Thriving beyond Surviving
Professional Practice Advisory Council Conference
Thursday May 14, 2015

Opening Keynote Speaker

Barry Shainbaum
Barry Shainbaum Productions
Broadcaster/ Speaker/ Photographer /Musician/Mental Health Consultant

Overcoming Mental Illness, How to Thrive Not Just Survive
This presentation is about restructuring the way we look at mental illness. First, looking at recovery as a goal that is attainable. Second, the potential of becoming stronger than before we fell ill, because of lessons learned from the struggle.

Closing Keynote Speaker

Kevin Hines via Skype

Cracked Not Broken...The Kevin Hines Story
Kevin Hines is a global speaker, author and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge.

He was awarded a Lifetime Achievement Award for his outstanding work as a suicide prevention advocate and speaker by the National Council of Behavioral Health. He has also been recognized by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs, and he has received a Three Star Marine General’s Medal Award in addition to his numerous accolades.

In the summer of 2013, Kevin released his memoir titled, Cracked Not Broken, The Kevin Hines Story. It has continued to sell out and is on several bestsellers’ lists.

Kevin's will to live and stay mentally well has inspired people worldwide. Thousands of people have reached out to him expressing thanks for his message of hope. His compelling story has touched diverse, global audiences.
Laura C. Ball, MA, Elke Ham, P.G.Dip., Jennifer Roters, MA, Nick West, Bfa, HbSc psych.

**Before and After: A Closer Look at Waypoint’s Therapeutic Climate through the Eyes of Staff and Patients**

In this presentation, the Therapeutic Climate Study team will talk about the changes in staff and patient perception at three points before and after the move from Oak Ridge and Brebeuf to the new Atrium building. The team will delve into the perceived differences and communalities found in the Therapeutic Climate, specifically focusing on qualitative and quantitative data pertaining to safety, restraint and seclusion, and recovery.

James Karagianis, MD FRCPC

**Archiving that Jiving: Thriving with CBT**

Dr. Karagianis will explain how negative thinking interferes with being at our best, and how we can retrain our minds using principles of cognitive behavioural therapy to better handle stress and conflict in our lives.

---

**Agenda Thursday, May 14th, 2015**

07:45  Sign in and Refreshments  
08:20  Welcome to attendees  
08:30  Opening Remarks  
08:45  Barry Shainbaum - *Overcoming Mental Illness, How to Thrive Not Just Survive*  
10:15  Refreshments Break  
10:45  **Before and After: A Closer Look at Waypoint’s Therapeutic Climate through the Eyes of Staff and Patients**  
11:10  James Karagianis - *Archiving that Jiving: Thriving with CBT (Part 1)*  
12:00  Buffett Lunch  
12:45  Waypoint’s Occupational Therapy Council ‘Mindfulness Activity” followed by *Archiving that Jiving: Thriving with CBT (Part 2)*  
13:45  Refreshments Break  
14:15  Kevin Hines via Skype - *Cracked not Broken: The Kevin Hines Story*  
15:15  Closing Remarks

---

**Accommodations**

980 King Street Midland, ON, Canada L4R 4K3  
Phone: 705-526-2090 Fax: 705-526-0419  
Toll-Free: 800-424-6423 [Comfort Inn Midland](http://www.comfortinns.com)

Please indicate you are attending Waypoint PPAC Conference to secure a special room rate of $80 per night.

Directions: From Toronto/Barrie: Take Highway 400 North to Highway 93 North to Highway 12 East.  
From Parry Sound/Sudbury: Take Highway 400 South to Highway 12. From Orillia: Take Highway 12 West.
Please print and complete this registration form.

First Name: 
Last Name: 

Title/Position: 

Organization: 

Address: 
City: 

Prov./State: 
Country: 

Postal/Zip Code: 

Telephone Number: 
Fax Number: 

Email: 

---

Early Bird Rates (January 19 to February 12, 2015)
- Fee $80.00

Regular Registration Rates (February 13 to April 30, 2015)
- Fee $100.00

Student Rates
- Fee $50.00 **
  ** To be eligible, students must be full time & provide proof of status (e.g. photocopy/scan of student identification)

Registration will close on Friday April 30, 2015 no exceptions
CANCELLATION POLICY Refunds will be issued if requested in writing on or before May 8 2015
$25.00 Administration fee will apply after May 8, 2015

Please indicate any special dietary requirements:

---

Payment Options:
- Visa
- MC
- Cheque (payable to: Waypoint Centre for Mental Health Care)

Credit Card #: 
Name on Card: 
CVV: 
Exp: 

For Waypoint employees only

Functional Centre: 
Manager’s Name: 
Manager’s Signature: 

Please send registration and cheque if applicable to:
Waypoint Centre for Mental Health Care
c/o Alison Townsend - Department of Professional Practice Rm A124
500 Church Street, Penetanguishene, ON L9M 1G3
Confidential Fax: 705-549-5348 Phone: 705-549-3181 ext. 2784
Email to: professionalpractice@waypointcentre.ca