



**FOCUS DISABILITY NETWORK  
SOCIETY**

## AGENDA



- 8:45 – 9:00 Welcome
- 9:00 – 10:15 Scott Williams – Mental Health: It's All in Your Head  
This session takes participants through a tour of brain development and its effect on impulse control, coping mechanisms, and functional and dysfunctional mental health; with the aim of teaching practical and transferable tools which work in the real world. You will be introduced to proven Cognitive Behavioural methods designed to help you arrest dysfunctional internal stressors and change negative thought patterns and the internal narratives which arrest personal mental wellbeing and growth.
- 10:15 – 11:00 Kristin Bower  
In 2019 the World Health Organization declared burnout as an “occupational phenomenon.” And as of May 2020, according to a new study conducted by the Angus Reid Institute, 50% of Canadians are currently experiencing mental health challenges resulting from the global pandemic. Creating an awareness of the impact of stress and burnout on mental health and how to foster psychologically safe workplaces will help participants to navigate this unique time and help to build healthy building blocks for the future. This 45-minute session will include the following topics:
- Burnout and workplace stress
  - How to respond to employer concerns and questions about employee mental health issues
  - Tools, tips, resources and a “call to action”.
- 11:00 – 11:15 Break
- 11:15 – 11:45 Dr. Marci Regambal – Psychological Vocational Assessments: A Valuable Tool for Vocational Planning  
While engaging in the vocational planning process clients may be experiencing complex social, cognitive and/or psychological challenges. Service providers may determine they need more information to assist these clients with achieving employment readiness, establishing an action plan, and successfully reaching their vocational goals. Psychological vocational assessments can provide valuable information to help the service provider and client with identifying strengths, providing clarification of mental health and learning challenges, providing recommendations for addressing barriers to employment, and making specific recommendations for employment and training. This presentation will provide information on when a client might benefit from a specialized assessment, how specialized assessments can help with vocational planning, and types of specialized assessments available.
- 11:45 – 12:00 Pat McLeod  
To conclude the session, Pat will talk about his lived experience and the support he has received on his journey.

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