshop Session 3
1:35 - 2:30  Concluding Address

Prayer for Mental Wellness

Anyway

People are often unreasonable, illogical and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some false friends and some true enemies. Succeed anyway.

If you are honest and frank, people may cheat you. Be honest and frank anyway.

What you spend years building, someone could destroy overnight. Build anyway.

If you find serenity and happiness, people may be jealous. Be happy anyway.

The good you do today, people will often forget tomorrow. Do good anyway.

Give the world the best you have, and it may never be enough. Give the world the best you have anyway.

You see, in the final analysis, it is between you and God. It was never between you and them anyway.
### Workshop Times and Locations

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<tr>
<th>Session 1</th>
<th>10:20 – 11:05</th>
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| **Mindfulness**  
[Laura Libralato and Diane Banasco]  
“When we know who we are, we know what we are meant to do.”  
The focus of this workshop is Mindfulness into Practice. Mindfulness is about developing our ability to pay attention to the present moment, just as it is. Much of our stress, anxiety and pain is caused by our regrets of the past, our worries of the future and our judgments about the present. We will practice and workshop a few techniques which will help us to build healthier ways of responding to life's challenges. Ready...set...breathe...deeply.  
**East Common Room**  
(main floor) |
| **“Choose with Care” Mental Health Awareness Tool**  
[Patricia Marra-Stapleton]  
Patricia will lead the group in an in-depth discussion of the Ministry’s Mental Health Awareness Decision Support Tool. The Decision tool helps educators discern good mental health awareness presenters and presentations from potentially harmful ones. Special consideration will be placed on how to help your school build psychological safety for the audience. Copies of the decision tool will be provided. Session is recommended for TCDSB staff only.  
**Debates Room** |
| **Spoken Word Artist**  
[Matthew Jones aka Testament]  
In this interactive workshop participants will explore the themes of mental health and well-being through creative forms of writing. This session will create a safe space for participants to express themselves through storytelling, poetry, rapping, freestyle and spoken word. Participants will be encouraged to work with others or individually with the opportunity to share their pieces at the end of the session.  
**Great Hall** |
| **Yoga Exercise**  
[Paria Mirazimi]  
An opportunity to draw your awareness within yourself as you use your breath to explore your mind, your body and your emotions. We will be moving through a 50 Minute yoga practice placing emphasis on creating an intention for a sense of purpose, practicing being present in the moment sharpening your attention, raising your body awareness, and breathing deep to calm your nervous system leaving you feeling more mindful and happy.  
**Music Room**  
(2nd Floor)** |
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<th><strong>Session 2</strong></th>
<th><strong>11:10—11:55</strong></th>
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<td><strong>“Starts with Me” Lived Experience Speaker</strong></td>
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<td>[Michael Stroh]</td>
<td>East Common Room</td>
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<td>Real life experience: Mental health, illness, addiction, recovery, well-being. What does it all mean and how does it apply to my life. Cultivating wellbeing and resilience to flourish through the ebbs and flows of life.</td>
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<td><strong>&quot;Strong Staff, Strong Students&quot;: Building Developmental Assets in Your School</strong></td>
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<td>[Toronto Public Health]</td>
<td>Debates Room</td>
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<td>This workshop will highlight the Search Institutes building blocks for healthy development. School staff will learn about the Developmental Asset framework and strategies they can use to intentionally build assets among their students.</td>
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<td><strong>Lived-Experience Speaker</strong></td>
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<td>[Kendra Fisher]</td>
<td>Great Hall</td>
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<td>Through the personal accounts of Kendra Fisher, past member of Canada's National Hockey Program and current Team Canada Inline Goaltender, participants will be presented with a unique insight into living with Anxiety. From hopelessness to recovery, Kendra shares how her silence led her to the realization that Mental Health Advocacy had to become a focus in her life.</td>
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<td><strong>&quot;If you have a heartbeat, you have rhythm&quot; Drumming Workshop</strong></td>
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<td>[André Rouse and Mikhail Parson]</td>
<td>Music Room</td>
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<td>This workshop will explore principles of rhythm awareness through body rhythm, call and response drum communication and drum language, technique, and traditional and contemporary rhythms in the Mande style of Mali and Guinea, West Africa.</td>
<td>(2nd Floor)</td>
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<tr>
<td>Time</td>
<td>Session 3</td>
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| 12:45 – 1:30 | **Stop the Stigma 101**  
MHSAC Students  
Students from the Mental Health Student Advisory Committee from the TCDSB show how they have led successful Stop the Stigma campaigns in their individual schools. This session is recommended for both staff and students and involves some fun activities, sharing of ideas and resources to take back to your school. |
|          | **Stress and Mental Well-Being**  
Dr. Gillian White  
We will discuss how your brain and body interact during stress and how you can make lifestyle changes in your body including sleep, exercise, and nutrition to change your brain and set yourself up for success in school, while managing stress. The science behind what happens in your brain when setting goals and managing stress will also be discussed, as well as tips on how to set goals to make effective lifestyle changes. |
|          | **Demystifying Drug Use and Mental Health**  
Breakaway Addictions  
This workshop explores the relationship between substance use and mental health using a harm reduction approach and practical skills to assist in coping with misuse. |
|          | **Hip Hop and Mental Health**  
UNITY  
This workshop is an introductory course into one of the above art forms. Learning the basic skills and knowledge to complete the workshop. A stress relief session in the Hip Hop art forms taught by trained professional artists. On top the artists share their personal story and in-depth connection with their art form. |
MIXED COMPANY THEATRE’S PRODUCTION – *Half Full* focuses on the experience of students with anxiety – students who may have never told anyone about their anxieties and fears. This presentation will deliver a uniquely engaging form of experiential peer-led public education to reduce the stigma of mental health and find ways to support students and peers.

