

ASSOCIATION OF
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DES UNIVERSITÉS
DE L'ATLANTIQUE

**Atlantic Canadian Conference on
Student Mental Health:**

“From Survive to Thrive”

Wednesday, October 4, 2017

8:00am to 3:00pm

***Tweedie Hall, Wallace McCain Student Centre
Mount Allison University, Sackville, NB***

**FONDATION POUR LA SANTÉ
MEDAVIE
HEALTH FOUNDATION**

CONFERENCE AGENDA

Master of Ceremonies:

Anne Comfort, Director, Accessibility and Student Wellness, Mount Allison University

8:00 a.m. – *Networking, Light breakfast/coffee provided (30 min)*

8:30 a.m. – *Opening Remarks (15 min)*

- **Robert Campbell**, President, Mount Allison University (Past National Co-chair, Universities Canada Presidents National Working Group on Campus Mental Health)
- **Gary Kachanoski**, President, Memorial University and AAU Executive Committee Student Mental Health Liaison

8:45 a.m. – *Current State of Student Mental Health (45 min)*

- Moderator: Dr. Robert Campbell
 - Panel members:
 - **Robert Burroughs**, Executive Director, New Brunswick Student Alliance
 - **James Sanford**, Executive Director, Student Services, Acadia University
 - **Peter Cornish**, Associate Professor, Memorial University and Director of Memorial Counselling and Wellness Centre
 - **Debbie Phillips**, Coordinator, Stay Connected Mental Health Project

9:30 p.m. Participant Q&A (30 min)

10:00 a.m. – *Announcement of Regional Mental Health Coordinator (30 min)*

- **Peter Halpin**, Executive Director, Association of Atlantic Universities (AAU)
- **Erik Sande**, President, Medavie Health Services

10:30 a.m. – *Nutrition Break (30 min)*

11:00 a.m. – *The Next 5 Years: The AAU's Student Mental Health Strategy (15 min)*

- **Elizabeth Cawley**, Medavie Health Foundation & AAU Regional Mental Health Coordinator

11:15 p.m. Participant Q&A (45 min)

12:00 p.m. *Lunch and exhibiting hours*

1:15 p.m. – *Keynote speakers: Student Strengths-Based Resilience (30 min)*

- **Tayyab Rashid**, Clinical Researcher, University of Toronto
- **Verity Turpin**, Assistant Vice-Provost, Student Affairs, Dalhousie University

1:45 p.m. Participant Q&A (45 min)

2:30 p.m. – *Conference Summary and Next Steps for the AAU (15min)*

- **Elizabeth Cawley**, Medavie Health Foundation & AAU Regional Mental Health Coordinator



Peter Halpin

Peter has served as the Executive Director, Association of Atlantic Universities (AAU) since December 1, 2003. In his capacity as Executive Director, Peter serves as an advocate for the region's university sector with governments and other key stakeholders in higher education, regionally and nationally. Prior to joining the AAU, Peter worked as a public affairs consultant, specializing in: issue and opportunity management, marketing communications, news media relations and crisis communications.



Elizabeth Cawley

Dr. Elizabeth Cawley is currently the Regional Mental Health Coordinator for the Association of Atlantic Universities (AAU). Dr. Cawley received her PhD in Psychiatry from McGill University. Her research focuses on help-seeking behaviour in post-secondary students and developing online strategies to increase early help-seeking via mental health literacy and self-assessment. Dr. Cawley has consulted at a number of top Canadian universities, assisting them with the development and implementation of their mental health strategies. In addition, Dr. Cawley was recently selected to participate in a Kids Help Phone Advisory Group. This Advisory Group was designed to be multidisciplinary and acts to inform the Board of Directors on relevant topics; Dr. Cawley specializes in the area of Service Design.



Erik Sande

Erik Sande is President of Medavie Health Services (MHS), where he leads a team of healthcare professionals delivering out-of-hospital emergency medical services and home-based primary care across six provinces. Prior to joining MHS, Erik was Vice-President and General Manager of Home Monitoring Solutions for Philips Healthcare, where he led a technology and services team that helped over one million health-challenged people remain independent in their own homes. His mandate included markets in North America, Europe, and Asia.

Erik's career has spanned a variety of industries including healthcare, financial services, energy, and communications. His extensive experience and skills include general management, strategic planning, marketing and sales, product management, human resources, finance, and operations. He also has significant experience and expertise leading high-growth technology and healthcare service companies across Canada, the US, and international markets.

Erik received his MBA from the Ivey School of Business, University of Western Ontario, and a Bachelor of Arts from Mount Allison University. He also completed Wharton School's Executive Leadership Program at the University of Pennsylvania, and holds an ICD.D designation from the Institute of Canadian Directors.

A dedicated community leader, Erik has participated on numerous Boards including Canadian Stage Theatre Company, Vancouver Symphony Orchestra, and Power Plant Art Gallery. He currently sits on the Boards of Canadian Foundation for Healthcare Improvement, CD Howe Health Policy Council, Neptune Theatre, Art Gallery of Nova Scotia, and the Steering Committee for the Canadian Arts Summit.



