

Event: Connect the Dots: Supporting Mental Health in Calgary through Research

Date: Tuesday, May 4, 2021

Time: 11 a.m. – 12 p.m.

Location: Online via Zoom

Speaker biographies

Mayor Naheed Nenshi



Naheed Nenshi, A'paistootsiipsii, was sworn in as Calgary's 36th mayor on October 25, 2010 and was re-elected in 2013 and 2017.

Prior to being elected, Mayor Nenshi was with McKinsey and Company, later forming his own business to help public, private and non-profit organizations grow. He designed policy for the Government of Alberta, helped create a Canadian strategy for The Gap, Banana Republic and Old Navy, and worked with the United Nations to determine how business can help the poorest people on the planet. He then entered academia, where he was Canada's first tenured professor in the field of nonprofit management, at Mount Royal University's Bissett School of Business.

For his work, Mayor Nenshi was named a Young Global Leader of the World Economic Forum, was awarded the President's Award from the Canadian Institute of Planners, and received the Humanitarian Award from the Canadian Psychological Association for his contributions to community mental health. In 2013, after his stewardship of the community during devastating flooding, Maclean's magazine called him the second-most influential person in Canada, after the Prime Minister. He was also awarded the 2014 World Mayor Prize by the UK-based City Mayor's Foundation as the best mayor in the world.

In 2014, he was also honoured by Elder Pete Standing Alone with the Blackfoot name A'paistootsiipsii, which means "Clan Leader" or "He who moves camp and the others follow." In 2016, Elder Bruce Starlight of the Tsuu T'ina First Nation honoured him with the name Iitiya: "Always Ready."

Mayor Nenshi holds a Bachelor of Commerce (with distinction) from the University of Calgary, where he was President of the Students' Union, and a Master in Public Policy from the John F. Kennedy School of Government at Harvard University, where he studied as a Kennedy Fellow.

Mayor Nenshi is a member of the stewardship group for the development of A Community of Connections: Calgary's Mental Health and Addiction Strategy.

Raynell McDonough



Raynell McDonough is an Issue Strategist with The City of Calgary. Since 2018, Raynell has supported the development of A Community of Connections: Calgary's Mental Health and Addiction Strategy, a community-led strategy to create hope and strengthen support for Calgarians living with and affected by mental health and addiction issues. She is also an alumna of McGill University and the University of Calgary's Faculty of Social Work.

Karen Gosbee



Karen Gosbee is an advocate and community leader for mental health in Calgary. Having been exposed to mental health and substance abuse both in her childhood and adult life, she has extensive lived experience. Ms. Gosbee and her three children lost their husband and father, George Gosbee, only 48 years of age at the time, to suicide in 2017. Before her husband's death, Ms. Gosbee often felt hopeless and struggled to navigate the resources available to support her husband and family. After his death, she came forward for two reasons. First, to share the family story so others could identify with her situation and feel more comfortable sharing their own story. Second, to address the lack of resources and coordinated services in a time of need. Ms. Gosbee met with Calgary Mayor Naheed Nenshi with a plea to help align resources for the community and to address systemic and society failures for

mental health and addiction in the city of Calgary. He agreed with her claims and saw this as a ten-year strategy similar to the city's homeless strategy. In August 2018, he proposed a Notice of Motion to allocate \$25 million over a five to ten-year plan for mental health and addiction. The mayor selected a team of Calgary based leaders to take part in Bloomberg Harvard City Leadership initiative in New York City during January 2019. On July 29, 2019 The City of Calgary Approved a Community Action on Mental Health and Addiction (CAMHA) and appointed a community-based stewardship group co-chaired by Karen Gosbee and Dr. Chris Eagle.

In 2019, Ms. Gosbee served as an Ambassador for The Big Ball, a well-known fundraising event hosted by Women for Men's Health, which focused on men's mental health. Also, in that year, Karen established The Gosbee Family Foundation, a registered charitable organization that provides information, access and referral services to anyone experiencing mental health issues. She is the author of a best seller book, titled: A Perfect Nightmare: My Glittering Marriage and How It Almost Cost Me My Life.

Dr. William Ghali



Dr. Ghali is a world-class researcher and Professor in the Departments of Medicine and Community Health Sciences at the University of Calgary. Dr. Ghali is also a physician, specializing in General Internal Medicine (MD (1990) - University of Calgary, FRCP(C) (1994)) - Queen's University, Kingston, Ontario), and completed methodological training in health services research and epidemiology at the Boston University School of Public Health (MPH, 1995). Dr. Ghali was formally the scientific director of the O'Brien Institute for Public Health at the University of Calgary.

Dr. Ghali has held millions of dollars of peer-reviewed research funding from a number of agencies through his research program, focused on evaluating and improving health system performance for better patient outcomes and improved system efficiency. He has held a Tier II Canada Research Chair in Health Services Research for two five-year periods and has published more than 420 papers in peer-reviewed journals.

He is a Fellow of both the Canadian Academy of Health Sciences and the Royal Society of Canada. He was featured by the Globe and Mail in April 2012 as the Canadian public health researcher with the highest publication H-index, and has also been named in the Thomson-Reuters listing of the top 1% of most highly cited researchers by discipline. He is co-director of the University of Calgary World Health Organization (WHO) Collaborating Centre in Disease Classifications and Health Information.

Moderator biography

Paul Arnold



Dr. Paul Arnold, Director, The Mathison Centre for Mental Health Research & Education, is a professor, internationally recognized mental health researcher and a child and adolescent psychiatrist. His research focuses on the genetics and neurobiology of childhood neuropsychiatric disorders. He founded Alberta's only pediatric clinic focusing on obsessive-compulsive disorder (OCD) at the Alberta Children's Hospital. He also co-leads a comprehensive research initiative that will be based in the new community-based Calgary Centre for Child and Adolescent Mental Health. Dr. Arnold holds the Alberta Innovates Translational Health Chair in Child and Adolescent Mental Health.