



FIFTH ANNUAL  
**MCMASTER**

# **HEALTH ADVOCACY**

Symposium

SATURDAY, SEPTEMBER 22, 2018

**PROGRAM**

# SYMPOSIUM SCHEDULE

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Time	Item	Location
09:00 – 09:20	Conference Registration / Light Breakfast	2nd Floor Lobby
09:20	Registration Closes	
09:25 – 09:30	Welcome Address	Auditorium (Room 2032)
09:30 – 10:30	<b>OPENING KEYNOTE</b> <i>Integrating the Definition of Indigenous Homelessness into Medical Practice: Methods of Indigenous Knowledge Application</i> <b>Jesse Thistle</b>	Auditorium (Room 2032)
10:30 – 10:45	Nutrition Break	2nd Floor Lobby
10:45 – 11:45	<b>WORKSHOP 1</b>	
	<i>Uprooting the Structural Determinants of Health: Growing Anti-Oppressive Health Justice Theory and Praxis</i> <b>Dr. Nanky Rai</b>	Room 2035
	<i>Cutting Through the Noise: Using New Media to Tell Stories for Change</i> <b>Allison Leonard</b>	Room 2013
	<i>Migrants and Newcomers in Hamilton: Advocating for Health for All</i> <b>Dr. Rachel Erstling</b>	Room 2017
	<i>Violence in the Canadian Medical Industrial Complex: Imagining Alternatives and Futures</i> <b>Shanthiya Baheerathan</b>	Room 2018
	<i>Health Equity within Elementary and Secondary Schools: A Comprehensive Approach</i> <b>Alison Schure</b>	Room 2019
	<i>The Opioid Crisis, Harm Reduction, and Hamilton: Building the Skills to Respond</i> <b>Lisa Warburton, Chrissy Hawkins, Kathy Guffroy</b>	Room 2036
11:45 – 12:30	Lunch	2nd Floor Lobby

Time	Item	Location
12:30 – 13:30	<b>WORKSHOP 2</b>	
	<i>Uprooting the Structural Determinants of Health: Growing Anti-Oppressive Health Justice Theory and Praxis</i> <b>Dr. Nanky Rai</b>	Room 2035
	<i>Cutting Through the Noise: Using New Media to Tell Stories for Change</i> <b>Allison Leonard</b>	Room 2013
	<i>Migrants and Newcomers in Hamilton: Advocating for Health for All</i> <b>Dr. Rachel Erstling</b>	Room 2017
	<i>Violence in the Canadian Medical Industrial Complex: Imagining Alternatives and Futures</i> <b>Shanthiya Baheerathan</b>	Room 2018
	<i>Health Equity within Elementary and Secondary Schools: A Comprehensive Approach</i> <b>Alison Schure</b>	Room 2019
	<i>The Opioid Crisis, Harm Reduction, and Hamilton: Building the Skills to Respond</i> <b>Lisa Warburton, Chrissy Hawkins, Kathy Guffroy</b>	Room 2036
13:30 – 13:45	Nutrition Break	2nd Floor Lobby
13:45 – 14:45	<b>CLOSING KEYNOTE</b> <i>Running the Rapids: Navigating the Waters of Personal and Professional Health Advocacy</i> <b>Dr. Monika Dutt</b>	Auditorium (Room 2032)
14:45 – 15:00	Closing Remarks	Auditorium (Room 2032)

# CONTENTS

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- |          |   |           |  |
|----------|---|-----------|--|
| <b>1</b> | <b>Symposium Schedule</b>                 | <b>5</b>  | <b>Keynotes</b>                        |
| <b>3</b> | <b>Contents &amp; Contact Information</b> | <b>7</b>  | <b>Workshops</b>                       |
| <b>4</b> | <b>Letter from the Co-Chairs</b>          | <b>10</b> | <b>Acknowledgements &amp; Sponsors</b> |

## CONTACT INFORMATION

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# #MHAS2018



# LETTER FROM THE CO-CHAIRS

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Dear Attendee,

Welcome to the Fifth Annual McMaster Health Advocacy Symposium!

