

YMCA GENEVA PARK, ORILLIA ONTARIO



# DISABLE THE LABEL

HOSTED BY THE NEW MENTALITY  
JULY 27-30, 2015



## YOUTH ENGAGEMENT IN MENTAL HEALTH



Children's Mental Health Ontario  
Santé mentale pour enfants Ontario



MINISTRY OF CHILDREN  
AND YOUTH SERVICES

**The New Mentality**  
DISABLE THE LABEL

# WELCOME TO DISABLE THE LABEL 2015

**THE NEW MENTALITY** is a network of groups of young people and adult allies who work with children's mental health agencies in their communities to reduce stigma surrounding mental health. We promote meaningful engagement by empowering youth to concentrate on the work they are most passionate about to influence the mental health system and beyond.

Disable the Label is an annual summer training program for community organizers in the mental health system. Youth and adult allies, province-wide, are invited to share their projects and, most importantly, their passion. There are hands-on skill development sessions woven around conversations that matter, that create deep connections and an empowering space. Youth are led through the fundamentals of facilitation to learn how to hold these types of discussions with their local group. Youth learn to weave their pasts and their presents into the future of change they would like to see.

## WHY DISABLE THE LABEL?

Ontario has free and effective community counseling services available to all youth struggling with their mental health, but it is a system that does not always have the capacity to meet the needs of its intended consumers. Many youth are afraid to ask for help or face stigma that deters them from asking. Even when they are seeking assistance, there are difficulties in accessing services. They still don't know where to go for help and sometimes help isn't immediately available. Many suffer. Some even die from mental illness. Youth need to partner with agencies to create solutions. To be at the forefront of raising awareness, decreasing stigma, and ensuring agencies are welcoming and engaging youth and adult allies need to be trained in how to do this.

At Disable the Label we will be showcasing outstanding examples of youth engagement in community-based mental health agencies. Youth and adult allies will exchange knowledge and experience in order to lead more engaging meetings, events, and projects in their local communities.

## NEW MENTALITY PARTNERS

1. Algoma Family Services (Sault Ste. Marie)
2. Children's Centre Thunder Bay
3. Delisle Youth Services (Toronto)
4. Dufferin Child and Family Services (Orangeville)
5. East Metro Youth Services (Scarborough)
6. Hotel Dieu Grace Healthcare (Windsor)
7. Huron-Perth Centre (Stratford)
8. Lynwood Charlton Centre (Hamilton)
9. New Path Youth and Family Services (Barrie)
10. Open Doors for Lanark Children and Youth (Smiths Falls)
11. Pathways for Children and Youth (Kingston)
12. Reach Out Centre for Kids (Burlington)
13. Sarnia-Lambton Rebound (Sarnia)
14. Youth Services Bureau (Ottawa)
15. Woodview Mental Health Autism Services (Brantford)

## OUR APPROACH

Too few youth suffering with mental health problems are getting the help they need. New solutions are required. If these solutions are co-created by everyone who is impacted – youth and service providers – these solutions are more accessible, more easily implemented, and improved overall.

The approach at this leadership retreat is to foster learning and dialogue about how youth and adults can work together to create solutions to complex issues. If we want to see things change, we need to learn new ways of facilitating, leading, planning, and working together. We need to focus on building strong relationships that invite real collaboration and dialogue. The participatory nature of the event fosters ownership and responsibility of new ideas and solutions that must be put into action.

## METHODOLOGY FOR THIS WORKSHOP DRAWS FROM:

1. The Art of Hosting ([www.artofhosting.com](http://www.artofhosting.com))
2. The Art of Youth Engagement ([www.excellenceforchildandadulthood.ca](http://www.excellenceforchildandadulthood.ca))
3. Open Space Technology ([www.openspaceworld.org](http://www.openspaceworld.org))
4. Creative Facilitation ([www.pyeglobal.org](http://www.pyeglobal.org))

## OUR GOALS

- Youth feel grounded and empowered to tell their story to create change
- Youth and Adult Allies leave feeling inspired and ready to jump into their projects and host New Mentality meeting
- Youth feel the depth of their emotion, their pain is acknowledged and they leave feeling transformed
- The knowledge and relationships we build at DTL has a ripple effect to create change in the mental health system

## THIS TRAINING WILL

- Facilitate peer-to-peer learning
- Inspire youth and adult allies to break the stigma surrounding mental health
- Develop leadership skills of attendees
- Allow youth and adult allies to practice their skills in an interactive, safe and inspiring learning environment

