

# Boards of Health Section Pre-Symposium Workshop

Association of  
Local Public Health  
Agencies

February 23, 2023



**New!** Board of Health Section members who register at ALPHA's 2023 Winter Symposium are invited at no additional cost to participate in a mental health readiness workshop on the afternoon of February 23<sup>rd</sup>.

Please join Board of Health Section members\* for this special "Road to Mental Readiness (R2MR)" workshop, developed in collaboration with the Canadian Armed Forces. Based on a cycle that entails preparation, performance, and recovery, elements of this program have been adapted for a different audience, namely public health leaders.

#### Outline of Program:

- Discussion of the challenges and accomplishments of past 2+ years
- Common responses to prolonged/intense stress
- Reinforcement of healthy coping strategies
- The performance cycle (prepare, perform, recover)
- Mindset, Habits & Actions, Routine & Recovery
- Leader actions to support recovery & transition to 'new normal'

\* A version of this workshop was delivered to COMOH members on November 18, 2022.

Hosted by ALPHA  
with generous support from:

**Dalla Lana**  
School of Public Health



*You must be an ALPHA member to participate in the Pre-Symposium Workshop, Symposium or Section meetings.*