



Council of Canadian Administrative Tribunals
Conseil des tribunaux administratifs canadiens

Minds Matter: Mental Wellness for Adjudicators and Staff of Tribunals and Regulatory Bodies – a two-webinar series, October 26 & November 2, 2023

Biographies

Webinar 1, October 26, 2023 - The Adjudicator's Mind: How adjudicators and their organizations can pursue and maintain mental wellness



The Honourable George R. Strathy

The Honourable George R. Strathy retired as Chief Justice of Ontario and President of the Court of Appeal for Ontario on August 31, 2022, having served on that Court for nine years. In that capacity, he heard a wide range of complex civil, commercial, family and criminal matters, regularly authoring judgments in all areas. Prior to his appointment to the Court of Appeal, he served as a Judge of the Ontario Superior Court of Justice for five years. For three of those years, he was a member of the Class Actions team, responsible for the judicial oversight and management of approximately 80 class proceedings.

Prior to his appointment to the bench, Mr. Strathy practiced general civil litigation for thirty years, with a specialty in domestic and international maritime, commercial and insurance matters.

He graduated from McGill University in 1970 with an Honours B.A. and received an M.A. in International Politics from the University of Toronto, where he was a Woodrow Wilson Fellow. He graduated from the Faculty of Law of the University of Toronto in 1974 as the Gold Medallist and was called to the Ontario Bar in 1976.

He joined the firm of MacKinnon McTaggart of Toronto, becoming a partner in 1980. In 1985 he joined Campbell Godfrey & Lewtas (later Fasken's) and in 1993, established his own firm, Strathy & Associates, subsequently known as Strathy & Isaacs.

During his 30-year career as a lawyer, Mr. Strathy appeared before the Ontario Superior Court of Justice, the Court of Appeal for Ontario, the Federal Court, the Federal Court of Appeal, and the Supreme Court of Canada. He was active in professional organizations, including the Canadian Bar Association, the Advocates' Society, the Canadian Maritime Law Association and the Association of Maritime Arbitrators of Canada, holding leadership positions in several of these.

He was also involved in legal education, teaching Maritime Law for many years at the Faculty of Law of the University of Toronto and Environmental Law at the Faculty of Engineering of the University of Toronto. He authored two books, *The Law and Practice of Marine Insurance in Canada* (Butterworths,

Lexis-Nexis, 2003) and The Law and Practice of General Average in Canada (1995), as well as numerous papers and articles. As a judge, he was a frequent speaker at conferences and educational programs.

As Chief Justice of Ontario, Mr. Strathy initiated the modernization of the Court's technology, overseeing the transformation of the Court of Appeal to a paperless operation in the course of the Covid-19 pandemic and managing the acquisition and launch of a state of the art case management system. He was a Vice Chair of the Executive Committee of the Canadian Judicial Council and Chair of a committee to promote effective case management of civil, family and criminal proceedings. He actively supported equity and diversity in the bar and on the bench and was an advocate for mental health and wellness in the legal profession. He is the recipient of the Toronto Lawyers' Association Award of Distinction and of Doctor of Laws Degrees (honoris causa) from the Law Society of Ontario and Toronto Metropolitan University.

Webinar 2, November 2, 2023 – Let's Get Practical: How tribunals and regulatory bodies can support adjudicator and staff mental wellness on an organizational basis



Pamela Cholak, Alberta Energy Regulator

I am a registered nurse with over 20 years experience in private and public health sector with a dedication and focus on clients' mental health and overall wellness. My journey has taken me from working on acute mental health units, to working in the community advocating for clients of all ages and providing resources and tools for promoting one's health and preventing illness. Over the years, my interest expanded to promoting the health of people at work and I strongly believe in maintaining and restoring employees' health, safety, and well-being in the workplace.