## HOSTING TEAM BIOS

### JERMAINE HENRY - LEAD HOST



Jermaine is an Social ARTrepreneur who is passionate about connecting and inspiring people to self-actualize. Through drama, emceeing, facilitation and spoken word he aims to co-create meaningful moments rooted in compassion and kindness. Jermaine is a part of Spoke N' Heard an arts based social enterprise passionate about addressing social challenges such as mental health and equity for racialized groups; his efforts with Spoke N' Heard has allowed him to collaborate with key community partners such as with Grassroots Youth Collaborative (GYC), Youth Social Infrastructure (YSI) Collaborative, and AVNU Collaborative. His mission is to use his artistry and facilitation skills to curate brave spaces for people to heal and be free to be their whole selves.

### CAITLIN ROBB - LEAD HOST



Caitlin co-chaired the Youth Action Committee for 2 years and helped envision and write the Speak Up Speak Out youth-led policy paper. Caitlin finds that writing about herself is incredibly awkward and, regardless, she is hardly an objective perspective. To be perfectly honest, she knows the parts of herself, the curiosity, the music, the motion, the words, but isn't too sure how they fit together as a whole. She is a little of this, a fair amount of that, and a dash of who knows, but perhaps that's part of the fun. As a side note, she has become quite fluent at speaking in the third person. So, to wrap up this uncomfortable segment, for further information, feel free to ask.

### AMANDA MCGRAW



Amanda has been a mental health awareness advocate for over 4 years now, and this is her second year as a part of the hosting team (which she is super stoked to be a part of!). She is passionate about increasing the awareness of stigma surrounding mental health and working hard to teach people what it is to disable that label! She loves bad jokes, her cats (all 3 of them) and 5 cent candies. This is her 4th year with disable the label and is very happy and excited to share this year with all of the other hosts as well as all of our guests.

## CARALYN QUAN



Caralyn is a community worker, an athlete, a facilitator, and a lover of adventures. Hailing from Toronto, she studied and worked in a number of countries before she realized Toronto really was home, and returned to pursue her passion for youth work and advocacy. She has experience as a frontline worker in community-based youth programs, and is now the Program Manager with The New Mentality. Caralyn completed an undergraduate degree in English before training as a community worker; she also dabbles in Deep Democracy and Art of Hosting. In her free time she loves to read, explore the city on her bike, and travel to new places.

## JASMINE ALI



Jasmine Ali is the Engagement Coordinator at The New Mentality. She has been involved in Youth Mental Health for the last 7 years, holding a variety of roles within the New Mentality; youth engagement trainer, group facilitator, speakers bureau and core team member. Her passion lies in assisting others and making sure young people are engaged in their communities in meaningful ways. Jasmine is an appointed council member for the Premier's Council on Youth Opportunities and sits on the Mental Health Commission of Canada's Emerging Adult Advisory Group. In addition, Jasmine is a grassroots organizer and performance artist (theatre, spoken word) and is constantly finding ways to combine her love of art with community by creatively facilitating workshops and conversations.

## DESERAE GABLE



Deserae has facilitated and been an active member with The New Mentality for over 5 years, and has hosted presentations and community events. Deserae's passion has always been stopping the stigma and raising awareness about youth mental health. Dessi loves her cats, reading, and poetry.

## MARY-ANNE LEAHY



Mary-Anne Leahy is 25 year old youth with lived mental health experience. She works as a network coordinator for the New Mentality. She co-chaired the Youth Action Committee where she worked on the Speak Up Speak Out Project, a province-wide youth engagement initiative to look at the education system and opportunities to provide better support for children and youth in elementary and high school. She is very passionate about improving the lives with youth with mental health difficulties. In her spare time she loves reading harry potter and hanging out with friends and family.

## PETER GINDL



Peter has been working in youth engagement since 2009, first as a youth advisor in Ottawa. He has since been a trainer, consultant, reviewer, and host with a focus on how organizations and communities can implement youth engagement. Although Peter has recently had a hiatus from all things youth engagement, his passion for progressing the field through conversation, evaluation, and research is still strong. This year has been devoted to getting fit and staying healthy and happy. His interests include meditation, pole fitness, cooking, Magic the Gathering, dancing, and gardening.

