

Maria Farella Guzzo

McGill University, Faculty of Medicine and Health Sciences

Biography

Maria Farella Guzzo is a doctoral candidate in the Department of Psychiatry at McGill University's Faculty of Medicine & Health Sciences. Maria has experience in qualitative research in various types of school-based settings: (i) inner-city, (ii) all boys preparatory, (iii) all girls preparatory, and an additional fourth context, youth protected by the law detained in youth protection facilities. Maria's doctoral work has focuses on expressive writing with the adolescent population . This work has resulted in the publication of 1 article, published in the Journal of Adolescence, entitled "Brief report: A qualitative evidence synthesis of the psychological processes of school-based expressive writing interventions with adolescents", and currently 3 additional articles in final editing or review. Additionally, Maria has presented her work at the 2020 Canadian Psychological Association and is currently planning her post-doctoral position working with incarcerated youth in the United States.

Maria has been nominated in 2020 by McGill University's Psychiatry Department for the Graduate Student Award of Merit, as well as for the Vanier Canada Graduate Scholarship competition in 2018. In 2015, Maria received the Montreal Woman of Action Award and in 2018 for the Montreal Community Cares Foundation Award for her philanthropic work. She actively collaborates with the Bell Canada Let's Talk Campaign and is an ambassador for a mental health campaign by Les Impatients Centre for patients with mental health illnesses. Maria is an Honorary Member of The Canadian Philanthropic Children's Circle of Care Program and is also Honorary Member of The Women Who Drive Organization. Additionally, Maria is co-honorary president of La Fondation Mon Seigneur Arthur Deschênes, a mental health-based foundation and is president of the Notte in Bianco charity event that has raised over 3 million dollars to date in various research-based initiatives.

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email

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www

notteinbianco.com

languages

spoken/written

English, French, Italian

skills

MAXQDA software

Education

Doctoral candidate, Department of Psychiatry, Faculty of Medicine & Health Sciences, McGill University

Master of Science in Psychiatry, Faculty of Medicine, McGill University

Bachelor of Social Sciences, Faculty of Social Sciences, University of Ottawa

Academic Scholarships

Recipient of a scholastic grant given by *Pandion Investments Ltd.*, 2015

Recipient of a scholastic grant given by *La Fondation Mgr. Arthur Descheñes*, 2015

Recipient of a scholastic grant given by *McGill University* for Masters Sc. in Psychiatry, 2015

Recipient of a scholastic grant given by *The Canadian Italian Business & Professional Association*, 1995

Recipient of a scholastic grant given by *The Canadian Italian Business & Professional Association*, 1998

Honours & Awards

2019 Nominated by McGill University for the Vanier Canada Graduate Scholarship competition, 2018

2020 Nominated by McGill University for the Senior Women Academic Administrators of Canada (Graduate Merit Award competition, 2020)

Woman of Action award by the Israel Cancer Research Fund Recognizing outstanding individuals who have made a difference through their achievements, leadership, and dedication in the business, medical and philanthropic communities, 2014

38th annual Israel Cancer Research Fund Award: recipient of an honour for dedication and commitment to the fight against cancer, 2014

the Italian-Montreal Woman of the Year Award given by the Quebec-Canadian Italian Federation recognizing outstanding individuals who have made a difference through their achievements, leadership, and dedication in the business, medical and philanthropic communities, 2015

Israel Cancer Research Fund Honorary Fellowship Award given by the Israel Cancer Research Fund, 2015

Montreal Community Cares Foundation award honoured by being recognized as an outstanding individual who has made a difference in the Montreal community, 2015

Philanthropic Activities (2002-2020)

President of The Guzzo Family Scholar Bursary. This merit-based scholarship is awarded to underprivileged students while promoting academic excellence, providing opportunities, while reducing the financial barriers for youth in their post-secondary studies.

President and co-founder of the Notte In Bianco charity event since 2008 benefiting The Guzzo Environment-Cancer Research Chair of the University of Montreal, The Montreal Jewish General Hospital, The Montreal Children's Hospital, The Canadian Queen Elizabeth II Diamond Jubilee Scholarships, The Montreal's Shriners Hospital as well as diverse youth mental health community initiatives.

Community Involvement /Mental Health Advocacy Activities

- Starlight Children's Foundation Canada / La Fondation pour l'enfance Starlight Canada | www.starlightcanada.org
- Les Impatients Centre (for patients with mental illness), Mental Health Campaign

