



Workshop Training Series, Fall 2013

Helping Youth Experiencing Substance Use and Mental Health Difficulties

PROGRAM INFORMATION

The Concurrent Disorders Program aims to increase the capacity of organizations and service providers in Peel to respond to youth with concurrent mental health and substance use concerns. Research has consistently shown that a coordinated and integrated approach to both is important for successful outcomes.



This fall the program will offer 2 **workshops**. These sessions address some of the basic information and skill-sets necessary for effective recognition of and engagement with this population. Although each workshop has been designed as a stand-alone component, we encourage participants to consider taking part in the entire series. These workshops are appropriate for anyone who works with young people in a helping role, including: mental health clinicians, community and school counsellors, crisis workers, public health nurses, probation officers, and child and youth workers.

In addition to this workshop series, we are offering a **First Contact Group** for youth aged 14 to 19. This four-week group, which will meet every Tuesday evening starting October 22nd, helps youth increase their awareness of substance use, understand how it impacts them, and develop strategies to begin replacing it with healthier options. At each youth's request, a fifth session will be offered at the end of the group for parents and supportive others to learn ways to help the youth with their goals. This First Contact Group is provided in partnership with Nexus Youth Services and is free to all participants. For more information, or to make a potential referral to this group, contact Garth Buckley, Clinical Coordinator, Concurrent Disorders Program at (905) 795-3500 ext. 2200 or gbuckley@peelcc.org.

WORKSHOPS

Facing Fears - Effective Exposures for Anxious Children and Youth with Concurrent Disorders

Date: Tuesday November 12th, 9 am - 12 noon

Location: Brampton Golf Club, 7700 Kennedy Rd. South, Brampton (south of Steeles, north of Derry)

Registration Fee: \$20

Presenter: Dr. Karen Brozina-Hawley, Ph.D., C. Psych., Psychologist, Peel Children's Centre

The risk of developing problem substance use is 2-5 times greater for individuals with anxiety disorders. One of the most effective treatments for anxiety is cognitive behavioural therapy (CBT) and one of the most effective aspects of CBT for anxiety is exposure.



This workshop was developed for professionals familiar with the broad principles of CBT; it will take an in-depth look at this aspect of anxiety treatment. Through discussion and demonstrations, participants will learn the key components in developing fear hierarchies and implementing gradual exposure, which will help them to support anxious clients to effectively face their fears.

Concurrent Disorders and Cyber Addictions

Date: Tuesday December 3rd, 9 am - 12 pm

Location: Brampton Golf Club, 7700 Kennedy Rd. South, Brampton (south of Steeles, north of Derry)

Registration Fee: \$20

Presenter: Garth Buckley, B.S.W.

Clinical Coordinator, Concurrent Disorders Program, Peel Children's Centre

This workshop will discuss current cyber trends among youth and explore the connections between cyber addictions and mental health disorders. The workshop will also discuss some strategies that are proving to be effective when working with youth who develop a cyber-addiction and a mental health disorder concurrently. Participants will have an opportunity for case discussions and for sharing their experiences with other attendees.

WORKSHOP DETAILS

Space is limited. To register for any of the workshops, please reply by email to: rsvpcd@peelcc.org. We require the following information:

- Name of workshop(s) requested
- Your name
- Organization name
- Program name (if applicable)
- Email contact information
- Phone contact information

Please make cheque payable to:

"Peel Children's Centre"

85A Aventura Court, Mississauga, ON L5T 2Y6

Payment in advance is appreciated. Receipts will be made available at registration on the day of the workshop.

INFORMATION

For more information about this training series or about the Concurrent Disorders Program, please contact:



Garth Buckley, B.S.W.
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Peel Children's Centre
Ph.: (905) 795-3500 x 2200
Email: gbuckley@peelcc.org

PEEL YOUTH CONCURRENT DISORDERS COMMITTEE

With the collaboration and commitment of a variety of youth-serving agencies, we are creating a climate that makes enhanced capacity possible. Thank you to our community colleagues who participate in the Peel Youth Concurrent Disorders Committee:

ADAPT

Associated Youth Services of Peel
Canadian Mental Health Association (Peel)
Centre for Addiction and Mental Health
Dufferin-Peel Catholic District School Board
Nexus Youth Services
Peel Children's Aid Society
Peel District School Board
Region of Peel
T.A. Patterson & Associates
Trillium Health Centre
YMCA (YSAP; Employment Programs; PYV)
Youth Justice