



Workshop Training Series, Spring 2012

Helping Youth Experiencing Substance Use and Mental Health Difficulties

PROGRAM INFORMATION

The Concurrent Disorders Program aims to raise the capacity of organizations and clinicians 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, **two 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 are offering a **First Contact Group** for youth ages 14 to 18 years. This four-week group, which meets every Wednesday evening starting April 25th, 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 referral to this group, contact Garth Buckley, Clinical Coordinator, Concurrent Disorders Program at (905) 795-3500 ext. 2200 or gbuckley@peelcc.org.

WORKSHOPS

Understanding and Working with Opioid Use

Date: Wednesday April 4, 2012 9:30 am - 4:00 pm

Location: The Trinity Hall Canadian Coptic Centre, 1245 Eglinton Avenue West, Mississauga (west of Creditview Road on Eglinton Avenue)

Fee: \$30

Presenter: Debbie Bang, RN, BScN, MHSc
(St. Joseph's Healthcare, Hamilton - Womankind Addiction Service)

As the rates of young people using opioids (e.g. Tylenol 3, oxycontin, morphine, etc.) continues to increase (Ontario Student Drug Use Survey, 2011), so do the risks and consequences associated with opioid use.



This workshop will help you to understand the different classifications of opioids, why they are prescribed, how they work, and why some youth become dependent on and/or addicted to opioids. It will also help you to understand evidence-informed practice and treatment approaches for opioid dependence and/or addiction, including agonist substitution therapy. Additionally, this workshop will help you to apply new learnings and consider what is working and what is needed in your community to better meet the needs of youth with opioid dependency.

Drug Use, Prescribed Medication and Mental Health

Date: Wednesday May 2, 2012 9:00 am - 12:00 noon
Location: Peel Children's Centre, 85A Aventura Court, Mississauga
(east of Hurontario Street; enter from eastbound Derry Road)
Fee: \$15
Presenter: Garth Buckley, BSW

This workshop will offer information on both illicit and prescribed medications that are frequently misused and/or abused by youth. It will address the interaction of different substances that are likely to occur when youth decide to mix their drugs and the resulting impact on one's mental health. In addition, the workshop will offer some Harm Reduction strategies.

REGISTRATION DETAILS

Space is limited. To register for any of the workshops, please reply by email to: rsvp@d@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, BSW
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