

About the Authors

JANE BARON, RN, MSc, is a past manager for the Lifestyle Enrichment for Senior Adults program (LESA) in Ottawa, a treatment program for people over age 55 with social and/or health problems related to their use of alcohol or other psychoactive drugs. From the program's inception in 1981, Jane was an advocate for a holistic approach to the treatment of seniors' substance use problems. Along with her program responsibilities, she developed materials and provided training on how to identify and intervene with an older person with substance use problems.

JENNIFER BARR, BA, is an education and publishing consultant for the Central East Region with the Centre for Addiction and Mental Health. Before moving to the Ottawa area in 2002, she worked for 13 years in Peterborough, Ontario, as a trainer, educator and community developer in the prevention and treatment of substance use problems. She has led several provincial projects, including the development of a handbook for professionals working with older adults, called *Choosing to Change*, and an Internet resource for youth about alcohol, called "Virtual Party."

CHRISTINE BOIS holds an MSc (University of Waterloo) in psychopharmacology and clinical psychology. She has worked in both addiction and mental health programs in the areas of treatment, research and education. She is currently manager of the Concurrent Disorders priority area at the Centre for Addiction and Mental Health. Previously, she was manager of an addiction assessment referral agency operated by the former Addiction Research Foundation. She has experience as a consultant in the areas of health promotion, system planning and treatment development. Other areas of work include substance use and older adults, and alcohol and violence.

FRED J. BOLAND, PhD, is a retired faculty member and former chair of clinical training in the Psychology Department at Queen's University, Kingston, Ontario. His major research interests included theoretical, treatment and relapse prevention aspects of substance use and eating disorders.

RICHARD J. BOUDREAU received his undergraduate degree from Boston College. While completing graduate work in Washington, DC, he did specialized studies in clinical behavioural sciences at Georgetown University and the National Institutes of Health. He also completed a diploma program in the Department of Psychiatry at McMaster University, Hamilton, with specialization in family therapy, as well as an MEd at the University of Toronto. His long career at the Addiction Research Foundation, a founding partner of the Centre for Addiction and Mental Health, focused primarily on clinical services and clinical education, especially as they apply to couples and family treatment of addiction.

KIM CALDERWOOD, PhD, RSW, is an assistant professor in the School of Social Work at the University of Windsor. She is a registered social worker with both clinical and community development experience. She has specialized in the area of concurrent disorders since 1994 and most recently has conducted research on interagency co-ordination across addiction and mental health services in non-metropolitan regions.

VIRGINIA CARVER, PhD, has worked in the addiction field since the early 1970s. For most of that time she worked as a program consultant with the Addiction Research Foundation (now part of the Centre for Addiction and Mental Health) and subsequently with Health Canada. She is currently continuing to do addiction-related work as a private contractor. Her main areas of interest are substance use treatment and services for women and older adults.

GLORIA CHAIM, MSW, RSW, is currently serving as project manager for the Pathways to Healthy Families Program at the Jean Tweed Centre, on a secondment from the Centre for Addiction and Mental Health, where she was clinical director, Assessment and General Treatment Program and Addiction Treatment Program for Special Populations. Gloria has worked in the substance use treatment field for over 20 years and has prior experience in community mental health settings. She has focused on clinical work and research, as well as training and education, as they relate to her areas of special interest—primarily youth, families and couples. She is particularly interested in integrating research, training and education to facilitate program development that will meet the needs of special population groups that are frequently underserved.

JULIANNE CONRY, PhD, is assistant professor emeritus at the University of British Columbia. Since 1984, she has been active in research on fetal alcohol syndrome (FAS) and the clinical assessment of children with FAS, and is now the psychologist with the multidisciplinary FAS team at the Asante Centre in Maple Ridge, British Columbia. She has appeared as an expert witness on FAS in the Provincial and Supreme Courts of British Columbia. She is co-author of the book *Fetal Alcohol Syndrome and the Criminal Justice System*. She was the principal writer and researcher for the B.C. Ministry of Education document *Teaching Students with Fetal Alcohol Syndrome/Effects: A Resource Guide for Teachers*. She is co-chair of Health Canada's National Advisory Committee on fetal alcohol spectrum disorders, and a member of the sub-committee on diagnosis, screening and surveillance.

