



# Poster Presentations

DAY 2 · APRIL 25

12:30 - 1:00PM | ROOM · HSB 043

Launching Project ECHO to increase capacity for mental health and addiction care in Manitoba

The impact of family functioning on young adults' mental health: The mediating influences of coping and emotion regulation strategies

DAY 3 · APRIL 26

1:00 - 1:30PM | ROOM · HSB 043

Substance misuse in prenatal, perinatal, and postnatal periods

The importance of trauma-informed care in maternity and pediatrics

# Concurrent Sessions

DAY 2 - THURSDAY APRIL 25

## Building Hope and Connection through Post-Secondary Education (Block 1)

## Building Hope and Connection across Populations: Young Adults (Block 1)

## Building Hope and Connection across Populations: Indigenous Peoples

Location:

Health Studies - Rm 243

Health Studies - Rm 143

Health Studies - Rm 045

SESSION ONE

10:30 AM	Effectiveness of a resilience course in developing resiliency and reducing depression, anxiety, stress and post-traumatic stress among nursing and psychiatric nursing students.	Coming into mindfulness: A practice of relational presence to cultivate compassion in one rural school.	A warrior's red road: Healing and hope through connecting to culture.
11:00 AM	A Fine Balance: Students with anxiety and mood disorders describe the factors that support and hinder their academic success in post-secondary education.	Impact of family-of-origin functioning on mental health and loneliness in young adults: The influence of attachment style.	
11:30 AM	Exploring microaggression and cultural competency from nursing students' perspectives.	Mental health within high schoolers	Words of wisdom from three sisters: Indigenous perspectives on eating disorders

## Building Hope and Connection through Innovation: Rural Mental Health Programming

## Building Hope and Connection through Post-Secondary Education (Block 2)

## Nature and Art Based Approaches to Mental Health

Location:

Health Studies - Rm 243

Health Studies - Rm 143

Health Studies - Rm 045

SESSION TWO

1:00 PM	Non-forced care as a harm reduction approach to violence prevention in long-term residential care	The power of belonging: Strategies to support university students' sense of belonging	Using horticultural therapy to support post-secondary student mental health
1:30 PM	Strive to thrive program	Undergraduate peer mentorship: Building relationships and enhancing interpersonal skills	Exploring the therapeutic use of expressive arts in a withdrawal management setting
2:00 PM	Protecting and enhancing our greatest resource in healthcare: A mental health promotion project in Erickson District Health Centre	Sensory processing sensitivity on the prairies	Exploring patient perceptions regarding the therapeutic use of art in mental health recovery
2:30 PM	Bridging gaps in access: Rural virtual crisis mental health services	No presentation scheduled	Healing rural health systems: Evaluating the effectiveness of composite narratives in mobilizing knowledge

# Concurrent Sessions

DAY 3 - FRIDAY APRIL 26

SESSION THREE

	Building Hope and Connection through Innovation: Acute Mental Health Care	Building Hope and Connection through Innovation: Drug Use and Addictions	Building Hope and Connection Across Populations: Men
Location:	Health Studies - Rm 243	Health Studies - Rm 143	Health Studies - Rm 045
10:30 AM	The search for hope: Sharing experiences of violence for acute care mental health nurses	Nonmedical prescription drug use among Canadian Armed Forces veterans: Data from the CAFVMHS	Men's sheds and mental health in rural communities: Exploring the benefits of a community-level program in Alberta
11:00 AM	Mental health consumer experiences leading to mental health hospitalisation in a rural or regional Australian setting	Lessons learned from a pilot of Mobile Rapid Access to Addictions Medicine services in rural Manitoba // Mobile Rapid Access to Addictions Medicine Pilot Project	Mental health of long-haul truck drivers: An unseen population driving through
11:30 AM	Recovery-oriented practices in acute care mental health settings		Transformative Justice
12:00 PM	Suicide prevention: Rural perspectives in Canada		No scheduled presentation

SESSION FOUR

	Building Hope and Connection through Innovation: Housing	Building Hope and Connection through Post-Secondary Education (Block 3)	Building Hope and Connection Across Populations: Young Adults (Block 2)
Location:	Health Studies - Rm 243	Health Studies - Rm 143	Health Studies - Rm 045
1:30 PM	Unstable housing in rural Manitoba: Challenges and solutions	A panel discussion: Research findings and recommendations to support the mental health of students and new nursing graduates in Manitoba	Risk and resiliency factors for young adults during COVID-19 transitions

SESSION FIVE

	Building Hope and Connection Across Populations: New Immigrants & Refugees	Messages of Hope and Connection	Building Hope and Connection through Post-Secondary Education (Block 4)
Location:	Health Studies - Rm 243	Health Studies - Rm 143	Health Studies - Rm 045
3:00 PM	Mental well-being among first generation university students in Canada	How do rural older adults negotiate resilience and well-being during a year of adversity	The purpose of boundaries in a therapeutic relationship
3:30 PM	A trauma informed mental health outreach program for newly arrived refugees: Insights from an early psychoeducational program for Afghani refugees in Edmonton	Healing the hurt: Messages from victims/survivors of sexual violence on how to recover, cope, and find hope	Coping strategies used by psychiatric nursing students and their relationship with stress levels and general health
4:00 PM	Navigating mental health support for refugees: Unpacking global lessons to explore ways to support community mental health together in a Canadian prairie context	Fostering hope and connection through compassion and understanding (lived experience)	