



*Interested in careers supporting
mental health?*

WORKING FOR MENTAL HEALTH FORUM

*Come hear from speakers working in the field &
explore some directions!*



**FRIDAY MARCH 1ST
2PM - 5PM
WILSON LOUNGE
40 WILLCOCKS STREET
NEW COLLEGE @ U OF T**

-- REGISTER --

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WORKING FOR MENTAL HEALTH FORUM



March 1, 2019 2:00 – 5:00 pm

Wilson Hall, New College

Sponsored by the New College Initiative Fund.

Program

- 2:00 PM Registration and Refreshments – Wilson Lounge
- 2:15 PM Introduction & Land Acknowledgement
- Keynote Address - Dr. Debby Wilson Danard:
“Anishinaabe Traditional Knowledge: Locating Yourself in Life Promotion”
- 2:40 PM Q & A and Discussion
- 3:00 PM Group discussions with invited guests – in Rooms 2002, 2007 & 2008
- 4:20 PM Networking & Resource Reception - Wilson Hall Lounge.
Please join us for some light refreshments and the opportunity to continue the conversations and find out campus and off campus groups.

SPEAKER BIOS

Dr. Debby Wilson Danard – Traditional Knowledge Practitioner and Life Promoter



Dr. Danard is Anishinaabekwe, sturgeon clan member of Rainy River First Nation. She is a Traditional Knowledge Practitioner, Artist, Lecturer, Water Protector, Life Promotion Ambassador and Eagle staff Ogitch-e-daakwe. Her thesis work “Medicine Wheel Surviving Suicide-Strengthening Life Bundle” (2016) focuses on mobilizing community life promotion bundles by advancing traditional knowledge interventions and land as a place of healing, sovereignty and autonomy. She has worked with many urban and on-reserve communities and organizations, and several post-secondary institutions. While working as a Suicide Prevention Coach at the Ontario Centre of Excellence for Child and Youth Mental Health, she co-founded the Feather Carriers: Leadership for Life Promotion (2015) an aspiring national wise practice. She recently held a postdoctoral fellowship at Waypoint Centre for Mental Health Care, and is owner of Union Star Consulting Life Teachings Lodge.

GROUP 1 – Meeting in Room 2008

Moustafa Abdelrahman – Applied Mindfulness Meditation Specialist and Therapist



Moustafa, who holds an MBA and a Diploma in Contemplative Psychotherapy, facilitates mindfulness workshops for a variety of large organizations (such as General Electric, Johnson & Johnson, CAMH, Toronto Public Health and Sunnybrook Health Sciences Centre). He teaches at the School of Continuing Studies at University of Toronto, coordinates the Corporate Program at Mindfulness Without Borders, and leads the Mindfulness Meditation program at The 519, a social agency supporting the LGBTQ2S community. He founded The Mindful Practice and provides one-on-one counseling in both English and Arabic. Moustafa's vision for the future of mindfulness is that "anyone who feels different or marginalized, anywhere in the world, can have access to positive and peaceful ways of being through mindfulness."

Tara Marie Watson – Researcher and Policy Advocate (with a focus on cannabis use)



Tara Marie earned a PhD from the Centre for Criminology and Socio-Legal Studies, University of Toronto. With longstanding interests in substance use and associated policy and health outcomes, she is conducting research at the Centre for Addiction and Mental Health (CAMH). She is currently working with a cross-jurisdictional team to study diverse community responses to cannabis legalization, and developing new research related to the impacts of legalization on mental health service provision.

Fatimah Jackson-Best – Researcher and Advocate on Mental Health for Racialized Communities



Dr. Jackson-Best a public health researcher with a specialization in mental health and whose work focuses on communities in Canada and the Caribbean. She is currently the Project Manager for Pathways to Care, and is designing a mental health intervention for Black children, youth, and their families in Ontario. She holds a PhD from the University of Toronto Dalla Lana School of Public Health and conducted her dissertation research on Black women's experiences of maternal depression in Barbados. Following this, Dr. Jackson-Best took an appointment as a Global Health Postdoctoral Research Fellow at the University of Ottawa and conducted a cross analysis of mental illness, HIV/AIDS, and physical disability stigma with a focus on interventions and intersectionality frameworks. She also does research consultancy work in Canada and the Caribbean.

