

Return to Work The Road to Resiliency

Wednesday,
April 13, 2022

RRWP—committed to professional
development for over 25 years



Victoria Inn Hotel & Conference Centre
1808 Wellington Avenue, Winnipeg, Manitoba
Special room rate of \$140 per night for RRWP registrants
Group Code 230820

Presented by
Rehabilitation Return to Work Partnership
<http://rrwp.ca/>



Register Online Today! \$175

<https://www.eventcamp.ca/event/RTW2022>

Timetable

Time	Presenter & Topic
7:30 a.m.	Registration, Continental Breakfast and Trade Show Exhibits
8:15 a.m.	Opening Remarks
8:20 a.m.	Peter Gove <i>The Medicalization of Unhappiness</i>
9:20 a.m.	Stretch Break
9:30 a.m.	Dr. Ginette Poulin <i>Jointed or Disjointed — An Overview of the Science of Cannabis</i>
10:30 p.m.	Nutrition Break, Trade Show Exhibits
10:45 p.m.	Dr. Ginette Poulin <i>Jointed or Disjointed — An Overview of the Science of Cannabis — continued</i>
11:45 p.m.	Lunch, Trade Show Exhibit
12:45 p.m.	Prize draws
1:00 p.m.	Stephanie Mages and Kent Blackmon <i>New Normal...Same Principles</i>
2:00 p.m.	Stretching and Nutrition Break, Trade Show Exhibits
2:30 p.m.	Paul Krismer (Positive psychology) <i>Happiness and Success — The Serious Business of Positive Emotions</i>
3:30 p.m.	Closing Remarks and Trade Show Prizes

Conference Summary

This one-day conference will provide current information and resources to assist you in working through challenging issues in disability management.

Peter Gove will begin the day talking about the changing landscape of mental health diagnoses, touching on whether normal, expected bouts of sadness become “medicalized”. **Dr. Poulin** will then provide insight to help us to understand the effects of cannabis on the brain and how we can recognize when problems might be developing, and how to limit potential harms from using cannabis. In the afternoon **Kent and Stephanie** will explore leading safety, health and wellness in times of change and lessons learned during the COVID 19 Pandemic. The day will conclude with an inspirational presentation from **Paul Krismer** who will share simple applicable skills that will lead to your own personal happiness which will in turn positively influence those around you.

Who Should Attend?

- case managers and rehabilitation consultants
- members of the medical and health care communities
- employers and unions
- human resource professionals
- social workers

CCRC, CVRP and RRP credits are available for attendance at the conference. Proof of attendance certificates will be available upon request.

Trade show and sponsorship opportunities available.
Trade show registration: \$400 — Spots are limited!

Pre-registration questions? Shannon Weiss at sweiss@wcb.mb.ca
General questions? Carla Link at clink@mpi.mb.ca



Conference Presenters

Peter Gove

Peter Gove is an Innovation Consultant, Health Management with Green Shield Canada (GSC). Previous to his consulting role, he had oversight for initiatives under GSC's Change4Life™ banner. Change4Life™ is aimed at supporting Canadians to better manage their health. The initiative utilizes advanced analytics to proactively identify plan participants who are at risk of developing, or who have developed a chronic disease and to reach out to them with focused programs.

Prior to coming to GSC, Peter was responsible for the national disability management and life insurance claims program for a large Canadian life insurance company.

Peter has a master's degree in social work and is a registered social worker. Continuing his education, he started a PhD program in Applied Health Science at the University of Waterloo. He has presented internationally in the areas of health management and disability management and was the recipient of the 2014 Vision and Values Award presented by the Canadian Life and Health Insurance Association.

The Medicalization of Unhappiness

Peter Gove, GSC's Health Innovation Leader, examines the history of mental illness in Canada, how it has been treated, and/or gone untreated, as well as the consequences of the practices that have prevailed. He will also review how much the landscape has changed over the last few decades. Peter will zero in on the changing medical and social landscape that has led to the proliferation of mental health diagnoses and the widespread prescribing of anti-depressants. He will touch on whether normal, expected bouts of sadness become "medicalized" and are we in turn medicating large portions of the population across the varying age bands. Are there other strategies for care that would better help these patients? Where do therapy and wellness professionals fit in? What are the options available and what are the statistics that support these options?

Dr. Ginette Poulin

Dr. Ginette Poulin is a Family Physician with specialization in Addictions Medicine and a Registered Dietitian (B.Sc., B.Sc (H.N.S.), RD, MD, CFPC (AM), CISAM, CMCBT). She is originally from Thompson, Manitoba and after having ventured to various provinces and countries to pursue her studies, she has returned to her home province where she is currently practicing medicine in a variety of settings. Experienced in both rural and urban health care; Dr. Poulin delivers health services through emergency, hospital, clinic, and inner city house calls.