## VANESSA REID



Vanessa is the co-founder of the Living Wholeness Institute which works in social movements and systemic change around the world, mostly in places where systems are collapsing like Greece and in the Middle East. She was the executive director of Santropol Roulant a vibrant non-profit founded and run by young people in Montreal which brings together cultures and generations through innovative approaches to food and urban sustainability. Vanessa is a global steward of the Art of Hosting, and is the co-founder of the SIZ (the Systemic Innovation Zone- Greece) which brings together citizens and groups through the Art of Participatory Leadership to co-create new ways of living and working and innovating their way forward. She also runs depth-learning and immersion programmes at Axladitsa, a 24-acre olive farm in Greece, to learn with the wisdom of the land and of each other. As a writer and poet, a former publisher ascent magazine, she loves harvesting new ideas and knowledge and is excited to learn with The New Mentality's way of doing things!

## VICTORIA CORBETT



Vic is an energetic 17 year old from northern Ontario with a strong desire for change. When she's not on the field playing soccer, ice playing hockey or court playing basketball, you can find her advocating for Mental Health & LGBTQ+ youth for the past 3 years. She works alongside the provincial advocate in Toronto & has worked with her local mental health agency & has participated in an all-staff training where she trained the staff at the agency how to best help their clients be as successful as possible in treatments. She is not afraid to speak up about what is & what is not working in the mental health system. Vic loves traveling to conferences & has spoken to groups as big as 250 people. She loves cats, skittles, and rambling on about things to fill in extra space. She also thinks bios are extremely awkward to write & knows that the easiest way to get to know her is just to simply say hi & she'll continue the conversation from there!

## VIOLETTA ILKIW



Violetta Ilkiw is a seasoned strategist and facilitator, leading organizational & systems change, with a focus on participatory decision-making processes in communities and organizations. Her work focuses on bringing conflict resolution methodologies and empathy to help facilitate solutions with the various partners engaged in complex problem-solving. For over 20 years, she has worked with communities, public and philanthropic sectors, drawing on designing thinking, social innovation and change management theories to increase effective participation of all stakeholders. She experiments with emergence and ways to implement wide-scale social innovation. Violetta holds a Masters in Conflict Facilitation and Organizational Change.

## GERARD SAGASSIGE



Gerard currently works as an Aboriginal Advisor in circles and embraces the seed to inner healing, the child of spirit. He has been actively advocating for well over 30 years for the identified historical migration of despair and the growth of healing within traditional practice process as well as western ways of healing. He currently does regional and community outreach work in the areas of Homestead, Education and Health, and also works as TNM's Aboriginal Navigator.

## SPECIAL PROJECTS

These are the special projects going on this year in addition to our regular program!

### YE DIRECTOR'S LAB

The Youth Engagement (YE) Director's Lab will be exploring how to keep youth engagement in mental health a dynamic practise across the province. With this team of 7 people from across the province, the YE Director's Lab will be developing research and tools that will assist other organizations in engaging youth in authentic ways.

### YOUTH MENTAL HEALTH + POLICY- A SUMMIT IN TORONTO!

Children's Mental Health Ontario's Youth Action Committee is hosting a Youth Mental Health Summit in Toronto this November. As part of CMHO's annual conference, the one day, youth-led initiative will welcome youth from across the province to participate. We want YOUR feedback about the theme of the Summit, potential workshops and ideas to make it as relevant and youth friendly as possible. The goal of the Summit is to gather specific, youth-driven policy recommendations about a particular topic that youth feel strongly about and give them to the government to make REAL changes. This session will use the idea of the Summit to help teach the youth in attendance about what mental health policy really means, why it's so important, and how YOU can influence policies you care about.

### RESIDENTIAL SERVICES FEEDBACK:

Children's Mental Health Ontario is currently working on reviewing the use of residential services (think group homes, intensive care for severe issues, etc.) We have a bunch of questions about what works and what doesn't and want YOUR opinion. If you, a friend, or family member has experienced care in a residential setting we would love to hear about your experience (positive or negative)! If we want to improve life for kids and youth in these types of settings, we need to learn more about what's happening on the ground. Please join us!

### THE ART OF HARVESTING CONVERSATIONS THAT MATTER

*Anyone who plants a garden is planning for results. Whether the result is a fruit or a flower, a gardener is planning for a harvest. In the same way, anyone who plans to host a meeting also wants to get a good result from their efforts. In this case, the harvest might be in the form of a project plan, or an agreement to action or a better relationship. ([www.artofhosting.org](http://www.artofhosting.org))*

All participants at Disable the Label will have the opportunity to join the harvesting team, to help us capture and bring to life the story of DTL2015! Vanessa Reid, global Art of Hosting steward, will work alongside and coach a group of volunteer harvesters to plan and actively harvest during different sessions. There will be numerous opportunities and callouts made throughout the four days to join. Deepen your practice of hosting through learning about and participating in harvesting.

