



Manitoba Association of Secondary Teachers
of At-Risk Students

MASTARS Mental Health Day: Strategies and Suggestions for Assisting At Risk Youth at Home, in School and the Community

Winnipeg Sun Centre, 1455 Maroons Road

PROGRAM

8:30–9:00 a.m.

Registration and
Continental Breakfast

9:00–9:30 a.m.

Mental Health: A media perspective
Introduction with Marty Gold

9:30–10:15 a.m.

Mental Health first aid for the
school and community
Karen Kyliuk

10:15–10:30 a.m.

Nutrition Break

10:30–11:15 a.m.

Mental Health: Strategies for the
classroom
Henrique Braga

11:15 a.m.–12:45 p.m.

Lunch and Comedian Keener
Dougherty

12:50 p.m.

Afternoon Keynote
From a father's eyes
The Rt. Hon. Ed Schreyer

1:20–3:15

Anxiety Disorders: the medical
model
St. Boniface Hospital Team

KEYNOTE

Schreyer, The Rt. Hon. Edward Richard

Professional Background: Elected at 22 to the Manitoba Legislature 1958 (youngest mem. of Legislature); reelected 1959 and 1962; Lecturer—International Relations, St. Paul's Coll., Univ. of Man. 1962–65; elected to House of Commons for Springfield 1965; reelected 1968 as M.P. for Selkirk; elected Leader of Manitoba N.D.P. June 1969; Premier of Manitoba 1969–77 (Min. of Dom.-Prov. Relations; Min. of Finance 1972–74, Min. of Hydro Dev. 1970–77)

Mr. Schreyer will speak on the state of mental health services in Manitoba as a father and former Premier.



9:00–9:30 a.m.

**Mental Health:
A media perspective
Marty Gold**

9:30–10:15 a.m.

**Mental Health first aid for
the school and community
Karen Lynn Kyliuk, BSW**

This session will highlight a Whole School Approach to Mental Health Promotion recognizing the social benefits of: early identification, intervention and supportive strategies that can be easily implemented when working with students at risk. An award winning, evidence formed, and evaluated curriculum: Mental Health First Aid-for Adults who Interact with Youth will be presented as a proactive opportunity for Educators to enhance their understanding of mental health issues

and to refine their skills in knowing how to effectively assist youth at risk.

Karen has a social work background with 20 years experience in working in the mental health field, and with over 10 years as an Educator. Karen has designed and facilitated a variety of staff development curriculums on a range of mental health topics including: Work-Life Balance and Para Professional Mental Health Literacy Training. Audiences have included WRHA Staff, Mb Family services and Housing, Mb Hydro, RBC and Canadian Diabetes Assn.

Karen is a Master Trainer with Living Worlds Works Canada-ASIST, Certified Safe Talk Trainer, Certified MHFA Basic and Adults who Interact with Youth Instructor and Health and Behavior Change Facilitator. Karen is also thrilled to be the first Contract trainer with MHFA Canada being responsible for training new Mental Health First Aid instructors for the province of Manitoba.

MASTARS

10:30–11:15 a.m.

Mental Health: Strategies for the classroom

Henrique Braga M.Sc. PAC, School Psychologist with the River East Transcona School Division.

Graduated in 1992 Fort Hays State University at Kansas.

Career has expanded the province from Lynn Lake to Sprague Manitoba.

Experiences include Hospital setting, Private Clinical setting and School Setting.

For the past 15 years education has embraced the diversity of students, and expectations have been that teachers address all the individual needs. This brief presentation will look at the similarities amongst the diversity. Why do strategies for ADHD also help students with Anxiety, Memory Difficulties, Language Disorders, PDD, ODD and more.

11:15 a.m.–12:45 p.m.

Lunch and Comedian Keener Dougherty

Keener Dougherty makes sure you won't forget his name. A Winnipegger, who has toured the prairies, is becoming a fixture on the Canadian scene. From his over analysis of sports and animal behaviour, to his

strange past relationships, Keener will bring you into his worlds and make you feel sometimes you're laughing more at him than with him. Keener comes close to crossing the line a few times, but it feels good...and right. After all this, if you still can't remember his name...he'll wear it on his shirt.



12:50 p.m. Afternoon Keynote
From a father's eyes
The Rt. Hon. Ed Schreyer

1:20–3:15 p.m. Anxiety Disorders: the medical model
St. Boniface Hospital Team

The Anxiety Disorders Service for Children and Youth is a multidisciplinary service team with team members representing a variety of professional backgrounds. Team members have extensive experience in working with children and teens with anxiety disorders and bring their specific professional training and

expertise to this service. The Anxiety Disorders Service provides a range of assessment and treatment services to young people with anxiety disorders as well as to their families. The service is also involved in public education and various research activities.

This presentation will provide for an overview of the various anxiety disorders in children and teens as well as information about the associated features of these disorders. Information will also be provided about ways to identify highly anxious children especially within the classroom setting. Treatment approaches (both psychological and pharmacological) will be reviewed.

A major focus of this workshop will also be on providing attendees with practical suggestions and strategies that may be used in the classroom to assist children and teens with anxiety disorders. Participants will have the opportunity to apply some of their newly acquired knowledge through participation and interaction. A question and answer period will also be included.

REGISTRATION

MASTARS Membership Fees with SAG Conference
Full Member \$77.00
(\$25 Membership + \$52 Conference)

MASTARS SAG Conference Only
Non-Member \$76.00

MASTARS Membership Only
Full Member \$25.00

Refreshments
Continental Breakfast, coffee and tea breaks, and Served Hot Lunch are included in conference fees.

Suggested Accommodations
Clarion Hotel
1445 Portage Ave
Special Conference Rate: \$119

Registration
Sold out last year!
No onsite registration!
Please mail to our registrar:
1. Your Completed Registration forms.
Sorry, no half day registrations.

2. A Cheque or Money Order payable to M.A.S.T.A.R.S.
3. Indication if a vegetarian meal is required.

Send Registrations to:
Technical Vocational High School
C/O Susan Tozer
1555 Wall Street
Winnipeg, Manitoba
R3E 2S57

Conference Information
For more information, e-mail
stozed@wsd1.org.