



# HEADS UP!

Community Mental Health Summit

SPRING 2020 / KELOWNA, BC

## VOLUNTEER OPPORTUNITIES

Help us advance the conversation about mental health challenges, opportunities, and successes at the individual, family, workplace, and community scales!

The Fresh Outlook Foundation — highly acclaimed for its innovative community sustainability events — is proud to host the inaugural *HEADS UP! Community Mental Health Summit* along with various warm-up events. Successful event outcomes depend on far-reaching support from volunteers passionate about event planning, promotion, and fundraising!

### **VOLUNTEER OPPORTUNITIES:**

*Something for everyone!*

**WE NEED YOUR HELP!** The *HEADS UP! Community Mental Health Summit* provides an opportunity for you to help advance the rapidly evolving conversation about mental health in meaningful and productive ways.

Bring your expertise, experience, and passions to the table as we enable and encourage delegates to help build healthier communities. We're looking for volunteers to be the public face of the event and to contribute to the following:

#### **EVENT PLANNING**

**Program Development & Implementation** ♦ **Speaker & Supplier Liaison** ♦ **Logistics** ♦ **Ticket Sales**

#### **PROMOTION**

**Videos** ♦ **Media**  
♦ **Social Media** ♦ **Presentations**

#### **FUNDRAISING**

**Sponsorship Sales**  
♦ **Grant writing** ♦ **Donations**

### **VOLUNTEER BENEFITS**

FOF will work with you to develop a volunteer role and responsibilities that best meet your specific wants and needs.

#### **EXPECTATIONS**

- ♦ Participate in event planning meetings, as needed
- ♦ Share information about the summit and warm-up events with family, friends, colleagues and networks, as appropriate
- ♦ Support other volunteers, as needed

#### **BENEFITS**

- ♦ Connect with people from all ages, cultures, and sectors interested in mental health issues
- ♦ Be acknowledged on social media and in event programs and PPTs
- ♦ Receive free event registration, as appropriate for the time committed
- ♦ Learn new skills with a highly innovative and collaborative team
- ♦ Make new friends!

## What is a Community Mental Health Summit?

Innovation and collaboration grow exponentially when diverse groups of people share their unique insights, ideas, and passions for sustainable change.

Hosted by the Fresh Outlook Foundation (FOF), along with key event partners, the **HEADS UP! Community Mental Health Summit** is a gathering of people from all ages, cultures, and sectors to talk about mental health challenges, successes, and opportunities from individual, family, workplace, and community perspectives.

Designed to reflect successful interactive strategies gleaned from previous FOF events and emerging engagement techniques and tools, the Community Mental Health Summit is sure to inform, inspire, and innovate!

## What can you expect to experience at the event?

There's something for everyone!

The **HEADS UP! Community Mental Health Summit** will gather mental health professionals from all sectors, along with people from all walks of life, to share stories about everything from personal mental health experiences to industry treatment trends to community policy and land-use planning initiatives that could prevent mental health challenges in the future.

Workshops and other interactive tools will help delegates explore topics with other participants in meaningful and productive ways.

[freshoutlookfoundation.org](http://freshoutlookfoundation.org)

## What is the Fresh Outlook Foundation?

The **Fresh Outlook Foundation (FOF)** is a registered charity that envisions a future where people of all ages and from all sectors collaborate to make our communities healthier, happier, and more prosperous.

This is possible only when people talk with one another about important community issues, challenges, and opportunities. To that end, FOF's passion is "inspiring community conversations for sustainable change."

We provide opportunities for those conversations to unfold at events such as the highly acclaimed and hugely popular events including the Building SustainABLE Communities conferences, Reel Change SustainAbility Film Fests, Eco-Blast Kids Camps, Fresh Dialogues, CommUnity Innovation Lab. Breakfast of Champions, Women 4 SustainAbility, and Talking DIRTy x 10,000.

These events foster informative and motivating dialogue around a wide range of social, cultural, environmental, and economic issues.



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