

## Event Brief

### Webinar: KDE Hub 2022 Annual Symposium – Hopes, dreams and details!

October 13<sup>th</sup>, 2021

---

#### Purpose

The KDE Hub hosts an annual symposium on mental health promotion. A primary group we seek to engage and serve is projects funded through the Public Health Agency of Canada Mental Health Promotion Innovation Fund (MHP-IF). The purpose of this webinar was to provide an opportunity for MHP-IF projects to shape [the second annual symposium](#) (February 16-18, 2022). The 2022 symposium will help mark the conclusion of phase 1 of the MHP-IF and anticipate phase 2. The theme of the event is a growth phase for mental health promotion in Canada.

#### Participants

The webinar was hosted by the Hub Secretariat. It was attended by 18 MHP-IF project team members and six Hub team members.

#### Meeting structure

- After introductory remarks and webinar overview, participants were randomly assigned to breakout rooms (3-4 participants per room) where they had an opportunity to catch up and to express their greatest hopes for the 2022 annual symposium. The random assignment was repeated for another round of small group sharing.
- Participants were asked to respond to questions through Menti, an interactive presentation software used for real-time feedback and visualization.
- The webinar concluded with a few Hub announcements and updates.

#### What did we learn?

**Biggest hopes for the 2022 annual symposium.** The theme of ‘growth’ was well-received by webinar participants. Project sharing (e.g., project findings from phase 1, exchange of ‘tips and tricks’) and getting to know projects were main hopes for the symposium. Other hopes included exploring how relationships impact mental health, as well as content related to theories of change and theoretical frameworks for mental health promotion.

**Getting to know MHP-IF projects. *How might the annual symposium help participants get to know the MHP-IF projects? What approaches or lessons from your project do you think might be of interest to others?*** Participants suggested that posters and virtual project presentations such as a virtual gallery walks could be used to inform others about their work. Presentations could engage project staff, participants and partners. Beyond project-specific information, some also suggested ways of sharing cross-project information (e.g., using an interactive map to display work being done across Canada).

Opportunities to get to know other project team members through small group meetings was also a key theme.

Participants identified areas of experience and expertise that their project teams could share with symposium attendees. These included:

- Adapting and implementing mental health promotion programs in the virtual environment
- Community engagement, including engagement of specific communities (Indigenous, newcomer or non-native English speakers, rural)
- Evaluation and research approaches and methods (e.g., use of storytelling)
- Partner implementation support (e.g., as part of implementation in school settings)

**Potential workshops. *What Hub tools would you be interested in exploring in more details?***

Participants expressed greatest interest in learning more about the [Indigenous inclusion lens for mental health promotion](#) tool. Other tools with high levels of interest were the [Developing an outcomes measurement approach](#) and [Suggested minimum tracking for project activities and participants](#) tools.

**Growing the field of MHP. *Who needs to hear about the symposium? How might we promote this event?***

Project and education sector stakeholders were most often identified as needing to hear about the annual symposium. Decision makers, funders, and government representatives (including from Indigenous governments) were also identified. Other audiences included family members, clinicians, faith groups, early childhood stakeholders, not-for-profit groups working with youth, and those with experience or expertise relevant to the MHP-IF.

Suggestions for the types of promotional messages that could help entice those outside of the MHP-IF community to consider attending the symposium included: positioning mental health promotion as an important part of pandemic recovery and highlighting the innovative approaches for doing mental health promotion within the MHP-IF. Suggestions for ways to promote the annual symposium included social media, projects sharing within their networks, radio or podcast interviews, and through newsletters.

**Preferences for virtual events. *From your experience, what are some "must do's" when it comes to hosting virtual events? What are some "must don'ts?"*** Small group session formats, opportunities to interact with other attendees, shorter presentations, frequent breaks, and audience interaction were identified as good practice for virtual events. Other suggestions included keeping pre-session preparation light and offering options (e.g., additional resources) to learn more about topics as desired and convenient. Avoiding too much focus on theoretical content as part of synchronous sessions was also recommended.

## How will learnings from this event be used?

- The input from this webinar will directly inform symposium planning.
- Opportunities to contribute to symposium sessions (e.g., as presenters) will be explored with project teams.

