ACCESS Open Minds
Annual Network Meeting
February 20 – 22, 2017

Sheraton Centre Hotel
Montréal, QC
Thank You to Our Funders:

SPOR network funded by the Canadian Institutes of Health Research (CIHR) and the Graham Boeckh Foundation
Many thanks to everyone who has contributed to making this meeting a success!

♥ Network Meeting Working Group
♥ Welcome Team
♥ Youth MCs
♥ Entertainment & Contributors
♥ Guest Speakers
♥ National Youth Council
♥ National Family & Carers Council
♥ Session and Workshop Presenters
♥ Site Teams (*both present and absent!*)
♥ Central Office Staff
♥ Whisper Translators
♥ Resource Support Team (*clinicians and peer supporters*)
♥ Donors who provided gifts for participants and presenters
Dear members of the ACCESS Open Minds Network,

On behalf of the ACCESS OM Central office team and myself, I welcome each of you to Montréal for the 2017 ACCESS Open Minds Network Meeting. Many of you have worked on this project since its inception, and others have joined us this year to carry the project forward. This week we are able to gather together, share ideas and experiences, and build towards the transformation of youth mental health care in Canada.

Our network is made rich by the diversity of its members, and the expertise of all participants. Thank you sincerely for your engagement in this project, both this week, and going forward.

Ashok Malla, Nominated Principal Applicant

Greetings!

As someone involved with ACCESS Open Minds since it was little more than an idea, I am delighted to welcome you to the 2017 Network Meeting. When we were applying for the grant, we could not foresee how challenging and rewarding this project would be. It is challenging because our goal is lofty — transforming Canadian youth mental healthcare. Fortunately, it is also rewarding because it brings us all together. We will succeed because we have diverse expertise, vast experience and deep insights. More importantly, as we will do more formally this week, we learn from one another every day.

Welcome, and thank you for continuing to empower and enrich ACCESS Open Minds.

Srividya Iyer, Scientific-Clinical Director
Vicky Boldo, kisēwātisiwīn thōtin:iskwew, born in British Columbia, is a transracial adoptee from the ’60s Scoop Era – although she was placed for adoption at birth, she is a strong ally to the survivors of this time. Vicky is of Cree/Métis heritage. She is passionate about effecting change in policy, education, and attitudes in social work, health care, and education for First Nations, Inuit, and Métis peoples. She is highly involved within the urban Aboriginal community in and around Montreal as a board member for the Native Women’s Shelter, Co-Chair of the Urban Aboriginal Community Strategy Network, community representative on the board for the Native Women’s Shelter, and she sits on the Aboriginal Advisory Committee for the SPVM.

Opening Remarks

ASHOK MALLA, MD, MBBS; FRCPC; MRCPsych; DPM.
Canada Research Chair in Early Psychosis
Nominated Principal Investigator ACCESS Open Minds

TONY BOECKH, Chair, Board of Directors, Graham Boeckh Foundation

NANCY MASON MACLELLAN, Manager, Major Initiatives / Science,
Knowledge Translation and Ethics Branch, CIHR

SRIVIDYA IYER, PhD, Scientific-Clinical Director, ACCESS Open Minds
Psychologist and Researcher, PEPP-Montréal
Assistant Professor, Department of Psychiatry, McGill University
Dr. Max Birchwood worked for many years as clinical director of youth mental health services and director of research and innovation in Birmingham and Solihull Mental Health Foundation Trust. He pioneered the concept and practice of early intervention in psychosis in the UK and internationally and opened the UK's first Early Intervention in Psychosis service in 1994, informed by his concept of the 'critical period' in psychosis, which he translated into the mental health policy framework for the UK government as part of the NHS 'National Plan'. The service has been replicated with over 140 teams across the country and many internationally.

Dr. Nicola Byrom is an academic psychologist. She is a lecturer in psychology at the Institute of Psychiatry, Psychology and Neuroscience at King's College London and an affiliate lecturer at Somerville College, Oxford University. She combines teaching with research into risk and resilience for mental health difficulties.

Nicola is the founding trustee of Student Minds, the UK's student mental health charity. Student Minds has a particular focus on peer support, encouraging and enabling students to support each other through mental health difficulties. In 2015 she received the Queen's Young Leaders award, in recognition of her contributions to improving student mental health.

