19th AQRP Congress and 11th INTERVOICE Congress

November 11th, McGill Residence
November 12th and 13th, 2019
Hotel Bonaventure, Montreal
Quebec, Canada
Three strong action verbs commit us individually and collectively to influence changes to mark this 19th Congress.

A way to DARE is certainly to face the challenge of offering two exceptional events mobilizing knowledge transfer and the exchange of experience!

The 19th AQRP Congress: « INNOVATIONS AND EMERGENT PRACTICES », including a thematic segment on First Nations and Inuits « Honor our knowledge! »;

The 11th Intervoice Congress under the theme "Uniting our voices, to dare the path of the future!", including an international Voice Hearers' Day.

Innovators in mental health, we invite you to participate in the 19th AQRP Congress. Welcoming the 11th Intervoice Congress and the International Hearing Voice Network, the activities within illustrate an achievement in risk taking and enterprise.

Discover an array of workshops and training sessions that illustrate the capacity to venture off the beaten track. Multiple artists and organizations, from all over joined us to transform their practices. These ideas will help us to aspire together to innovate and redefine a truly inclusive society!

Thus, the intention of this 19th Congress is a bold challenge of togetherness that will highlight our different accomplishments in contributing to a greater social participation of all toward a true social transformation.

Welcome to all
Diane Harvey
Director, AQRP

Carlisle Boivin
Altogether for the waves
An artwork picturing the world population unifying to talk about a topic still taboo but full of sense for those concerned by it. The strength to talk about the voices phenomenon and the importance of trying to understand it without judgment or stigmatization. It is a wish of understanding and solidarity toward a misunderstood but fully present worldwide phenomenon.

Renée Bernard
Medium: charcoal, soft pastel
Collection Les Impatients
11TH INTERVOICE CONGRESS: UNITING OUR VOICES, TO DARE THE PATH OF THE FUTURE!

As part of its 19th Congress, in collaboration with the Quebec Hearing Voices Network (REV), the AQR host the 11th Intervoice Congress, the World Hearing Voices Network, a First in Quebec!

The 11th Congress spreads its activities over 3 days. The International ‘Voice Hearers’ day starts the Congress at McGill Residences. This invitation is for all participants: people who hear voices or live with other types of sensorial experiences, those that support them and those interested in familiarizing with this reality along with meeting for mutual enrichment.

It is an outstanding opportunity to share with artists from here and all over the world. Bringing together representatives from more than six different countries, this day covers a broad overview of initiatives at the international level: It is at the heart of this large gathering! In the evening, a general public projection of the documentary *Histoires de voix; paroles d’entendeurs* (Voice histories; hearers speech; subtitled in English) will take place portraying the Quebec network.

The first day take place at McGill Residences in a friendly and open environment. The two following days of activities on voice hearing take place at Hotel Bonaventure.

In a climate of openness, listening and respect, this conference is a unique occasion for each person to express and share their own lived experiences and their unique knowledge, whether experiential or theoretical. You will find more than 30 workshops or training sessions presenting approaches, projects, individual or group experiences, and preocupation in line with the themes identified to the right.

- Inspiring approaches:
- Diversity, rights and alternatives
- Spirituality
- Empowerment of voice hearers and the network:

FIRST NATIONS AND INUITS: HONOR OUR KNOWLEDGE!

The First Nations and the Inuits have developed a knowledge specific to their culture and history. An important knowledge that must be perpetuated among their nation and deserves more consideration and care. Furthermore, there are some particularly difficult realities that are very close to us and are often ignored. Indeed, some historical and intergenerational issues can be included such as cultural safeguards, community governance and development. There are all influencing the social context where prejudices and discrimination are still present.

This First Nations and Inuits section, under the theme HONOR OUR KNOWLEDGE! is an invitation to discover, get inspired and share practices and/or innovative projects from individuals, communities and organizations of the First Nations and Inuits. These were developed in close collaboration with the public health and social services network. For each time window, you will thus find a proposal of workshop related to the First Nations and Inuits.

THE “CARNIVAL” DES VOIX

An original concept by Kevin Healey, founder of the Toronto Voice Hearers Network.