GERRY COOPER, EdD, has worked in a variety of roles within the mental health and addiction field since 1976. Currently, he is the North Region unit manager for the Centre for Addiction and Mental Health. Gerry has produced or co-produced many educational resources, including course curricula, videotapes, CD-ROMs and Web pages. He has participated in the planning and delivery of many training programs for adult learners, written extensively on various mental health- and addiction-related topics, and taught at several post-secondary institutions. His doctoral thesis from the Ontario Institute for Studies in Education/University of Toronto won the 2001 Dissertation Award of the U.S. National Council on Problem Gambling.

CHRISTINE M.A. COURBASSON is the head of the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH). She received her PhD in clinical psychology from York University. Subsequently, she received a post-doctoral fellowship at CAMH, investigating the psychological determinants of resiliency and treatment success in people with substance use problems, conducting assessments, and providing treatment to people with concurrent disorders. She holds a status appointment with the Department of Psychiatry at the University of Toronto and is also an adjunct faculty member at the Adler School of Professional Psychology in Toronto. She is involved in training clinicians in the application of dialectical behavioural therapy for eating disorders and addiction. Her clinical and research interests include the treatment of concurrent substance use, eating disorders, depression, anxiety and personality disorders; coping with stress; mindfulness; resiliency; expectancies and the role of the self in eating disorders. She has received many awards, is the author of a number of scientific articles and book chapters, and has lectured on a variety of topics related to her clinical and research interests.

FARZANA DOCTOR, MSW, RSW, has worked with the LGBTTTIQ community since 1993. She is currently the service manager for Rainbow Services at CAMH, a program for LGBTTTIQ people with alcohol and other drug concerns.

JULIA DRAKE is a communications specialist whose background includes positions with the Addiction Research Foundation (now part of the Centre for Addiction and Mental Health) and the Canadian Diabetes Association. While running her own business, Drake Communications, Julia included among her clients the University of Toronto's Centre for Health Promotion, the Alcohol Policy Network and the Canadian Cancer Society. She has served as a communications adviser to an Ontario cabinet minister and has several years of experience as a newspaper reporter and magazine editor. She currently manages communications for Upper Canada College in Toronto. A graduate of Queen's University, Kingston, Ontario (BA, English), she also studied print journalism at Ryerson University, Toronto.

CHARL ELS was born and raised in South Africa. He completed medical school and the residency program in psychiatry at the University of the Free State. He is a Fellow of the College of Medicine of South Africa, and practised psychiatry for a number of years before immigrating to Canada in 1999. He served as clinical director of the Alberta Mental Health

Board's Dual Diagnosis Service at Alberta Hospital Ponoka for three years, after which he completed a clinical fellowship in addiction medicine at the University of Toronto and the Centre for Addiction and Mental Health (CAMH). He subsequently completed a second clinical fellowship in schizophrenia and nicotine dependence at CAMH. He is certified as an addiction specialist by the American Society of Addiction Medicine (ASAM). He currently works as an addiction psychiatrist in the Department of Psychiatry, University of Alberta Hospital, and at Alberta Hospital Edmonton's Assertive Community Treatment (ACT) program. He has been appointed as clinical assistant professor in the departments of Psychiatry at both the University of Calgary and the University of Alberta. He recently joined the Advisory Committee on Tobacco Research for the Alberta Alcohol and Drug Abuse Commission (AADAC). His main interest is the study of nicotine dependence in people with mental illness, and he is currently enrolled in an open studies course related to this topic at the University of Alberta.

