

PeerWorks

GATHERING TOGETHER

DREAMING TOGETHER

TRANSFORMING TOGETHER



2024 Annual Conference

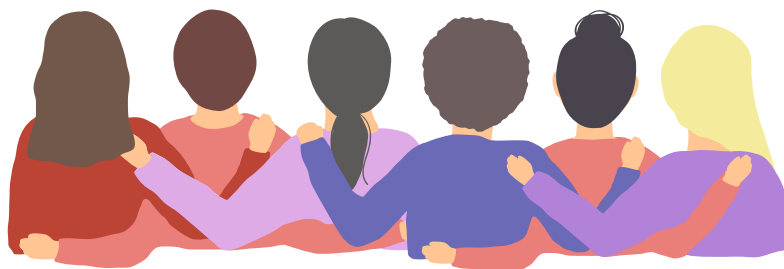
Conference Agenda

April 30-May 1, 2024

BMO IFL

3550 Pharmacy Ave, Scarborough

GATHERING TOGETHER DREAMING TOGETHER TRANSFORMING TOGETHER



This year's PeerWorks Annual Conference will provide a dynamic exploration of pivotal issues in the mental health and addictions sector, igniting conversations around peer support values and inclusivity. From the groundbreaking launch of a call to action for reinforcing these values to a captivating documentary unveiling the triumphs of sports and social justice icons, Herb Carnegie and O'Neil, barred from their passions by racial injustice, attendees are in for an exciting journey. Engaging sessions delve into ethical peer support training, shaping systemic change, and amplifying the voices of marginalized youth. With interactive activities, thought-provoking presentations, and the chance to learn how to craft your zines, this event isn't just a conference; it's a catalyst for transformative action in the peer support space.

Conference Agenda

Tuesday, April 30th

8:30 – 9:00 Welcome and Conference Opening

9:00 – 10:00 Drift from Peer Support Values and Standards: A Position Statement and Call for Action

10:00 – 11:00 Gathering Together Networking Session

11:00 – 11:15 Break

11:00 – 12:30 “Beyond Their Years” - Documentary Screening and Discussion

12:30 – 13:45 Lunch

13:45 – 15:15 – Presentations followed by joint Q&A

- **Ethical Peer Support Training Program, The Importance and The Value**
- **Shaping Systems Change: Peer Support Training at Mentor/Mentee Canada**
- **PeerSTEP: Peer Support Training for Multi-Marginalized Youth**

15:15 - 15:30 Break

15:30 – 16:30 Dreaming Together Networking Session

18:00 - Dinner and Lighthouse Awards Ceremony

Keynote Address: Seth Compton

Conference Agenda

Wednesday, May 1st

8:45 – 9:00 Welcome

9:00 – 10:00 Enhancing Youth Engagement – Peer Support alongside Navigation

10:00 – 10:30 Break and Checkout

10:30 – 11:30 Looking at data collection practices in CSIs in Ontario through the Psychiatric Consumer/Survivor Movement Lens

11:30 – 12:30 Transforming Together Networking Session

12:30 – 12:45 Closing, Lunch and Farewell

Tuesday, April 30th

8:30 – 9:00 Welcome and Conference Opening

9:00 – 10:00 Drift from Peer Support Values and Standards: A Position Statement and Call for Action

PeerWorks is excited to launch its position statement *Drift from Peer Support Values and Standards: A Position Statement and Call for Action*. Please join us during this session to learn about the development and main content of the position statement and discuss how we can utilize this document as we work to reinforce the critical role that our profession plays within the mental health & addictions sector.

Lee de Bie, Ph.D., is a Bioethicist and the Ethics Program Lead for the St. Joseph's Health System in the Hamilton-Kitchener-Guelph region, a team member with the Centre for Clinical Ethics at Unity Health Toronto, and an Adjunct Lecturer in the School of Social Work at McMaster University. Lee found their way into the consumer/survivor movement 15 years ago as a Mad student, established and coordinated the Hamilton Mad Students Collective and its virtual and in-person peer support spaces from 2012-2016, and sat on the PeerWorks board of directors from 2016-2022. Lee began studying bioethics to find language for understanding their experiences navigating ethical complexities in community organizing and the 'everyday ethics work' they were engaged in as a peer supporter. Lee's current practice and scholarship seek to develop Mad, Neurodiversity, Peer Support, and Disability Ethics from the standpoint of lived experience.

10:00 – 11:00 Gathering Together Networking Session

Make connections, meet your 'peers' and find out what's happening in other parts of the province.

11:00 – 11:15 Break

11:00 – 12:30 “Beyond Their Years” - Documentary Screening and Discussion

“Beyond Their Years” depicts the compelling story of parallel lives lived by sports and social justice icons Herb Carnegie (hockey) and O’Neil (baseball), who were excluded, because of their race, from competing at the highest professional leagues of the sports they loved. Instead of becoming angry and bitter, they channeled the injustice they both experienced into pioneering work that made their respective sports, and the world, more inclusive. The 48-minute film, which features dozens of interviews and rare footage, ties together their legacies in a verité style that teaches, heals and humanizes. We will end the session with a facilitated discussion with Brooke Chambers, granddaughter of Herb Carnegie.

