



Workshop Training Series, Spring 2016

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 spring, **workshops** in the area of concurrent disorders are being offered. These sessions address some of the 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 pm - 7:30 pm starting May 4, 2016, 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.

WORKSHOPS

Using the Skills of DBT to Address Issues of Concurrent Disorders

Date: Wednesday, April 13th, 2016, 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: Danny Firestone (10 years of DBT practice), B.A., M.Ed, OACCPP, CRPO

The dialectical dance: balancing validation and change strategies to maintain a strong therapeutic alliance while teaching struggling adolescents the skills to change behavioral, emotional, thinking and interpersonal patterns associated with problems in living.

This interactive full day workshop will focus on key aspects of Dialectical Behavior Therapy that can be incorporated into the practice of clinicians working with youth with concurrent disorders and their families. Participants will learn the rationale for applying DBT, which is well suited to youth struggling with emotional dysregulation and the use of psychoactive substances to regulate out-of-control negative emotions. Participants will also learn how to form a strong and effective



therapeutic rapport through orientation to the treatment, alternating between acceptance and a push for change, use of self-disclosure, teaching key skills, prioritizing therapy interfering behaviours and eliciting a youth's commitment to the use of more functional behaviors. Participants will also be encouraged to bring case studies to discuss.

Coping with the Wired World: Orientation to the Technology and Introduction to Clinical Approaches when Working with Youth & Families with Gaming, Gambling and Internet Problems

Date: Wednesday, May 18th, 2016, 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:

Dr. Bruce Ballon, B.Sc. M.D. E.S.P. (C), FRCPC

Psychiatrist, Treatment Services for Problem Gambling, Gaming and Internet Use, CAMH, Problem Gambling Institute of Ontario

Lisa Pont, MSW, RSW

Trainer/Therapist, CAMH, Problem Gambling Institute of Ontario

This interactive full day workshop will give participants an overview of the issues regarding youth and families impacted by gaming, gambling and Internet problems. Clinical approaches to assess and treat these problems will be introduced and participants are encouraged to bring their own vignettes for discussion. Some of the topics covered in this introductory workshop include contributing factors for developing difficulties with the Internet and video games (such as common concurrent mental health issues), and the importance of taking a holistic and systems approach for effective management of the issues (e.g., involving families in treatment, addressing cultural factors and so on).

INFORMATION

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.

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