

August 21, 2018

## Concurrent Workshops

### *Developing skills to foster mentally healthy communities*

5 concurrent workshops will be offered to enhance skills in the use of tools and methods for practice and policies that support population child and youth mental health promotion.

### 3. Cyber Wellness

Presenter: Tayte Willows, Canadian Mental Health Association, PEI Division

In today's society, it is hard to ignore the internet and social media. As this area of communication continues to grow, it's important to learn about it's impact on our lives and our mental health. During this workshop we will explore the challenges and benefits that life online presents and learn ways to cope better for the sake of our mental health. It is important to peel these issues apart and explore the nuances as a society so that we can train the next generation to safely use these tools while understanding the potential impact on their self-esteem, their relationships, and their worldview (which are the three basic building blocks of mental health). This workshop is interactive and includes extensive discussion and exploration of our own personal experiences online. It helps to frame the conversation more appropriately for individuals who may not consider themselves tech-natives. Further, we apply a CBT approach to develop some appropriate coping strategies for anyone who chooses to have an online presence.

#### Connection with the ASI theme:

It is no secret that children and youth are growing up in a different world than many of us did. Their understanding of and interactions with social media and other forms of internet are a popular scape goat for their mental health concerns. This isolates youth from trusted adults in their world. By understanding cyber wellness, it will help us to better support and encourage children and youth as they grow up in an electronic age.

#### Participants will learn:

People will learn about the benefits and challenges of social media and explore how these impact their our mental health. People will apply a cognitive behavioural approach to interactions on social media and investigate how this impacts our sense of self, our sense of community, and our view of the world. People will be equipped with coping strategies to mitigate the risks of social media and to better control it's impact on their lives.

#### Lessons for scaling up or delivering policies and programs:

This workshop will give participants a better understanding of social media and online realities so that they can best support the youth around them. It will provide a better understanding for individuals who are trying to incorporate technology into their programs and policies. It will also provide tools for navigating the more difficult areas where youth are struggling online.

#### Presenter:

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Tayte is a tech-native, growing up in the technologically nostalgic generation. She graduated from UPEI with a Bachelor of science, majoring in Family Science. She works as the Community Development Manager for the Canadian Mental Health Association, PEI Division. Her role consists of assessing community need, developing, implementing, and evaluating new programs, and working to build community capacity. She enjoys puppies, chocolate and long walks on the beach.