



# Meet the ECHO Hub Team

2024

The ECHO Hub Team consists of individuals who bring varied subject matter expertise (e.g., lived and living experience, clinical care, social services, Indigenous perspectives, among others) to support the planning and delivery of the ECHO sessions. The Hub Team supports participant learning by sharing expertise, tips, tools, and resources, and is central to the success of the ECHO program.

# Andrea Carter

She/Her

## Manager, Training & Evaluation

Andrea Carter is the Manager of Training and Evaluation at the Aboriginal Housing Management Association. Over the past 15+ years, she has worked in non-profit, community-based organizations in a variety of roles including front-line outreach, education, evaluation and senior leadership.

Andrea has participated in national and international research projects with a focus on preventive and support services related to mental health, substance use, sexually transmitted and bloodborne pathogens.

Andrea has a bachelor's degree in non-profit management and is certified as a Public Participation Professional.



- **Community Engagement**
- **Evaluation**
- **Harm Reduction**

# Anita David

She/Her

## Lived Experience Strategic Advisor

Anita has transformed her lived and living experience into a career in mental health and substance use advocacy, engagement, research and education. In 2019, Anita became the very first patient partner at BCMHSUS and co-chairs the Patient Family Experience Council, as well as the Lived Experience Advisors and Partners (LEAP) team.

In 2022, Anita joined the BCMHSUS Strategic Initiatives team as a Lived Experience Strategic Advisor. Anita participates in the Provincial Mental Health and Substance Use ECHO as a Hub Team member, ensures meaningful engagement of people with lived and living experience in the Research Challenge and collaborates on the activities of the Provincial MHSU Network.

In addition, Anita is deeply involved in patient-oriented and community-based research through community groups, health authorities and universities. She also trains and supports peer researchers through the Canadian Mental Health Association and is involved in the creation of the Recovery College - YVR. Additionally, Anita co-chairs the Hallway Group lived and living experience council, through the Mental Health Commission of Canada. Most recently, Anita was appointed to the inaugural Lived Experience Council through the Global Leadership Exchange. Through her personal and professional experiences, Anita has found passion and purpose.



- **Concurrent Disorders**
- **Knowledge Translation**
- **Mental Health**



# Lisa Evans

She/Her

## Manager, Services & Community Development

Lisa Evans is the Manager of Services and Community Development - Housing for Community Living B.C. (CLBC) where she is responsible for the BC Housing portfolio, Home Sharing, housing relationships with community partners, and working with government partners to increase inclusive, accessible, and affordable housing opportunities for individuals with Diverse Abilities. She acknowledges with gratitude that the lands on which she lives, works, and plays are on the traditional and unceded territories of the Snaw-naw-as, Snuneymuxw, Stz'uminus Peoples.

Lisa is passionate about her work and dedicated to supporting individuals who are CLBC eligible and present with complex needs. She strives to ensure they have access to the supports and services necessary to live inclusive and healthy lives while maintaining their autonomy, and providing them with opportunities that support their independence.



- **Developmental & Intellectual Disabilities**
- **Housing**



# Heather Fulton

She/Her

## Psychologist

Heather Fulton is a Psychologist at Royal Columbian Hospital where she is responsible for Psychiatry Resident Psychotherapy Training, specifically CBT and Motivational Interviewing. She is an Adjunct Professor in the Department of Psychology and a Clinical Instructor in the Department of Psychiatry at UBC.

Heather has extensive experience across the spectrum in concurrent disorders, starting in 2003, from volunteering in grassroots organizations and non-profit service delivery, to academic research and teaching, to working in tertiary, outreach, and private care settings. She also has an established private practice where she sees clients and family members regarding concurrent disorder and other mental health issues, as well as provides organizational consulting in implementing evidence-based mental health and substance use care.

Heather holds a Doctor of Philosophy in Clinical Psychology from Dalhousie University and Bachelor of Science from Queen's University. She lives in the Lower Mainland and enjoys kayaking and hiking.