Organized by: Kevin Healey and Dave Umbongo, Toronto

Puppets are used around the world. They allow all forms of languages, dialects and expressions to be heard. They provide a space that is safe and rich in meaning. They can help to overcome taboos and barriers. It is from this perspective that the “Carnival” des Voix invites you to this fun activity of expression and solidarity with voice hearers.

Come participate in the creation of a puppet! Make one by giving to it a voice you hear, its own profile, history and shape of what you have learned. If you do not hear voices, you are also welcome to let your little inner voice express itself… Over the course of the congress, the puppets will be displayed, and the parade may surprise you: a celebration of diversity and dialogue, a polyphony, a carnival of voices!

The “Carnival” des voix is a gathering in support of expression and solidarity.

MEET THE EXHIBITORS

November 12 and 13, 2019

Les Toits d’Émilie

Providing people living with a mental health problem long-term quality housing within the community and the necessary support for and independant life.

Les Porte-Voix du Rétablissement

The Quebec association for people living or that have lived with a mental health problem

Atelier du CAP

MONTREAL CENTER FOR PARALLEL LEARNING

The organization relies on artistic creation to heal and prevent painful emotions.

PCEIM

Projet collectif en inclusion sociale

Through collective projects, promote inclusion into the community.

SQS

Société Québécoise de la Schizophrénie

Community organization addressing the needs of relative and friends of people living with schizophrenia

MINI-BOOK FAIR

The AQR, with the collaboration of the author and speaker Richard Langlois, invites you to a mini-book fair.
Hearing Voices is the first major and wonderful exhibition based on a large interdisciplinary study that explores the voice hearing phenomenon and the reality of being a voice hearer! Some voices cause distress, others become a social, cultural, or political inspiration in strength! In 2016, Victoria Patton of the “Hearing the Voice” project at Durham University in England have put together these captivating perspectives being personal, scientific, literary, historical or theological. A brief version of this exhibition has been created to make it accessible to different regions around the world. Victoria Patton joins to us to present it!

“HEARING VOICES EXHIBITION”

Is it still possible to win a Nobel Price with the concept of schizophrenia?

At the time of diagnosis, the psychiatrist interprets the symptoms as generated by the illness and not as leading to the illness. The voice hearers, consider their voices as persons involved in their problems, and are viewed delusional by psychiatry. Also, isolation is often due to the discomfort related to hearing voices in public, thus the voice hearers prefer avoidance. But psychiatry is reversing this reality.

Me, Juliette, I hear voices; I am Juliette Soucy, I am 16 years old and I have heard voices for 7 years now. The semicolon represents a difficult chapter of my life that now gives way to a beautiful story. I will talk to you about the way I succeeded in staying in control of my life. I understand that we must persevere and keep hope. Today, I speak about it openly to help teenagers and adults that hear voices like me.

MONDAY, NOVEMBER 11, 2019 :
International voice hearers’ day – Intervoice Section
McGILL RESIDENCES, MONTREAL

8:30 a.m. - Registration
9:30 a.m. - Opening conferences
A conference by Marius Romme and Sandra Escher

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11:15 a.m. - What’s up?
Travel around the world with news from the different voice hearing networks!

12:30 p.m. - 2 p.m. - Lunch

2 p.m.- International Panel: What are the future pathways?
This panel will be the opportunity to bring together some active members from different voice hearing networks around the world to share about the themes retained for this congress: inspiring approaches, diversity, rights and alternatives, spirituality, empowerment of voice hearers and the networks.