Currently working as an occupational health nurse with the Alberta Energy Regulator, I find my nursing role continues to grow and evolve. My work allows me the honor to listen to others' stories and struggles and help guide them on their own path to wellness. These experiences have solidified my belief in the importance of addressing and supporting employee mental health. I became a facilitator of "The Working Mind" program - a mental health program dedicated to address mental health and reduce stigma in the workplace and continue to advocate and provide care for those who may struggle.

Amid raising two teens, you will often find me cheering on the rugby sidelines or spending time with my family, travelling and enjoying nature.



Orlando Da Silva, Administrative Tribunals Support Service of Canada

Orlando Da Silva was appointed Chief Administrator of the Administrative Tribunals Support Service of Canada (ATSSC) on October 28, 2019. The ATSSC is responsible for providing support services and facilities to 11 federal administrative tribunals by way of a single, integrated organization.

Prior to joining the ATSSC, Mr. Da Silva served for nearly 25 years as a trial lawyer—most recently as a Senior Crown Counsel for the Province of Ontario's Serious Fraud Office—a specialized, expert team of police and crown attorneys responsible for investigating and prosecuting serious financial crimes, corruption, and bribery cases. He is also a former partner of one of Canada's largest law firms and

former leader of the Corporate-Commercial Litigation team and member of the Indigenous Litigation Team for the Ontario Ministry of the Attorney-General.

In 2019, Mr. Da Silva was a Bencher (Governor) of the Law Society of Ontario, which regulates Ontario's 55,000 lawyers and 12,000 paralegals. From 2014 to 2015, he served as President and CEO of the Ontario Bar Association. During this tenure, he championed a Canada-wide mental health and wellness campaign targeted at the legal profession, speaking publicly about his own experience overcoming depression that has led to a successful and rewarding professional and personal life.

Mr. Da Silva is a recipient of a Law Society of Ontario Medal, the Ontario Bar Association's Distinguished Service Award, the Lexpert Zenith Award for Change Agents, the Deputy's Award of Excellence, the Tom Marshall Award of Excellence for Public Sector Lawyers, and the Transforming Lives Award from Canada's Centre for Addiction and Mental Health. He has also been recognized by Canadian Lawyer Magazine as one of the "Top 25 Most Influential" lawyers in Canada.



Doron Gold, The Lawyer Therapist

Doron Gold is a registered social worker, certified professional coach, and psychotherapist, as well as having previously practiced law for ten years, primarily as a family and civil litigator. Since 2006, Doron has assisted lawyers, paralegals, law students and judges with personal and professional issues such as addiction, depression, anxiety, and career stress.

Doron has written and been quoted extensively in publications such as Lawyers' Weekly, Law Times, Precedent Magazine, Canadian Lawyer and LawPro Magazine on various topics related to lawyer distress and wellness. He is the co-author of the Canadian Bar Association's "Mental Health and Wellness in the Legal Profession" online course and is the recipient of the 2016 Canadian Bar Association Wellness Forum Award of Excellence. He is also a member of the steering committee for the Federation of Law Societies of Canada National Study on the Health and Wellness Determinants of Legal Professionals in Canada. Doron can be reached at www.thelawyertherapist.ca and www.dorongold.com and can be found on Twitter at @DoronJGold



Andrew (Andy) Smith, Alberta Energy Regulator

I have been working the health & safety field for 30 years and have a had front row seat to evolution in this space. Development of what is considered to be part of health & safety has grown to include not only physical well-being and protection but also mental health and wellness.

In my working life I've had stops in the Canadian Armed Forces, building demolition and civil construction, electrical and gas utilities, government, and post-secondary. I have been honoured to sit on a number of boards and councils including formerly as a Director at Large for the Canadian Society for Safety Engineering and Vice-chair of the Alberta OH&S Council. My lived experience with health & safety is that my career path has provided tremendous opportunities in many different sectors and experiences with tremendous people.

I joined the Alberta Energy Regulator in September of 2020 in the midst of pandemic lockdowns and all of the uncertainty of the time. Certainly, an unusual way to start a new job in a locked down, virtual environment. If ever there was a time for mental health and wellness to be front and center the past 3 years have proven how important it is.