MARGARET FLOWER, RN, SSW, began her career at the Addiction Research Foundation in 1983 as executive director of the Community Older Person's Alcohol (COPA) program, where she worked for seven years. During this time, Margaret was involved in the research she later used to develop and implement the OPUS 55 (Older Persons Unique Solutions) program at the Centre for Addiction and Mental Health. As program manager at OPUS 55 since it began in 1999, Margaret provides education and consultation across Ontario.

PETER M. FORD, MB, FRCP(C), is a faculty member in the Department of Medicine, Queen's University, Kingston, Ontario. He is director of the regional AIDS clinic that operates out of Kingston General Hospital and serves a wide area of both urban and rural eastern Ontario, as well as providing services for the local penitentiaries. He has a research interest in the epidemiology of HIV infection within the penitentiary system.

MICHAEL GITBERG is a psychotherapist who became interested in psychological trauma while working at Concurrent Disorders Program, Centre for Addiction and Mental Health. In the past five years he has specialized in working with women and men with addictions who have survived severe childhood sexual and physical abuse and neglect. His practice is informed by psychodynamic and relational perspectives and by his knowledge of interpersonal group psychotherapy. His most recent training is in sensorimotor psychotherapy, which aims to heal somatic manifestations of trauma. He currently works with a unique multidisciplinary team at the Trauma Therapy Program of Sunnybrook and Women's College Health Sciences Centre, and has a private practice.

TIM GODDEN, BSc, BAA(J), MSW, RSW, has been a therapist at the Centre for Addiction and Mental Health since 1999, conducting individual and group treatment and psychoeducational interventions in four different outpatient programs, including Guided Self-Change, Structured Relapse Prevention, Evening Health Service, and Back on Track (the impaired driving remedial program). He also teaches motivational interviewing workshops for staff at CAMH, through the Education and Health Promotion department and the Concurrent

Disorders Service. In the decade before coming to CAMH, he worked as a community mental health counsellor.

SUSAN HARRISON, BA (Hon.), BEd, MSW, was a teacher for several years before pursuing a degree in social work, graduating in 1979. Her career since then has included experience in the fields of child welfare and school social work, but has been primarily in addiction. Prior to her current position as Central East regional director, Centre for Addiction and Mental Health, Susan was the director of a women's addiction treatment centre. She has given many workshops and presentations on addiction-related topics, her special interest and expertise being women and addictions. She also led the project team to develop Ontario's remedial program for convicted impaired drivers.

MARILYN A. HERIE, PhD, RSW, has been a therapist and project leader at the Centre for Addiction and Mental Health (CAMH) since 1992, and is an adjunct professor at the Faculty of Social Work, University of Toronto. Her focus at CAMH has been on the development and dissemination of research-based practice protocols, including Structured Relapse Prevention (1996), Guided Self-Change for EAPs (1996), the Back on Track program for convicted impaired drivers (2000), and the development and evaluation of on-line courses. In addition, Marilyn is a clinical trainer and therapist specializing in the group and individual treatment of adults with substance use problems. Marilyn has facilitated hundreds of workshops and presented at academic conferences throughout Canada and in other countries. She has co-authored books, book chapters and articles in scholarly journals on brief treatment, alcohol dependence, relapse prevention, dissemination research and on-line learning. Marilyn also teaches an on-line course on addiction treatment in the Faculty of Social Work, University of Toronto. She received her doctorate in social work at the University of Toronto, where she conducted research on Web-based continuing education for therapists and health care practitioners.

KEITH HUMPHREYS, PhD, associate professor of psychiatry at Stanford University School of Medicine, received his doctorate in clinical/community psychology from the University of Illinois at Urbana, and his practice licence from the State of California Board of Psychology. He currently directs a US Department of Veterans Affairs program evaluation research centre that studies treatments and self-help programs for substance abuse and psychiatric disorders. Professor Humphreys has published more than a hundred scientific articles, has received national and international awards for his work and has been a consultant to many organizations, including the White House Office on National Drug Control Policy and the Center for Mental Health Services. He has also served as a consultant on mental health-related issues to agencies internationally.

