

# A FOCUS ON MENTAL HEALTH

CARING FOR OUR CLIENTS  
& CARING FOR OURSELVES

OCTOBER 17–18, 2018

**Pacific Gateway Hotel at Vancouver Airport**

3500 Cessna Drive, Richmond BC



THE FEDERATION  
*of* COMMUNITY SOCIAL SERVICES *of* BC

Altogether better.

# CONFERENCE AGENDA



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DAY ONE	8:00–9:00	<i>Registration and Breakfast (Red Cedar Ballroom)</i>
	9:00–9:30	<b>Conference Opening &amp; Acknowledgement of Traditional Territories</b>
	9:30–10:30	<b>Keynote Address: Take Your Trickster to Work - Elaine Decker</b>
	10:30–10:40	<b>Mental Wellness Activity Break - Sheldon Franken</b>
	10:40–11:00	<i>Refreshment Break</i>
	11:00–11:20	<b>Technology Wellness Tech Talk: Pros - Merlyn Horton</b>
	11:20–12:05	<b>Federation Member Mental Health Initiatives</b> <b>1. Cowichan Valley Youth Services: Working with Youth and Mental Health</b> Michelle Bell <b>2. Options Community Services: Fraser Health Crisis Line Substance Use Supports</b> Jackie Yurick
	12:05–12:15	<b>Mental Wellness Activity Break - Sheldon Franken</b>
	12:15–1:00	<i>Lunch Break</i>
	1:00–2:00	<b>Nurturing Mindfulness in Children, Youth, And Families - Stephanie Curran</b>
	2:00–2:10	<b>Mental Wellness Activity Break - Sheldon Franken</b>
	2:10–2:30	<b>Technology Wellness Tech Talk: Cons - Merlyn Horton</b>
	2:30–2:45	<i>Refreshment Break</i>
	2:45–4:00	<b>Open Space: Marijuana Legalization - Facilitated by Rebecca Lang</b>
	4:00–4:30	<b>Technology Wellness Tech Talk: Future - Merlyn Horton</b>
	4:30–4:45	<b>Day One Conference Recap + 50/50 Raffle</b>
7:00–9:30	<i>Drop-in Social - Suite 211</i>	
DAY TWO	8:00–9:00	<i>Breakfast + Cultural Wellness Ceremony[ies] (Participation Optional)</i>
	9:00–12:00	<b>Workshop: Take Care of Yourself, Take Care of Each Other, Take Care of This Place</b> Nene Kraneveldt and Kendra Gage
	12:00	<i>End of Conference</i>



## Elaine Decker

Elaine Decker earned a PhD in Education from the University of British Columbia in 2004, studying humor as an interpretive tool. Her 50-year professional career has included teaching assignments in elementary schools, colleges, universities and pre-service teacher education programs, and administrative posts in several post-secondary institutions—all grist for the comic mill. She currently assists in an early childhood education certification program, and volunteers to offer Singing English classes for adults and children, using folksong games to develop language and social skills.



## Sheldon Franken

Sheldon Franken is the owner/facilitator of Inquiry Adventures which he started in 2010. Inquiry Adventures goal is to support the use of active and experiential education methods to increase engagement and understanding in social-emotional learning, team and community building, and personal and mental wellness. Sheldon was and still is an active school counselor and prior to school counseling he was involved in classroom teaching, physical education, outdoor education for youth-at-risk, and community engagement.



## Merlyn Horton

Merlyn Horton is a Canadian Internet Safety evangelist, and CEO of Safe Online Education Associates. Over the last fifteen years, she spoke to multiple industry conferences on many topics including cyber abuse, sexual exploitation online, children and media, social media and human resources, homelessness and social media, and technology and victims of domestic violence. She has published policy documents for non-profits and government, presented to international conferences and been featured on major media outlets.



## Michelle Bell

Michelle Bell is the Executive Director of Cowichan Valley Youth Services and has worked in the social service sector for over 20 years. Throughout her career she has come to realize that true change happens through leadership and as a result has taken an interest in on organizational and systems change as well as workplace culture. Michelle has gone into many work environments teaching respect in the workplace, reviewed workplace policies and cultures to facilitate positive change in work environments. Michelle has a Bachelor in Social Work, MEd in Leadership from UVIC, and has served two terms as a City Councillor. She has done individual and family counselling for over 20 years, and provided training and professional development for schools, not-profits, businesses, social workers, counsellors and university students.

# SPEAKERS



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## Jackie Yurick

Jackie Yurick is the Practice Leader at the Fraser Health Crisis Line: a program of Options Community Services. She is responsible for overall quality assurance which includes developing and delivering training to the volunteer call-takers who must respond to a variety of crises including suicide. Jackie has been with the crisis line since 1985 and is the founding President of the Crisis Line Association of BC. She has Individual Crisis Worker Certification from the American Association of Suicidology, a Master's Degree in Education and a Diploma in Community Social Services.



## Stephanie Curran

Stephanie Curran, a practitioner of Acupuncture and Chinese Medicine in Victoria, BC, is a long time practitioner of meditation. She has completed teacher training course work in Mindfulness-Based Stress Reduction (with Jon Kabat-Zinn), Mindfulness-Based Childbirth and Parenting, Listening Mothers and Mindful Schools. As a parent, Stephanie is deeply moved and inspired to share the benefits of mindfulness with families, children and her community. She facilitates 8 week MBSR courses for educators in local school districts and leads a variety of courses and presentations on mindfulness in the workplace, schools, community events and conferences.



## Kendra Gage

Kendra Gage is the Executive Director of Hulitan Family and Community Services Society. She has worked in the field of social services since 1996 in both Aboriginal and Non-Aboriginal not-for-profit organizations. Her career began in Alberta, working with under-privileged children and sexually exploited youth. In 2000, she moved to Victoria to continue her work with high-risk youth and their families. In 2003, she was hired by Hulitan as the program supervisor where she continued to be promoted and was appointed as the Executive Director in 2010.



## Nene Kraneveldt

Nene Kraneveldt is a Leadership Coach and community development specialist with a wealth of knowledge and experience. A member of the Hupacasath Nation (one of the 14 Nuu-chah-nulth Nations), Nene has worked with First Nations, Aboriginal organizations, Non-Profits and federal and provincial governments for more than 20 years. As a First Nation's change agent, she has first-hand experience in Indigenous issues and has committed her entire professional career to improving social, community, and economic conditions for Indigenous peoples across Canada. Nene holds a Masters Degree in Leadership and Training from Royal Roads University.

## Dont forget! Check out the conference drop-in social Thursday evening!

The Federation invites all conference participants to join us any time between 7:00–9:30 for a drop-in social in Suite 211. Grab a glass of wine (or a non-alcoholic beverage), enjoy some desserts, kick back, and relax while you connect with your friends and colleagues from across the province.

# SPONSOR RECOGNITION



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## Federation Champions

Federation Champions are member organizations that have provided financial assistance to help keep our events affordable for the majority of our small- and medium-sized members. Thanks to the organizations below for making sure our Federation continues to be Altogether better.



# MILIEU

Children & Family Services Inc.

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## Breakfast Sponsor



# NUCLEUSLABS

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## Exhibitors

Make sure you take a moment to visit the various vendors and exhibitors supporting this conference.



# SAVE THE DATE

February 14–15, 2019

The Federation's 2019 Social Policy Forum + Members General Meeting