You can follow her on twitter @nicolabyrom
LAURENCE J. KIRMAYER, MD
Indigenous Mental Health Service Delivery & Research in Canada

Laurence J. Kirmayer, MD, FRCPC, FCAHS, FRSC is James McGill Professor and Director, Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University. He is Editor-in-Chief of Transcultural Psychiatry, and Director of the Culture & Mental Health Research Unit at the Institute of Community and Family Psychiatry, Jewish General Hospital in Montreal, where he conducts research on culturally responsive mental health services for immigrants and refugees, the mental health of Indigenous peoples, and the philosophy of psychiatry.

FEATHERS OF HOPE, Youth Amplifiers
Karla Kakegamic, Samantha Crowe,
Ryan Giles, Talon Bird, Elizabeth Kennedy

Feathers of Hope has grown into a powerful youth movement drawing thousands of First Nations young people from across Ontario together. Since its launch in 2013, the Advocate’s Office has worked with the Truth and Reconciliation Commission of Canada (TRC); the National Centre for Truth and Reconciliation Commission; provincial, federal and First Nations leadership at the territorial and federal level; and met with young people from across the country to talk about the role First Nations youth can play in creating change. Since 2013, the Advocate’s Office has hosted Feather of Hope forums on the justice and jury system and child welfare. In March 2016, a report capturing the voices of young people who attended the “Feathers of Hope: Justice and Juries” forum was released to First Nations leadership in Thunder Bay, followed by public launches on Parliament Hill and at the Legislative Assembly of Ontario.
“FAMILY PERSPECTIVES”
Presented by members of the
Access Open Minds Family and Carers (AFC) Council*

The AFC Council will provide an overview of its ongoing mission and mandate in the ACCESS Open Minds project, followed by an exploration of the differing family perspectives from across the ACCESS sites. The AFC will also take the opportunity to share their vision for 2017 concerning family engagement and family peer support. The AFC looks forward to meeting with members from the ACCESS network.

*See Councils & Committees Section for full list of names. The Council comprises family and carer representatives who collaborate on social and research initiatives promoting engagement and support of families at ACCESS OM sites.

DAY 2

“LOOKING BACK, STEPPING FORWARD: ACCESS OM”
Ashok Malla, Srividya Iyer, Jess Chisholm

Reviewing the great progress to date, and highlighting the vision and legacy for AOM.
Workshops
DAY 2

Workshop 1 – The Moving Force of Youth Engagement
ACCESS National Youth Council & Chantelle Mireault*

Youth engagement is a key pillar of ACCESS Open Minds. But what is youth engagement? Take the time to explore the meaning of youth engagement with network members in a conversation led by the National Youth Council.

*See Councils & Committees Section for full list of names. We are a group of awesome young people. We contribute to the project by providing our expertise as young people to make sure everything ACCESS creates is more youth friendly. We all have lived experience with a mental health concern and are excited about making better resources for other young people and ourselves. Chantelle works at central office and isn’t a member of the council. She supports us in what we do.

Workshop 2 – Law Enforcement Initiatives for Youth Mental Health
Rick Shaw, Aileen MacKinnon (Bilingual)

Rick Shaw (RCMP, New Brunswick) and Aileen MacKinnon (Saqíjuq, Nunavik) present regional initiatives within the law enforcement community attending to youth justice and youth mental health.

Workshop 3 – An Image, a Voice: Promoting ACCESS Open Minds
Caroline Arbour (Bilingual)

This practical one-hour workshop led by Communications Coordinator Caroline Arbour will look at how each network member can contribute to raising the project’s profile publicly and how we can become better connected using My ACCESS.
Workshops

DAY 2 & 3

Workshop 4 - Mapping the Way through the App Jungle

_E-Mental Health Working Group_*

In this interactive workshop, participants will help create a “checklist” they will be able to use to evaluate if a web based tool is aligned with the values and vision of ACCESS Open Minds.

* This workshop was developed by the dynamic and talented eMental Health working group comprised of: Alicia Raimundo, Andrew Whittle, Brittany Dalfen, Emily Saunders, Haley Mclean, Jimmy Tan, Julie Viens-Maranda, Justin Chung, Leah den Besten, Mary Anne Levasseur, Alexis Pearson, Shalini Lal and Alima Alibhay

Workshop 5 – Music Therapy for Marginalized Youth

_Julien Peyrin, Dans la rue (in French)_

Looking at an overview of the music therapy program at Dans la rue, as a tool to work with marginalized youth. Highlighting the Pops Culture compilation!

