



Workshop Training Series, Fall 2012

Helping Youth Experiencing Substance Use and Mental Health Difficulties

PROGRAM INFORMATION

The **Concurrent Disorders Program** aims to raise the capacity of organizations and front-line staff 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, **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 October 24th, 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.

WORKSHOPS

Assessing and Engaging Youth with Concurrent Disorders

Date: Wednesday, November 7, 2012 9 am - 12 noon

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

Registration Fee: \$20

Presenter: Garth Buckley, B.S.W.

Clinical Coordinator, Concurrent Disorders Program, Peel Children's Centre

This workshop will introduce concepts, strategies and tools on how to effectively engage and assess youth who are using substances. Through discussions, 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.



Using Motivational Interviewing with Youth who have Concurrent Disorders

Date: Wednesday, December 5, 2012 9 am - 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.

Supervisor, Clinical Services, Nexus Youth Services & Peel Children's Centre

Motivational Interviewing strategies involve a style of communicating which has been shown to resolve ambivalence, decrease youth with concurrent disorders resistance to intervention, build motivation for behaviour change, and improve the practice of workers in concurrent disorders. In this workshop, participants will learn techniques that can be instrumental in motivating people to change. It will cover the concept of "Rolling with Resistance" and review a number of interviewing techniques such as using open-ended questions, affirmation, reflective listening, developing discrepancy and expressing empathy.

WORKSHOP DETAILS

Space is limited. To register for any of the workshops, please reply by email to: 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



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