

OHSC News - February 2022

OHSC Web-Conference Meeting

Please RSVP

Plan to join the OHSC web-conference meeting scheduled for:

Thursday, March 3rd beginning at 3:00 pm

Guest: Ever Active Schools, Katelynn Theal

Meeting Updates

- Ophea
- PHE Canada

Please indicate your participation through the [Doodle Poll](#) and kindly include the organization/agency you are affiliated with.

OHSC Healthy Schools Conference

May 24th and May 25th, 2022

Delta London Armoires
Dundas St. London ON

Reconnecting

The conference is specifically designed to be an active, in-person conference, with a creative agenda focused on engaging all participants with multiple opportunities to reconnect personally and network with colleagues from across Ontario.

Offering workshops that touch on the diverse theme of reconnection:

- Reconnection to students and supporting them in schools (social emotional learning, helping them thrive during pandemic times)
- Reconnection to land/the outdoors/nature
- Reconnection to youth, engaging youth/youth participatory approaches to health
- Reconnection to each other and fostering effective collaboration amongst and across organizations

KEYNOTE

[Dr. Jean Clinton](#)

Child Psychiatrist & Researcher, McMaster University



Reconnecting our Children is Essential

Dr. Clinton will speak to the power of connections for our children and youth and the effect that trauma can have on their brains.

The impact of trauma affects learning, memory, and behaviours. Dr. Clinton will help participants understand why these behaviours occur and strategies to support the child in rewiring their brain.

KEYNOTE

[Dennis Windego](#)

Psychotherapist Cree Board of Health; Social Services of James Bay (CBHSSJB)

Decolonizing Psychotherapy

Dennis will speak about trauma – historical, personal, the journeying within, and living a trauma-informed life. Dennis is a survivor of residential school, drug and alcohol abuse and family violence.



It is with this knowledge and his personal healing journey that has made him the admirable therapist, activist and teacher that he is today and the reason he can relate so personally with people.

Dennis Windego is from the traditional lands of the Anishinabeg community of Nigigoonsiminikaaning First Nation in northwestern Ontario. His Anishinabeg name is Zoongwebines, and he is a member of the Lynx clan. Dennis follows the teachings of his late father which guides his decolonizing approach to mental health, addictions, grief, and healing of trauma. He holds an MSW from Laurentian University. He also graduated from the community based, BSW (Hons) program through Seven Generations and Carleton University.

KEYNOTE

[Dr. Tracy Vaillancourt](#)

Professor & Research Chair, University of Ottawa



Social Isolation in Children & Youth During COVID-19: Prioritizing Relationships in Education

Dr. Vaillancourt is a Professor and Canada Research Chair in Children's Mental Health and Violence Prevention in the Faculty of Education and the School of Psychology at the University of Ottawa. She is a core member of the Offord Centre for Child Studies at McMaster University. Dr. Vaillancourt's research examines the links between aggression and biopsychosocial functioning and mental health.

Update on Research

New research has shown that the pandemic has negatively impacted children's mental health. Read more [here](#)

Norway has taken a new approach to sports that has put them on the Olympic podium. Read [here](#).

Right wing extremism is rising and youth are being trafficked. Read [here](#).

Research, Resources, and Learning Opportunities

February 22nd was *National Human Trafficking Awareness Day* focused on condemning the trafficking of women and children across international borders for the purposes of sexual exploitation. To learn how you can take a stand against human trafficking, visit these [resources](#).

Please note our web-meeting and conference date revisions below.

Make sure to mark the **2022 OHSC web-meetings (zoom)** beginning at 3:00pm on your calendar:

- **Thursday, March 3, 2022**
- **OHSC Conference May 24rd and 25th, 2022**



Got an article idea?

We welcome content submissions from our membership. Do you have a great resource, a successful program, relevant research, or a professional development opportunity that you would like us to feature? Send your content submissions to onthsc@gmail.com.