- **Inter-Professional Education & Adult Learning**
- **Program Development & Evaluation**
- **Psychology**



# Ren Jager

She/Her, They/Them

## Harm Reduction Program Specialist

Taanishi! Ren Jager (she/her, they/them) dishinihkaashoon. Ni kishitiitayimoon aen lii Michif wiiyaan pii si kom di loo. Ma paraantii a la Rivyayr Roozh pii Poland Ooschiiwuk., pii mii noon di faamii Michif si lii Carriere, Hogue, McMillian, Rivard pi lii Taylor. Ni wiikin daan territwayr kayaash ooshin Tla'amin li moond itagawiikichi. Moon local di Michif si qathet Naasyoon Métis di qathet. Datooshkaan poor Li Naasyoon Métis di BC. Aen mowshookoona kikishkayhtayn niiya.

Hi! My name is Ren Jager (she/her, they/them). I am proud to be Métis and Two-Spirit. My relations come from the Red River, MB and Poland, and my Métis family names include Carriere, Hogue, McMillian, Rivard and Taylor. I live on the traditional territory of the Tla'amin peoples and the lodging place of the qathet Métis Nation. I work for Métis Nation BC as a Harm Reduction Program Specialist/knowledge gatherer. My areas of interest are Mental Health and Harm Reduction, Two-Spirit and Métis Identity and, as a former Métis Birthkeeper, sexual and reproductive health. My interest in this work comes from a Medical Anthropological perspective looking at how culture supports positive health and wellness outcomes for Métis people. I recently had the opportunity to present my research on "Two-Spirit Joy and 'Coming-In' to Métis Community" to the Canadian Anthropology Society at their biannual conference. I am a student, a craftsperson (knitting, weaving, beadwork, hide tanning), and live on the beautiful Sunshine Coast with my 8-year-old, my enormous Irish Wolfhound X dog, and my grandcat.



- **Mental Health**
- **Sexual & Reproductive Health**
- **Two-Spirit & Metis Identity**



# Rick Johal

He/Him

## Director, Learning & Development

Rick Johal is the Director of Learning and Development at BC Mental Health and Substance Use Services (BCMHSUS), where he leads both the provincial-facing Centre for Learning and the internal Learning and Development department. Rick holds a Master of Social Work (MSW) degree and has extensive experience in mental health and substance use care, particularly in developing and implementing educational initiatives that enhance competency-based learning.

Rick has successfully led several provincial education projects, including the creation of the BCMHSUS Centre for Learning, the development of a competency-based Concurrent Disorders Curriculum, and the integration of Relational Security into complex care housing settings. His background as a direct care clinician, where he worked as a social worker and led social work practice at the Burnaby Centre for Mental Health and Addiction, informs his expertise in concurrent disorders, curriculum and competency development, and social work professional practice.

Rick's work is deeply rooted in supporting settler involvement in Indigenous-specific anti-racism initiatives and integrating psychotherapeutic approaches into healthcare systems. He is also passionate about leveraging health technology to innovate learning and practice, ensuring that both healthcare professionals and the communities they serve have access to the best possible resources and support.

- **Concurrent Disorders**
- **Curriculum & Competency Development**
- **Web Learning Systems**



# Ashok Krishnamoorthy<sup>He/Him</sup>

## Medical Director, Psychiatry for Correctional Health Services

Ashok Krishnamoorthy is the Medical Director of Psychiatry for Correctional Health Services. He also works as a psychiatrist in Okanagan Correctional Centre, Red Fish Healing Centre, and Richmond General Hospital. He supports BCMHSUS as a Network Physician Lead. He is a subject matter expert in complex mental health and substance use disorders, identifying innovative models of care in the community for complex mental health and substance use clients, as well as clinical and risk management for clients with intellectual disability and traumatic brain injury.

Ashok is a collaborative leader and contributes to many systems-related projects, operationalizing multiple teams in his previous roles with Assertive Community Treatment and Early Psychosis Intervention, as well as supporting a team to address Cognitive Assessment and Rehabilitation for substance-use-related brain damage.

Ashok was previously the president of the Medical Staff Association in Richmond, where he set up a strategic plan for physician wellness. He has a keen interest in creating standards of care in various mental health and substance use services including the correctional health setting, as well as in supporting medical staff development through mentoring, coaching and incorporating system-level changes to minimize burnout.



