Conference Summary

Bottom Line Conference reached our 15th year in 2018 with **Navigating the New Workplace: We All Have a Part** on March 13–14th. Participants reported the best conference experience so far, as we celebrated CMHA’s 100 year anniversary and fifteen years of shifting the conversation about workplace mental health. With yet another sold-out conference and a packed exhibitor room, this conference clearly has a momentum of its own.

Participants enjoyed this year’s beautiful oceanside venue at Marriott’s Westin Bayshore Hotel in Vancouver, and exceptional food and service.

Some key highlights from the participants feedback:

- Engaging keynote speakers on workplace culture, the new digital reality, the #MeToo movement and the role of women in changing the workplace
- Powerful personal stories about mental health from the worlds of IT, justice & corrections, event management and firefighting
- Skills-based, practical breakout sessions led by knowledgeable and engaging facilitators
- Rich conversations and knowledge sharing in a World Café discussion format
- A moving CMHA 100th anniversary multimedia performance combining images and live performers

"This conference has achieved critical mass. Things are changing. Let’s keep up the momentum"

**Evaluation by the Numbers**

99% would recommend the conference to a friend or colleague

95% said they increased their understanding of how to move forward their organizational mental health strategy

385+ total conference attendees
Top-rated plenary speaker Dr. Linda Duxbury presented research on what work-life balance really means in today's workplaces, and innovative approaches to creating more healthy and supportive work environments.

**Top-Rated Workshops**

All nine conference workshops earned strong ratings and feedback, with an average rating of 4.25 out of 5. The three workshops that earned top ratings were:

1. **Talking Tough: Reaching Field, Mill and Mine Workers**
   led by Gord Menelaws, Teck Resources, Trail

2. **Building Resilient Teams**
   led by Mary Ann Baynton, Great-West Life Centre for Mental Health in the Workplace

3. **Working Together, Common Ground: Joint Occupational Health & Safety Committees**
   led by Al Bieksa and Sheila Moir, BCFED Health and Safety Centre

Marissa Nahane of Chinook SongCatchers helped open the conference by sharing traditional Squamish and Nisga’a songs and dances.
Communications

Media Coverage
This year’s media coverage included interviews and stories featuring conference speakers Dr. Linda Duxbury, Dr. Dave Hepburn, and Darrell Reid on CBC Radio, Global News Vancouver, CKNW, Roundhouse Radio and in BC Business magazine.

17,550 visits to the Bottom Line Conference website
2,256 subscribers to conference e-news
6 notable media stories

Very powerful and inspiring. Mixture of practical experience and personal experiences, much appreciated.

In celebration of the Canadian Mental Health Association’s 100th anniversary, a moving presentation shared our nation’s mental health journey through images, words, and a live musical performance.
Sponsors

Sponsorship
The Bottom Line Conference is made possible with the help of our generous sponsors. Sincere thanks go to our supporters for helping us to promote mental health in the workplace.

Thank you to our long-time sponsors:
- Morneau Shepell — 15 years
- BCFED and Coast Capital — 13 years
- Great West Life — 12 years
- WorkSafe BC — 11 years
- Envision Financial / First West Credit Union and Best Service Pros — 8 years

And to our new sponsors, thank you for joining us:
- Frankie & Co
- Group Health / DMI
- Input Health
- Move Up
- Public Service Alliance of Canada
- Smythe LLP
- Teck

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Exhibitors

Alliance Medical Monitoring Inc.
BC Association of Kinesiologists
BC First Responders Mental Health Committee
BCFED Health and Safety Centre
BC Government and Service Employees’ Union
BC Partners for Mental Health and Addictions Information
BC Psychological Association
CBI Health Group
CMHA Workforce Mental Health Collaborative
Canadian Assembly of Narcotics Anonymous
Canadian Centre for Occupational Health and Safety
Canadian Mental Health Association, BC Division
Edgewood Health Network
Family Services Employee Assistance Program
Great-West Life and Great-West Life Centre for Mental Health in the Workplace
HeartQuest Addiction Wellness Centre
Homewood Health
InnerVisions Recovery Society
Iris the Dragon
Last Door Recovery Society
Mental Health Commission of Canada
Odin Books
Precision Medical Monitoring Ltd.
Ride Don’t Hide
University of Fredericton
Workers’ Advisers Office, BC Ministry of Labour
WorkSafeBC

90% rated the quality of the exhibit booths as very good or excellent

Outstanding convention—educational and energizing

Amazing conference left a very lasting impression on me. Felt very safe to speak.
Advisory Committee

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Julie Menten (Chair), Associate, Roper Greyell LLP
River Chandler, Director, Public Health Planning and Divisional Operations, BC Ministry of Health
David Durning, Consultant, Workplace Psychological Health and Safety and CMHA trainer
Jordan Friesen, National Associate Director, Workplace Mental Health, CMHA National
Bev Gutray, CEO, CMHA BC
Nina Hansen, Director, Occupational Health and Safety, BC Federation of Labour
Wendy Mah, Occupational Health & Safety Officer, BCGEU
Laurel Mansfield, Organizational Health Consultant, Great-West Life
Darlene Pinto, Director, Human Resources, Canadian Centre on Substance Use
Maya Russell, Director, Community Engagement, CMHA BC
Sari Sairanen, Director, National Health and Safety, UNIFOR
Chris Stairs, Associate, CanadaStartup.com
Paul Sullivan, Principal, Breakthrough Communications

“Thank you so much for this wonderful experience. It was well organized and I am leaving with much education and inspiration to pass on.”

New to this year’s program, a World Café session invited participants to collaborate and explore key issues together in small, focused discussion groups.
Wherever your organization is at, CMHA BC has resources and programs to help you promote organizational mental health.

**Workshops and Training**
CMHA BC offers a range of workshops for workplaces. All can be tailored to your specific needs. Workshops are delivered by certified trainers. Costs range from $500 to $3000 depending on the workshop chosen, size of group, location and workshop length.

**Engagement Opportunities**
Host a lunch and learn or a more in-depth session for your employees. CMHA BC is also available to host an information table at a corporate event.

**For My Health!**
For My Health! is a fun and interactive health event integrating physical and mental health screening and education. After screening, participants meet one-on-one with a coach to review results and set a health improvement goal.

Learn more about these and other opportunities at [www.cmha.bc.ca](http://www.cmha.bc.ca) or by contacting [workplaces@cmha.bc.ca](mailto:workplaces@cmha.bc.ca)

For more information on the Bottom Line Conference, or to book your sponsorship for next year, please contact [conference@cmha.bc.ca](mailto:conference@cmha.bc.ca)