The McMaster Health Advocacy Symposium was founded five years ago. Since the inaugural event, this event has grown into a day that has inspired hundred of bright future healthcare providers from several Canadian universities, giving an entirely new perspective on their future careers. We are thrilled to continue on with the aim of building capacity and momentum for health advocacy amongst all of you.

This event also aims to stimulate interdisciplinary dialogue between those who will be working in health care, policy, and research and towards greater equity and health outcomes for all. **Please take this opportunity to meet each other, network, share ideas, and work toward future collaborations to advance health!**

The Fifth Annual McMaster Health Advocacy Symposium will bring together current and future interdisciplinary experts to stimulate dialogue about health advocacy in a unique and inspiring environment. This is an opportunity to explore and develop skills necessary for effective advocacy, learn from the challenges and successes of our outstanding speakers and workshop facilitators, and consider some of the most important issues in Canadian healthcare. **Engage, ask questions, and dig deeper today as you reflect on the amazing opportunities that await you.**

Above all, we hope that your interactions with both speakers and colleagues today will inspire you to pursue future roles as health advocates – for individual patients and beyond, at the community, institutional, societal, and global levels.

We look forward to meeting you! Have a wonderful day!

Sincerely,

Claire Bodkin, Nikhita Singhal, Christina Ma, Jane Tooley, Jesse Bauman, and Kolina Tavares  
McMaster Health Advocacy Symposium 2018 Planning Team

# OPENING KEYNOTE

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## *Integrating the Definition of Indigenous Homelessness into Medical Practice: Methods of Indigenous Knowledge Application*

09h30 in the Auditorium (Room 2032)

In 2017 the Canadian Observatory on Homelessness released a landmark document, the Definition of Indigenous Homelessness, that, it is known, changed the landscape of homelessness studies both domestically and internationally. The Definition was written by Thistle, Weissman, Baskin, Allard, and Guibouche in consultation with over 50 Indigenous frontline workers, scholars, academics, and people with lived experience. Central to the Definition was the idea that Indigenous homelessness is a breakdown of healthy relationships – social, cultural, emotional, spiritual, political, economic – the end result being absolute Indigenous homelessness, or ‘sleeping rough’ or ‘at risk of homelessness’ as it is more commonly understood by the Canadian Definition of Homelessness (COH 2012).

The Indigenous Definition of Homelessness also caught the attention of social service providers and medical practitioners at St. Michael’s hospital in Toronto. Specifically, Michif Dr. Janet Smylie MD, Well Living House, and Inner City Health Associates Toronto approached Thistle, the primary author of the Definition, in autumn 2017 and charted out a path to integrate some of the concepts contained within the document into health service provisions. ICHA have funded the research and the project is housed at Well Living House under Dr. Smylie’s direction.

The hopes are that medical practice across Canada can be positively changed to better serve Indigenous homeless people using the Definition’s social theories of disconnection from kin. Thistle will speak about the process behind the Definition’s construction, as well as the progress he’s made with working with WLH, ICHA and co-investigators Dr. Smylie and Nancy Laliberte and Michif Elder Maria Campbell. He will detail some results of his summer 2018 research, and how ceremony and Indigenous knowledge has been given primacy in the new ICHA project, and what it means for Indigenous and non-Indigenous practitioners.



### JESSE THISTLE

Jesse Thistle is Cree-Metis on his mother’s side and Scottish and Algonquin on his father’s side. Jesse is a P.E. Trudeau and Vanier Scholar, as well as a Governor General Silver Medalist. He is a Ph.D. student in History at York University. Jesse is the current Resident Scholar of Indigenous Homelessness at the Canadian Observatory on Homelessness where he recently drafted the National Definition of Indigenous Homelessness in Canada. His journey from homeless addict to successful university student is unusual among graduate students, but his lived-experience path has shaped the way he approaches homeless studies, Indigenous history, social work, and addiction studies.

