



Workshop Training Series, Spring 2017

## *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, a workshop on motivational interviewing is being offered by the Concurrent Disorders Program. This workshop will provide information and skill-set training that will support the effective recognition of, and engagement with, the youth population experiencing concurrent disorders. This workshop is 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, Peel Children's Centre will once again offer the First Contact Group for youth ages 14-18 in May. More information about the group is available on the second page of this flyer.

### WORKSHOP

#### **Motivational Interviewing: A Tool for Behaviour Change**

**Date:** Tuesday, May 16<sup>th</sup>, 2017, 9 a.m. - 4 p.m. (lunch will be served)

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

**Registration Fee:** \$40

**Presenter:** Dr. Jim Cullen, Ph.D., RSW

Mental health clinicians, public health nurses, school counsellors and other helping professionals increasingly recognize the benefits of using motivational interviewing (MI), an evidence-based communication style shown to enhance engagement, increase readiness, reduce and guide conversations to support health and related change. This knowledge and skills-based workshop provides a foundation in MI, emphasizing the core elements, key skills and strategies that are helpful in addressing a range of topics, such as concurrent disorders, chronic illness, and disease prevention. No previous experience in MI is necessary. To register, please email [rsvpcd@peelcc.org](mailto:rsvpcd@peelcc.org).

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.



## YOUTH GROUP

### First Contact Group (14 - 18 years)

**Dates:** May 3 - May 24, 2017 (Wednesdays)

**Optional Fifth Session:** May 31, 2017

**Time:** 6:00 p.m. - 7:30 p.m.

**Location:** Peel Children's Centre (85A Aventura Court, Mississauga)

This four-week group, which meets every Wednesday evening beginning May 3, 2017, 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, please contact Garth Buckley, Clinical Coordinator, Concurrent Disorders Program at (905) 795-3500 ext. 2200 or [gbuckley@peelcc.org](mailto:gbuckley@peelcc.org).

## INFORMATION

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  
Phone: (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-Halton  
Centre for Addiction and Mental Health  
Dufferin-Peel Catholic District School Board  
Ministry of Children and Youth Services  
- Youth Justice

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)