



McMan

In Our Community

Making a Difference

October 29 & 30, 2018
DoubleTree by Hilton, Edmonton AB



Proudly sponsored in part by:



www.mcmanconference.ca
Charitable Registration# 119035947RR0001

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CONFERENCE INFORMATION

This conference has been specifically designed to give perspective and provide tools to those working in the human services field and is geared toward:

- Direct Service Staff
- Supervisors
- Families and Caregivers

Dates: Monday October 29 - Tuesday October 30, 2018

Location: DoubleTree by Hilton West Edmonton
16615 109 Avenue, Edmonton, AB

Registration Cost (per individual):

Both Days:

Early Bird* \$275
Regular \$310

Single Day:

Early Bird* \$175
Regular \$195

Price includes continental breakfast and lunch.

*Early Bird - You must register by **Tuesday, October 9th** in order to get this rate.

For Additional Information Contact:

Marie Richard, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 222 | Email: marie.richard@mcman.ca

Scholarships

Scholarships may be available to direct service staff or family who require financial support in order to attend the conference.

For more information on scholarships please contact:

Melinda Noyes, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 226 | Email: melinda.noyes@mcman.ca



CONFERENCE AGENDA - DAY 1

MONDAY OCTOBER 29, 2018 (8:00 AM - 4:30 PM)

8:00 AM Registration & Continental Buffet

8:45 AM Welcome and Opening Remarks

9:00 AM Keynote Address

Fun Matters: Keeping The Bounce In Your Step - Barbara May

Everyone makes mistakes, everyone stumbles and falls and sometimes work-life gets complicated. The question is, do you know to keep going, keep bouncing and keep having fun? By talking openly about her struggles and triumphs, Barbara May shows you how to get past your stumbling blocks and be happy, motivated and productive.

BREAK

10:30 AM **CONCURRENT SESSIONS:**

1A KAIROS Blanket Exercise *Michelle Nieviadomy*

1B Best Practices for Employment Success *Ashleigh Benson*

1C Shadow Puppets - Creating with Wonder! *Wendy Passmore-Godfrey and Allan Rosales, WP Puppet Theatre*

1D Understanding Family Violence *Monique Methot, The Today Centre*

12:30 PM **LUNCH PROVIDED**

1:30 PM **CONCURRENT SESSIONS:**

2A Supporting Wellness Through Trauma Informed Care *Dr. Tanya Wasielewski and Jennifer Sadowski*

2B A New Perspective on Autism Spectrum Disorder *Terri Duncan*

2C Using Puppets and Art Therapy for Mental Health and Quality of Life: The View From The Inside *Wendy Passmore-Godfrey and Allan Rosales, WP Puppet Theatre*

2D Public Speaking Secrets: Unblocking Yourself to be a Better Presenter *Barbara May, Stumbling Blocks*



CONFERENCE AGENDA - DAY 2

TUESDAY OCTOBER 30, 2018 (8:00 AM - 4:30 PM)

8:00 AM Registration & Continental Buffet

8:45 AM Welcome and Opening Remarks

9:00 AM Keynote Address
David Irvine

The Art of Caring: Getting To The Heart of What Matters

We all come to the human services field because we care. But how do you care in a way that serves rather than consumes, that sustains rather than exhausts, that nourishes rather than depletes? Step back and gain a new perspective on caring from one of Canada's most respected voices on leadership and organizational culture. Based on David Irvine's book, *Caring Is Everything: Getting To The Heart Of Humanity, Leadership, and Life*, this inspiring, provocative, and engaging keynote session will leave you with a new view of caring to create a healing environment that sustains and renews.