## CLOSING KEYNOTE

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### *Running the Rapids: Navigating the Waters of Personal and Professional Health Advocacy*

13h45 in the Auditorium (Room 2032)

Being an advocate can look different depending on where you are in your training, the roles you hold, and systems you live in that can uplift some and stifle others. Advocacy also entails a range of activities, from working to meet the social needs of a patient, to a meeting with a politician, to non-violent protest, to recognizing the humanity of the person in front of you. This talk will explore (1) the necessity, nature and privilege of advocacy and what it means in the context of health/illness care, (2) challenges that come when efforts clash with the approaches of supervisors, colleagues and institutions, (3) the ongoing need to challenge harmful systems, as well as (4) provide examples of powerful mobilization by health care providers.

#### DR MONIKA DUTT

Monika Dutt has been a Medical Officer of Health in Nova Scotia, northern Saskatchewan and Ontario. She was recently the Executive Director of a non-profit called Upstream, which focuses on changing policies to improve health. She has worked in health policy at the federal level and is on the Board and the past chair of Canadian Doctors for Medicare. She has been a family doctor in several First Nations, and has practiced in rural and remote settings across Canada and India as well as in larger centres. Her favourite place to be is outdoors with her seven-year-old son.



# WORKSHOPS

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## *Uprooting the Structural Determinants of Health: Growing Anti-Oppressive Health Justice Theory and Praxis*

10h45 & 12h30 in Room 2035

While medical education strives to teach us about the social determinants of health and health advocacy, our formal curricula are often inadequate in examining how power and privilege are reinforced through health care policies and practice. This workshop will focus on the historical foundations of Canada's health care system and its ongoing role in perpetuating oppression. The goal is to understand and uproot settler colonial health care history in order to grow anti-oppressive practices that truly improve health equity.

### DR NANKY RAI

Nanky Rai is a migrant settler from India-occupied Kashmir and currently living in Toronto, on the traditional Indigenous territory of the Wendat, the Anishinaabek, Haudenosaunee, and the Mississaugas of the New Credit. She is formally trained in public health and family medicine. Their interests include building anti-oppressive medical education and clinical practice as well as health activism. In addition to being the recipient of University of Toronto's 2017 Robert Sheppard Award for Health Equity and Social Justice, she is also the recipient of St. Michael's Hospital's Department of Family and Community Medicine Quality Improvement Impact Award and Resident Advocacy Award.

## *Cutting Through the Noise: Using New Media to Tell Stories for Change*

10h45 & 12h30 in Room 2013

Effective, ethical communication is a massive challenge in the era of fast-paced online news and social media. In this session, we'll consider how you can use modern communication tactics – social media, web presence, connecting with reporters, and more – to break through the noise and engage the public on pressing medical issues.

### ALLISON LEONARD

Most of the time, Allison Leonard is the managing editor at the Centre for International Governance Innovation (CIGI), where she focuses on making complex public policy issues accessible through engaging journalism. Outside of CIGI, Allison is a freelance writer and editor. She teaches non-profit communications at Conestoga College and occasionally writes about social and cultural issues. Her work has appeared in TVO, CBC and a number of locally-focused publications.



## *Migrants and Newcomers in Hamilton: Advocating for Health for All*

10h45 & 12h30 in Room 2017

This workshop will explore best practices as well as the challenges of providing mental health care to newcomers. Specifically, the presenter will discuss her role in working collaboratively with a primary care clinic (Refuge Hamilton Centre for Newcomer Health) to deliver psychiatric services to newcomers in Hamilton.

### DR RACHEL ERSTLING

Dr. Rachel Erstling is an Assistant Clinical Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She completed her MD training at the University of British Columbia in 2004, and her Postgraduate training in Psychiatry at McMaster University in 2010. She has a strong interest in working with marginalized populations. In addition to her work as the Consulting Psychiatrist with Refuge Hamilton Centre for Newcomer Health, Dr. Erstling also works as a Consulting Psychiatrist for the Shelter Health Network, and on an Assertive Community Treatment Team in the Niagara Region.