## DAY ONE: CONNECT

On day one we welcome each other and put down our bags. We meet and mingle, survey the landscape, and begin to orient ourselves as we embark on a four day journey together.

### 6:00 ..... WELCOMING CIRCLE

We will begin by welcoming one another after our long journeys here, introducing the hosting team, and going over what the next few days will look like. Together in circle we will introduce ourselves, our gender pronouns and where we are from.

### 8:00 ..... EXPLORING LAND

You will explore the beautiful grounds at Geneva Park while getting to know the land with a new friend. With a partner you will explore the questions what brought you here? and what do you need to meet people?

## DAY TWO: EXPLORE

On day two we will continue to orient ourselves to the landscape. We will share about ourselves and our work, and continue to build new relationships. As we learn about each other, we will use our senses to become aware of common threads, and begin to plant seeds for future work within and around TNM.

### 7:00 ..... YOGA (OPTIONAL)

### 9:30 ..... OPENING CIRCLE

We will open with fun energizers to get us excited and ready to start the day.

### 9:45 ..... RIGHT RELATIONS

This is a session where we will name what we need to participate with one another and fully experience what this event has to offer. We will work together to design the space we want the next few days to be. Right relations is about how can we be in good relationships to ourselves, to each other and to the land.

### 11:15 ..... RELATIONSHIP BUILDING ACTIVITY

In this session, we will start to get to know each other a little better. We'll do some fun structured activities, that help demonstrate how to lead team building activities and sharpen our facilitation skills along the way!

### 12:30 ..... LUNCH + BREAK

## 2:30 ..... TNM GROUP KNOWLEDGE EXCHANGE

This is a 4-round marketplace, where each New Mentality group will have 15 minutes to share about their work in their communities and 10 minutes to receive feedback on their presentation.

## 5:30 ..... DINNER + BREAK

## 7:30 ..... FINDING YOUR STRENGTH

Being young changemakers and innovators in the realm of mental health is no easy task! There are lots of interpersonal and system dynamics at play. In this session we will begin to use conversation and the arts to explore some of these dynamics, and look at some of our own strengths and unique offerings.

## 8:30 ..... CAMP FIRE

# DAY THREE: DISCOVER

On day three we will dig deeper, starting to uncover the depth of the work that we do. We will begin by venturing into the themes of power and leadership. We will tend to the seeds we have planted and identify potential areas of growth. Along the way, we will learn skills that we can take back into our groups and communities to make a difference in the lives of youth suffering from mental health issues.

## 7:00 ..... YOGA (OPTIONAL)

## 9:30 ..... OPENING CIRCLE

We will open with fun energizers to get us excited and ready to start the day.

## 10:00 ..... POWER AND LEADERSHIP CAFE

Picking up on our conversations from the night before, We will be exploring what we can do with our power and what it is like being a youth or adult ally dealing with power structures in the mental health sector. How do we define leadership and exhibit those qualities in the work that we do? What does leadership look like within the power structures that exist?

## 12:30 ..... LUNCH + BREAK

## 2:30 ..... SKILLS MARKETPLACE

In the Skills Marketplace, we will run a number of concurrent sessions designed to build hands-on skills relevant to New Mentality group work and facilitation. Delegates will choose which sessions they attend on-site.

### **Storytelling**

*hosted by Caitlin Robb*

Storytelling is a fundamental part of the work The New Mentality does. Young people are constantly sharing their experiences in and around the mental health system. Stories are an effective way to communicate the importance of a cause. In this workshop young people will learn skills on how to effectively share and structure their stories to create change and how to keep themselves safe when sharing personal details of their life.

### **The Art of Hosting**

*hosted by Vanessa Reid*

The Art of Hosting is an approach to leadership that scales up from the personal to the systemic using personal practice, dialogue, facilitation and the co-creation of innovation to address complex challenges. In this session, we will look at some of the underlying principles of the Art of Hosting, and introduce some of the core Art of Hosting approaches, including World Cafe and Open Space Technology.

### **Event Planning**

*hosted by Jermine Henry*

There are many components that are involved in crafting a successful event. With the insight of members of an excellent arts-based production company, we will be exploring the key factors that we can each oversee in order to create meaningful, dynamic events that further our causes in mental health and youth engagement.

