

## ‘Resilience through Story’

### Workshop, Local2Global: Digital Storytelling (DTS) in circumpolar collaboration for suicide prevention and mental wellness

Youth Program		Mental Wellness Partners Program	
<b>October 16<sup>th</sup></b>			
3:00-4:30	Check in at Hotel, train the trainer discussions at the <b>University of Akureyri</b>		
4:30-5:00	Welcome and introductions <b>Speaker:</b> <i>Kristján Þór Magnússon, Dean of Health Business and Science Faculty, UNAK (tbc)</i>		
5:00-6:00	<b>Icebreaking dinner</b>		
6:00-7:00	Intro to DST ( <i>Allison Crawford, PhD, MD, Centre for Addiction and Mental Health and University of Toronto</i> )		
7:00-8:00	Writing exercise and sharing circle - review		
8:00-9:00	Group introductions and plan for the week		
<b>October 17<sup>th</sup></b>			
8:30-9:30	Overview of day; train the trainer discussions		
9:30-10:30	Introduction to tools		
10:30-10:45	<b>Health break</b>		
10:45-12:45	Group work/in pairs to develop story		
12:45-1:30	<b>Lunch</b>		
1:30-4:00	Continue story work		Flight from Reykjavik October 17 <sup>th</sup> – 6:15-7:00 PM October 18 <sup>th</sup> – 7:10-7:55 AM
4:30-5:30	Review and plan for day 3		
5:30-6:30	Open lab if required and train the trainer discussions		
<b>October 18<sup>th</sup></b>			
8:30-8:40	Welcoming words <b>Speaker:</b> <i>Eyjólfur Guðmundsson, Rector, University of Akureyri</i>	8:30-8:40	Welcoming words <b>Speaker:</b> <i>Eyjólfur Guðmundsson, Rector, University of Akureyri</i>
8:40-8:50	Opening remarks <b>Speakers:</b> <i>Sólrún Svandal, Is-Ministry for Foreign Affairs; Sarah Cox, Crown Indigenous relations and Northern Affairs Canada</i>	8:40-8:50	Opening remarks <b>Speakers:</b> <i>Sólrún Svandal, Is-Ministry for Foreign Affairs; Sarah Cox, Crown Indigenous relations and Northern Affairs Canada</i>
8:50-9:00	Overview of day (Eydís and Sigrún start the work)	8:50-9:20	Introduction to PACEs in the Arctic, definition of terms, refresh of the 2021 PACE Knowledge Exchange; refresh of Arctic Circle session

			<b>Speakers:</b> Allison Crawford, PhD, MD, Centre for Addiction and Mental Health and University of Toronto
9:00-10:30	Story work and train the trainer discussions	9:20-09:50	What we've learned through Local 2 Global, working through Covid, future work <b>Speakers:</b> Sarah Cox, Crown Indigenous relations and Northern Affairs Canada; Allison Crawford, PhD, MD, Centre for Addiction and Mental Health and University of Toronto
10:30-10:45	<b>Health break</b>	09:50-10:30	Adverse Childhood Experience, Icelandic perspective <b>Speakers:</b> Sigrún Sigurðardóttir, Associate Professor, UNAK; Sigríður Gísladóttir, Our World
		10:30-10:45	<b>Health break</b>
10:45-12:00	Finalizing stories and train the trainer discussions	10:45-12:00	What kind of resources would be useful for community and mental health workers, youth, and how can we involve early career researchers? How can we better mobilize knowledge? <b>Speakers:</b> Selma Ford, Youth representatives, Karen Birna Thorvaldsdóttir, New-Doctor
12:00-1:00	<b>Lunch</b>	12:00-1:00	<b>Lunch</b>
1:00-2:00	Full group discussion, lessons learned, next steps: understanding and teaching about PACEs and DST <b>Speakers:</b> Sigrún Sigurðardóttir, Associate Professor, UNAK; Eydís Kristín Sveinbjarnardóttir, Associate Professor, University of Iceland	1:00-2:00	Full group discussion, lessons learned, next steps: understanding and teaching about PACEs and DST <b>Speakers:</b> Sigrún Sigurðardóttir, Associate Professor, UNAK; Eydís Kristín Sveinbjarnardóttir, Associate Professor, University of Iceland <b>Moderator:</b> Karen Birna Thorvaldsdóttir, New-Doctor
2:00-2:15	<b>Health break</b>	2:00-2:15	<b>Health break</b>
2:15-3:15	Presenting stories <b>Speakers:</b> Allison Crawford, PhD, MD, Centre for Addiction and Mental Health and University of Toronto	2:15-3:15	Presenting stories <b>Speakers:</b> Allison Crawford, Allison Crawford, PhD, MD, Centre for Addiction and Mental Health and University of Toronto
3:15-3:30	Closing remarks <b>Speakers:</b> Sarah Cox, Crown Indigenous relations and Northern Affairs Canada; Sólrún Svandal, Is-Ministry for Foreign Affairs	3:15-3:30	Closing remarks <b>Speakers:</b> Sarah Cox, Crown Indigenous relations and Northern Affairs Canada; Sólrún Svandal, Is-Ministry for Foreign Affairs