

SPEAKER BIOGRAPHIES

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|  | <p>Mayor Krog was re-elected as the MLA for Nanaimo in 2017 and resigned on November 29, 2018 upon being elected Mayor of the City of Nanaimo.</p> <p>Mayor Krog was first elected to the 1991 Provincial Legislature and has served as the BC Government Caucus Chair and previously served as the Official Opposition spokesperson for Justice (Attorney General).</p> <p>Born in Nanaimo and raised in Coombs, Mayor Krog is strongly rooted in his community.</p> |
| <p>Event Introduction – Mayor Leonard Krog, Mayor of Nanimo</p> | |

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|  | <p>Nola Jeffrey is of Tsimshian and Coast Salish ancestry and is a member of the Eagle Clan. Nola was born and raised in Lax Kw’alaams – a small village 20 miles north of Prince Rupert. She comes from the Gitandoh Tribe out of the house of Ska’gwait. She is the youngest of 9 children and her parents are Bobbi and Fred Dudoward. Nola and her husband have been together for over 44 years; are parents to 4 children and are blessed with 5 beautiful grand children – Nola loves being a Gigi.</p> <p>As the Executive Director of Tsow-Tun Le Lum Helping House, Nola is deeply committed to supporting Indigenous people in their healing journey and believes in working within the framework of holistic and traditional ceremonies and perspectives of health and wellness.</p> <p>Nola brings an Indigenous voice and perspective when working with others. Her strong leadership and team building skills are utilized as she continues to foster a common vision with her team of over 40 employees, in their work towards healing and connection.</p> |
| <p>Speaker – Nola Jeffrey, Executive Director. – Tsow-Tun Le Lum</p> | |

Trauma, Addiction, and Misuse

In this session, attendees will hear an Indigenous perspective on the root causes of the difficulties and challenges faced by Indigenous populations; and how lives are saved by Culture and Ceremony.



Speaker – Dr. Joanne Crandall-
[Registered Psychologist](#)

Dr. Joanne Crandall is a Registered Psychologist who has been practicing in Nanaimo for the past 6 years. Dr. Crandall presented at the first Wellness in the Workplace conference and is excited to be back for this year.

Dr. Crandall specializes in the field of trauma and has devoted her career to supporting clients to navigate through the negative impact of trauma and to develop hope and resiliency.

Identifying Psychological Stress

This session will explore the enduring stress that has permeated the workplace since the pandemic started. It will explore what stress is and how it impacts the workplace. It will offer some strategies on how to manage psychological stress and consider how the study of neurobiology has contributed to effective ways to identify and deal with stress more effectively.



Speaker – Colby Young- Vancouver
Island Construction Association

Colby Young has received a Bachelor of Social Work (BSW) and a Diploma in Public Sector Management (DPSM) from the University of Victoria. His prior experience supporting members of the community in Victoria living with homelessness, mental illness, and addiction has grounded Colby’s approach to his work in harm reduction.

Though new to our industry, Colby has witnessed the impact that the current overdose epidemic has had on our local communities.

Recognizing that construction, trades, and transport industries are disproportionately represented among overdose deaths, the Vancouver Island Construction Association (VICA) in partnership with Island Health, has developed a new harm reduction project; the Tailgate Toolkit.

As the Project Coordinator for the Tailgate Toolkit, Colby has worked, with the support of the VICA team, to increase awareness, reduce stigma, and promote help seeking within our Industry. His strength-based approach to this project looks to build upon the skills and capacity of our industry, teams, and leaders.

SPEAKER – COLBY YOUNG- VANCOUVER ISLAND CONSTRUCTION ASSOCIATION - CONTINUED

The Tailgate Toolkit: Addressing Substance Use In The Construction Industry

2021 marked the 5th anniversary of the State of Emergency declared by the BC Government in response to a dramatic increase in overdose deaths since 2016. Toxic drug poisoning remains the most prominent cause of unnatural death in our province, disproportionately affecting men and the construction industry.

In this session, participants will learn about the Vancouver Island Construction Association’s innovative harm reduction initiative: The Tailgate Toolkit Project. The speaker will provide an overview of the project’s four components and a review of a key site-ready deliverable, the Toolbox Talk.

They will cover an introduction to harm reduction, the availability of harm reduction services for drug and alcohol users, recovery options, and insight on the contributing factors that increase the prevalence of substance use in the industry. Attendees will benefit from witnessing harm reduction outreach in action and gain insight from the project’s staff that they can take back to their workplaces, communities, and personal lives.



Kira Berntson is a manager in Prevention Field Services with WorkSafeBC in the Okanagan and Kootenay regions. She has a Bachelors in Engineers and a Masters of Psychology, which she combines to support her passion of helping to make the world a safer place.

Kira has worked as an engineer and as a health and safety professional in a variety of industries ranging from theater to manufacturing to utilities. Wherever she works, her core message and drive is the same: Safety first, and physical and psychological health and safety go hand in hand.

Speaker – Kira Berntson - [WorkSafeBC](#)

Provincially Kira is the PFS manager of interest for bullying and harassment prevention, and for psychological health and safety. She is privileged in this role to work with a highly skilled and passionate team of officers who share her belief in helping employers and workers achieve the highest levels of workplace health and safety.

Developing Psychological Health and Safety Programs

Public awareness and understanding of the importance of mental health and well-being is on the rise. The impacts of psychological health and safety on workers and on the workplace is becoming more understood.

This presentation will discuss how to integrate psychological health and safety into your workplace health and safety programs, including the methods and benefits of involving workers in developing programs.