



17th Canadian Collaborative Mental Health Care Conference

GROWING IDEAS

Keynote Presenters for 2016



Clara Hughes

Six-Time Olympic Medalist | Mental Health Advocate

“Being a champion is not just about winning,” says six-time Olympic medalist Clara Hughes. Believing that actions off the track define us as much as those on it, Hughes inspires people toward success in all areas of their lives. Her candid, personal talks range from how she believes sports can change lives to her struggle with depression—fully embodying the idea that each of us can overcome challenges to become the champions we’re meant to be.

Hughes is the only Canadian to have won medals in both the Summer and the Winter Olympics: in the 1996 Summer Olympic Games, she received two bronze medals in cycling; and over the course of three Winter Olympic Games, she received four medals—one gold, one silver, and two bronze—in speed skating. In addition, she served as the Canadian flag bearer for the 2010 Vancouver Olympic Games’ opening ceremony, and represented Canada with distinction at the London Summer Olympic Games in 2012, before retiring as an Olympian.

In 2014, Hughes yet again figured prominently in the eyes of Canadians as the national spokesperson for Bell Let’s Talk, a campaign designed to end the stigma of mental health issues. Undertaking “Clara’s Big Ride,” Hughes completed a 110-day national bicycle tour through every province and territory in Canada. As part of the ride, she covered more than 11,000km and visited 105 communities along the way.

Hughes is also the author of the bestselling and acclaimed memoir, *Open Heart, Open Mind*.

Over the course of her distinguished career, Hughes has won countless awards and accolades. She was named Female Athlete of the Year by Speed Skating Canada; she received the International Olympic Committee’s Sport and Community Trophy; she was honoured with a star on Canada’s Walk of Fame; she was inducted into Canada’s Sports Hall of Fame; and she was named an Officer of the Order of Canada.

Hughes sits on the International Board of Directors for Right To Play, a global organization that uses the transformative power of play to educate and empower children facing adversity. She holds honorary doctorates from the University of Manitoba, the University of British Columbia, and the University of Alberta.

Dr. Kathleen Pajer



MD, Chief of Psychiatry, Children’s Hospital of Eastern Ontario, Ottawa, ON.

Dr. Pajer joined the Children’s Hospital of Eastern Ontario (CHEO) in 2014 as the Chief of Psychiatry, Department of Psychiatry and Professor of Psychiatry, University of Ottawa Faculty of Medicine. She currently sits on the editorial board of the *Canadian Journal of Psychiatry* and recently ended an 8-year term on the editorial board of the *Journal of the American Academy of Child and Adolescent Psychiatry*. Prior to this job, she was the Chief of Psychiatry at the IWK Health Centre in Halifax for three years and Senior Physician of the IWK Mental Health and Addictions Program, where she was also Professor of Psychiatry and Pediatrics at Dalhousie University Faculty of Medicine. She has a keen interest in system change, continuous quality improvement, and patient-

focused care and research.

Dr. Pajer completed her M.D. at the University of South Alabama and later completed her Psychiatry residency at the Yale School of Medicine. While at Yale, she also obtained a Master's in Public Health (Chronic Disease Epidemiology). Dr. Pajer is the recipient of numerous grant awards, including funding by the U.S. National Institutes of Health. In 2009, she was recognized as one of "America's Top Psychiatrists". She was one of six women honoured at the Women Reshaping the World Conference held in Halifax in 2013. In the past five years, she has also been developing a blood test to diagnose depression in teens. She has studied the biological mechanisms for female anti-social behavior for almost 20 years. Check out her TED talk here: <https://www.youtube.com/watch?v=XChIUCAkYC0>.



Dr. Roderick McCormick

Dr. McCormick (Kaniienkehaka) is a senior Professor and BC Government endowed Research Chair in Aboriginal Child and Maternal Health in the Faculty of Human, Social, and Educational Development at Thompson Rivers University. Before moving back to his partner's home on the T'Kemplups Indian Reserve, Rod was a psychologist and counseling psychology professor at the University of British Columbia for 18 years. Rod has also been a therapist and clinical consultant/supervisor for the last 27 years. As a researcher, Rod been a Principal Investigator or Co-Investigator on 30 million dollars worth of federal or internationally funded research studies in Aboriginal health. Rod has published over 50 book chapters, journal articles, and numerous government research reports on Aboriginal health and mental health. One of his publications-Guiding Circles has sold over 75,000 copies worldwide. Rod has also been a keynote presenter or conference presenter at over 100 national and international conferences and is frequently called upon by the media to comment on Aboriginal mental health issues. Rod serves on numerous National committees/boards such as the Advisory Council of the Mental Health Commission of Canada and on the board of the CIHR Institute of Aboriginal Peoples Health.

Dr. Nick Kates



MD FRCPC MCFP (Hon.) Chair, Department of Psychiatry and Behavioural Neurosciences, Faculty of Health Sciences, MacMaster University.

Dr. Kates is a graduate of Charing Cross Medical School in London, England and has been a member of the Department of Psychiatry and Behavioural Neurosciences of the Michael G. DeGroote School of Medicine at McMaster University since completing his residency here in 1982. During that time he has played many roles within the department, including acting chair, director of the residency program, vice chair clinical, director of the Regional Psychiatry Program, and director of financial affairs, as well as serving as acting chief of psychiatry at St. Joseph's Healthcare Hamilton. He also has an associate membership in the Department of Family Medicine of the Michael G. DeGroote School of Medicine. His major academic activities are in the area of community and social psychiatry, global mental health, the relationship between mental health and primary care, quality improvement and redesigning systems of care, chronic disease management and innovative approaches to education.

Dr. Matthew Burkey



MD, PhD

Dr. Burkey is a child and youth psychiatrist and public health researcher. He completed his training at Johns Hopkins School of Medicine and conducted research as a faculty member in the Department of Psychiatry. His primary research interest is in improving access to effective, culturally compelling mental health services in underserved communities globally and in North America. He recently moved to Williams Lake, BC where he practices psychiatry at the Cariboo Chilcotin Child Development Centre. He is also involved in the BC Child and Youth Mental Health and Substance Use Collaborative, a multi-disciplinary local and provincial effort aimed at improving access to family-centered child mental health services.