EVA INGBER, MSW, RSW, works as an advanced practice clinician at the Centre for Addiction and Mental Health (CAMH). In this role, she works with a number of teams to provide clinical consultation and work on program development in various addiction services, including the women's program. She has specialized in the area of women and addiction for over 12 years.

She has worked as both a clinician and a manager in the women's addiction programs at CAMH and at the former Addiction Research Foundation. Eva received training and worked as part of CAMH's dialectical behaviour therapy team for one year. In the last year, she has been working with a team that has written a women's substance abuse treatment program for Corrections Canada. This program is currently being piloted across Canada in the women's federal prisons.

MELDON KAHAN, MD, CCFP, FRCPC, is medical director of the Addiction Medicine Service at St. Joseph's Health Centre, Toronto, a staff physician at the Centre for Addiction and Mental Health, and associate professor in the Department of Family and Community Medicine at the University of Toronto. He has a particular interest in the education of family physicians.

HANNAH KAUFMAN, MSS, is a clinical social worker at the Kingston Regional Cancer Centre, Ontario. She has experience in the field of HIV/AIDS in hospital, community, prison and professional settings, providing counselling, education and prevention services. Her community activism includes board and committee work with HIV/AIDS Regional Services. She received her MSS at Bryn Mawr College, Pennsylvania.

JOHN KELLY, PhD, is a consulting assistant professor of psychiatry and behavioral sciences at Stanford University School of Medicine. He received his doctorate in clinical psychology from the joint doctoral program at the University of California, San Diego/San Diego State University. Dr. Kelly is also a licensed chemical dependency counsellor. He currently works as a research scientist in the US Department of Veterans Affairs, where he studies treatments for substance use disorders, along with patient involvement in, and effects from, mutual aid programs. He also serves on the executive committee of, and as a translation co-ordinator for, the VA Quality Enhancement Research Initiative (QUERI), SUD Module, whose aim is to translate and transfer scientific evidence into improvements in clinical care for people with addiction problems.

SHEILA LACROIX, BSc, MLS, is library co-ordinator at the Centre for Addiction and Mental Health (CAMH) library. Ms. Lacroix has been providing reference and research service to CAMH staff and other professionals since 1991. Her work includes disseminating addiction and mental health information through the development of information products such as bibliographies and resource guides. She is a regular contributor to CAMH's journal *crosscurrents* and to *SALIS News*, the newsletter of SALIS (Substance Abuse Librarians and Information Specialists).

NINA LITTMAN-SHARP, MSW, CGC, is manager of the Problem Gambling Service at the Centre for Addiction and Mental Health. She has worked with people who gamble since 1995. Nina presents and writes on several clinical and research topics, including relapse prevention, couple and family work, ADHD and problem gambling, and gambling and fatigue. Nina is one of the authors of the Inventory of Gambling Situations, an instrument that assesses areas of

risk for relapse. She moderates a 400-member international listserv for problem gambling professionals.

JACKIE LLOYD-RAI, CCW, RSW, has worked in the field of addiction for 24 years. Her experience has included all aspects of the continuum of care. Jackie has worked in outpatient, residential and institutional settings. Her early training and professional development was with the Canadian Armed Forces at the Addiction Rehabilitation Centre, Kingston, Ontario. She has worked in both the federal and provincial prison systems in addiction and cultural program delivery. Over her career, she has provided direct services in individual and family counselling, and group and individual counselling for men, women and adolescents. Jackie has experience in program development and clinical supervision, and she helped launch (and was an instructor in) the Addictions Program at Career Canada College. She is currently the executive director of Vesta Recovery Program for Women, Ottawa.

