



Workshop Training Series, Fall 2015

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 February 3, 2016, helps youth increase their awareness and understanding of the impact of their substance use, 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. 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 referral to this group, contact Garth Buckley, Clinical Coordinator, Concurrent Disorders Program at (905) 795-3500 ext. 2200 or gbuckley@peelcc.org.

WORKSHOPS

Eating Disorders in Youth with Concurrent Disorders

Date: Monday, November 9th, 2015, 9 am - 4 pm

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

Registration Fee: \$40

Presenter: Jackie Grandy, M.S.W.

The majority of people living with eating disorders also have one or more concurrent disorders. Understanding and addressing these concurrent challenges is critical to the successful treatment of the eating disorders themselves. This full day workshop will examine: eating disorder screening tools (EAT-26, SCOFF, EDE-Q, ESP) and their application, effective multidisciplinary treatment of interactions between medically complex concurrent disorders and eating disorders, evidence-based applications of dialectical behavioural therapy (DBT) skills including: distress



tolerance, mindfulness, emotion regulation, acceptance and commitment skills. The workshop will also explore the use of client-driven thought records, behaviour chain analysis, and DBT diary tools. Online applications that promote recovery, motivational interviewing, and family based therapy (FBT) interventions for clinicians including family empowerment and hands-on coaching at home and in the community will also be covered. There will be case study analysis, handouts, videos, and small group work incorporated into this interactive knowledge exchange session.

Implementing the 4 Skills of DBT When Working with Concurrent Disorders

Date: Tuesday, December 8th, 2015, 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

Presenters: Colleen Smith, DBT program supervisor, Associated Youth Services of Peel, and Catherine Zeppieri, DBT Therapist

Dialectical Behaviour Therapy is a cognitive behavioural therapy which is combined with acceptance strategies and Zen philosophy that is designed to treat suicidal and/or self-injurious behaviours. Developed by Dr. Marsha Linehan at the University of Washington, it is an evidence-based practice shown to produce lasting change. AYSP has been offering a specialized adolescent DBT Program for over four years. In this workshop, we will present an overview of how the DBT program is offered at AYSP along with a thorough exploration of mindfulness and distress tolerance skills. These are skills that have been proven to be efficacious when working with youth who present with concurrent disorders.

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 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



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:

**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**