BREAK

10:15 AM **CONCURRENT SESSIONS:**

3A Support Through a Harm Reduction Approach: A Case Example
Donna Brothers-Palfrey, COAST, AHS, Addiction & Mental Health, Disability Services

3B KAIROS Blanket Exercise *Michelle Nieviadomy*

3C Authentic Leadership, It's About Presence, Not Position *David Irvine*

3D Supporting People with Visual Impairments *Merico Tesolin, CNIB*

12:30 PM **LUNCH PROVIDED**

1:30 PM **CONCURRENT SESSIONS:**

4A Supporting Individuals Diagnosed with Borderline Personality Disorder *COAST*

4B Building Bridges of Trust, The Power of Interpersonal Excellence
David Irvine

4C Breaking Barriers to Employment *Panel Discussion, Moderated by Jane Bisbee, Executive Director, Social Enterprise Fund*

4D Mindful Hearts, A Winnifred Stewart Approach? *Jennalee Ritter*

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KEYNOTE SPEAKERS

MONDAY OCTOBER 29, 2018

FUN MATTERS: KEEPING THE BOUNCE IN YOUR STEP - *Barbara May*

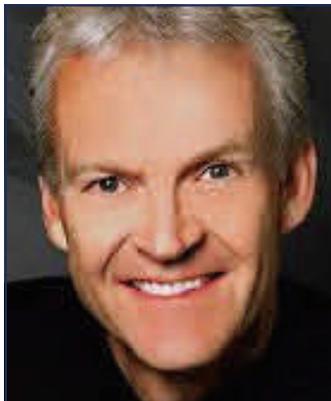
With more than two decades of work experience behind her in fields as diverse as sport and recreation, education, not-for-profit management, entertainment and government, Barbara brings a uniquely powerful mix of personal stories, humorous examples, and real-world insight to her programs and clients.



By talking openly about her struggles and triumphs, Barbara helps individuals and teams see and get past their stumbling blocks and be happy, motivated and productive.

TUESDAY OCTOBER 30, 2018

THE ART OF CARING: GETTING TO THE HEART OF WHAT MATTERS - *David Irvine*



David Irvine is a speaker, writer and advisor to leaders. His work has contributed to the building of accountable, dynamic and engaged organizations across North America. As one of Canada's most respected voices on leadership, organizational culture, and personal development, David has dedicated his life to creating workplaces, communities, and families that foster accountability, authenticity, and caring.

With a Master's Degree in Social Work, David originally trained as a family therapist and has integrated family systems theory into in the field of organizational development. This has resulted in successfully guiding leaders to amplify their impact through a stronger, deeper authentic presence and in turn, guiding organizations to create aligned, engaged, and vital workplaces.

David's keynote session is proudly sponsored by:



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SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 29

CONCURRENT SESSIONS - MORNING (10:15 AM - 12:30 PM)

1A KAIROS Blanket Exercise

Presented by Michelle Nieviadomy

The KAIROS Blanket Exercise is an enormously popular and successful teaching tool that uses participatory popular education methodology to raise awareness and understanding of the history of the relationship between Indigenous and non-Indigenous peoples in Canada.

Since its creation in 1996 as a creative, innovative and interactive way to educate Indigenous and non-Indigenous people about the major themes and recommendations of the Royal Commission on Indigenous Peoples, the Blanket Exercise has been conducted hundreds of times with thousands of people of all ages and from all backgrounds.

1B Best Practices for Employment Success

Presented by Ashleigh Benson, Gateway Association

An interactive workshop on best practices and innovative strategies to better support youth and adults who live with disabilities in finding employment.

We will discuss prevailing methods to uncover the right fit for employment success and how to work towards longevity in employment. We will go through case scenarios to provide a hands-on learning experience and promote collaboration amongst participants.

1C Shadow Puppets - Creating with Wonder!

*Presented by Wendy Passmore-Godfrey (BFA) and Allan Rosales (MA in Art Therapy)
WP Puppet Theatre, Calgary*

"The child had not said a word until he was behind the shadow screen". Shadow puppetry is wonderfully accessible for all ages and all competencies and provides lots of opportunities for creative play.

In this hands-on workshop we will share many ideas for making and storytelling with light and shadow, from exploring found 3-D objects, doing abstract shape tracing, using extruded recycled plastic, creating shadow environments, integrating various light sources and more.

Teamwork, problem solving and public speaking (albeit safely behind the shadow screen) are all promoted as well as some science and technology exploration. Participants themselves will also create and present a quick shadow puppet 'play-let'.