Workshop 6 - Evaluation In Action: It Starts With You!

_Srividya Iyer, Margot Nossal, Allison MacNeil_

A workshop for all the clinical staff from site teams to learn, exchange ideas, and ask questions about engaging youth in the ACCESS OM project and providing front-line clinical services… and more!
Workshops

D A Y 3

Workshop 7 – An Image, a Voice: Promoting ACCESS Open Minds (Focus on Social Media) Caroline Arbour (Bilingual)

This practical one-hour workshop led by Communications Coordinator Caroline Arbour will look at how each network member can contribute to raising the project’s profile publicly and how we can become better connected using My ACCESS. The emphasis will be on social media.

Workshop 8 – Let’s Start Performing!
Jimmy Tan, Marianne Scarfo

An excerpt from the Foundations in Patient-oriented Research Curriculum, a jointly led initiative across various partners in SPOR

Workshop participants will:
• Be amazed by the Foundations in Patient-oriented Research curriculum taking place within the CIHR SPOR networks
• Recognize the different roles that team members can play and their importance, with a focus on team decision-making.

Workshop 9 – Peer Support
Groupe d'Intervention Alternatif par les Pairs or GIAP (Bilingual)

GIAP promotes an alternative intervention approach based on shared experiences and a comprehensive understanding of health among youth. The group’s primary aim is to provide support to marginalized youth engaged in high-risk behaviours regarding their health. The GIAP team will be presenting “GIAP 101” and highlighting peer support initiatives in and around Montréal.
Meetings & Networking

Posters Museum / Mixed Media Presentations

Site Teams, ACCESS Open Minds Councils and PRISM AOM will present highlights in the Foyer / Level A on both days.

Additional Meetings

Day 2:
Executive Committee & Advisory Council Dinner
*(For Council & Committee members only)*

Day 3:
First National Working Group meeting, PRISM-ACCESS Open Minds
*Shalini Lal, Alexis Pearson (For working group members only)*

PRISM-ACCESS Open Minds is a research project led by Shalini Lal, PhD, and embedded within ACCESS Open Minds as part of its e-Mental Health strategy. Over the next four years, PRISM-AOM will develop, implement, and evaluate an online self-referral pathway to facilitate rapid and direct access to mental health services for youth. It will first be tested in six ACCESS OM sites. This is the first meeting of the project’s National Working Group, a strategic committee bringing together the project’s key stakeholder groups.

**ACCESS National Youth Council**
Youth Council Members, Chantelle Mireault & Invited Guests Ashok Malla, Srividya Iyer, Jessica Chisholm

**ACCESS National Family & Carers Council**
AFC Members & Invited guests Ashok Malla, Srividya Iyer, Jessica Chisholm
## AGENDA

