



## Workshop Training Series, Winter & Spring 2011

### *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 winter and spring, **introductory 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 client 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 introductory series, we are offering a **First Contact Group** for youth ages 17 to 21 years. This four-week group, which will be meeting every Wednesday evening in April, will help 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 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).

#### INTRODUCTORY WORKSHOPS

##### *Engaging and Assessing Youth*

Date: Wednesday March 2, 2011 9 am - 12 noon

Location: Peel Children's Centre, 85A Aventura Court, Mississauga (east of Hurontario St on Derry Rd)

Registration Fee: \$15

Presenter: Garth Buckley, B.S.W.

This workshop will introduce concepts, strategies and tools on how to effectively engage and assess youth who are using substances. Through discussions, demonstrations and practice, participants will explore specific interventions appropriate to the various stages of use and readiness for change. There will be a focus on identifying and working with clients at different stages of readiness.



### *Concurrent Disorders and Cyber Addictions*

**Date:** Wednesday May 4, 2011 9 am - 12 noon

**Location:** Peel Children's Centre, 85A Aventura Court, Mississauga (east of Hurontario St on Derry Rd)

**Registration Fee:** \$15

**Presenter:** Garth Buckley, B.S.W.

This workshop will discuss current cyber trends among youth and explore the connections between cyber addictions and mental health difficulties. The workshop will also discuss some strategies that are proving to be effective when working with this client population. Participants will have opportunities for case discussions and for sharing their experience with other attendees.

## WORKSHOP DETAILS

Space is limited. To register for either workshop, 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 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:

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