

# Education Module 11 - March 12, 2023

## Speaker Bio – Erin Willson



Erin Willson is an Olympian and a PhD candidate at the University of Toronto, studying abuse in sport. Her interest in this subject came from her own experience as an athlete, particularly when she was on the Canadian National Synchronized Swimming Team. Her research includes exploring the magnitude and antecedents for abuse in sport, emotional abuse and body shaming. She is also very passionate about athlete advocacy, which has led to her being on the board of directors for AthletesCAN, the association for National Team athletes, which she currently holds the presidency position.

### Workshop Description

This session will cover an overview of the state of abuse in Canadian sport. This will include understanding the current problem, including all types of harm (physical, sexual, psychological harm, and neglect) and underlying risk factors that have led to the current crisis for athletes. Identified mental health outcomes of abuse will also be discussed. The session will conclude with a perspective on what protections are needed, what is currently in place, and how to move all sport stakeholders forward to ensure that athletes are happy and healthy while participating in sport.

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## Speaker Bio – Dr. Janet D’Arcy (she/her)



Dr Janet D’Arcy is a 1993 graduate of CMCC. She attained her sports fellowship designation in 2016. She is currently an assistant professor at CMCC, working as a clinician at Sherbourne Health Centre. She was certified to teach Mental Health First Aid in 2014 and since that time has trained many staff, students and faculty in Basic Mental Health First Aid. She is currently on the OCA Board of Directors and maintains a private practice in the east end of Toronto. When not doing chiropractic related things she likes to ride her bike, run and write.

### Workshop Description

#### Navigating Mental Health Issues in Athletes

This workshop will cover an overview of mental health related stats in Canada with respect to the signs, symptoms and treatment and the role of the Sports Chiropractor in their care. Some of the specific topics being covered will be anxiety, depression, deliberate self-harm, substance use, and suicidal ideation/suicide. Once the general topics have been outlined, an in-depth view of how these may manifest with elite athletes will be covered along with screening tools and resources for the athlete/patient.

## Speaker Bio – Sheliza Jamal (she/her/hers)



Sheliza Jamal is a graduate of Harvard University and has worked as the Diversity and Inclusion Programming Coordinator and served as a coach in the Equity and Inclusion Fellows Program at the Harvard Graduate School of Education. She is currently completing her PhD at OISE, University of Toronto in the Department of Social Justice Education with a research focus on anti-Black and anti-Indigenous racism in Teacher Education Programs. Ms. Jamal is the founder of Curated Leadership and helps leaders develop their knowledge in the areas of equity and diversity to build inclusive communities. She brings over a decade of experience in designing curriculum and implementing training and development programs aimed at addressing inequitable outcomes for underserved communities. Ms Jamal engages participants in dialogue about oppression and uses a calling-in approach to

bring people together to listen, learn, and lead with empathy. For further details, please visit [www.curated-leadership.com](http://www.curated-leadership.com)

## Workshop Description

### **Fundamentals of DEI at the intersections of gender, race, and ability**

In the first half of the workshop, participants will gain an understanding of critical terminology related to diversity, equity and inclusion. Participants will examine forms of oppression and analyze identity, power, and privilege. In the second half of the workshop, participants will examine the intersections of gender, race, and ability as they relate to sports and athletes. Through discussion, case studies and videos, participants will be encouraged to engage in critical dialogue.