### DAY 1 – MONDAY, FEBRUARY 20, 2017

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>SPEAKER / PARTICIPANTS</th>
<th>LOCATION</th>
<th>ATTENDEES</th>
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<tbody>
<tr>
<td>2:00 – 4:00</td>
<td>Advisory Council Meeting</td>
<td>Advisory Council</td>
<td>Salon 1 / Level 2</td>
<td>Members Only</td>
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<tr>
<td></td>
<td>Youth &amp; Family Meet and Greet</td>
<td>ACCESS Youth Council, Family Council, Chantelle Mireault</td>
<td>AYC, AFC Rep.</td>
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<tr>
<td>4:00 – 5:00</td>
<td>Meeting Registration</td>
<td>Registration &amp; Welcome Team</td>
<td>Foyer / Level 4</td>
<td>All, please register!</td>
</tr>
<tr>
<td>5:00 – 5:15</td>
<td>Words of Welcome</td>
<td>Vicky Bold (Introduced by Clifford Ballantyne, Mallery Denny, Arnold Sylliboy &amp; Julie Viens-Maranda)</td>
<td>Ballroom West / Level 4</td>
<td>All</td>
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<tr>
<td>5:15 – 5:45</td>
<td>Opening Remarks</td>
<td>Ashok Malla, Tony Boeckh (GBF), Nancy Mason MacLellan (CIHR), Srividya Iyer</td>
<td>Ballroom West / Level 4</td>
<td>All</td>
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<tr>
<td>5:45 – 7:30</td>
<td>RECEPTION WITH LIGHT REFRESHMENTS</td>
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<td>Ballroom West / Level 4</td>
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<tr>
<td>7:30 – 8:30</td>
<td>Breakfast</td>
<td>Hotel Guests</td>
<td>Salon C / Level B</td>
<td>Hotel Guests</td>
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<td>8:30 – 8:45</td>
<td>MORNING REFRESHMENTS (COFFEE, TEA, FRUIT)</td>
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<td>Foyer / Level B</td>
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<tr>
<td>8:45 – 9:00</td>
<td>Opening Remarks</td>
<td>Brett Boudreau, Srividya Iyer, Emily Saunders &amp; Julie Viens-Maranda</td>
<td>Ballroom West / Level 4</td>
<td>All</td>
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<tr>
<td>9:00 – 9:15</td>
<td>Introduction: International Youth Mental Health Initiatives</td>
<td>Max Birchwood</td>
<td>Ballroom West / Level 4</td>
<td>All</td>
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<tr>
<td>9:15 – 10:00</td>
<td>Guest Speaker 1: Youth Engagement in Peer Initiatives</td>
<td>Nicola Byrom</td>
<td>Ballroom West / Level 4</td>
<td>All</td>
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<td>10:00 – 10:10</td>
<td>BREAK / REFRESHMENTS</td>
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<tr>
<td>10:10 – 11:10</td>
<td>Workshop 1: The Moving Force of Youth Engagement</td>
<td>ACCESS National Youth Council &amp; Chantelle Mireault</td>
<td>Salon Musset / Level A</td>
<td>Open to All</td>
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<td>Workshop 2: Law Enforcement Initiatives For Youth Mental Health</td>
<td>Rick Shaw, Aileen MacKinnon (Bilingual)</td>
<td>Salon Kafka &amp; Lamartine / Level A</td>
<td>Open to All</td>
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<td>Workshop 3: An Image, A Voice: Promoting ACCESS OM</td>
<td>Caroline Arbour (Bilingual)</td>
<td>Salon Hémon / Level A</td>
<td>Open to All</td>
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<td>11:10 – 11:20</td>
<td>BREAK</td>
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<td>Foyer / Level B</td>
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<tr>
<td>11:20 – 12:50</td>
<td>Session 1: Family Perspectives</td>
<td>ACCESS National Family &amp; Carers Council (Introduced by Clifford Ballantyne, Ashok Malla &amp; Julie Viens-Maranda)</td>
<td>Salon ABC / Level B</td>
<td>All</td>
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<tr>
<td>12:50 – 12:55</td>
<td>Entertainment provided by Alex &amp; Nicolaï from Ashpants</td>
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<td>Salon ABC / Level B</td>
<td>All</td>
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<tr>
<td>12:55 – 1:50</td>
<td>LUNCH (PROVIDED)</td>
<td>All Participants</td>
<td>Foyer / Level B</td>
<td>All</td>
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<tr>
<td>1:50 – 3:00</td>
<td>Poster Museum &amp; Networking</td>
<td>Site Teams, AOM Councils, PRISM AOM</td>
<td>Foyer / Level A</td>
<td>All</td>
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<tr>
<td>3:00 – 4:00</td>
<td>Workshop 4: Mapping the Way Through The App Jungle</td>
<td>E-Mental Health Working Group</td>
<td>Salon Kafka &amp; Lamartine / Level A</td>
<td>Open to All</td>
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<td>Workshop 5: Music Therapy for Marginalized Youth</td>
<td>Julien Peyrin, Music therapist at Dans la rue (French)</td>
<td>Salon Hémon / Level A</td>
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<td>4:10 – 4:50</td>
<td>Session 2: Looking Back, Stepping Forward: ACCESS OM</td>
<td>Ashok Malla, Vidya Iyer, Jess Chisholm</td>
<td>Salon AB / Level B</td>
<td>All</td>
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<tr>
<td>4:50 – 5:00</td>
<td>Closing Remarks</td>
<td>Brett Boudreau, Chaz Langford &amp; Julie Viens-Maranda</td>
<td>Salon AB / Level B</td>
<td>All</td>
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<tr>
<td>6:30 – 9:00</td>
<td>Executive Committee &amp; Advisory Council Dinner</td>
<td>Advisory Council &amp; Executive Committee Members</td>
<td>Salon 6 / Level 3</td>
<td>Invited Members Only</td>
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<tr>
<td>8:45 – 9:05</td>
<td>Opening Remarks/ Recap of Day 1</td>
<td>Clifford Ballantyne, Srividya Iyer, Chaz Langford &amp; Julie Viens-Maranda</td>
<td>Salon ABC / Level B</td>
<td>All</td>
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<tr>
<td>9:05 – 9:15</td>
<td>Spoken Word Performance: Let's Talk!</td>
<td>Stephanie Lawrence (Introduced by Brittany Dalfen &amp; Julie Viens-Maranda)</td>
<td>Salon ABC / Level B</td>
<td>All</td>
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<td>Workshop 7: An Image, A Voice: Promoting ACCESS OM (Focus on Social Media)</td>
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<tr>
<td>10:50 – 12:00</td>
<td>Guest speaker 2: Feathers of Hope</td>
<td>Feathers of Hope Youth Amplifiers</td>
<td>Salon ABC / Level B</td>
<td>All</td>
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<tr>
<td>12:00-12:10</td>
<td>Entertainment provided by Louis Philippe Introduced by Brett Boudreau &amp; Julie Viens-Maranda</td>
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<td>Salon ABC / Level B</td>
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<td>Jimmy Tan, Marianne Scarfo</td>
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<td>Workshop 9: Peer Support</td>
<td>Peer Support / Groupe d'intervention alternatif par les pairs, GIAP (Bilingual)</td>
<td>Salon Hémon / Level A</td>
<td>All</td>
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<tr>
<td>3:15 – 3:45</td>
<td>Summary of the Network Meeting / Final Closing Remarks</td>
<td>Ashok Malla, Srividya Iyer and MC Team (Clifford Ballantyne, Brett Boudreau, Brittany Dalfen, Mallery Denny, Chaz Langford, Arnold Sylliboy &amp; Julie Viens-Maranda)</td>
<td>Salon ABC / Level B</td>
<td>All</td>
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<td></td>
<td>Meeting: ACCESS National Family &amp; Carers Council</td>
<td>AFC Members &amp; Invited guests: Ashok Malla, Srividya Iyer, Jess Chisholm</td>
<td>Salon Kafka / Level A</td>
<td>Members Only</td>
</tr>
</tbody>
</table>
Councils & Committees

