



**Annual General Meeting, Conference and Section Meetings
June 12, 13 & 14, 2023
REVISED Final Program**

Dalla Lana School of Public Health, University of Toronto
6th Floor Auditorium, Room 610, 155 College St. Toronto, ON M5T 3M7
All times are Eastern Daylight Time (EDT)

June 12th	
Walking Tour – Kensington Market – Postponed! alPHa, as a precautionary measure due to poor air quality and high levels of air pollution in the Toronto area due to forest fires, alPHa is postponing this event.	2:00 pm – 4:00 pm
Opening Reception <i>Reception with cash bar and light snacks from 5:00 pm to 6:00 pm, and presentation from 6:00 pm to 7:00 pm.</i> Conference Chair: Trudy Sachowski, President, alPHa Speaker: Dr. Eileen de Villa, Chair, COMOHEC Section, alPHa	5:00 pm – 7:00 pm
June 13th	
Call to Order, Opening Remarks, and Land Acknowledgement <i>A light breakfast will be available starting at 8:15 am.</i> Conference Chair: Trudy Sachowski, President, alPHa Recorded greetings from Premier Doug Ford. Recorded greetings from Hon. Sylvia Jones, Deputy Premier and Minister of Health	8:15 am – 8:45 am 8:45 am – 8:50 am

<p><i>Rest Refocus Recharge: Apply the cutting-edge science of brain states to perform at the highest level</i> Speaker: Dr. Greg Wells Moderator: Dr. Eileen de Villa, Chair, COMOH Section</p> <p>Dr. Wells will share his insights on how to unlock the power of alternating peak performance with deep rest in this informative and practical keynote. He will explain how our brains and bodies are designed to operate in cycles of work and rest, and how we can harness the power of both to improve our health, well-being, and performance. Drawing on research in neuroscience and physiology, Dr. Wells will provide a step-by-step guide to optimizing your mental and physical health and how to improve your focus, creativity, and problem-solving abilities.</p>	8:50 am – 9:50 am
<p><i>Public Health Workforce Burnout: A Canadian Cross-sectional Study</i> Speaker: Dr. Jessica Hopkins, Chief Health Protection and Emergency Preparedness Officer, Public Health Ontario</p> <p>A September 2022 survey reported burnout in 66.2 per cent of public health workers in the United States. This is the first Canadian study to measure burnout of public health workers since the COVID-19 pandemic began. The presentation will describe the prevalence of burnout, along with associated risk and protective factors.</p> <p><i>Rapid Review of Public Health Recovery, Renewal, and Resilience Building Post Pandemic: A Thematic Synthesis of Essential Organizational Imperatives</i> Speaker: Julia Roitenberg, General Manager and Chief Nursing Officer at York Region Public Health</p> <p>A rapid review of the literature was conducted to determine essential organizational imperatives for public health leaders to consider as they develop public health recovery, renewal, and resilience building plans following the emergency stages of the COVID-19 pandemic. The presentation will reveal the nine themes that emerged from the thematic analysis and focus on two of the themes - Leadership and Healthy & Resilient Workforce.</p> <p>Moderator: Carmen McGregor, Chair, BOH Section</p>	9:50 am – 10:20 am
<p>Networking Break</p>	10:20 am – 10:45 am
<p>Combined alPHa Business Meeting and Resolutions Session Conference Chair: Trudy Sachowski, President, alPHa Resolutions Chair and Parliamentarian: Dr. Robert Kyle, MOH, Durham Region Health Department</p>	10:45 am – 12:30 pm

<p>Distinguished Service Awards and Board Recognition Conference Chair: Trudy Sachowski, President, alPHa and Loretta Ryan, Executive Director, alPHa</p> <p>The Distinguished Service Award (DSA) is given by alPHa to individuals in recognition of their outstanding contributions by board of health members, health unit staff, and public health professionals to public health in Ontario. The Award is given to those individuals who have demonstrated exceptional qualities of leadership in their own milieu, achieved tangible results through long service or distinctive acts, and shown exemplary devotion to public health at local and provincial levels.</p>	12:30 pm – 1:00 pm
<p>Lunch Break (<i>Boxed lunch provided.</i>)</p>	1:00 pm – 2:00 pm
<p>alPHa Strategic Plan Session Speaker: Maria Sánchez-Keane, Principal, Centre for Organizational Effectiveness</p> <p>Strategic planning is a process in which an organization defines their vision for the future and identifies the organization's goals and objectives. alPHa's current plan has served the association well, but it sunsets at the end of 2023. Join public health colleagues as members participate in a discussion on the 2024 to 2026 Strategic Plan.</p>	2:00 pm – 3:00 pm
<p>Networking Break</p>	3:00pm – 3:30 pm
<p>Emerging Successfully from the Pandemic – What's Next?! Speakers: Dr. Kieran Moore, Chief Medical Officer of Health and Dr. Christopher Simpson, Executive Vice-President, Medical, Ontario Health</p> <p>Moderator: Cynthia St. John, Affiliate Representative, alPHa</p> <p>Please note: Dr. Kieran Moore will have the following ACMOHs with him to support his presentation: Dr. Michelle Murti, Dr. Daniel Warshafsky, Dr. Fiona Kouyoumdjian, Dr. David McKeown, Dr. Wajid Ahmed, and Dr. Barbara Yaffe.</p>	3:30 pm – 4:45 pm
<p>Wrap Up Conference Chair: Trudy Sachowski, President, alPHa</p>	4:45 pm – 5:00 pm
<p>June 14th</p>	
<p>Section Meetings: <i>Members of the BOH Section and COMOH Section will meet the next day. There are separate agendas for these meetings. A light breakfast will be available starting at 8:30 am.</i></p>	9:00 am – noon

Co-hosted by alPHa and Toronto Public Health, with generous support from the University of Toronto's Dalla Lana School of Public Health and the Temerty Faculty of Medicine.



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