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SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 29

CONCURRENT SESSIONS - MORNING (10:15 AM - 12:30 PM)

1D Understanding Family Violence

Presented by Monique Methot, The Today Centre

This workshop will help service providers understand, address, and support clients affected by family violence, including an exploration of the unique barriers facing ethno-cultural clients. Participants will have increased skills in addressing these specialized issues, as well as supporting community resources.

DAY 1 - MONDAY OCTOBER 29

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

2A Supporting Wellness Through Trauma Informed Care

Presented by Dr. Tanya Wasielewski and Jennifer Sadowski, COAST, AHS, Addiction & Mental Health

Research has shown that people with intellectual/developmental disabilities are at significantly more risk of abuse and neglect than the general population, with studies reporting over 70% suffer from physical, sexual, and financial abuse.

Using a trauma-informed approach is key to better understand the people we support and by appreciating how trauma impacts their needs, we can better support them on their journey towards wellness.

In this introductory workshop, participants will learn about the impact of trauma on the person's emotional and physical well-being, what it means to be trauma-informed, and how to meet the needs of a person who has been traumatized within the role of direct support.

2B A New Perspective on Autism Spectrum Disorder

Presented by Terri Duncan, Children's Autism Services of Edmonton

As we learn more about Autism Spectrum Disorder (ASD) we are learning that some of our old assumptions don't apply. This session will present some of the new research in ASD and some of the perspectives that we've learned from advocacy groups. Reframing how we view challenging behavior helps us better support children, youth, and adults on the spectrum. The practical implications of this new framework will be discussed along with day to day strategies for those who work with individuals with ASD.

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SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 29

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

2C Using Puppets and Art Therapy for Mental Health and Quality of Life: The View from the Inside

*Presented by Wendy Passmore-Godfrey (BFA) and Allan Rosales (MA in Art Therapy)
WP Puppet Theatre, Calgary*

In 2015, Wendy Passmore-Godfrey and Allan Rosales met over a cup of tea to discuss how puppet making and art therapy could be used to support vulnerable populations. They decided to use the power of symbol and metaphor on a mask-body puppet to explore stories of mental health and wellness. The resulting four-phase project has participants creating the front of the mask to express the face they show the world, the inside of the mask to represent the self they protect and attachments on the mask to indicate community connections and past moments.

At this workshop participants will learn how Puppet Making and Art Therapy were incorporated to serve different populations; research that supports the program; and how we are developing tools to evaluate it for funders. Participants will also get the chance to create a sampler mask-body puppet, write a monologue, and perform in front of others if desired.

2D Public Speaking Secrets: Unblocking Yourself to be a Better Presenter

Presented by Barbara May of Stumbling Blocks

Have you ever wondered why some business leaders are so successful? It's because they not only know how to communicate effectively, but more importantly, they make becoming an engaging presenter a top priority. And that's where Barbara May comes in. She'll help you achieve incredible career success by teaching you how to speak in public with entertaining confidence and effortless style. Better yet, at the same time she'll help you get past your public speaking stumbling blocks and become an engaging presenter.



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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 30

CONCURRENT SESSIONS - MORNING (10:30 AM - 12:30 PM)

3A Support Through a Harm Reduction Approach: A Case Example

Presented by Donna Brothers-Palfrey, COAST, AHS, Addiction & Mental Health, Disability Services

Harm Reduction has received much attention as an approach to support youth and adults with intellectual disabilities/developmental disabilities engaging in high risk behavior, such as substance misuse and high-risk sexual behavior. However, many services, supports and family are conflicted with this approach, asking for clarity and direction about practical application and responsibilities.

This introductory workshop will examine the concept of "harm reduction" through the use of a case example to illustrate practical strategies that provide meaningful and comprehensive support. Through discussion of the key principles of this approach, participants will reflect on the philosophy behind harm reduction, acknowledging the balance between minimizing negative outcomes with the dignity of risk.

3B KAIROS Blanket Exercise

Presented by Michelle Nieviadomy

The KAIROS Blanket Exercise is an enormously popular and successful teaching tool that uses participatory popular education methodology to raise awareness and understanding of the history of the relationship between Indigenous and non-Indigenous peoples in Canada.

