

Ignite Abbotsford

Report Generated for the Abbotsford Local Action Team



Date: October 3, 2016

Venue: Phoenix Ballroom

Hosted by: Karen Copeland, Champions for Community
Mental Wellness

Number of Attendees: 65

Overview of Evening:

Ignite Abbotsford was created with the intention of generating conversations in our community about mental health and wellness. Ignites are five minute presentations – 20 slides that automatically advance every 15 seconds. It is a format that can pack a lot of information into a short amount of time. Ignites are designed to be informal events, and the venue, the Phoenix Ballroom was the perfect location for this event.



Tables were set up to accommodate maximum six people per table. A variety of seating options were available, including regular table and chairs, banquette seating as well as booths. Screens were available around the entire venue, ensuring all in attendance could see the slides being presented.

Appetizers were generously provided through sponsorship by the Abbotsford Local Action Team. A fresh veggie and dip station was set up near the rear of the venue, and hot spanakopita and veggie spring rolls were butlered by Phoenix staff to those in attendance.

Guests at the event included: youth, parents, educators, community professionals, and community members. Guests came from across the Lower Mainland for this

event, including a group of educators who travelled from East Vancouver. Guests were encouraged to share the event on twitter using the identifier #IgniteYXX.

Ignite Presentations

Presenters for this event came from a variety of backgrounds. Our Mistress of Ceremonies was Marcie Prudden, a local youth champion. Marcie introduced each speaker throughout the event. Our presenters included parents, educators, community business owners and a local professional. A young adult who was to speak at the event had to withdraw at the last minute.



The evening was separated into three rounds of speakers, with breaks in between to allow guests the opportunity to connect and reflect on the stories that had just been shared.

Why Ignite Abbotsford? *Karen Copeland, Parent*

The Shifting Sands of Truth and Efficacy *Brian Gross, Community Professional*

Is It Really Pain? Or Am I Just Making You Uncomfortable *Rebecca*

Marshall, Haven Yoga and Wellness

Break

The 1000LB Therapist *Carla Webb, Empowered by Horses*

Cycling My Way to Sanity *Leanna Maksymiuk, Parent [first time presenter]*

Grit is for Sandpaper...Not Kids *Dr. Jim Christopher, Head of Kenneth Gordon*

School Vancouver

Break

Backwards: A Different Look at Anxiety *Heidi Hass Gable, Parent*

Informal Connections as Catalysts for Change *Karen Copeland, Parent*

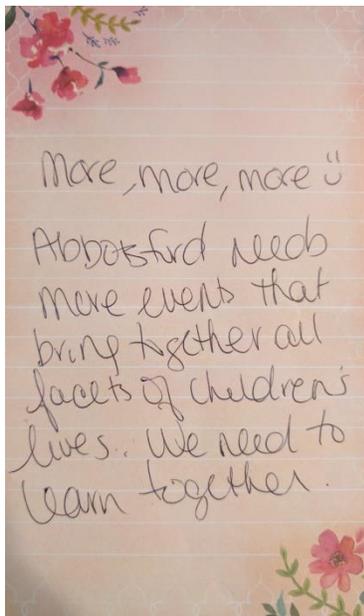
Inclusion through Strengths *Chris Wejr, Principal, James Hill Elementary*

Each presentation was recorded via the live video sharing app Periscope. Presentations can be viewed on the Ignite Abbotsford Facebook page (a Facebook account is not required to view this page).



Each speaker was presented with an art card that had been created by youth who attend the Marvel program at Robert Bateman Secondary School, as well as one card created by a youth who attended the Adolescent Day Treatment Program. Thank you notes were provided to the teacher of the Marvel program as well as to the youth from the ADTP program.

Feedback



Each table was ‘dressed’ with pieces of notepaper for guests to share their thoughts on the evening. Out of the 65 guests, a total of 28 notes were turned in. Comments included:

“Thank you for bringing such a quality event to Abbotsford! Great opportunity to connect and network with new people. Good Venue”! – VP, Local Middle School

“Powerful presentations that leave me hungry for MORE! Would love to see this structure in school Pro-D sessions.”

“Thank you for giving your time and gathering such amazing speakers in one place. It was a great evening.”

“Very well done. Loved the different aspects of mental health and the positive changes we can make with ourselves and our community.”

“Loved the wait staff brought appies to table. Great location. Liked variety of presenters. Would be great to have presenters twitter names. Thank you!!”

“Great life stories! Excellent mix of topics. Inspiring.”

THANK YOU!

I would like to extend my gratitude to the Abbotsford Local Action Team for their generous support of this event. I believe that guests were able to connect with the topics shared by the speakers at the event, and I loved that it created the space for all stakeholders to be in the same room as one another. Thank you!

Karen Copeland

Champions For Community Mental Wellness

Be Kind, Be Curious, Be Informed. Be A Champion.