



Workshop Training Series, Spring 2019

Helping Youth Experiencing Substance Use and Mental Health Difficulties

PROGRAM INFORMATION

The **Concurrent Disorders (CD) 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, we have workshops on **motivational interviewing** and **problematic video gaming** being offered by the CD program. These workshops will provide information and skill-sets that will support the effective recognition of and engagement with the youth population experiencing concurrent disorders. 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 these workshops, 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 April 10, 2019, 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.

WORKSHOP

Motivational Interviewing: A tool for behaviour change

Date: Monday, March 25th, 2019, 9 am – 4 pm (lunch will be served)

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

Registration Fee: \$50

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

Helping professionals increasingly recognize the benefits of using motivational interviewing (MI), an evidence-based communication style shown to enhance engagement, increase readiness, reduce ambivalence 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.



WORKSHOP

Supporting Youth with Video Gaming Challenges

Date: Monday, April 15, 2019, 9 am – 12 pm (breakfast will be served)

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

Registration Fee: \$25

Presenter: Garth Buckley, R.S.W

This interactive half day workshop will give participants an overview of the issues regarding youth and families impacted by internet gaming. The workshop will help participants understand why some youth are more vulnerable than others and what they can do to limit the impact of internet gaming. It will also provide some screening tools and practices that have been proven to be effective when working with youth and families struggling with internet gaming. The workshop will provide opportunities for case discussions.

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

Ph.: (905) 795-3500 x 2200

Email: gbuckley@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.

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
Youth Justice
Nexus Youth Services

Peel Children's Aid Society
Peel District School Board
Region of Peel
Trillium Health Partners
YMCA (YSAP; Employment Programs)