National Youth Council

- Aliça Raimundo
- Alyssa Frampton
- Arnold Sylliboy
- Brett Boudreau
- Brittany Dalfen
- Chaz Langford
- Cliff Ballantyne
- Emily Saunders
- Emma Castanier
- Hayley McLean
- Jimmy Tan
- Julie Viens-Maranda
- Justin Chung
- Mallery Denny
- Peiyin Zhang
- Richard Turner
- Shasini Gamage
- Usman Farooq
- Victoria Fehr

National Family and Carers Council

- Candace Fehr
- Laurie Roeszler
- Leah Den Besten
- Lucy Trapper
- Mary Anne Levasseur
- Maya Kroupnik
- Norma Gould
- Patricia Ermine
- Stephanie Lawrence
- Tom McCarthy
- Yvonne Pelling
Executive Committee

Alicia Raimundo........................................ Youth Council
Clifford Ballantyne................................ Youth Council
Mary Anne Levasseur............................ Family Council
Helen Vallianatos ................................. University of Alberta
Meghan Etter........................................ Ulukhaktok
Shirley Bighead .................................... Sturgeon Lake First Nation
Milena Gioia.......................................... RIPAJ-Montréal
Aileen MacKinnon ................................. Puvirnituq
Marlene Yuen....................................... Parc-Extension
Christian Boudreau .............................. New Brunswick
Lucy Trapper....................................... Mistissini
Lori Sparling...................................... Clearwater River Dene Nation
Daphne Hutt MacLeod.......................... Eskasoni First Nation
Christine Mummery............................. Edmonton (co-lead)
Jill Kelland........................................ Edmonton (co-lead)
Lise Laporte ....................................... Youth Protection Services
Beverley Robinson ............................... Dorval-Lachine-LaSalle
Paula Reaume-Zimmer......................... Chatham-Kent
Ashok Malla ...................................... Central Office
Jessica Chisholm................................. Central Office
Srividya Iyer..................................... Central Office
Councils & Committees

Oversight Committee

Nancy Mason MacLellan, CIHR
Ian Boeckh, Graham Boeckh Foundation
Jacques Hendlisz, Graham Boeckh Foundation
William Powell, Graham Boeckh Foundation (Observer)