### **TNM 101**

*hosted by Amanda McGraw, Deserae Gable, Victoria Corbett*

TNM is a continuously evolving and growing movement. A key component of this movement are the TNM 'Groups,' local youth-led groups that are supported by trained youth facilitators and adult allies, formed in partnership with community mental health centres. In this session, some of our seasoned TNM youth facilitators will lead us through some of the elements that create a successful TNM groups, featuring some team building activities and tips about how to run a successful project.

## Allyship

*hosted by Mary-Anne Leahy*

When youth and adults work together and support one another while working towards an agreed outcome anything is possible. All members of a youth-adult partnership have equal control in the direction of a project, and share the accountability for its successes and failures. An adult ally does not lord power or authority over young people. It is not a role in a hierarchical structure. An adult ally is not the only expert in the group - they (like youth) play the dual role of teacher and learner.

**During the skills marketplace there will be two consultations running concurrently, in which youth will have the opportunity to contribute their voice to some of CMHO's policy work.**

## Policy/Advocacy Skills Session

*hosted by Amanda Suleiman, Margo Warren, Zara Anucha*

CMHO's Youth Action Committee is hosting a Youth Mental Health Summit in Toronto this November. They want your feedback about the theme of the Summit, potential workshops you'd like to see, and ideas to make it as relevant and youth friendly as possible. During this session you will also learn policy and advocacy skills!

## Residential Services Feedback:

*hosted by Amanda Suleiman, Margo Warren, Zara Anucha*

Children's Mental Health Ontario is currently working on reviewing the use of residential services (think group homes, intensive care for severe issues, etc.) We have a bunch of questions about what works and what doesn't and want YOUR opinion. If you, a friend, or family member has experienced care in a residential setting we would love to hear about your experience (positive or negative)! If we want to improve life for kids and youth in these types of settings, we need to learn more about what's happening on the ground. Please join us!

## 5:00 ..... GROUP CHECK OUT

We will gather together in circle to reflect on the skills we just learned and check out before dinner.

## 5:30 ..... DINNER + BREAK

## 7:30 ..... TALENT NOT REQUIRED SHOW

Here's a chance to show the group something you enjoy doing. Let's all unwind and create memories together. All talents (or non-talents) are welcome!

## DAY FOUR: INSPIRE

On our final day together we will begin to interweave common threads, and, as a whole, look ahead at the future outcomes of our projects.

7:00 ..... **YOGA (OPTIONAL)**

9:00 ..... **GROUP SHOW AND TELL**

This is a marketplace where the items that you have been selling throughout the year can be showcased and offered for sale to the group.

9:30 ..... **OPENING CIRCLE**

We will open with fun energizers to get us excited and ready for our final day together.

10:00 ..... **LOOKING AHEAD**

We will have conversations about how we can continue to do this work and move the work of The New Mentality forward, as well as collaborative working sessions led by volunteer delegates (to be determined!).

11:30 ..... **LUNCH**

12:30 ..... **CLOSING CIRCLE**

The end of Disable the Label is not the end of the work. Participants will step into leadership roles locally and provincially to carry this work forward. We close our circle by honouring the relationships and skills we have built here.

