

August 20, 2018

Opening Ceremony

MC

Malcolm Shookner

President, Atlantic Summer Institute on Healthy and Safe Communities

Malcolm Shookner has an extensive background in community development, social research, health promotion and public policy in the non-profit, academic and public sectors. He has worked on many projects that use indicators to measure the quality of life, sustainability, health and well-being of communities. Malcolm was formerly the Chief Statistician for Nova Scotia Community Counts (retired), a provincially supported website that provided information for and about communities.



Aboriginal Opening

Alma MacDougall, B.Sc.N., R.N.

MCPEI Residential School Program; Resolution Health Support Worker/Cultural Support Provider; Current President of Aboriginal Women's Association of P.E.I.

Alma MacDougall is an Aboriginal Registered Nurse from the Abegweit First Nation community. She has experience working in the Aboriginal health and community health nursing within a First Nations Community. Alma graduated from Dalhousie University with a Bachelor of Science in Nursing in 2001. Alma was the first Registered Nurse to work in Abegweit First Nation and worked there for three and half years. Alma also has experience working with Elders and has experience working in Long Term Care for ten years. Alma has worked at the local and national levels for Aboriginal and government organizations on various health issues.



Since 2009, she has worked as the Resolution Health Support Worker/ Cultural Support Provider for the Mi'kmaq Confederacy of PEI supporting Indian Residential School Survivors and their families on Prince Edward Island. She continues to train and specialize in Trauma, PTSD as well as addictions.

Laurie Ann Nicholas

Drummer/Singer, BSc., RD, CFNHM

Laurie Ann is a Wolastoqey (Maliseet) woman from the Neqotkuk (Tobique) First Nation in New Brunswick. She is a Cultural Practitioner, drummer, traditional dancer and a pipe carrier.

Laurie Ann graduated in 1988 from St. Francis Xavier University with a Bachelor of Science degree and in 1990 with the Ottawa Dietetic Internship program in 1990. She is a registered Dietitian and a Certified First Nation Health Manager, and has worked in the First Nation health field for 27 years. Laurie Ann is recognized for her work across Canada, including various positions in Moose Factory, Akwesasne and in the Atlantic region, as well as for her involvement on various community, regional and national committees. She is the co-founder of the Aboriginal Nutrition Network within Dietitians of Canada which began in 2001, and she is the Vice President on the Gignoo Transition Inc. Board. Laurie Ann spoke on Culture and Healing in Mental Health and Addictions at the 2015 Healing Our Spirit Worldwide Gathering in New Zealand.



Keynote Address

Dr. Trevor Hancock

Professor and Senior Scholar (retired), School of Public Health and Social Policy, University of Victoria; Senior Editor, Canadian Journal of Public Health

Dr. Trevor Hancock is a public health physician and health promotion consultant and retired this year from his position as a Professor and Senior Scholar at the School of Public Health and Social Policy at the University of Victoria. His main areas of interest are population health promotion, the links between health and global ecological change in the Anthropocene, healthy cities and communities, public health, healthy public policy, healthy and 'green' hospitals, health policy and planning, and health futurism. He is one of the founders of the (now global) Healthy Cities and Communities movement, originated the term 'healthy public policy', and has been described as "one of the ten best health futurists in the world".



He was appointed as a Senior Editor to the Editorial Board of the Canadian Journal of Public Health in 2014 and in 2015 was invited to join the Editorial Board for a new Journal, Cities and Health. Since December 2014 he has written a regular weekly column on population and public health for the Times Colonist, the daily newspaper in Victoria.

He was made an Honorary Life Member of the Canadian Public Health Association in 1990 and an Honorary Fellow in the UK's Faculty of Public Health in 2015. In 2017 he was awarded the R.D. Defries Award, the CPHA's highest award, presented for outstanding contributions in the broad field of public health, as well as a Lifetime Contribution Award from Health Promotion Canada.

Creating a Mentally Healthy Society: A challenge to our whole way of life

The Roman adage mens sana in corpore sano – a healthy mind in a healthy body – needs updating to mens sana in corpore sano in civitatem sana; a healthy mind in a healthy body in a healthy community. Because our mental wellbeing does not only depend upon our physical wellbeing – which is, by the way, a reciprocal relationship - but on the natural, built, social and economic environments we create in our communities and for that matter, in our society as a whole.

In this presentation I will explore the roots of good mental health in the settings where we lead our lives – home, school, work, malls and markets and institutions such as colleges, universities, hospitals and prisons - all of which are contained within neighbourhoods, communities, cities and ultimately our provinces, nations and the Earth.

I will link this to the health promotion strategies of the Ottawa Charter, starting with re-orienting health services, and then proceeding through the development of personal skills, strengthening community, creating supportive social and physical environments, and finally, the need for mentally healthy public (and private sector) policies. It takes a whole community and a whole society to raise mentally healthy people.