National Advisory Council

Aaron Brown ........................ Youth from TRAM selection panel
Ashok Malla ........................ Lead Investigator, ACCESS Open Minds (ex-officio)
Cam Wild ............................. Professor, University of Alberta, Department of Public Health
Carol Todd ........................... Youth Mental Health and Cyberbullying advocate
Chuck Bruce ........................... CEO of the Public Service Pension Plan Corporation in St. John's NL
David Goldbloom ........................ Senior Medical Advisor, Centre for Addiction and Mental Health; Professor of Psychiatry, University of Toronto
Fatima Ezzahraa Boulmalf... Youth and student
Ian Boeckh ........................... Graham Boeckh Foundation representative (ex-officio)
Nancy Mason MacLellan..... CIHR representative (ex-officio)
Louise Logue ........................... Justice of the Peace
Max Birchwood ........................ Professor of Youth mental health at the University of Birmingham, England.
Mike Desgagné ........................ President & Vice Chancellor of Nipissing University, ON
Shari Baum ............................ Associate Dean, Research, Faculty of Medicine
Research Advisory Group

Alain Lesage .........................Co-applicant/Université de Montréal
Alicia Raimundo ...............Youth Council Lead
Amal Abdel-Baki ..................Co-applicant/Université de Montréal
Ann Beaton ..........................Co-applicant/Université de Moncton
Ashok Malla ........................Nominated Principal Applicant/McGill/Douglas Hospital
Bob Brown .........................Alberta Health Services
Brittany Dalfen .................Youth Council
Caroline Tait .......................Principal Applicant/University of Saskatchewan
Cécile Rousseau ..................Principal Applicant/McGill
Daphne Hutt-MacLeod ..........Principal Applicant
Eduardo Chachamovich ..........Principal Applicant/McGill/Douglas Hospital
Eric Latimer .......................Co-applicant/McGill/Douglas Hospital
Gregory Brass .....................Mistissini (Alternate for Jill Torrie)
Helen Vallianatos .................Co-applicant/University of Alberta
Howard Steiger ....................Co-applicant/McGill/Douglas Hospital
Jai Shah ...............................Principal Applicant/McGill/Douglas Hospital
Jill Torrie .........................Co-applicant
Jimmy Bourque ..................Université de Moncton
Jimmy Tan ..........................Youth Council
Leah Den Besten .................Family Council
Lise Laporte .......................Co-applicant/McGill
Mary Anne Levasseur ..........Principal Knowledge User
Meghan Etter ......................Inuvialuit Regional Corporation
Neil Andersson .....................Principal Applicant/McGill Family Medicine
Norbert Schmitz .................Principal Applicant/McGill/Douglas Hospital
Patricia Boksa .....................Principal Applicant/McGill/Douglas Hospital
Patricia Conrod ..................Co-applicant/Université de Montréal
Paula Reaume-Zimmer ........Principal Knowledge User

(list continues on next page)
Councils & Committees

Research Advisory Group

Philip Jacobs................ Co-applicant/Institute of Health Economics/U of A
Ranjith Chandrasena... Co-applicant/Western University
Rebecca Fuhrer........... Co-applicant/McGill
Ridha Joober ............... Principal Applicant/Douglas Hospital
Shalini Lal .................. Principal Applicant/Université de Montréal
Srividya Iyer.............. Principal Applicant/McGill/Douglas Hospital
Tania Lecomte ............. Co-applicant/Université de Montréal

RCT Steering Committee

James (Jim) Hanley....... Epigenetics for expertise in trials
Laurence Kirmayer....... Indigenous mental health
Mary Cannon ............... Professor of psychiatry at the Royal College of Surgeons of Ireland with expertise in research in high risk states
Nicola (Nick) Casacalenda Vice-chair clinical services
Ashok Malla ............... Lead Investigator, ACCESS OM
Srividya Iyer............... Scientific-Clinical Director, ACCESS OM
We’ve compiled the following list of resources for the attendees of the network meeting – sometimes being away from home, and especially in busy settings such as conferences and meetings, can be stressful. As a youth mental health network, we want to ensure that everyone attending the meeting in Montréal feels that they have the support they need, should they need it.

Some helpful reminders:

- If you feel unsettled, overwhelmed, or feeling unlike yourself, take a moment for yourself.
- Pace yourself, take breaks, and some deep breaths.
- Take time for yourself (i.e., in a quiet space, go for a walk, etc.)
- Find someone to talk with about how you’re feeling – sometimes a sounding board or an empathetic ear can help get us through a trying moment.