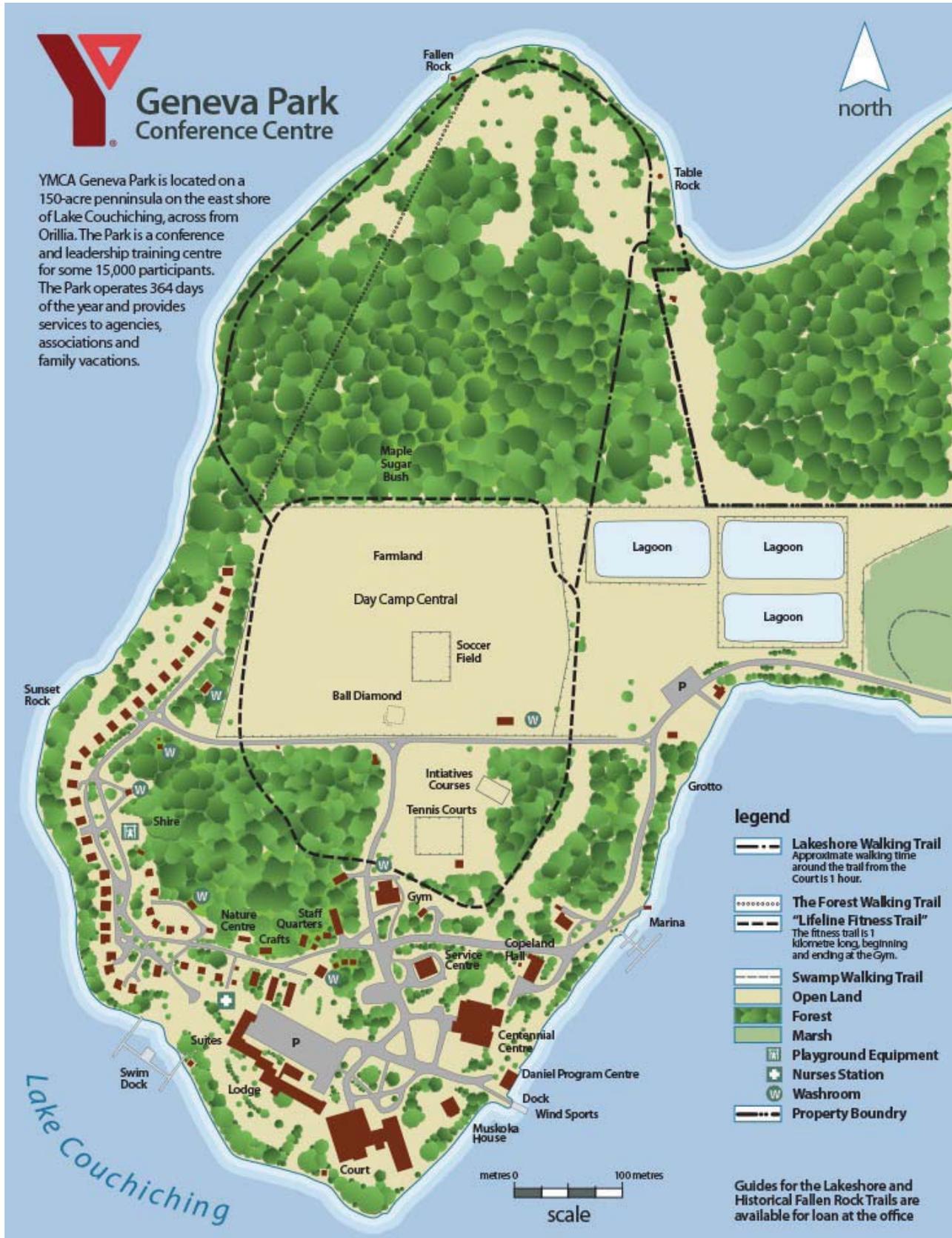
## Disable the Label 2015 Schedule

	Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30
TIME	CONNECT	EXPLORE	DISCOVER	INSPIRE
7:00-8:00		Yoga (Optional)	Yoga (Optional)	Yoga (Optional)
8:00-9:00		Breakfast	Breakfast	Breakfast
9:00-9:30				Show and Tell
9:30-10:00		Welcome + Harvest	Welcome + Harvest	Welcome + Harvest
<b>Morning Session</b> 10:00-12:30		Right Relations	Exploring Power and Leadership	Moving Forward Together
		Team-building Activity	Collective Knowledge Harvest	<b>11:30-12:30 Early Lunch</b>
12:30-1:30		<b>Lunch</b>	<b>Lunch</b>	
1:30-2:30		Break	Break	12:30 - 2:00 Closing Circle
<b>Afternoon Session</b> 2:30-5:30		TNM Group Knowledge Exchange	Skills Marketplace	
	<b>5:00-6:00 Early Dinner (First day only)</b>			
5:30-6:00		<b>Dinner</b>	<b>Dinner</b>	
6:00-6:30				
6:30-7:30	6:00 - 9:00 Welcome and Opening Circle	Break	Break	
7:30-8:00		Evening Session: Finding Your Strength	Talent (not required) Show	
8:00-8:30	Meeting Each Other & Exploring the Land			
8:30-9:00		Campfire		



## Geneva Park Conference Centre

YMCA Geneva Park is located on a 150-acre peninsula on the east shore of Lake Couchiching, across from Orillia. The Park is a conference and leadership training centre for some 15,000 participants. The Park operates 364 days of the year and provides services to agencies, associations and family vacations.



# NOTES

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THE NEW MENTALITY WOULD LIKE TO THANK THE FOLLOWING SPONSORS  
FOR THEIR GENEROUS SUPPORT



Children's Mental Health Ontario  
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