She has a special interest and international certification in Addictions Medicine, offering services in Opiate Replacement Therapy and Residential Programs. She serves vulnerable populations including those that reside in the inner city and marginalized populations provincial-wide along with those suffering from mental health and addictions issues.

Dr. Poulin has taken on Leadership roles in medicine serving as Medical Director at the Addictions Foundation of Manitoba and also as the Director of the Mentorship and Clinical Enhancement Program for International Medical Graduates at the College of Medicine, University of Manitoba. She serves on numerous committees including physician examination and qualification standards with the College of Family Physicians of Canada and the Medical Council of Canada. She is the clinical lead (Prairie Node for CRISM — Canadian Research Initiative in Substance Misuse) for the development of National Guidelines for best practices in the clinical management of Opioid Use Disorder.

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She strives to contribute in the improvement of health care — its delivery, access, as well as its quality for all Manitobans alike. She works on National standards of practice, delivery of evidence-based care and de-stigmatization of Addictions and Mental Health as a national speaker, advocate and consultant.

Jointed or Disjointed — An Overview of the Science of Cannabis

Dr. Poulin's talk will provide an understanding of the biology and physiology of the cannabis plant. She will discuss what the new legal status of cannabis means and differentiate between medical and recreational cannabis use. She will then help us to understand the effects of cannabis on the brain and how we can recognize when problems might be developing, and how to limit potential harms from using cannabis. The impact of cannabis use on disability claims and return to work will be explored.

Stephanie Mages and Kent Blackmon

Stephanie Mages is a certified Human Resource professional (CPHR) that holds a Bachelor of Arts degree in Labour and Workplace Studies from the University of Manitoba. Stephanie is the Senior Manager, Employee Health and Safety Programs, Human Resources with the City of Winnipeg. Stephanie provides oversight to a variety of HR programs including Occupational Health and Wellness, Organizational Safety Services, Employee Development and Training as well as Health Resource Services.

Kent Blackmon is a safety and health professional that holds a Bachelor's of Science and is a Canadian Registered Safety Professional (CRSP). Kent is currently the Manager of Organizational Safety Services for the City of Winnipeg. In this role, Kent provides leadership in the development and implementation of city-wide programs that support due diligence in managing safety in civic workplaces. Kent has led the workplace safety sector of the City's emergency operations during the COVID19 response.

New Normal...Same Principles

This presentation will discuss foundational concepts of a Safety, Health and Wellness Program and how these can be used to manage large scale change in a diverse and complex workplace. Lessons learned during the COVID-19 Pandemic will be covered as well as the role played by employee health and safety programs in transitioning the workplace to a 'new normal'. The importance of leadership commitment, hazard control and worker participation along with the principles of Plan-Do-Check-Act and internal responsibility will be explored. Participants will take away practical solutions and tools for leading through both small and large-scale events and building resiliency in the workplace.

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Paul Krismer

Paul Krismer has a proven 20-year track record as a Safety and Disability Management leader. Within a workers' compensation system, Paul excelled in multi-faceted senior management roles. Early in his career, he spearheaded a total reform of underwriting systems at WorksafeBC, resulting in the creation of a pricing model that directly reflects safety outcomes. Paul has led groups of more than 200 professional disability management staff. As an Executive Account Manager and team lead, Paul served as a consultant to high risk and high claims volume employers and industries, introducing innovative and powerful interventions. Few leaders have as much, and as varied experience in the field of workers compensation as Paul does. Paul is the best-selling author of "Whole Person Happiness". He is a proud member of the International Positive Psychology Association and the Canadian Association of Professional Speakers.

Happiness and Success — The Serious Business of Positive Emotions

Get a blast of well-being in this inspirational introduction to the science of positive psychology. Learn about the research results that prove happiness leads to greater success. Come away with simple, applicable skills that will fuel your personal happiness and help you:

- build resilience to stress and challenges
- become healthier
- enjoy your work more
- positively influence those around you (and more)

The field of positive psychology research has massively expanded our understanding of human potential. Happiness is not a lucky outcome resulting from a fortunate upbringing. It results from practicing skills we can all learn.

Rules and restrictions at public gatherings are determined by Manitoba Public Health officials and are subject to change and/or removal. See below for updated information regarding current health orders and restrictions.

<https://manitoba.ca/covid19/vaccine/immunizationrecord/businesses.html>