- **Clinical & Risk Management**
- **Complex MHSU**
- **Traumatic Brain Injury & Intellectual Disability**



# Sheila Lewis<sup>She/Her/They</sup>

## MHSU Transformation Practice Lead

Sheila Lewis brings a strong background in leading mental health and gender-based analysis and in looking at issues of community health and well-being from an intersectional lens. Sheila is based in Kelowna, B.C. and currently holds the role of Practice Lead at Interior Health in the Mental Health and Substance Use Transformation portfolio, stewarding the implementation of Complex Care Housing for the Interior. Formerly, Sheila held the role of Provincial Women's Manager with Métis Nation of B.C. where she led research into the impact of provincial, regional, local, and national policies on the well-being of Métis women and their families. In this role, Sheila also worked with the Federal government in developing an action plan designed to respond to the calls for justice arising from the findings of the Missing and Murdered Indigenous Women and Girls Report.

Prior to joining Métis Nation, Sheila held various roles with the Interior Health Authority, including regional practice lead for Indigenous Mental Wellness as part of their mental health and substance use network, and the Indigenous Regional Knowledge Coordinator. Sheila has also worked with the City of West Kelowna, the Ki-Low-Na Friendship Society, the Okanagan Nation Alliance, the Okanagan Nation Emergency Transition House, the City of West Kelowna and University of British Columbia, Okanagan. Sheila also volunteers her time to support and facilitate Truth and Reconciliation Reading Circles designed to build and deepen community understanding of the 94 Calls to Action set out in the report.

- **Complex Social Issues**
- **Decolonization**
- **Housing Accessibility**



# Michelle Padley

She/Her

## Provincial Programs Manager

Michelle Padley, Registered Nurse, Master of Nursing, is the Provincial Programs Manager for the Ministry of Mental Health and Harm Reduction at Métis Nation BC where she engages with Métis community members living in BC to ensure MNBC's Métis mental wellness and harm reduction initiatives and programs are grounded in Métis ways of knowing, being, and doing. She also works with the BC Indigenous Health Nursing Research Chair as a research associate, advocating for and moving forward Indigenous Knowledges within nursing research. She has extensive experience in mental health and specializes in child and youth mental health and wellness from a Métis perspective.

Michelle holds a Master of Nursing Degree from Thompson Rivers University and is entering the Doctor of Philosophy in the Nursing program at the University of Victoria in the fall of 2024 where she will continue to engage in research utilizing Indigenous Research Methodologies to explore Métis understandings of wellness.

### Recent Publication & Presentations:

Seymour, C., Bourque Bearskin, L., Wazni, L., Melnyk, R., Hunter Porter, N.R., Padley, M. (2023). Commentary: Moving beyond ignorance and epistemic violence: Indigenous health nurses' response to systems transformation. *Healthcare Papers* 21(2), pp. 35-41. DOI: [10.12927/hcpap.2023.27107](https://doi.org/10.12927/hcpap.2023.27107)

Padley, M., Bourque Bearskin, L. (2023, June 14-16). Holistic Promotion of Youth Wellness from a Métis Perspective: The Spirit of Knowledge Sharing with Métis Elders. 3rd International Indigenous Health and Wellbeing Conference, Cairns, Australia. Fishbowl Presentation.



- **Child & Youth Mental Health**
- **Indigenous Health**
- **Metis Mental Wellness**



- **Event & Partner Specialist**
- **Governance & Policy**
- **Presenting Jacob's Story: Losing a Son to Fentanyl**

# Shirley Paulsen

She/Her

## Family Lived Experience Strategic Advisor

Shirley Paulsen is a lived and living experience strategic advisor (family) to the Network, as well as a patient family partner for BC Mental Health Substance Use. Shirley is a long-serving elected school trustee for her community of Abbotsford, currently chair of the Board of Education, along with provincial leadership in the various roles that governance brings. Governance, HR/LR, and policy are passions, but her career is as an event and partnership specialist.

In 2018, Shirley's son suffered a traumatic brain injury, among other things, when he was run over by a pick-up truck. Over time, he suffered from MHSU issues and eventually died from an accidental fentanyl overdose at just 24 years old. During those three years following his debilitating accident, Shirley learned that most services and programs did not address nor support the complexities of concurrent disorders. Before Jacob died, Shirley and Jacob spent time with various levels of government trying to find answers and support, but with little luck. During this time, Shirley's advocacy in this field increased to the point where she needed to go public with his story. She's striving to help others in order to leave things better than how she found them.

Éy swáyel. I gratefully acknowledge that I live, work, and play on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, I respect the longstanding relationships that Indigenous Nations have with this land, as they are the original caretakers.



