Champlain College Saint-Lambert presents:

A One-Day Conference Focused on Mental Health and Wellbeing.

Reflect, Restore, Re-imagine

Thursday May 25, 2023 8:30 AM - 4:00 PM

900 Rue Riverside, Saint-Lambert, QCJ4P3P2



In Search of Well-being – Moving From Chaos to Advocacy

Sharon McCarry, President, Executive Director and Colm McCarry's Mom

Join in our keynote's inspiring story of determination and persistence. Sharon's son was diagnosed with neurodiversity and autism as a child and thus she began a journey of career change and discovery. Sharon's care and commitment made her an advocate and leader in the field of autism. Listen to her long journey towards wellbeing.

Followed by Laughter Yoga with Wendy Singer.

Presented by Champlain CONTINUING

With the support from

Québec



Morning Workshops 10:30 - 12:30 AM

Lunch 12:30 - 1:30PM

Afternoon Workshops 1:30 - 3:30 PM

Session 1 What To Do In Moments Of Crisis? TAKE ACTION.

Josianne Richard & Amanda Calderon Tracom: Crisis Center

In this workshop, participants will learn to identify signs of distress, what actions to take in case of imminent suicidal risk. Through case studies and dynamic interaction, participants will explore strategies to encourage self-regulation and how to take care of ourselves in such situations

Session 6

How Trauma Informed Care Can Improve Autistic Mental Health

by Rania Jellazi

Champlain College Saint-Lambert

This workshop will explore the principles of trauma informed care and its importance to improve autistic mental health. While autism and PTSD can look similar from the outside, there are some crucial differences to consider. Explore how they overlap and their similarities. Acquiring more knowledge about PTSD will deepen participants' understanding of autism and discover effective tools and strategies to support autistic individuals.

Session 2

Strategies And **Interventions To Address** Youth Mental Health

by Tony Alfonso, Oliver Fitzpatrick & Natalie Boileau Amiquebec

This workshop will help participants to gain confidence in addressing youth mental health. Terms, tools and strategies for direct interventions will also be presented to identify critical stressors to better help youth. Additionally, participants will explore their own understandings of mental health and their stressors. Particular attention will be paid to caregiving and how this too impacts mental health.

Session 7

A Guide To Support Well-being In A Covid-19 Adaptive Society

by Kristofer Brown, Sarah Zreim & Jen Hinkkala McGill University

Throughout the pandemic frontline workers have been overtasked and experienced burn-out. This workshop will provide frontline workers with tools to engage in effective self-care and well-being habits. We will introduce useful self-care techniques, resources, toolkits, and applications and engage attendees in various self-care activities such as Sensory Toolkits, Meditation, Reflective and Thought Journalling with the purpose to promote optimal self-care and well-being to cultivate resiliency.

Session 3

Universal Design For Learning (UDL) And **Student Wellbeing**

by Anna Barrafato Concordia University

Universal Design for Learning (UDL) is a framework that guides the design of instructional goals, methods, materials, and assessments while keeping the diversity of learners in mind. UDL promotes student health & wellbeing and supports diverse student populations. Participants will acquire understanding of how UDL promotes mental health support through flexible approaches and design. Participants will have an opportunity to discuss cases and engage in discussion.

anxiety, stress, or inherent autistic traits? Participants will

presentation, participants will engage in discussion, share

experience and coexist to make the world a better place.

Is it what an individual is experiencing, depression,

explore the major mental health challenges faced by

autistic individuals and how their voices have informed

recent research. Through an interactive and revealing

experiences and discover how to enhance the autistic

Session 8

Be Informed & Know The **Difference - Choose Effective Interventions**

by Elizabeth Shoiry Clinical Psychologist & Neuropsychologist

NVLD (Non-Verbal Learning Disorder) is often misunderstood as ADHD, ASD/Asperger's Syndrome and/or persistent socioemotional challenges (anxiety, depression). The consequences of undiagnosed NVLD can lead to years of socio emotional distress and social isolation. Through an engaging case study, participants will develop an understanding of NVLD, what it looks like and recommended interventions.

Session 4

Adapting Practices In Mental Health Through Listening To Autistic

by Eithne Sheeran & Datevig Etyemezian

Centre of Excellence Lester B. Pearson School Board

We all carry backpacks full of stories. A backpack can sometimes be filled with sadness, regret, shame, **Boundaries And** embarrassment, disappointment, and judgement. Each of these weighs us down. In this workshop, participants will learn to identify how 'stories' can either encourage by Laura Malbogat, or contribute to stress and burnout. Through self-reflection, they will explore how to better protect

their mental health and well-being.

Session 9

What Does It Really Take?

Round Table with Clients, Parents & Experts sharing their experiences and insights. This workshop will be facilitated by experts Wendy Singer and Laura Malbogat. Through an engaging panel discussion with parents, clients with special needs and experts, participants will learn firsthand what clients need to maintain their mental health and well-being. The panel will share their stories and experiences focusing on what it really takes. Participants will also have the opportunity to join and engage with the panel discussion and ask questions.

Session 5

Barriers: The Dark Side Of Mental Health & Well-being

Conference Consultant for Champlain College Saint-Lambert

Session 10

'Reimagine' Navigating the System with an Indigenous, **Cultural Lens**

by Marla Newhook Batshaw Youth and Family Centres (CIUSSS)

In this workshop, participants will learn firsthand from an Indigenous cultural consultant how to best support Indigenous families, youth and children in care. Participants will have the opportunity to become more informed about resources available and how to access them. Additionally, participants will be provided information on Jordan's Principle and Child First Initiative. Understanding the power dynamic that inherently exists and its impact will be explored.

Early rate, prior to April 1st: \$105

Regular (From April 1st

until May 15): **\$125**

Student: \$55

Alumni: **\$95**

On-Site: **\$145**

Registe Online:

champlainsaintlambert.ca

eventbrite.ca

Includes networking lunch and workshop materials, taxes not included in prices.

This program provides 6 training hours for Social Workers.