



Workshop Training Series, Spring 2014

Helping Youth Experiencing Substance Use and Mental Health Difficulties

PROGRAM INFORMATION

The **Concurrent Disorders Program** aims to raise 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 spring, **workshops** in the area of concurrent disorders are being offered. 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 offer a number of **First Contact Groups** for youth ages 14 to 18 years. This four-week group helps youth increase their awareness of substance use, understand how it impacts them, and develop strategies to begin replacing it with other 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

Seeking Safety: PTSD and Substance Use Treatment

Date/Time: Tuesday April 1, 2014, 9 am - 4 pm

Location: Coptic Centre, Trinity Hall, 1245 Eglinton Avenue West (West of Mavis), Mississauga

Registration Fee: \$40

Presenter: Dr. Jim Cullen, Ph.D., R.S.W.

This workshop will teach participants the evidence-based First Stage Trauma Care model of *Seeking Safety*, a present-focused treatment for youth with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female youth, and a variety of settings (e.g. outpatient, inpatient, residential). *Seeking Safety* focuses on coping skills and psycho-education, and has five key principles:



1. safety as the overarching goal (helping clients attain safety in their relationships, thinking, behavior and emotions);
2. integrated treatment (working on both Post-Traumatic Stress Disorder (PTSD)/trauma symptoms and substance abuse at the same time);
3. a focus on developing skills to cope with both PTSD and substance abuse;
4. four content areas: cognitive, behavioral, interpersonal and case management; and
5. attention to clinician processes (helping clinicians work on countertransference, self-care and other issues).

Brief Therapeutic Approach to Substance Use or Concurrent Disorders Treatment

Date/Time: Tuesday May 6, 2014, 9 am - 4 pm

Location: Coptic Centre, Trinity Hall, 1245 Eglinton Avenue West (West of Mavis), Mississauga

Registration Fee: \$40

Presenter: Dr. Jim Cullen, Ph.D., R.S.W.

Brief Counselling is a model of evidence-based practice which is a short-term, skills-based approach to working with individuals, usually for 4 to 8 sessions either in groups or individually. The model consists of two foci that were traditionally divergent: (1) problem-solving - PS and (2) solution-focused - SF, and draws on both CBT influences and humanist psychology.

Recent literature which supports integrated models of practice has demonstrated that a merger which utilizes both SF and PS approaches may benefit both youth and social service settings. This workshop will explore this model and its utility in working with youth with concurrent disorders, using relevant case examples from participants' experiences, and will assist in developing skills for helpers.

REGISTRATION

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.
Clinical Coordinator, Concurrent Disorders Program
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