



# Workshop Training Series, Winter & Spring 2013

*Helping Youth Experiencing Substance Use and Mental Health Difficulties*

## PROGRAM INFORMATION

The **Concurrent Disorders Program** aims to raise 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 winter/spring, **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 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 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 starting April 10<sup>th</sup>, 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

### ***Effective Strategies for Defusing Anger When Working with Concurrent Disorders***

**Date:** Wednesday March 6, 2013, 9:00 a.m. - 12 noon

**Location:** Brampton Golf Club, 7700 Kennedy Rd. South, Brampton (south of Steeles, north of Derry)

**Registration Fee:** \$20

**Presenter:** Tom Walker, M.S.W., R.S.W.

Numerous Canadian and American studies show that most youth (90-95% depending on the diagnosis) with a mental health challenge are non-violent and no more confrontational than people without mental health challenges. However, the same studies also show that the risk of violence and confrontation significantly increase when alcohol and other substances are consumed by someone experiencing mental health challenges.

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This workshop offers participants training on how to respond effectively to youth with concurrent disorders when they become acutely angry, or are escalating and becoming disruptive. The workshop will offer strategies on how to maintain a safe space for you, your colleagues and the youth, when these incidents occur.

***Understanding the Issues Affecting LGBT Communities and How to Effectively Engage and Form a Therapeutic Alliance with LGBT Youth***

**Date:** Wednesday April 3, 2013, 9:00 a.m. - 12 noon

**Location:** Brampton Golf Club, 7700 Kennedy Rd. South, Brampton (south of Steeles, north of Derry)

**Registration Fee:** \$20

**Presenter:** Devan Nambiar, Education & Training Coordinator, Rainbow Health Ontario

Canadian studies show that LGBT youth report higher rates of anxiety and mood disorders, poorer mental health, and higher rates of lifetime suicidality relative to the heterosexual population. There is evidence which shows that substance use is higher in LGBT communities and that patterns of use are different from non-LGBT youth.

This workshop will explore how social stigma and discrimination can affect LGBT youth's mental and emotional health, including how external negative situations become internalized and how unhealthy coping strategies can develop as a result of these experiences. Participants will also learn about practical and psychological supports that can protect youth and promote resilience. There will be presentations, interactive exercises and case studies that will provide participants with evidence-based learning, and new strategies and skills to enhance their work with LGBT youth.

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

**Date:** Wednesday May 1, 2013, 9:00 am - 12 noon

**Location:** Brampton Golf Club, 7700 Kennedy Rd. South, Brampton (south of Steeles, north of Derry)

**Registration Fee:** \$20

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

This workshop will offer information on both illicit drugs 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 their mental health.

The 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. Participants will have the opportunity to ask questions about drugs, their effects and the implication they have on youth mental health.

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## WORKSHOP DETAILS

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