



## Workshop Training Series, Fall 2014

### *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, **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, participants are encouraged 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, Peel Children's Centre offers the **First Contact Group** for youth ages 14 to 18 years. This four-week group, which meets every Wednesday evening from 6:00 - 7:30 pm starting October 8<sup>th</sup>, 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. The 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](mailto:gbuckley@peelcc.org).

#### WORKSHOPS

##### **Eating Disorders and Concurrent Disorders**

Date: Tuesday November 4<sup>th</sup>, 2014, 9 am - 12 pm

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

Registration Fee: \$20

Presenter: Jackie Grandy, M.S.W.

This workshop will discuss the implications of eating disorders, disordered eating and how to best work with youth experiencing these challenges. It will further address the relationship between eating disorders and concurrent disorders, and introduce clinical tools available to social work practitioners and counsellors working with youth. Tools that will be discussed include motivational interviewing, experiential arts, narrative therapy, CBT worksheets, family-based therapy and the Maudsley two-track approach. The presentation will involve case studies, multimedia tools and group work, and will allow for participant discussion.



## Implementing the 4 Skills of DBT When Working with Concurrent Disorders

Date: Monday December 8<sup>th</sup>, 2014, 9 am – 4 pm (lunch will be served)

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

Registration Fee: \$40 includes lunch

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

This workshop will provide participants with tools from the Dialectical Behavior Therapy (DBT) skills intervention set that will focus specifically on assisting youth in learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. In addition to the four skillsets, the workshop will instruct participants on how to utilize the Chain Analysis in their everyday practice. These skills can be applied in working with youth who struggle with concurrent disorders.

## WORKSHOP DETAILS

Space is limited. To register for any of the workshops, please reply by email to: [rsvpcd@peelcc.org](mailto: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 available at registration on the day of the workshop.

## INFORMATION

For more information about this training series or 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](mailto: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)  
Youth Justice