Brooke Chambers, the granddaughter of Herb Carnegie, Canadian Icon, and Hockey Hall of Fame Inductee, 2022; boasts a rich 34-year professional journey marked by diverse expertise in mental health, anti-racism speaking, training, facilitation, financial planning, and policing. Her unwavering commitment to social justice fuels her passion for addressing health inequities and dismantling oppression faced by racialized communities in Canada.

Brooke is an advisor to The Carnegie Initiative, a registered charity based in the USA and Canada named in honour of her grandfather, established to ensure that hockey is more diverse, inclusive, and welcoming to all. Additionally, she serves as a Peer Support trainer for PeerWorks, contributing to the development and empowerment of individuals within the mental health community.

Brooke’s multifaceted professional background and lived experience with racial discrimination and mental health led her to create positive change and foster inclusivity. Her extensive experience positions her as a thought leader in mental health, anti-racism, and social justice, making her a sought-after speaker and facilitator. With a profound understanding of the intricacies surrounding these critical issues, Brooke Chambers continues to make impactful strides toward a more equitable and compassionate society.

12:30 – 13:45 Lunch

13:45 – 15:15 – Presentations followed by joint Q&A

Ethical Peer Support Training Program, The Importance and The Value

During the session, Lucie Bruneau will discuss Ethical Peer Support as developed by her organization, Voice Found. This training and implementation program is for organizations and individuals and is based on research and identified gaps in current offerings. This presentation will highlight program components and the nuances of providing peer support to survivors of childhood sexual abuse and human trafficking.

Lucie Bruneau, Director Strength Found and Peer Mentor for Ethical Peer Support Program and Voice Found. Lucie is an accredited Peer Supporter (Peer Support Canada). She has worked in the role of peer supporter and trainer for over 9 years as both a Family Peer Supporter and Peer Supporter in the fields of mental health, substance abuse and childhood sexual abuse.

Shaping Systems Change: Peer Support Training at Mentor/Mentee Canada

This presentation will focus on Out-of Homeless Peer Support training for urban centres.

Elizabeth Tremblay, founder of Mentor/Mentee Canada and collaborative resource hub, PeerHouse.ca, partnered with Homeless Connect Toronto and WoodGreen Housing to train, implement and test a Peer Support program to increase Tenant (Peer) employment and leadership within challenging housing environments in downtown Toronto. As a dedicated Peer Support trainer, presenter, and innovator, Elizabeth provides her recovery and employment-based training for Peers to heal, thrive, build cultural change, and lead recovery in this and similar struggling live/workplace sectors.

PeerSTEP: Peer Support Training for Multi-Marginalized Youth

One concern in the peer support sector is the accessibility of peer support for multi-marginalized youth, many of whom struggle to access culturally relevant support that facilitates a sense of belonging. Peer support provides the opportunity for youth to share their lived experience with others they can relate to, inspiring a sense of hope and allowing them to feel like someone else “gets it.”

However, multi-marginalized youth continue to be under-represented in the formal peer support sector, as well as face significant barriers within the job market more generally. This presentation describes how the Youth Alliance for Intersectional Justice (YAIJ) aims to address some of these challenges through their Peer Support Training & Employment Program (PeerSTEP) for Black and racialized neurodiverse youth. Throughout the training, participants explore how to leverage their lived experiences to best support the diverse needs of their peers on a variety of topics including (but not limited to) mental health and substance use.

Thulir Sivabaskaran (she/her) is the PeerSTEP Empowerment Coach. She is also a fourth-year undergraduate student at McMaster University, completing her degree in Health and Society and Specializing in Mental Health and Addictions.

Tamara Rahal (she/her) is currently working as the program coordinator for the PeerSTEP program. She is currently in the final year of her undergraduate degree at McMaster University, in political science with courses specialized in social policy for multi-marginalized groups. Her passions lie in creating systemic change that supports equitable opportunities for all.

Shams Hassan (they/them) is a peer supporter at YAIJ and a graduate of the PeerSTEP program. They are completing their final undergraduate year of Applied Psychology in Human Behaviour at McMaster University, with a focus on early childhood development and adolescence. They aim to provide socially conscious mental health support with an emphasis on the intersectional approach.

Calvin Prowse (they/them) is the PeerSTEP Team Lead. Over the past decade, they have been involved in peer support in Mad/mental health, disability, and queer/trans communities, primarily within grassroots and student contexts. Calvin recently completed their MA in Critical Disability Studies at York University, where their research explored the possible futures of peer support.

Carolyn Tinglin (she/her) is a Registered Nurse (RN) of 24 years with a strong background in mental health, senior care, and developmental disabilities. Carolyn is the co-founder of YAIJ, a Black youth-led collective of racialized neurodiverse youth with and without intellectual disabilities. Carolyn is also a part-time education equity researcher and PhD candidate at Simon Fraser University (Burnaby, BC).

15:15 - 15:30 Break

15:30 – 16:30 Dreaming Together Networking Session

Together, we will explore some of the possible futures for peer support.