DENNIS LONG, MSW, is executive director of Breakaway Youth and Family Services, Toronto. Previously, he was the Metro Toronto Treatment Services consultant for the Addiction Research Foundation (ARF), and has also been a trainer for the ARF's School for Addiction Studies, a psychiatric social worker at Humber Memorial Hospital, and a child and youth worker. In addition, he is currently president of the board of the Alcohol and Drug Recovery Association of Ontario. He has spoken on the subject of harm reduction at the International Conference on the Reduction of Drug Related Harm in Florence, Italy, and at symposia in Toronto. He has also provided training in harm reduction and youth treatment throughout Ontario.

DAVID MARSH, MD, CCSAM, graduated in medicine from Memorial University of Newfoundland following prior training in neuroscience and pharmacology. From 1995 to 2003 he worked at the Centre for Addiction and Mental Health, most recently as clinical director, Addiction Medicine, and held an academic appointment at the University of Toronto. He is currently physician leader, Addiction Medicine, for Vancouver Coastal Health and Providence Health Care. In this role he provides clinical leadership for publicly funded addiction treatment in both community and acute care settings across the region surrounding Vancouver. Dr. Marsh is also clinical associate professor in the Department of Health Care and Epidemiology, Faculty of Medicine, University of British Columbia. His research interests include the integration of pharmacotherapy and psychotherapy in the treatment of substance use disorders, and focus primarily on novel interventions for opioid dependence. He is presently a co-investigator on several peer-reviewed research grants, including the North American Opiate Medication Initiative (NAOMI) study of heroin prescription for treatment-refractory opioid dependence.

PETER MENZIES, MSW, RSW, PhD candidate, has more than 20 years' experience working with individuals and families in the areas of poverty, child welfare, homelessness, addiction and mental health. In his role as Manager, Aboriginal Services, at the Centre for Addiction and Mental Health (CAMH), Peter has developed partnerships between CAMH and both

Aboriginal and non-Aboriginal organizations across Ontario and Canada. A sessional lecturer at several post-secondary institutions, as well as at the Toronto Hostel Training Centre, Peter offers students both theoretical and practical perspectives on working with disadvantaged populations. As an Aboriginal person, Peter brings a distinct world view to social work practice. Peter has published articles relating to social work practice and Aboriginal issues.

MICHAEL NAYMARK, MA, has worked in the substance dependence field for over 20 years, both as a front-line therapist and as a manager. He is currently the manager of the Cocaine Service, and of the treatment component for the Toronto Drug Treatment Court program, at the Centre for Addiction and Mental Health.

ALAN C. OGBORNE was formerly a senior scientist at the Centre for Addiction and Mental Health, and is now in private practice. He holds a bachelor's degree in psychology from the University of Exeter, England, and a PhD in social psychology from the London School of Economics. His main professional interest has been in the evaluation of addiction treatment services and systems.

CATHERINE OLIVER, MSW, RSW, began her social work career working with people with developmental disabilities, including dual diagnoses. In 2000, she joined the multidisciplinary team at the Clinical Immunology Outpatient Clinic at Kingston General Hospital, Ontario, where she provides social work interventions with people infected or affected by HIV/AIDS.

JANE PATERSON, MSW, RSW, is deputy chief of professional services and social worker in chief at the Centre for Addiction and Mental Health (CAMH). She has been a clinical social worker for 20 years, working primarily with people who are seriously mentally ill. Her clinical work has included working with people with co-occurring substance use problems. She also has extensive experience in family treatment. In her current role, she is involved in establishing the professional practice structure at CAMH. She has also been involved in many education and training initiatives at CAMH and in the community.

JAMES O. PROCHASKA is director of the Cancer Prevention Research Center and professor of clinical and health psychology, both at the University of Rhode Island. He is the author of over 200 publications, including three books, *Changing for Good*, *Systems of Psychotherapy* and *The Transtheoretical Approach*. He is internationally recognized for his work as a developer of the stage model of behaviour change. He is the principal investigator on over \$60 million in research grants for the prevention of cancer and other chronic diseases. In addition, he has served as a consultant to the American Cancer Society, Centers for Disease Control, Health Maintenance Organizations, the British National Health Service, major corporations, and numerous universities and research centres. Dr. Prochaska has won numerous awards, including the Top Five Most Cited Authors in Psychology from the American Psychology Society and an Innovator's Award from the Robert Wood Johnson Foundation, and is the first psychologist to win a Medal of Honor for Clinical Research from the American Cancer Society.

