

Thursday, October 16th



Stéphane Grenier



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Stéphane Grenier is a former member of the Canadian Military who retired as a Lieutenant Colonel after serving for just over 29 years. Faced with undiagnosed PTSD after a deployment to Rwanda, Grenier took a personal interest in the way the Canadian Forces was dealing with mental health issues. In 2001, he coined the term "Operational Stress Injury" (OSI) and developed and managed a government-based national peer-support program for the Canadian Military. His work as OSI Special Advisor led to the launch of a second mental health program that delivers "peer based" mental health education to over 20,000 military personnel a year. In 2009, Grenier conceived of a corporate mental health awareness campaign that was endorsed by the Mental Health Commission of Canada, the Canadian Mental Health Association, and the Canadian Alliance on Mental Illness and Mental Health.

**New Paradigms: Mental Health in the Workplace
Implementing Peer Support – Concept to Action**

In today's modern, fast-paced workplace, mental health problems have become the leading cause of both short and long-term disability claims, accounting for 70% of workplace disability management costs in Canada. Nevertheless, mental health remains a widely misunderstood phenomenon, often referred to as merely a clinical issue.

In hopes of challenging society's traditional outlook regarding mental health, Stéphane Grenier has spent much of his career redefining how workplaces and individuals should care for and support those affected by mental health problems. His non-clinical approach offers simple and pragmatic ways of giving purpose to the lived experience of members of workplaces and allows organizations to start down the path of systemic wellness and re-humanized workplaces where mental health stigma is no longer a barrier to recovery. With over a decade of experience in the field and a longstanding personal path to recovery to draw from, Canadian Forces veteran Stéphane Grenier provides riveting new paradigms regarding mental health, recovery and resilience, in order to present a new way of looking at an old problem. His focus resides in providing solutions anchored in both personal experience and research findings of various well-known authors and theorists.

Stéphane's website: www.mhic-cism.com

Bio with Publication links: http://www.mhic-cism.com/bio_sgrenier.html