Ambassador

- 1st, 2nd, 3rd and 4th Annual Mind strong Charity Fitness, with Dr. Karl Looper, event benefiting the Youth Division of the Department of Psychiatry of the Jewish General Hospital
 - Coop de la Belle Amitié fundraising event for the intellectually deficient
 - Jewish General Hospital Centre for Child Development and Mental Health fundraising events
 - Jewish General Hospital- ENT department fundraising events
 - Montreal Walk for Mental Health event
 - Bell Let's Talk Campaign: Involvement in Bell's destigmatization and awareness campaign for mental health
 - Overture with the Arts Program
 - Blue Metropolis Montreal International Children's Literacy Program
 - Sing Montréal Chante Program
 - Fundraising event to promote awareness and destigmatization of mental illness, benefiting the Douglas Mental Health University Institute's Eating Disorder Department, with psychiatrist Dr. Mimi Israel
 - Montreal Walk for Mental Health event
 - Involvement in the financing campaign for the Belz Highschool for Girls' new library, of the Hassidic Community in Outremont
 - Mouvement Santé Mentale Québec Association
 - Supporter of Laboratoire d'Études des Troubles de l'Ordre de la Psychopathologie en Enfance de l'Université du Québec à Montréal Research Project
 - Autisme Montréal
 - Montreal Children's Library
 - l'Association québécoise du syndrome de la Tourette, situated at l'Hôpital Rivière-des-Prairies, Centre Hospitalier de soins psychiatriques (under 18)
 - Hereditary Breast and Ovarian Cancer Foundation, 2016 Supporter of the Buanderie Centrale de Montréal
 - Bell Canada Ambassador for 2016/2017 mental health fundraising campaign
 - Fundraising event in high schools in the Greater Montreal Area to promote awareness and destigmatization of mental health, benefiting the Douglas Mental Health University Institute, with Dr. Jai Shah, psychiatrist at the Program for Prevention and Early Intervention in Psychosis
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- Shield of Athena's Awareness Campaign, a non-profit organization for victims / women of family violence
 - Jewish General Hospital- supporter of the Cardiology/Emergency Pavillion K fundraising event
 - Member of the Circle of Ambassadors of the Bal des Lumières fundraising event presented by Bell, in support of the Fondation des maladies mentales, l'Institut universitaire en santé mentale de Montréal Fondation and the Douglas Hospital for Mental Health University Hospital Foundation
 - Montreal Community Cares Foundation charity event. Honoured at this event while giving awards by recognizing outstanding individuals who have made a difference in the Montreal community
 - The Duke of Edinburgh's Award: Involvement in this organization for the recognition of the successful journey of youth self-discovery and development
 - Hôpital Rivière-des-Prairies: Involvement in destigmatization and awareness campaign for child mental health
 - Hôpital Louis-H. Lafontaine Hospital (Institut Universitaire en Santé Mentale de Montréal): Involvement in destigmatization and awareness campaign for adult mental health
 - Bell Let's Talk Campaign: Involvement in Bell's destigmatization and awareness campaign for mental health
 - Fundraising Event in mental health in high schools in the Greater Montreal Area to promote awareness and destigmatization of mental health, benefiting the Douglas Mental Health University Institute with psychologist Dr. Camillo Zuchia
 - Les Grands Ballets Canadien fundraising initiative for the creation of their new mental health-based dance therapy clinics in Montreal
 - Giant Steps Foundation annual fundraising event, to celebrate 25 years of generosity towards autistic children
 - Autism Speaks Canada annual fundraising event, in collaboration with Toys R Us
 - Miriam Home for Autistic Children
 - Guest speaker of the Perspectives II Inner City School
 - Douglas Hospital: Involvement in annual awareness campaign for mental health-anorexia/bulimia department
 - Assisted in a surgery at the Shriners Hospital with Dr. Thierry Benaroch. The patient was a 4-year-old girl, a foster child. Reason: my curiosity in assisting a surgery and wanting to be there for a child with no family post-surgery
 - Pedal for Kids, benefiting the Montreal Children's Hospital

Academic Publications

Doucet, M. H., Guzzo, M. F., & Groleau, D. (2018). Brief report: A qualitative evidence synthesis of the psychological processes of school-based expressive writing interventions with adolescents. *Journal of adolescence*, 69, 113-117.

Guzzo, M.F., Gobbi, G. (2020). Parental Death During Adolescence: A review of the literature. *Omega Journal of Death and Dying*.

Poster Presentation

Amos, J., Sladeczek, I. E., Groleau, D., Guzzo, M.F., (2018, May). Self-Compassion and Behavioural and Emotional Wellbeing in Adolescence. Presented at the Summer Institute for School Psychology, Montreal, QC.

Academic Conferences

July 2020, Canadian Psychological Association: 12-Minute Talk
Subject: The Evaluation Study of an Expressive Writing Intervention: Improving/promoting mental health
Field: Educational and School Psychology

Research Projects

Involved in a youth mental health research project with McGill University and the Psychiatric Institute at the Jewish General Hospital, involving an expressive writing intervention for youth, 2015-2020, funded by Bell Canada and Brain Canada.

Involved in a research project with the Centre intégré de santé et de services sociaux de Laval and Le Centre de protection de l'enfance et de la jeunesse de Laval, 2020, funded by Brain Canada.

Mental Health Invited Speaker/Panel Speaker

Speaker at Lauren Hill Academy promoting awareness in mental health (2003)
Speaker at the Pink Lady Woman of Action Brunch with a crowd of 600 women (2014)
Commencement speech at Vincent Massey Collegiate Graduation Ceremony (2016)
Speaker at the Blue Metropolis Montreal International Literary Festival for Children (2016)
Invited speaker at the Leonardo Davinci Centre: "Forums Pour Femmes" (2017)
Panelist speaker at Les Fées Marraines "3 Femmes, 3 Générations" conference (2018)

Authored Books

How to Train Your Dreams (2015)
#smartbites (2016)

Community Organizations

Vice-president of Community Affairs, Cinemas Guzzo
President, Notte in Bianco fundraising event benefiting child mental health
Honorary co-president, the Mon Seigneur Arthur Deschênes Foundation
Honorary Member of The Canadian Philanthropic Children's Circle of Care Program
Honorary Member of The Women Who Drive Organization

Board of Directors

V.P., La Coopérative de solidarité la belle amitié, (2017-2018)
L'Hôpital Rivière-des-Prairies, Centre Hospitalier de soins psychiatriques (2015-2016)
Les Grands Ballets Canadien, (2014-2018)
L'Institut universitaire en santé mentale de Montréal, (2015-2018)
La Fondation Mgr Arthur Deschênes (2008-present)

Certificates

Tri-Council Policy Statement, Ethical Conduct for Research Involving Humans Course on Research Ethics

Fostering Emotion Regulation Certificate, Institute of Child Psychology

Book Readings: *How to Train your Dreams*

Jewish People's & Peretz School, United Talmud Torahs, Merton School & Solomon Schechter Academy (2015)

Shriner's Hospital for Children in Montreal (2016)