Chair by Julie Ohanessian
Panellists:
Will Hall (United States)
Lisa Forestell (United States)
Kevin Healey (Canada)
Sandrine Rousseau (Quebec)
Paul Baker (England)
Magali Moliné (France)

5 p.m. to 7 p.m. (happy hour) - Networking and Quebec cuisine
“Food truck” meal, awards ceremony and networking

7 p.m. - General public projection of the documentary: “Histoires de voix; paroles d’entendeurs” (Voices’ histories; hearers’ speech; subtitled in English)
Discussion with the participants of this beautiful adventure. Documentary produced by the Quebec REV and the AQRP. Free entrance. Québecois et l’AQRP. Entrée libre

TUESDAY NOVEMBER 12, 2019
All Themes Combined – HOTEL BONAVENTURE, MONTREAL

7 a.m. - 9 a.m. - Registration
9:00 a.m.- Pre-opening surprise!
9:30a.m. – Opening conference from Serge Bouchard

Serge Bouchard provides us with a unique perspective, elaborated in line with our theme “Dare-Influence-Transform; take ownership of change to influence it”

10 a.m. - Coffee break

11:00 a.m. – Round Table “Community organization in mental health: A powerful lever for social transformation!”
“Grassroots” or “Astro Turf”? A reflection on the mobilization and development of communities and the emergence of a citizen movement. How is community organisation involved in the emergence of a vivifying citizen movement in mental health?

With Charles Rice, Will Hall, Paul Baker, Audrey Bernard, Marite Lord and Melanie Courtois

5:30p.m. Happy hour Networking
A unusual happy hour: a theatrical full-Music flavoured introduction!

“Le Monde de Clémence” seen by the eye of Lorraine Pintal and brilliantly played by the patient partners of the IUSMM (Montreal Mental Health University Institute)

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11 a.m. - 12:30 p.m. - Workshops / Training A
12:30 p.m. - 2 p.m. - Banquet lunch
2 p.m. - 3:30 p.m. Workshops / Training B
3:30 p.m. Coffee break
4 p.m. - 5:30 p.m. Workshops / Training B

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“Le Monde de Clémence” seen by the eye of Lorraine Pintal and brilliantly played by the patient partners of the IUSMM (Montreal Mental Health University Institute)
THE "RUCHE D'ART" (ARTS HIVE) AND THE VOICE HEARERS GROUPS OF MONTREAL

Stephen Legari, responsible for the "Ruche d’art" of the Montreal Museum of Fine Arts
Collectif créatif des GEV de Montréal (creative collective of the voice hearers' groups of Montreal): Bertrand, Catherine, Steven, Sylvain, Suzie, Myriam-Anouk, Marie

In collaboration with the Montreal Museum of Fine Arts, creation meetings, bringing together the participants of some voice hearers' groups from Montreal, organized during Spring 2019.

"Everybody is in the same ship, but everybody thinks they have their own row boat.” And what did they extract from the boat? They learned to swim! They were thrown in the water and got out of it more alive than ever!
In concentrating its field of action in an area where the cultural and the social meet, Folie/Culture, benefits in its intervention strategies, and innovative cultural expressions. This non-profit organization pursues information, sensitization and promotion in mental health. As an events organizer, it follows unusual direction in research while also motivating reflection on questions relating to profound social issues. It works with resource groups in the mental health and sociology and is supported by numerous partners in the cultural network. Folie/Culture: an atypical sensitization approach!

**MINI-BOOK FAIR**

The AQRP, with the collaboration of the author and speaker Richard Langlois, invites you to a mini-book fair.

Books written by people with a significant experience will be available on the spot (sell or review).

Some of the authors will even be present to dedicate your book!