**HALF FULL HIGH SCHOOL TOUR DATES :** March 20th – April 7th, 2017

**PRICING:**
- 1 Show (250 Students Max) - $775 + HST
*SAVE $125 Book 2 or Partner with another school close by - $650 + HST per show

**BOOK NOW! SPACES ARE LIMITED!**
CALL: 416-515-8080 or EMAIL: info@mixedcompanytheatre.com
Resource List – Child & Adolescent Mental Health

Canadian Mental Health Association
http://www.ontario.cmha.ca/family_resources.asp or www.toronto.cmha.ca/

Check-Up from the Neck Up
http://www.checkupfromthenneckup.ca/about.html

Children’s Mental Health
http://www.kidsmentalhealth.ca

Children’s Mental Health Ontario - What Parents Need to Know
http://www.kidsmentalhealth.ca/resources/parent_resources.php

Cope Care Deal – a mental health site for teens
www.copecaredeal.org

Family Association for Mental Health Everywhere (FAME)

Healthy Minds Canada
www.healthymindscanada.ca

Information on mental health and addictions:
http://www.camh.net

Kids Help Phone
www.kidshelpphone.ca

Mind Your Mind
www.mindyoumind.ca

Mood Disorders Association of Ontario
www.mooddisorders.ca

Teen Mental Health
www.teenmentalhealth.org
The Catholic Virtue of Charity

Our Four Wings of Support

* Student Nutrition Programs *
* School Allocations *
* Guardian Angel Funds *
* Awards and Bursaries *

**OUR MISSION**

The Angel Foundation for Learning is the charitable organization that serves the needs of students in the Toronto Catholic District School Board (TCDSB). Through the generosity and compassion of donors, we support students by nurturing their body, mind and soul through nutritional, educational, and spiritual programs.

**OUR VISION**

As an official charity of the TCDSB, our mandate is to support our children’s education, with an emphasis on social justice. It is a sad fact that many of Toronto’s students live below the poverty line. Through essential nutritional, educational, social and emergency support programs, we work to give every student an equal opportunity to succeed.

**EDUCATE – INSPIRE – SUPPORT – NURTURE**

We have addressed these social justice issues each school day for almost 30 years. The Angel Foundation for Learning will continue to educate, inspire, support and nurture students within the TCDSB through our Four Wings of Support: Student Nutrition Programs, School Allocation Funds, Guardian Angel Funds, and Bursaries and Awards.
Thank-you...

To our presenters, for their generosity in sharing their stories and expertise with us.

To Angela Gauthier, Nick D’Avella and Cristina Fernandes, for your support and encouragement of the Mental Health Initiative.

To Maria Kokai, John Wilhelm and Psychology and Social Work staff, for your assistance with Stop the Stigma teams in the schools.

To Jennifer Ridgeway and the students at St. Joseph College, for the hard work and excellent artistry displayed in our Stop the Stigma installation here today.

To the members of the Pathways team, Linda Wren, Rose Lenardon, Catherine Moynihan, Sue Pribaz, Michael Alexander, Laura Stancati and Luciano Di Loreto, for your generous help with this event.

"Good works are links that form a chain of love."
- Mother Teresa
CHARTER of RIGHTS
ALL CHILDREN AND YOUTH SHALL HAVE THE FOLLOWING SIX INalienable RIGHTS REGARDING MENTAL HEALTH AND WELL-BEING:

THE RIGHT TO RESPECT
To live and grow in a culture of care and respect, where an individual’s emotions and mentalities are to be treated with dignity.

THE RIGHT TO ACCEPTANCE
To not simply be tolerated but be accepted; to not face discrimination or be treated differently on the basis of gender, race, ethnicity, aboriginal identity, sexual orientation, social class, disability, language, faith/religion, body image or on any other physical, social, mental, emotional, or cultural representation.

THE RIGHT TO SUPPORT
To be able to approach individuals within school and the community who are knowledgeable and compassionate in dealing with mental health concerns, and who are representative of the cultural diversity of the children and youth that they serve.

THE RIGHT TO SERVICE
To receive equitable and timely access to mental health supports and services, in an individual’s preferred language and be made aware of such support and resources regardless of where they live.

THE RIGHT TO SUCCESS
To be supported in achievement, and thrive in a fun and engaging environment that emphasizes learning and living at one’s own pace; to be fairly assessed in schools; to be understood and accommodated.

THE RIGHT TO PROTECTION
To be safe from harm, bullying, or any form of harassment; to be able to freely voice opinions and input without reprimand.

Angela Gauthier, Director of Education

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