



**DISABLE  
THE  
LABEL**

**A youth-led conference for Halton region students and school staff to learn why and how to promote mental wellness in their schools**

**Thursday November 28th, 2013**

**8:30am – 2:30pm**

**Milton District High School: 396 Williams Avenue, Milton**

## **WHY?**

- ❖ Adolescents and young adults between the ages of 15-24 are more likely to report suffering from mental illnesses and/or substance abuse disorders than any other age group
- ❖ **1 in 7** Canadians over the age of 15 have substance use concerns
- ❖ **1 in 5** people are effected by mental illness
- ❖ Suicide is the **2<sup>nd</sup>** leading cause of death for youth aged 10-24
- ❖ **90%** of people who die by suicide have addictions or mental health issues
- ❖ **70%** of adult mental illness begins in adolescence
- ❖ **70%** of youth do not seek help for symptoms of mental illness
- ❖ **Stigma** is one of the major barriers for youth seeking help

The goal of this conference is to mobilize youth to "*disable the label*" associated with addictions and mental illness. Peer to peer initiatives and support have a significant impact on bringing awareness to this age group; this is why our conference is largely facilitated by youth who have extensive experience in mental wellness promotion. Students and staff who participate in this conference understand their school communities best and they will be able to implement a mental wellness promotion plan that works for their school.

# WHAT?

## CONFERENCE SCHEDULE:

- 8:30 - 8:45**      **Registration**
- 8:45 - 9:00**      **Welcome** and intro by The New Mentality and POSSE representatives
- 9:00 – 9:45**      Ice-breaker by **Kelsey Harford Korey McDermott**  
Personal story by **Jasmine Ali**  
Improv by **Korey McDermott**
- 9:45 - 11:15**      **BREAK OUT SESSIONS**
- 1. Anti-Bullying:** Bullying awareness and prevention
  - 2. Peer Support:** Role of peer support and the importance of attentive listening
  - 3. Self-Advocacy:** Examining barriers in getting help and assertive communication
  - 4. Self-Care:** Taking care of yourself and exploring different techniques to achieving positive mental health
  - 5. Support Staff 101:** Supporting students in becoming advocates for mental wellness within their schools
- 11:15 - 11:45**      **LUNCH** (provided)  
Music by **Paige Rutledge**
- 11:45 - 12:10**      Personal story by **Alyssa**  
Rapper, **Wali Shah**  
**Highschool Examples: What's been happening in Halton!?**
- 12:30 - 1:00**      **Home room**
- 1:00 - 1:45**      **World Café**
- 1:45 - 2:00**      Spoken word by **Tomy Bewick**
- 2:00- 2:15**      **Wrap Up**



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# WHO SHOULD ATTEND THIS CONFERENCE?

## **STUDENTS:**

Students interested in mental health and wellness who want to make a difference in their school community, who have the time and the passion to continue to support mental health promotion in their schools after the conference; students affected by mental illness and/or those who feel it is an important issue could be considered to attend.

❖ **Total of FOUR (4) students ONLY**

- **two** students from the **junior grades** (9-10)
- **two** students from the **senior grades** (11-10)

**\* This will allow the momentum of your school's mental health promotion to continue beyond one school year.**

## **SCHOOL STAFF:**

To ensure that the students are able to implement their creative ideas within their school community, it is very important to have an adult ally from their school to take part in this conference; someone who has a passion for creating change in their school and who has the time to commit to help and support the students throughout the school year.

❖ **ONE (1) school staff**

- Can be a **teacher** or a **support staff** (ie. child/youth worker, guidance counselor, mental health nurse, public health nurse, social worker, etc.)

# HOW TO REGISTER

This conference is **FREE!**

Have the **ONE (1)** school support staff register at: <http://www.surveymonkey.com/s/B2W8Y6M>

**EARLY BIRD DEADLINE: Friday November 1st, 2013** (chance to win a "mental wellness" gift basket)

**FINAL REGISTRATION DEADLINE: Monday November 25<sup>th</sup>, 2013**

For any other questions, please

e-mail: [tnmhalton@gmail.com](mailto:tnmhalton@gmail.com)

call: Christina Jabalee at (905) 693-8771 ext. 340



<https://www.facebook.com/DTL.Halton>

# THIS CONFERENCE WAS ORGANIZED BY A PARTNERSHIP BETWEEN



## THE NEW MENTALITY HALTON

- ❖ Program of Children's Mental Health Ontario (CMHO)
- ❖ Aim to break the stigma of mental illness and raise positive awareness about it
- ❖ Strive to increase youth engagement
- ❖ The Halton chapter is supported by Reach Out Centre for Kids (ROCK)
- ❖ For more information, contact: [tmhalton@gmail.com](mailto:tmhalton@gmail.com) or visit: <http://www.newmentalityhalton.ca/>



## REACH OUT CENTRE FOR KIDS

- ❖ Early intervention, prevention and treatment services for those having or at risk of developing mental health problems or mental illness, so they can live healthier lives
- ❖ Committed to providing mental health services that are accessible, family oriented and professional
- ❖ For more information on locations and services, visit: <http://www.rockonline.ca> or call the head office at: (905) 634-2347



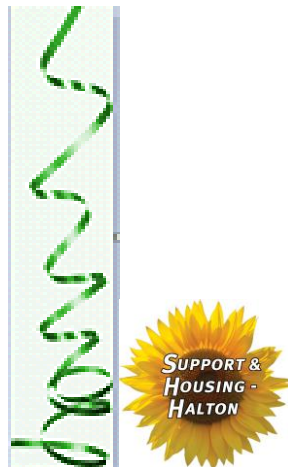
## POSSE (PEER OUTREACH SUPPORT SERVICES & EDUCATION)

- ❖ Based in north Halton but as of 2013, recently expanded to south Halton
- ❖ Aim to encourage safer decision making and reduce harm associated with discrimination, drug use, homelessness, sex and violence by providing information, training, support and outreach
- ❖ For more information, visit: <http://www.posseproject.ca> or call: (519) 853-5908



## **TAMI (TALKING ABOUT ADDICTIONS AND MENTAL ILLNESS) OF HALTON**

- ❖ Partnership between the ADAPT, CAMH, CMHA, the Halton region, the Schizophrenia Society of Ontario, The Phoenix Program, and people with lived experience of mental illness and addictions
- ❖ Strives to reduce stigma by presenting facts about addiction and mental illness, sharing personal experiences and providing ways to seek help
- ❖ To request a TAAMI presentation call: **(905) 825-6000**



## **TEACH (TEACH EMPOWER, ADVOCATE FOR COMMUNITY HEALTH)/ SUPPORT AND HOUSING HALTON**

- ❖ Provides peer support throughout Halton for those who live with or had lived with mental health challenges
- ❖ Operates from a recovery philosophy of viewing someone with mental health challenges as a person, not a diagnosis, illness or label
- ❖ For more information, visit: [www.t-e-a-c-h.org](http://www.t-e-a-c-h.org) [www.shhalton.org](http://www.shhalton.org) [www.r-4-l.org](http://www.r-4-l.org) or call: **(905) 693-8771**

**THIS CONFERENCE WOULD NOT BE POSSIBLE WITHOUT THE GENEROUS DONATIONS FROM**



**Rick David**



**Milton District High School**

- STUDENT SUPPORT LEADERSHIP INITIATIVE (SSLI)
- ANGELA POSTERARO, MILTON ORTHODIC CENTER
- HEATHER GERRITS
- PRIVATE DONOR

**Thank you!!!**