18:00 - Dinner and Lighthouse Awards Ceremony

Keynote Address: Seth Compton

Seth Compton is the Founder and Executive Director of OUTLoud North Bay, a safe and inclusive space for youth. He shares this journey with his wife Ana, and their two teenage sons, Isaiah and Liam.

He is an established educator, trainer, advocate, mentor and leader with many years of experience working with children, at-risk youth, and within the 2SLGBTQ+ and marginalized communities. He holds a diploma as an Early Childhood Educator and Child and Youth Worker and was previously a 2SLGBTQ+ Outreach Worker with the Near North District School Board. Seth currently works with The AIDS Committee of North Bay and supports the 2SLGBTQ seniors within Northern Ontario. Seth continues to provide our community with hope, love, education and reflection to a happier, healthier and safer tomorrow.

Wednesday, May 1st

8:45 – 9:00 Welcome

9:00 – 10:00 Enhancing Youth Engagement – Peer Support alongside Navigation

In 2022, The Family Navigation Project at Sunnybrook created the Youth Advocate with Lived Experience (YAL) role as a way to combine their efforts in enhancing youth engagement and further amplifying the voices of lived experience. The YAL provides peer support alongside navigation for youth clients aged 16-29. This support opens up an opportunity for youth clients to connect with another youth as opposed to just an ‘adult’ navigator. Speaking to the YAL provides a space for youths to connect with someone who understands them and their experience of trying to find their way through the system. This presentation will explore the outcomes and learnings from the implementation of a youth peer support model and its impact on navigation and the broader mental health and addiction care space.

Thalia Phi (she/they) is the Youth Advocate with Lived Experience at the Family Navigation Project at Sunnybrook. In her role, she provides peer support to young people ages 16-29 as they access mental health and addictions navigation. Thalia has primarily been involved in youth engagement and is passionate about upholding the voices of youth lived experience in the broader mental health and addiction space.

10:00 – 10:30 Break and Checkout

10:30 – 11:30 Looking at data collection practices in CSIs in Ontario through the Psychiatric Consumer/Survivor Movement Lens

Allan Strong and Tanya Shute will reflect on the history of the Consumer/Survivor movement, followed by a discussion of the early findings of a study conducted with PeerWorks on data collection practices.

Tanya Shute is an Assistant Professor of Social Work at Laurentian University. She is also a former employee of Krasman Centre and a former PeerWorks board member.

Allan Strong is retired from a 40-year career in mental health and is a former PeerWorks Board member.

11:30 – 12:30 Transforming Together Networking Session

We will use this session to take the ideas formed and lessons learned throughout the conference and turn them into actions that can transform the peer support space.

12:30 – 12:45 Closing, Lunch and Farewell

Poster Presentation

Benefits of Peer Support Training for Marginalized Youth

Many youths struggle to find peer supporters to whom they can relate, and others also struggle to access culturally relevant training. With the support of my supervisor, Carolyn Tinglin, the executive director at Youth Alliance for Intersectional Justice, I can complete my undergraduate thesis and focus on the benefits of peer support training for marginalized youth. I chose this topic because of my growing interest in peer support. Along with this, my work within the Peer Support Training and Employment Program (PeerSTEP) at Youth Alliance for Intersectional Justice (YAIJ), helped ignite my interest in peer support. My research focused specifically on marginalized youth within the age range of 15-30 and I used existing peer-reviewed literature to support my research. I centred my research on the existing issues with inclusivity and accessibility, included the perspectives of youth peer supporters, examined existing social models of peer support within different organizations, and discussed the overall outcomes of training for marginalized youth. The poster will consist of these topics, and I am excited to share my research and would love to hear the perspectives of attendees on this topic.

Thulir Sivabaskaran (she/her) is a fourth-year undergraduate student at McMaster University. She is completing her degree in Health and Society and Specializing in Mental Health and Addictions. She's also working as an Empowerment Coach for the Peer Support Training and Employment Program (PeerSTEP) at the Youth Alliance for Intersectional Justice (YAIJ).

Zine Table

Come visit Calvin at the Zine Table to browse some of their zine collection and learn to make your own! Zines are simple self-made publications with a long history as tools for sharing knowledge, telling stories, and connecting with peers across distance. Calvin will also have some of their zines own available for purchase, exploring topics relating to peer support, Madness/mental health, community, and futurity.

Calvin Prowse (they/them) is a peer worker, community organizer, researcher, futurist, and creative based in Hamilton, Ontario. Over the past decade, Calvin has been involved in peer support in Mad/mental health, disability, and queer/trans communities, primarily within grassroots and student contexts. They are the Team Lead of the YAIJ PeerSTEP Program, as well as a PeerWorks board member.

Book Club

The Peer Book Club emerged from discussions at last year's conference about the desire for opportunities to engage with literature on peer support, especially peer support history. We hope to create a relaxed environment to discuss these topics, with a focus on work that is accessible and relevant to a wide range of audiences. Our first book will be *On Our Own: Patient-Controlled Alternatives to the Mental Health System* (1978) by Judi Chamberlin.

Come by the table to learn more about the book club, and pick up your own copy of *On Our Own*! The book is available as either a physical book (\$10) or a digital PDF format (\$5).