



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

# HEADSTRONG



## Provincial Youth Mental Health Summit

**June 3-4, 2019**

**Red Deer, Alberta**

### Questions and Answers

#### **Where is the Summit taking place?**

The summit will take place at the Sheraton Hotel, in Red Deer, Alberta.

#### **Who can attend?**

Students in grades 9-11, attending ASBA member boards' schools, who have been identified as youth leaders and/or youth engaged in mental health projects. There will be youth representation on the expert panel.

#### **How will these youth leaders be identified by ASBA boards and schools?**

ASBA invites its member boards to work with their district leaders to identify up to three students per board, who would be interested in participating in the Summit and who would be interested in championing mental health awareness causes for the upcoming school year.

#### **How much does it cost for students to attend?**

The cost of registration is \$300 per students. This includes everything but transportation to and from Red Deer. ASBA and HEADSTRONG are happy to report that registration for one student per member board (for a total of 61 students) will be funded. Each member board can submit and register up to 3 students per board.

#### **Where will students stay overnight?**

At Red Deer College.

#### **Will students be supervised?**

Yes, HEADSTRONG is ensuring students will be chaperoned and supervised during the event.

#### **What happens at the Summit?**

On June 3, 2019 students will join the HEADSTRONG team at the Sheraton Hotel to engage in a variety of exciting activities, exchange ideas, and participate in breakout sessions. In the evening of June 3 students will join the ASBA trustees for dinner and a keynote address by Dr. Patricia Makokis.

On June 4, students and trustees will work together on the ongoing conversation around mental health, with Dr. Yifeng Wei, from Dalhousie University. This early morning keynote address will be followed by zone-based activities between trustees and students, and finally an expert panel conversation before heading home.

#### **Will there be media at the event?**

The event will be promoted through social media throughout the Summit. A special Media Event is scheduled to take place at the end of the event, on June 4, 2019 around 1:30 p.m.

#### **How do I register?**

*Registration will officially open on April 9, 2019 and close on May 20, 2019.* ASBA member boards are expected to register their selected students. This means students will share their program choices and communicate them to the district main office. The main office will complete the online registration.

#### **How do I learn more about this?**

Visit [www.asba.ab.ca](http://www.asba.ab.ca) for updates or contact [Rae Thygesen](#), Communications Manager, ASBA, to contact the HEADSTRONG [team directly click here](#).