

Resilience, Mattering & Belonging Interdisciplinary Approaches to Mental Health and Well-Being

Abstract Submission: <https://humber.ca/tifa/call-proposals>

Contact: tifa@humber.ca

Submission Deadline: June 16, 2024

Conference Date: September 27-29, 2024

Conference Fee: \$250.00 plus taxes (includes registration, some meals, snacks and a reception)

Location: The Harbourfront Centre (235 Queen's Key West, Toronto, Ontario, Canada)

Hosts: Faculty of Liberal Arts & Sciences, Humber College, and the Toronto International Festival of Authors (TIFA)

Keynote Speaker:

Suzanne Methot is the author of the award-winning non-fiction book *Legacy: Trauma, Story, and Indigenous Healing* (ECW Press, 2019) and the new YA book *Killing the Wittigo: Indigenous Culture-Based Approaches to Waking Up, Taking Action, and Doing the Work of Healing* (ECW Press, 2023).

Call for Proposals:

According to the World Health Organization, during the earliest moments of the COVID-19 pandemic, rates of anxiety and depression increased a remarkable 25% globally. A survey by PEW Research revealed that 41% of US adults experienced high levels of psychological stress during the height of the pandemic, including 37% of students who said that they struggled with their mental health "most or all of the time." Numbers in Canada were similar, with the National Institutes of Health noting that over 37% of all Canadians experienced worsened mental health due to the pandemic, while 70% claimed that their mental health was "negatively impacted" in some way.

The forthcoming interdisciplinary academic conference aims to be a groundbreaking convergence of scholars, educators, practitioners, and researchers, all unified in their dedication to advancing the understanding of mental health. In partnership with *The Mattering* Group, this conference will also have a sub-focus on the promotion of post-secondary student psychological well-being and resilience, providing a dynamic platform for the exchange of innovative ideas and evidence-based practices aimed at nurturing resilience, enhancing mental health, and fostering a profound sense of well-being among students navigating the complexities of higher education.

More generally, the conference seeks to explore how people are coping, recovering but also still struggling following a globally experienced traumatic event. While open for proposals with a focus anywhere along the mental health spectrum, themes of interest are resilience; belonging, intergenerational trauma; addiction and recovery; psychopathology; and mental health in the arts, literature and popular culture. The concept of mattering is also a particular

theme of interest, specifically recognizing its pivotal role in shaping the psychological landscapes of post-secondary learners.

By bridging the domains of psychology, education, literature, and various related disciplines, this event aspires to forge a path toward understanding modern mental health challenges, while also enabling a more resilient and mentally healthy population.

Subjects could include, but are not limited to

- Activism
- Addiction and Recovery
- Art/film/literature and mental health
- Authenticity and Wellbeing
- Belonging
- Burnout and Stress
- Climate Change Anxiety
- Cultural Competency in Mental Health Settings
- Depression and anxiety
- Disability Studies
- Diversity in Mental Health Practices
- Entrepreneurship & Wellbeing
- Equitable Access
- Gender Dysphoria
- Gendering Mental Health
- Harm
- History of Emotion
- Immigrant Students Mental Health
- Inclusivity
- Indigeneity and Mental Health
- Intergenerational trauma
- Intervention
- MAID and Mental Health
- Mattering
- Mental Health and Aging
- Mental Health and Pandemics
- Mental Health and Sexual Orientation/Expression
- Mental Health and the Metaverse/ Digital Mental Health Care
- Mental Health in Health Care Workers
- Mental Health Pedagogy in the Classroom
- Mindfulness
- Nature and Wellbeing

- Persistence
- Politics and/of Mental Health
- Prevention
- Psychopathology
- Queer Mental Health
- Racializing Mental Health
- Resilience
- School Culture and Safe Learning Environments
- Social Media and Mental Health
- Special Needs and Mental Health Care
- Sport and Mental Health
- Stigma and Discrimination
- Student Mental Health
- Well-Being
- Whole Health

Our conference committee welcomes individual presentation proposals of 300 words, and panel proposals (3 people max) of 900 words, based on any of the above themes. This will be the tenth annual Humber@TIFA interdisciplinary conference held by Humber College's Faculty of Liberal Arts & Sciences in association with the Toronto International Festival of Authors (TIFA), one of the most celebrated literary festivals in the world. TIFA is located at the Harbourfront Centre, one of downtown Toronto's major cultural and artistic venues.

Submit your proposal and a brief bio online by June 16, 2024: <https://humber.ca/tifa/call-proposals>