Since its creation in 1996 as a creative, innovative and interactive way to educate Indigenous and non-Indigenous people about the major themes and recommendations of the Royal Commission on Indigenous Peoples, the Blanket Exercise has been conducted hundreds of times with thousands of people of all ages and from all backgrounds.

3C Authentic Leadership - It's About PRESENCE, Not Position

Presented by David Irvine

Great leadership cannot be reduced to technique, position or power. Great leadership comes from the strength of one's authentic presence – the identity and integrity of the leader. While you might get promoted to be a boss, you don't get promoted to be a leader. Leadership isn't something that you get from your title. Leadership – your capacity to inspire and influence others – is something you earn by the decisions you make and the actions you take. Leadership is about building trust, inspiring the people around you with a compelling vision, engaging yourself and others, and achieving results through those you serve. Leadership is about accomplishing this with presence, not position.



SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 30

CONCURRENT SESSIONS - MORNING (10:30 AM - 12:30 PM)

3D Supporting People with Visual Impairments

Presented by Merico Tesolin, CNIB

The presentation will cover common eye diseases in Canada, living with vision loss, and an overview of programs and services offered by Vision Loss Rehabilitation and CNIB. It will also talk about how to interact with children, youth, and adults who are blind or partially sighted. There will be an opportunity for hands-on experience doing basic sighted guide techniques using vision simulators, as well as a demonstration of aids and devices used by people with vision loss.

DAY 2 - TUESDAY OCTOBER 30

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

4A Supporting Individuals Diagnosed with Borderline Personality Disorder

Presented by COAST

Borderline Personality Disorder (BPD) is a mental condition characterized by pervasive instability in mood, relationships, self-image and behavior. This instability often disrupts family and one's social life, everyday functioning, achieving life goals, and an individual's sense of self.

Supporting Individuals Diagnosed with Borderline Personality Disorder

- What is BPD?
- Understanding the experience and behaviors by person with BPD
- Myths and Facts about BPD
- Strategies in supporting individual with BPD
- Mindfulness-based Practical Exercises for Caregivers supporting persons with BPD



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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 30

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

4B Building Bridges of Trust, The Power of Interpersonal Excellence

Presented by David Irvine

Building and restoring trust is mission-critical in organizations today. At the core of effective and productive organizations and teams lies an abundance of mutual trust and respect based upon authentic and accountable connections. Regardless of what you do in your organization and your life, to be successful you must be able to connect with people in a way that builds trust.

With a background in family therapy, David Irvine offers an in-depth approach to interpersonal relationships that you won't find in mainstream leadership training programs. Leave this engaging, and practical session with the interpersonal skills necessary to build bridges of trust with those who depend on you, and those upon whom you depend.

- 1) Understand how the actions of every employee either builds or destroys the culture where you work.
- 2) Inspire deep trust in your organization through the power of interpersonal excellence.
- 3) Embrace conflict in a way that builds trust, respect, and focus.

4C Breaking Barriers to Employment, Panel Discussion

Panel Discussion, moderated by Jane Bisbee, Executive Director, Social Enterprise Fund. With panel members including Paul Keinick, Manager at Sobey's Cole Harbour N.S, winner of the Governor General's Meritorious Service Cross for inclusion.

Securing and maintaining employment can be a significant challenge for some people in our community. This panel discussion is comprised of employers who have encountered hurdles and achieved success in employing people from many walks of life, including hard to employ youth, people experiencing homelessness, and people with disabilities. Employers will discuss work environments, challenges and adaptations, and strategies for success. Come gather some ideas for practical application of approaches to successful employment.



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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 30

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

4D Mindful Hearts, A Winnifred Stewart Approach?

Presented by Jennalee Ritter, Winnifred Stewart Association

Mindful Hearts is a model of care offered by the Winnifred Stewart Association to train families and caregivers in how to provide "hands-on" care for persons with Alzheimer's and other dementias. The training program, Mindful Hearts, is intended for all caregivers caring for family members, seniors in supportive/ continuing care, and other agencies providing support to clientele diagnosed with Alzheimer's, or another form of chronic dementia in Alberta. Using training resources from around the world, Mindful Hearts is comprised of a number of techniques and care objectives to help caregivers serve their clientele.