## *Violence in the Canadian Medical Industrial Complex: Imagining Alternatives and Futures*

10h45 & 12h30 in Room 2018

"Disability justice moves beyond rights- and equality-based approaches, beyond access and inclusion in unjust systems, instead working towards collective justice and liberation, towards transforming society as a whole." – Mia Mingus

In this workshop, we will briefly go through the medical and social models of disability, and the intersections of disability with other systems of oppression such as race, class, and gender. Then, using Disability Justice framework, we will look at the history and intersections of violence against people with disabilities, people of colour (specifically Indigenous and Black people and women of colour), and women. Then, in order to fully interrogate the Medical Industrial Complex in Canada, we will go through contemporary cases that will show how Disability Justice can go beyond the access and rights frameworks to imagine a transformed society.

### SHANTHIYA BAHEERATHAN

Shanthiya Baheerathan is an anti-violence and disability justice organizer from the Disability Justice Network of Ontario. She has worked outside and within health systems as an advocate for individuals who have experienced medical violence and sexual violence and works to centre disability justice in all of her work. She is driven by a vision of a transformed society, where access and rights are just a starting point, where dignity, liberty, bodily autonomy and justice are an everyday reality for people with disabilities.



## ***Health Equity within Elementary and Secondary Schools: A Comprehensive Approach***

10h45 & 12h30 in Room 2019

This workshop will outline the highly complex nature of health equity, via a social determinants of health lens, and how certain frameworks structure the ways in which the education system functions for all populations. We will delve into preconceived biases and values, in order to challenge our ways of thinking, with respect to how we practice and work with respective clients/patients. A highly interactive session, with the hope of focusing on positive change, in a supportive and inclusive learning environment. All are welcome.

### **ALISON SCHURE**



Alison Schure completed her Honours Bachelor of Arts in Health Studies from McMaster, then continued with a Masters in Public Health from the University of Toronto's Dalla Lana School of Public Health, and finished with a Bachelor of Science in Nursing degree from McMaster University (accelerated stream). Currently, she is a part-time faculty member within McMaster's School of Nursing, with a focus on the Social Determinants of Health. She is a Public Health Nurse, with a large focus on social justice and health equity, within the community, with a focus on priority populations and schools. Currently, her work focuses on the difficult task of balancing health equity, and the structure of institutions, and systems, in order to guarantee equitable health outcomes for all.

## ***The Opioid Crisis, Harm Reduction, and Hamilton: Building the Skills to Respond***

10h45 & 12h30 in Room 2036

This workshop will be co-facilitated by Public Health nurse, a harm reduction worker from the AIDS Network, and a community member with lived experience. These three experts will provide a brief overview of the principles of harm reduction, as well as a survey of the current state of drug use in the Hamilton area, especially relating to opioid use. They will share practical strategies for working with clients who use substances, and will run workshop participants through a naloxone training so they can respond appropriately to an overdose.

### **CHRISSY HAWKINS**

Chrissy is a person with lived experience. She has been a peer volunteer with the Elizabeth Fry society for 15 years, and for 7 years as a peer support volunteer with the AIDS Network's van needle exchange program. For 7 years she's done peer support with the Mental Health Rights Coalition, where she is also currently the board chair. She has done numerous training programs in mental health and addictions, and is part of the Hamilton Opioid stakeholders committee and the supervised injections site committee.

### **LISA WARBURTON**

is a harm reduction worker at The Aids Network in Hamilton.

### **KATHY GUFFROY**

is a public health nurse in the harm reduction program in Hamilton.

# ACKNOWLEDGEMENTS

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- Dr. Tim O'Shea (Symposium Faculty Advisor)
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- Linda Bondy (PIPER)
- Matilda Kim (Event Photographer)
- David Braley Health Sciences Centre
- Our classmates & colleagues

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