⇒ The members of the Family and Carers Council, and an identified peer support person, are available to discuss, debrief, and/or provide support to anyone.

⇒ Throughout the network meeting, identified clinicians and peer supporters are available to talk with you if you need support, to debrief, or if you feel you need help in accessing a local mental health service. (see next page for list)
## Resource List

<table>
<thead>
<tr>
<th>ON-SITE SUPPORT AVAILABLE</th>
<th>DAY / TIME</th>
<th>CELLPHONE NUMBER</th>
</tr>
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<tbody>
<tr>
<td>Ridha Joobur, Psychiatrist</td>
<td>Duration of network meeting</td>
<td>514-442-8287</td>
</tr>
<tr>
<td>Srividya Iyer, Psychologist</td>
<td>Duration of network meeting</td>
<td>514-442-4471</td>
</tr>
<tr>
<td>Margot Nossal, Social Worker</td>
<td>Duration of network meeting</td>
<td>Available on site</td>
</tr>
<tr>
<td>Jimmy Chan, Peer Support</td>
<td>Duration of network meeting</td>
<td>Available on site</td>
</tr>
<tr>
<td>Brittany Dalfen, Peer Support</td>
<td>Duration of network meeting</td>
<td>Available on site</td>
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</tbody>
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## ADDITIONAL RESOURCES IN MONTRÉAL

<p>| Montreal Children’s Hospital               | 1001 Décarie Blvd. Montreal, Quebec H4A 3J1 | 514-412-4400 |
| (emergency situations for youth under age 18) |                                              |               |
| Montreal General Hospital                  | 1650 Cedar Avenue Montreal, Quebec H3G 1A4 | 514-934-1934  |
| (emergency situations for youth over age 18) |                                              |               |
| Suicide Action Montreal                     | If you or someone you know is having thoughts of self-harm or suicide, or needs a supportive listener. | 1-866-277-3553 |</p>
<table>
<thead>
<tr>
<th>ADDITIONAL RESOURCES IN MONTRÉAL</th>
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<tbody>
<tr>
<td><strong>Tracom</strong></td>
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<td><strong>Kids Help Phone</strong></td>
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<td><strong>Ligne Parents</strong></td>
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<tr>
<td><strong>General health information</strong></td>
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</tbody>
</table>
ACCESS Open Minds is excited to present the first recipients of ACCESS Open Minds studentships. In addition to the six studentships that were awarded, two students received small operating grants for their research.

**MASTER’S**

The Experience and Mental Health Needs of Asian Immigrant LGBTQ Youth  
**Jishian Ravinthiran**, Master’s Candidate, Psychiatry Program, McGill University  
Supervised by Dr. Lucie Nadeau, Dr. Srividya Iyer (ACCESS OM Montreal sites and partnering campus)

The Service Level Needs of Youths at Clinical Risk for Psychosis: A Mixed Methods Study  
**Sarah McIlwaine**, Master’s Candidate, Psychology Program, Concordia University  
Supervised by Dr. Jai Shah (Dorval-Lachine-LaSalle site)

**PH.D.**

Working with Youth as Stakeholders in Mental Health System Transformation  
**Eugenia Canas**, PhD Candidate, Health Information Science Program, Western University  
Supervised by Dr. Helene Berman, Nadine Wathen (Chatham-Kent site)

Barriers and Facilitators of Access to Mental Health Care for Street Youth  
**Julie Deschénes**, PhD Candidate, Social Work Program, University of Montreal  
Supervised by Dr. Amal Abdel-Baki, Céline Bellot (RIPAJ site)

Treatment Delays and Pathways to Care in Youth Mental Health  
**Kathleen MacDonald**, PhD Candidate, Psychiatry Program, McGill University  
Supervised by Dr. Srividya Iyer (Dorval-Lachine-LaSalle site)

Examining the Impact of Service Delivery Fidelity on Patient Outcomes  
**Miriam Kinkaid**, PhD candidate, Epidemiology Program, McGill University  
Supervised by Dr. Rebecca Fuhrer (Data to be collected in England)

**OPERATIONAL GRANTS**

In addition to Sarah McIlwaine, another student was awarded a grant.

Cost-benefit analysis of the ACCESS Open Minds Project New Brunswick  
Anne Dezetter, Postdoctoral, Health Economics Program, University of Moncton  
Supervised by Dr. Ann Beaton, Dr. Jimmy Bourque
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