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<tr>
<th>Session</th>
<th>Title</th>
<th>Location</th>
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<td>Une mise en pratique de l’approche du rétablissement : un karaté-do de proximité et de solidarité, au-delà de l’activité physique et de l’intervention</td>
<td>St-Laurent 8</td>
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<tr>
<td>TUESDAY, NOVEMBER 12</td>
<td>Modèle « Recovery College » : une première implantation au Québec!</td>
<td>St-Laurent 6</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Les regroupements régionaux d’organismes communautaires comme acteur pivot du développement communautaire et de l’innovation en santé mentale</td>
<td>St-Laurent 7</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Oser innover ensemble pour favoriser la participation citoyenne : PISE, Programme intégré de soutien à l’emploi, un partenariat public-communautaire</td>
<td>St-Laurent 5</td>
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<tr>
<td>TUESDAY, NOVEMBER 12</td>
<td>Programme double 1) Le groupe « Reprendre pouvoir », du rétablissement à la prise de parole. 2) Entre mes psychoses, survivre!</td>
<td>St-Laurent 3</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Working with Cree’s : Being part of a healing process</td>
<td>Westmount 3</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Spirituality and madness: Voices, extremes states, and visionary experiences</td>
<td>Montréal 1, 2 et 3</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Pain speaks, who listens?</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Groupe de jeunes entendeurs de voix</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Voyage dans l’univers d’un entendeur de voix : place à l’expression de soi</td>
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<td>TUESDAY, NOVEMBER 12</td>
<td>Inspiring Transformation: A Workshop on Innovative Collaborative Recovery-Oriented Approach to Voice Hearing</td>
<td>Westmount 5</td>
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<tr>
<td>TUESDAY, NOVEMBER 12</td>
<td>The « Carnival des Voix »</td>
<td>Outremont 5</td>
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<td>D01</td>
<td>Thematic Day Dedicated to Hiring People in Recovery as Mental Health Services Providers / Symposium in the morning (D-01 and E-01) and round table in the afternoon.</td>
<td>Montréal 1, 2, 3</td>
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<td>D02</td>
<td>Oser utiliser des éléments de sa vie personnelle en relation d’aide: enjeux, balises, techniques, risques et possibilités</td>
<td>St-Laurent 6</td>
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<tr>
<td>D03</td>
<td>La participation des usagers et des proches aux politiques de changement : le modèle de la réforme des soins en santé mentale Belguque</td>
<td>Westmount 2</td>
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<tr>
<td>D04</td>
<td>Le déploiement des infirmières navigatrices de proximité et du programme HoPE en santé mentale jeunesse au CIUSSSCN : une pratique novatrice</td>
<td>Westmount 1</td>
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<td>D05</td>
<td>Intervenants pairs aidants et groupes d’entendeurs de voi : analyse comparative et discussion</td>
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<td>D06</td>
<td>Mobiliser les forces afin de créer un groupe entourage inspirant pour l’entourage de personnes présentant des troubles psychotiques et des troubles d’utilisations de substances</td>
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<tr>
<td>D07</td>
<td>Programme double 1) Approviser sa solitude et développer son réseau 2) La guidance émotionnelle et l’art de vivre</td>
<td>St-Laurent 3</td>
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<tr>
<td>D08</td>
<td>Programme double 1) Quand l’aventure et la nature deviennent une intervention inspirante pour les personnes vivant avec la schizophrénie ou des psychoses apparentées et leurs proches 2) La neurodiversité et notre droit d’être unique</td>
<td>St-Laurent 5</td>
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<tr>
<td>D10</td>
<td>Whole Life Recovery Community: A five-year experience of working with people who hear voices within a mental health service</td>
<td>Outremont 4</td>
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<tr>
<td>D11</td>
<td>Killing Rachel: The grief process of extinguished voices.</td>
<td>St-Laurent 7</td>
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<td>D12</td>
<td>Mes voix, ma dangerosité et mon rétablissement</td>
<td>St-Laurent 6</td>
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<tr>
<td>D13</td>
<td>Infinite Are the Mercies of God: A Personal and Political History of Psychosis and Supernatural Experiences</td>
<td>Outremont 7</td>
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<tr>
<td>D14</td>
<td>CINE-MENTAL : Beyond possible: How the hearing voices approach transform lives, screening and panel discussion of a new film</td>
<td>Westmount 7</td>
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<td>CDV</td>
<td>The « Carnival des Voix »</td>
<td>Outremont 5</td>
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The Quebec voice hearers network (RVQ) has the mission to promote an approach close voice hearers. Indeed, it embraces and integrates their life experiences and their different perceptions related to the voices. This approach considers the voices phenomenon as meaningful for each person experiencing it. It allows them to recover power over their voices and their life. The Voices Hearers Network, created by the Pavois organization in 2012, and now managed by the AQRP, is developing cheerfully.

www.aqrp-sm.org/revquebecois/

Intervoice aims to support the International hearing voices movement by connecting people, sharing ideas, distributing information, highlighting innovative initiatives, encouraging high quality research and promoting its values across the world. The International Hearing Voices Movement consists of the diverse conversations, initiatives, groups and individuals around the world that share some core values. In particular, it consists in considering hearing voices, seeing visions and related phenomena as meaningful experiences that can be understood in many ways.

www.intervoiceonline.org

For the past 30 years, the AQRP mobilizes all the people and organizations concerned by rehabilitation and recovery in order to innovate, diffuse and improve mental health practices and services in Quebec. By its activities of knowledge sharing and its innovative and uniting events, it supports people and organizations to promote social inclusion and well-being of people living or having lived with a mental health problem.