Peter Cornish

Dr. Peter Cornish is an Associate Professor and Director of the Student Wellness and Counselling Centre (SWCC) at Memorial University of Newfoundland. The SWCC is an academic and service unit with a focus on interprofessional wellness programming, training and research. Programming includes primary medical care, psychiatric consultation, counselling and a wide range of other mental health supports and programs, healthy campus development activities, academic teaching and training in the faculties of Medicine and Science. Dr. Cornish is a strong advocate for interprofessional collaboration and encourages the development of partnerships with a broad range of disciplines within the university and within the public health sector. His clinical and research interests include online mental health, stepped care programming, mental health service innovations, change management, interprofessional team functioning, interpersonal and group dynamics, wellness community development and gender issues. His empowerment-oriented approach to professional practice is situated within the context of the multiple determinants of health and draws heavily on feminist, community of practice and interpersonal/psychodynamic theory. Dr. Cornish is a registered psychologist (Newfoundland and Labrador; Saskatchewan) and works part-time in private practice with Cornish & Gilletta and is the co-founder of Stepped Care Solutions.



Robert Burroughs

Robert Burroughs was hired as executive director of the New Brunswick Student Alliance in April 2016. One of those “come-from-away” types, Robert has lived and worked overseas for almost two decades. He is a graduate of Mount Allison University’s international relations department and the University of Ottawa’s Graduate School of Public and International Affairs, specialising in Canadian defence and foreign policy. Robert was a Global Youth Ambassador for the youth health organization Grassroot Soccer, and has been a key part of their international fundraising team for eight years. He has served as an advisor to the Global Issues Network, and most recently worked as the Deputy Executive Director of Girls’ Health Ed



Deborah Phillips

Debbie has been a registered nurse working in mental health for more than 30 years. She has worked as a staff nurse on inpatient psychiatric and medicine units; however, the majority of her time has been spent in the emergency department in the Halifax Infirmary, first as a staff nurse, then as Health Service Manager of the Psychiatry Emergency service and Bed Manager for the Mental Health Program.

Currently, Debbie is the Coordinator of the *Stay Connected* Mental Health Project, a project funded by the QEII Foundation with the vision of shifting the culture of how youth and their families transition from youth to adult services. Part of the Project's mandate is to build close relationships with our partner Universities to support the mental health and addiction care needs of students. Debbie also works with the Mental Health Commission of Canada delivering training and workshops as part of their *Opening Minds* initiative, all of which have the goal to decrease stigma and increase resilience.

Through the years, Debbie has remained strongly committed to decreasing the stigma that negatively impacts people living with mental illness, and to improving access to psychiatric care.



Tayyab Rashid

Dr. Tayyab Rashid is a licensed clinical psychologist at the Health & Wellness Centre, and an associate faculty at the University of Toronto Scarborough (UTSC). Dr. Rashid's expertise includes positive psychology interventions and strengths-based resilience and mental health of young adults in post-secondary settings. Dr. Rashid has worked with individuals surviving severe trauma, including survivors of 9/11 attacks, the Asian Tsunami and refugee families. Dr. Rashid's work has been featured in peer-reviewed papers, the Wall Street Journal, Maclean's magazine, Canadian Broadcasting Cooperation (CBC) and at TEDx. Dr. Rashid is co-chair of Canada's National Campus Mental Health Community of Practice. He has recently won the Outstanding Practitioner Award from the International Positive Psychology Association. Currently, Dr. Rashid is leading Strengths-Based Resilience & Flourish - two award-winning initiatives, with vulnerable young adults.



Verity Turpin

Verity is currently the Assistant Vice-Provost, Student Affairs responsible for Student Health and Wellness, Residence and Student Life at Dalhousie University. She holds a Bachelor of Public Relations from Mount Saint Vincent University (1993), a Master of Electronic Commerce from Dalhousie (2008) and is a Chartered Professional Accountant (2013).

Verity's career in postsecondary education began in 1999 and her passion for business, strategy and leading progressive change and transition led her to working in Student Affairs where, most recently, she has held positions as Director, Finance and Administration; Executive Director, Student Wellness and was appointed AVP, Student Affairs in 2016. Over the last three years, Verity has led a team to develop Dalhousie's first Student Wellness Strategy and is now leading the shift to an interprofessional collaborative healthcare model. This September Dalhousie launched its new Student Health and Wellness Centre with a single access point for all mental and primary healthcare needs. Dalhousie, like other schools across Canada, is working hard through innovation and collaboration to meet the rising demands for mental health support on campus.

Verity has a 14-year old daughter and her greatest joys are watching her grow up to be an intelligent young woman as well as watch her play competitive volleyball.

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The AAU represents the interests of universities across the region, ensuring public visibility for the important role they play in preparing future leaders of our communities, in path-breaking research and innovation, and in contributing to the economic prosperity of life in Atlantic Canada. www.atlanticuniversities.ca

FONDATION POUR LA SANTÉ MEDAVIE HEALTH FOUNDATION

The Medavie Health Foundation is funded by Medavie Blue Cross and our partner, Medavie EMS, as part of a long term commitment to make a lasting impact in the communities where our employees and customers live and work.

The Foundation is focused on two core causes that are of particular concern to Canadians – Child and Youth Mental Health and Type 2 Diabetes. The Foundation will partner with community based organizations and support programs in these two areas.

As a not-for profit organization, Medavie Blue Cross is proud to commit an annual social dividend of 10 per cent of our net income to the Medavie Health Foundation.

To learn more, visit www.medaviehealthfoundation.ca or follow us on Twitter [@MedavieFdn](https://twitter.com/MedavieFdn)