



## Workshop Training Series, Fall 2011

*Helping Children and 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 fall, **three workshops** are being offered to address some of the basic information and skill-sets necessary for effective recognition of and engagement with youth who have concurrent disorders. 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 in October, 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 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).

### WORKSHOPS

#### *Drug Use, Prescribed Medication and Mental Health*

**Date:** Wednesday October 5, 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 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.



***Sexual Abuse and Development: Applying a Trauma Lens to Working with Children and Youth Impacted by Sexual Abuse***

**Date:** Wednesday November 9, 2011 9 am - 12 noon

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

**Registration Fee:** \$15

**Presenters:** Sexual Abuse Treatment Program (SATP) team at Peel Children's Centre

This workshop will support participants to understand sexual abuse and how it impacts children and youth. Participants will also learn about the difference and overlap between trauma-related behaviours and behaviours typical of childhood/adolescent development. Further, the workshop will discuss the links between victims of sexual abuse and concurrent disorders. The workshop will utilize an active learning process, providing participants with an opportunity to learn effective interventions and how to apply them to case examples.

***Practising Cognitive Behavioural Therapy with Youth who have Concurrent Disorders***

**Date:** Wednesday December 14, 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:** Allison Owen-Anderson, PhD, CPsych.

Mood and Anxiety Service, Youth Addiction and Concurrent Disorders Service, CAMH

This workshop will address the central components of Cognitive Behavioural Therapy (CBT), first discussing key CBT techniques broadly and then specifically focusing on using CBT with youth who have concurrent disorders.

## WORKSHOP DETAILS

Space is limited. To register for any of the workshops, 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:

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:

### 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