The association considers that it is the society’s responsibility to offer to people living having lived with a mental health problem and to people close to them, the means to develop their full potential; to appropriate the power to act; to recover, to actively participate and contribute to their community; to improve their quality of life; to assume the roles deriving from a full citizenship.

www.aqrp-sm.org
F01 Table ronde consacrée aux leçons tirées de l’expérience de l’Angletterre qui pourraient bonifier nos pratiques au Québec d’ici 2022
St-Laurent 3

F02 Les aspects sociaux du rétablissement : Oser en parler pour transformer nos pratiques
St-Laurent 5

F03 Le droit pour le rétablissement
Outremont 4

F04 Récit de vie en santé mentale
St-Laurent 6

F05 GESPER : un programme innovant axé sur le rétablissement et la qualité de vie des parents et des enfants
Westmount 1

F06 Reprendre du pouvoir sur sa vie
St-Laurent 7

F08 Listening: A learning circle
Westmount 3

F09 Recueil d’entente de voix – Manuel pour décodier le message des voix
St-Laurent 4

F10 Rethinking the Recovery Narrative
Westmount 5

F11 Mentorship: Recapturing and Cultivating Sacred Gifts
Montréal 1, 2 ,3

F12 Voice Collective’s Online Forum for young voice hearers
Westmount 4

F13 At the core of extraordinary experiences, spirituality and psychopathology:
What is real, and what is reality?
St-Laurent 8

F14 CINE-MENTAL: Histoires de voix; paroles d’entendues (voices histories; hearers speech)
(OVF - English subtitles)
Westmount 2

CDV The « Carnival des Voix »
Outremont 5

THANKS TO OUR COLLABORATORS

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Launched in 1998, the Hearing Voices Network (HVN) is a global network of peer support organisations.

All over the world, HVN organisation working to support people hearing voices:

- HVN United States
- HVN Brazil
- HVN Australia
- HVN France
- HVN Belgium
- HVN the Netherlands.

HVN was founded when the 11th Intervoice Congress regrouping REV (Réseau d’Entendeurs de Voix; Hearing Voices Network) France, HVN Belgium, HVN England, HVN United States, HVN Brazil, HVN Australia and HVN the Netherlands.

A special thanks to the members of the International Committee of the 11th Intervoice Congress regrouping REV (Réseau d’Entendeurs de Voix; Hearing Voices Network) France, HVN Belgium, HVN England, HVN United States, HVN Brazil, HVN Australia and HVN the Netherlands.

Yann Desberrt and Magali Moliné (France), Jean-Marc Prieels (Belgium), Paul Baker (England), Douglas Holmes (Australia), Dirk Cortens (the Netherlands), Will Hall and Lisa Forestell (United States) and Diart Bastos (Brazil).

THANK YOU FOR YOUR FINANCIAL SUPPORT

Centres intégrés et des centres intégrés universitaires de santé et de services sociaux

Le ministère de la Santé et des Services sociaux

Commission de la santé mentale du Canada

Mental Health Commission of Canada

Tourisme Montréal

Le ministère de la Santé et des Services sociaux

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Gil Walker
VCH Vancouver

BOARDS OF DIRECTORS

1:30 PM TO 3 PM
FLOOR PLAN

ST-LAURENT

OUTREMONT

WESTMOUNT

SALLE DE BAL DE MONTRÉAL

NEED HELP? PLEASE VISIT THE OFFICE LOCATED AT: OUTREMONT 2

AQRP
2380, av. du Mont-Thabor, bur. 205
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Phone: 418 523-4190
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