# Stephen Pelland

He/Him

## Peer Support Coordinator

Steve Pelland is the Peer Support Coordinator with the Community Transition Teams (CTT). CTT is a program that supports folks who are transitioning out of any of the 10 Provincial correctional centers in BC. Steve is responsible for providing mentorship and support to CTT's Peer Support Workers as well as providing direct client care as needed.

Steve has 20 years of lived experience of incarceration as well as substance use challenges and this experience uniquely equips him to relate with folks who are currently in a similar situation.

Steve is passionate about this work because he was once a client of the CTT program and his goal is to make sure that every client is provided the same opportunity that he was given.



- **Lived Experience**
- **Peer Support**
- **Transition out of provincial correction centres**



# Brianne Samson

She/Her

## Manager, Services & Community Development

Brianne Samson is the Manager of Services & Community Development - Health at Community Living B.C. (CLBC), where she oversees efforts to connect CLBC eligible individuals with necessary health care services. Her department not only supports CLBC Service Delivery teams, but also strives to align the support needs of CLBC eligible individuals with practices across various government and community sectors, including health and community living in British Columbia.

Brianne brings extensive experience from the social services and health sectors, beginning her career in Calgary, Alberta, completing her master's in occupational therapy through the University of British Columbia, and joining CLBC in 2009. Throughout her time at CLBC, she has held several key roles, including as a registered Occupational Therapist at the Provincial Assessment Centre.

Brianne is a white settler, acknowledging with gratitude that she works, lives and continues to learn, on the traditional and unceded lands of the Səlilwətaʔ təməxʷ (Tseil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), and Sxʷməθkʷəy̓əm (Musqueam) Nations

- **Community Development**
- **Developmental & Intellectual Disabilities**
- **Occupational Therapy**



# Terri-Lee Seeley

Director, Professional Practice Allied Health

Terri-Lee Seeley is the BCMHSUS Director of Practice-Allied Health. She is responsible for leading allied health practice across the BCMHSUS programs. She has extensive experience in mental health and substance use, including concurrent disorders, and specializes in trauma-informed practice and social determinants of health.

Terri-Lee holds undergraduate degrees in psychology and social work, a master's degree in social welfare policy from McMaster University in Hamilton, Ontario, and a Doctorate in social dimensions of health/social work specializing in trauma-informed care from the University of Victoria.

Terri-Lee lives, works and plays with deep sense of gratitude on the land of the Kwikwetlam people, known as Coquitlam BC. She enjoys travel, hiking and frolicking through the woods with her very active golden retriever.



- **Concurrent Disorders**
- **Social Determinants of Health**
- **Trauma-Informed Care**

# Devon Silvers She/Her

Lead, Psychological Health & Safety

Devon Silvers is the Lead of Psychological Health and Safety for BCMHSUS where she is responsible for implementing the National Standard of Psychological Health & Safety across a variety of sites. She has extensive experience in Forensics, Operational Stress, Resiliency, and specializes in post-traumatic stress disorder (PTSD) and Concurrent Disorders.

Devon holds a clinical master's degree in Counselling Psychology from UBC. She lives in the lower mainland and enjoys teaching yoga, meditation and Forest time with her family.

Devon has been working in mental health for over 20 years, and feels passionate about improving health care for residents of British Columbia.



- **Forensics**
- **Personality Disorders**
- **PTSD**
- **Trauma-Exposed Professionals**



# Laura Wittkopf

She/Her

## Psychiatric Outreach Nurse

Laura Wittkopf is a grateful guest living in the Secwempc Nation as an outreach nurse and nurse prescriber with the Adams Lake Indian Band, based out of the Sexqeltqin Health Center.

She is responsible for supporting Adams Lake Band members and local First Nation Peoples with mental health and substance use, including with safer substance use, overdose prevention, education, prescribing Opioid Agonist Treatment (OAT), access to psychiatry, and treatment applications. She has extensive experience in Opioid Use Disorder and specializes in providing outreach services to clients who are living on and off reserve.

Laura has a passion for being an advocate for and ally to Indigenous Peoples, often sitting on higher-lever tables to challenge systems that historically and currently serve as access barriers to mental health and substance use services.



- Opioid Agonist Treatment
- Policy
- Harm Reduction

If you are interesting in joining the Provincial  
Mental Health and Substance Use ECHO as a  
Hub Team member please contact us at  
[echo\\_bcmhsus@phsa.ca](mailto:echo_bcmhsus@phsa.ca)