

NEWS RELEASE

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Bottom Line Conference to Shine a Light on Top Issues Impacting Workplace Mental Health in Canada

Two-day national workplace mental health conference takes a look at psychological health and safety innovators transforming the Canadian workplace

Vancouver (March 6, 2018) – The #MeToo movement, the impending legalization of medical marijuana, the opioid crisis and the stresses of living in a digital world are all topics that have been top of mind for Canadians, and beyond, over the last year. They will also be the focus of the 15th Annual Bottom Line Conference, the Canadian Mental Health Association's national forum on workplace mental health, to be held at the Westin Bayshore in Vancouver on March 13 and 14.

The 2018 Bottom Line Conference will focus on mental health in the context of the ever-changing changing landscape of workplace culture. The year's theme is **Navigating the New Workplace: We All Have a Part** and the exciting schedule of speakers, panel events and workshops reflects the burning issues currently having an impact in psychological health and safety in the workplace such as generational change, a new understanding of substance use in the workplace, and changing expectations for work-life balance.

"We all truly do have a part to play" says Bev Gutray, CEO, CMHA BC Division. "Mental health is a shared responsibility and while the workplace is not always part of the problem, it can always be part of the solution".

Bottom Line will bring together a rich community of business leaders and workers, union representatives, policy makers and researchers to share their expertise and ideas to improve mental health in Canadian workplaces and to connect delegates with those who continue to help create a fairer, more productive and satisfying working environment for all Canadians.

The conference will feature workplace leaders of change as they talk about their successes, their failures, the challenges they see ahead, and what keeps them inspired.

Held over two days, program highlights include:

- 1) Women changing the workplace: Madam Justice Michele Hollins, Justice of the Court of Queen's Bench of Alberta.** As women rise in male-dominated fields, things change. Eleven years ago, litigation lawyer Michele Hollins was partner at her Calgary law firm, busy and happy with twin daughters when depression struck. A decade later she's been named Madame Justice to the Court of Appeal in Alberta and she says the workplace needs to change.
- 2) Living and Working in a Digital World: Rob Cottingham** is Canada's leading progressive speechwriter, presentation coach and leadership communications strategist. For nearly 30 years, he has helped leaders connect with audiences both digitally and offline — in a career that has taken him from Parliament Hill to the offices of premiers, mayors and CEOs. Rob speaks to a wide range of audiences on leadership communications, online engagement, social media and staying human in the networked digital era.

- 3) **The meaning of #MeToo: Raji Mangat** represented West Coast LEAF at the Supreme Court of Canada in a case about workplace harassment and power. She'll be sharing her insights on what the #MeToo movement means for workplaces.
- 4) **Work-Life Balance: Rhetoric vs. Reality:** Our Day 1 keynote speaker is author and workplace expert **Dr. Linda Duxbury**, Canada's leading speaker on work-life balance. Her call to change workplace culture is backed up with a practical roadmap for success.
- 5) **How to Get Ready for Cannabis in the Workplace:** The keynote speaker on Day 2 will be award-winning syndicated columnist **Dr. Dave Hepburn**, author of the hilarious *The Doctor Is In(sane)*. He is a medical researcher and a leading voice on how governments, organizations and employers should deal with the reality of cannabis use. Dr. Hepburn will walk you through the change to come in July 2018, when cannabis becomes legal in Canada.
- 6) **From Moral to Medical: The New Approach to Substance Use in the Workplace:** Canada's opioid overdose crisis has forced people to take a hard look at the traditional moral approach to substance use and addiction. Experts urge a shift to treat addiction as a health issue, not a personal failing. This panel will bring perspectives from medicine, public policy, the law, human rights and the lived experience of substance use to help you make the shift in your workplace.
- 7) **Into the Fire and Out Again: Vancouver Fire & Rescue Service's Chief Darrell Reid** has been there and back. He's led research for firefighters in Toronto, tackled high firefighter suicide rates in Strathcona County, Alberta, and is championing mental health for firefighters in Vancouver. He says that workplace culture can be a strength of the job, and it can also be a barrier to mental health that needs to change

For more information on the speakers highlighted here and the conference program, please see www.bottomlineconference.ca

Media are invited to attend this year's conference and there will be a media table on site. If possible, please register in advance by contacting CMHA's Lorna Allen: lorna.allen@cmha.bc.ca.

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About the Canadian Mental Health Association (CMHA)

Celebrating our 100th anniversary in 2018, CMHA is Canada's most established mental health charity and the nation-wide leader and champion for mental health. CMHA helps people access the resources they need to maintain and improve mental health, build resilience, and support recovery from mental illness. Each year in BC alone, CMHA serves more than 100,000 people all across the province. For mental health and addiction information and resources visit www.cmha.bc.ca.

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