

CANADIAN MENTAL HEALTH ASSOCIATION,  
ALBERTA DIVISION presents

OCT. 28-29

# Working Stronger

2019 WORKPLACE MENTAL HEALTH CONFERENCE

Chateau Lacombe, Edmonton

WORK/LIFE BALANCE FACT OR FICTION?

## Call for Abstracts

In October 2019, the Canadian Mental Health Association (CMHA), Alberta Division is hosting a Workplace Mental Health Conference designed to guide Alberta's employers in achieving better mental health in the workplace.

*Working Stronger - Work/Life Balance: Fact or Fiction?* is two days of networking, information exchange and dialogue that will advance our efforts to support healthier workplaces across the province. It will bring together the most creative and inspiring mental health thinkers and leaders in the field.

**Our vision is mentally healthy people in a healthy society.**



The conference -  
**October 28 and 29, 2019**  
in **Edmonton** - will feature  
keynote speakers, workshops,  
panels, presentations, training  
opportunities and exhibits.

This conference is ideally  
suited to organizations and  
individuals interested in  
learning more and becoming  
champions of workplace  
mental health in Alberta.



## WORK/LIFE BALANCE FACT OR FICTION?

### WHAT WILL SET THIS CONFERENCE APART?

With a focus on workplace and personal wellness, occupational health and safety and law, and lived experiences, mental health leaders, researchers, people with lived experience, employers, managers, human resources professionals and occupational health and safety (OHS) workers will come together to advance thinking and practice in mental health in the workplace.

This conference is offering a robust and stimulating program of keynote speakers, presentations, panel discussions, training and excellent networking opportunities. The program, featuring three keynote speakers, will showcase successful programs and best practices regarding personal and professional wellbeing. Delegates will have the opportunity to choose from carefully curated workshops.

---

## Conference Streams

### Workplace & Personal Wellness:

How does personal wellness affect workplace performance? How can employers ensure their employees are practicing wellness at work and focusing on their wellness at home? Learn about factors that contribute to overall mental health of workers and how employers can encourage employees' holistic wellbeing. This stream will explain the importance of wellness in all aspects of the employee's life.

### Voice of Lived Experience:

Those who have lived experience with mental illness have a unique perspective on the workplace. This stream will explore the challenges, stigma and strategies of those who have experienced mental illness in the workplace and how it has affected their professional and personal lives. Stories of their journey will help demonstrate how employers and colleagues can encourage a healthy work environment for those living with mental illness.

### Occupational Health and Safety and the Law:

The Occupational Health and Safety and Law stream will showcase successful or emerging policies and practices that support the mental well-being of Alberta's workplace. This will include discussion of challenges, successes and learnings helpful to participants' understanding as well as the current law regarding mental health in the workplace and its implications in the Alberta context.

## WORK/LIFE BALANCE FACT OR FICTION?

# Call for Abstracts

## Instructions for Abstract Submission

Online Submission Link: [www.innovative4youevents.com/WS2019abstract.htm](http://www.innovative4youevents.com/WS2019abstract.htm)

## Submitting Your Abstract

Complete the following information:

- Identify the stream and area of interest
- Title of Presentation (relevant to submission/focus of your presentation)
- Educational Objectives
- Name(s) of presenter(s) as you would like them to appear in the conference program
- Identify format: 30, 60 or 90-minute Concurrent Session or Poster Presentation
- Key Contact Information (address, email and telephone number)
- Biography of each presenter (50 words or less)
- Abstract suitable for inclusion in the conference program (sales pitch/description of your presentation)
- Key points that will be in your PowerPoints or an outline of your presentation
- Presentation method details (also include audio/visual equipment required, room set up preference, etc.)

## All submissions will be evaluated using the following criteria:

- Relevance to the conference theme
- Clarity and coherence of the submission
- Contribution of knowledge, expertise or best practices
- Relevance and utility to participants
- Evidence that submission will encourage interaction among conference participants
- Key points of presentation and evidence of 'participant take-away'



## Call for Abstracts

### Acceptance as a Presenter:

Please note: **Presenters must be paid registrants.** Honoraria and travel reimbursement are not available.

An electronic version of the presentation must be submitted to the event manager shortly before the conference for posting to the CMHA Alberta website and to pre-load at the conference.

Presenters will be provided with a designated time to present by the conference committee.

### Presenter(s) may submit multiple abstracts for the conference

### Deadlines:

**Call for Abstracts Opens:                    JANUARY 7, 2019**

**Abstract Submission Deadline:        APRIL 3, 2019**

**Results Notification:                      APRIL 16, 2019**

We look forward to receiving your abstract submission!

For any questions regarding the abstract submission process, please contact:

**Sherry Sim, Event Manager**  
**Innovative Business Solutions**  
**Telephone: 1.866.655.8548**  
**Email: [sherry@innovative4you.com](mailto:sherry@innovative4you.com)**