GROUP 2 – Meeting in Room 2002

Alex Gosselin – Community-involved Mental Health Clinician



Alex, who has an MSW degree from U of T, is passionate about working collaboratively alongside community members to build resilience and support them in creating meaningful change from the inside out. She is currently working as a clinician at Stella’s Place, a comprehensive mental health service for young adults. Prior to this she worked in the Transitional Age Youth Program at LOFT (“Leap of Faith Together”) Community Services, where she supported people living with challenges related to mental health and substance use. Alex is trained in various therapeutic approaches, including Mindfulness-Based Cognitive Therapy, and is a certified yoga teacher.

Dr. Benjamin Goldstein – Researcher, Scientist, and Professor of Psychiatry and Pharmacology



Dr. Benjamin Goldstein’s efforts focus on bipolar disorder in adolescents, with an emphasis on integrating heart health with mental health to elucidate disease mechanisms, identify novel treatments, and reduce stigma. Dr. Goldstein has authored over 150 scientific articles and has received international awards for his research. An active educator, Dr. Goldstein is director of the Clinician Scientist Program in psychiatry at U of T and is Director of Research in the Department of Psychiatry, Sunnybrook Health Sciences Centre.

Pratik Nair – Program Evaluation, Knowledge Translation and Advocacy



As Knowledge Translation and Evaluation (KTE) Lead for Jack.org, a national youth mental health charity, Pratik conducts research and program evaluation to inform the development of programming at Jack.org and share learnings with relevant stakeholders (e.g. collaborators and policy makers). Pratik holds a Master of Public Health degree from the University of Toronto and has done KTE work for programs and policy for children’s television, health services in Ontario municipalities, and harm reduction services in South America. Pratik was a founder and manager of Positivity! Pass It On, a mental health education campaign at York University that aimed to change perceptions of mental health from being an individual to social problem. This experience inspired Pratik to pursue mental health promotion and advocacy work.

GROUP 3 – Meeting in Room 2007D

Miran Kim – Mental Health Nurse



Miran Kim is a Certified Psychiatric Mental Health Nurse with the Canadian Nurses Association, and a registered nurse since 2012. She currently works as a Mental Health Nurse in the Ministry of Community and Correctional Services at Ontario Public Service as a full time staff and as part-time staff in the CAMH Emergency Department. She previously worked at CAMH's Forensic Unit, High Risk Schizophrenia Unit, and the Adult Neurodevelopmental Unit. Miran also volunteered as a medical staff for the Special Olympics in Ontario and is currently in the process of training to be a health promotion clinical director for the Special Olympics. She graduated from the University of Toronto in 2010 with an Honours Bachelor of Science in Human Biology and Cell and Systems Biology.

Alexandra Lamoureux – Mental Health Promotion and Service Development



Alex has worked in mental health and addictions for over 10 years, first as a clinician serving individuals and families, then moving into roles specialized in health equity at both community and provincial levels. She is currently the Assistant Manager of Equity & Engagement at CAMH's Provincial System Support Program, a department that works with communities, service providers, and other partners to support Ontario's mental health and addictions sector through knowledge exchange and system improvement initiatives. Alex has a Master of Social Work from the University of Toronto, is queer-identified and Francophone.

Huma Shireen – Research Analyst and Clinical Psychologist



Huma Shireen is a graduate of the Masters in Psychology (Counselling) program at the Adler Graduate Professional School in Toronto, is currently completing her MA in Clinical and Counselling Psychology at U of T and is due to continue her training in the PhD program at McGill University. Her research interests include the conceptualization of mindfulness meditation as connected to its Buddhist roots, and the understanding of 'the self' through neuroscience and contemplative practice. She has extensive clinical training and also runs her part-time private supervised practice integrating her professional training with mindfulness meditation and psychotherapy spanning the psychodynamic and sensorimotor spectrum.

TAKE NOTES!

Capture your thoughts, note new information, jot down your responses to speakers and frame your questions.

And please fill out the **FEEDBACK FORM** that will be handed out at in the Discussion Groups.

Thank you for attending Working for Mental Health 2019! We hope this has been a valuable learning experience.

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