



## Workshop Training Series, Fall 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 fall, **workshops** in the area of concurrent disorders are being offered. These sessions present some of the information and skills that may be helpful for the effective recognition of concerns and effective engagement with this population. Although each workshop is 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 5<sup>th</sup>, helps youth increase their awareness of substance use, understand how it may be impacting them, and develop strategies to begin replacing the use 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 support 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 at [gbuckley@peelcc.org](mailto:gbuckley@peelcc.org).

#### WORKSHOPS

##### **Substance Use: Legal and Street Drugs**

**Date:** Tuesday, November 1<sup>st</sup>, 2016 - 9 am - 12 pm

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

**Registration Fee:** \$20

**Presenters:** Garth Buckley, B.S.W., Clinical Coordinator, Concurrent Disorders Program, Peel Children's Centre

This workshop will offer information about the use of legal and street drugs by children and youth, and explore the links between substance use and mental health disorders. The workshop will also discuss why some young people are seemingly able to stop and why others struggle to stop using substances. There will be a discussion about the interaction between street drugs and medically prescribed psychoactive drugs when they are taken at the same



time. This workshop will also explore the use of a "Harm Reduction" approach to working with young people who are using substances. Theoretical and practical applications of this approach will be discussed.

### **Concurrent Disorders and Cyber Addictions**

**Date:** Tuesday, December 13th, 2016 - 9 am - 12 pm

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

**Registration Fee:** \$20

**Presenter:** Garth Buckley, B.S.W., Clinical Coordinator, Concurrent Disorders Program, Peel Children's Centre

This workshop will discuss some current cyber trends among youth and explore the connections between 'gaming' addictions and mental health disorders. The workshop will also discuss strategies that are proving to be effective when working with youth with these concerns concurrently. Participants will have an opportunity for case discussions and to share their experiences with other attendees.

## **WORKSHOP DETAILS**

Space is limited. To register for any of the workshops, please reply by email to: [rsvpd@peelcc.org](mailto:rsvpd@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" and mail to:  
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:

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