People trained in Mindful Hearts are able to customize the care of the clientele day to day or even hour to hour, depending on the requirements. Mindful Hearts creates an atmosphere for clientele where they feel valued and understood; fear and anxiety will be successfully addressed and prevented, and the physical and emotional environment is calming and reflective of their life experiences to which they can easily identify. Not only are the clients happier and more composed, the caregivers are also now more confident that they can anticipate and address behaviors.

This session will provide an introduction to Mindful Hearts and some of the strategies that are used with the program.



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GENERAL INFORMATION

Date: Monday October 29, 2018
Tuesday October 30, 2018

Location: DoubleTree by Hilton West Edmonton
16615 109 Avenue, Edmonton, AB

Registration Cost (per individual):

Both Days:

Early Bird* \$275
Regular \$310

Single Day:

Early Bird* \$175
Regular \$195

*Early Bird - You must register by **Tuesday October 9, 2018** in order to get this rate.

Substitution and Refund Option

If after registering you find that you are unable to attend the conference a substitute participant from your organization may attend at no extra charge. Please submit names for each delegate being registered with their individual session choices.

Payments are non-refundable.

Host Hotel Information

This modern hotel is 3.2 km from Telus World of Science and 5.1 km from West Edmonton Mall. Flat-screen TVs and free Wi-Fi are offered in each room, alongside the subdued decor and custom-designed beds. Light breakfast is available, along with a casual lobby bar/restaurant and a dinner theater with live entertainment. Other amenities include a gym, an indoor pool and meeting rooms, plus free parking and freshly baked cookies upon arrival. There's also a 24/7 business center and pantry.

DoubleTree by Hilton West Edmonton has offered conference participants a special room rates starting from \$162 plus applicable taxes.

Participants must book their stay by **Tuesday October 16, 2018** to ensure the special rate. For Reservations call 780-484-0821. **(Make sure to reference the booking code: MCC)** Alternately you may also reserve a room through DoubleTree's booking link at <http://doubletree.hilton.com/en/dt/groups/personalized/Y/YEGNMDT-MCC-20181029/index.jhtml>

Please note: Rooms are subject to availability. Please book early to ensure space and conference rates.

**Some like it hot.
Some like it cold.**
For your own comfort
please dress in layers.



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REGISTRATION FORM

Registrations can be emailed to marie.richard@mcman.ca, faxed to 780-452-1942 or mailed to McMan at 11821 123 Street, Edmonton, AB T5L 0G7

Name: _____

If you are McMan staff, please check here

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code _____

Phone: _____ Email: _____

SESSION CHOICES - PLEASE REFER TO THE PROGRAM FOR DESCRIPTIONS

Please enter your first and second choice for each session in the event that your first choice is full.

MONDAY OCT 29 - DAY 1

1st Choice

2nd Choice

CONCURRENT SESSIONS - MORNING:

CONCURRENT SESSIONS - AFTERNOON:

TUESDAY OCT 30 - DAY 2

1st Choice

2nd Choice

CONCURRENT SESSIONS - MORNING:

CONCURRENT SESSIONS - AFTERNOON:

Payment:

(check one)

Two Day Full Registration:

- Early Bird Rate \$275 (If you register by Tuesday Oct 9)
- Regular rate \$310 (Registration Deadline is Tuesday Oct 23)

Single Day Registration:

- Early Bird Rate \$175 (If you register by Tuesday Oct 9)
- Regular rate \$195 (Registration Deadline is Tuesday Oct 23)

- Cheque or money order (payable to McMan)
Mail to: McMan - 11821 123 Street, Edmonton, AB T5L 0G7

- VISA or MASTERCARD Number: _____

Expiry Date: _____ Name on Card: _____

Cardholder Signature: _____

Additional Questions? Please contact:

Marie Richard, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 222 | Email: marie.richard@mcman.ca
www.mcmanconference.ca