LORNA SAGORSKY originally trained in physical therapy in South Africa, graduating in 1962. Lorna joined the Addiction Research Foundation (now part of the Centre for Addiction and Mental Health) as a senior therapist in 1980, specializing in stress management for both inpatients and outpatients. In 1990, Lorna transferred to the brief treatment division of general addiction services, which she has managed since 1997. In 1998, Lorna received training in teaching motivational interviewing, an integral part of brief treatment. She has conducted numerous workshops for a wide variety of audiences. She is also Toronto manager/clinician for the Back on Track program (Ontario's remedial measures program for impaired drivers), and has revised the manuals used in the program.

MARTHA SANCHEZ-CRAIG earned a PhD in counselling psychology at the University of Toronto in 1972. In 1973, she joined the Addiction Research Foundation (now part of the Centre for Addiction and Mental Health), and was a senior scientist when she recently retired. In a 20-year program of research with numerous colleagues, she developed a cognitive-behavioural approach for early intervention with alcohol and other drug use problems, which has been tested in Canada, South America and Europe. The methods are described in numerous publications, including a therapist's manual for secondary prevention of alcohol problems and a self-help book, both published by the Addiction Research Foundation.

PETER SELBY, MBBS, CCFP, MHSc, ASAM, is clinical director, Addictions Program, and head of the Nicotine Dependence Clinic at the Centre for Addiction and Mental Health (CAMH). He is an assistant professor in the departments of Family and Community Medicine, Public Health Sciences, and Psychiatry, within the Faculty of Medicine, University of Toronto. Dr. Selby has been an invited speaker at more than 100 national, international and local symposia, workshops and seminars on addiction, health behaviour change and pregnancy. His areas of research interest include the use of Zyban® in the retreatment of relapsed smokers, Web-based smoking interventions, and the treatment of substance use, including smoking, in pregnancy.

JOANNE SHENFELD received her MSW from the University of Toronto in 1986. She has been with the former Addiction Research Foundation and the Centre for Addiction and Mental Health (CAMH) for over 12 years. Joanne has extensive clinical experience in the addiction field with individuals, couples, families and groups, through her work in Youth and Family Services at CAMH. She has been involved in research and program development, along with training and education. Currently, Joanne is service manager for the Family Service, and provides clinical supervision in the day and residential addiction program at CAMH's Donwood site. Her most recent clinical research project involves a study on multiple couples therapy, which resulted in a published treatment manual.

RANIA SHUGGI, BSc, is manager of Back on Track, Ontario's remedial measures program for impaired drivers, at the Centre for Addiction and Mental Health (CAMH). She graduated from the University of Toronto with a specialty in psychology, and joined CAMH in 1997. She was initially involved with client satisfaction research, before joining the Back on Track program in 1999. She worked on developing the program and training the staff involved in

service delivery. She is currently working on raising awareness about impaired driving and its consequences in Ontario, while pursuing her MBA.

WAYNE SKINNER, MSW, RSW, is deputy clinical director, Addictions Program, at the Centre for Addiction and Mental Health, with responsibility for concurrent disorders and for problem gambling. He is assistant professor in the Department of Psychiatry and adjunct senior lecturer in the Faculty of Social Work at the University of Toronto. He directs the Addiction Studies certificate program in Continuing Education at U of T's St Michael's College. He also teaches an on-line course, "Addictions in Contemporary Society," at York University, Toronto. He has worked in the addiction field for over 25 years, playing a leading role in concurrent disorders since 1996. His clinical and research interests in treatment and recovery extend from brief interventions for people with mild to moderate addictive behaviours to mutual aid pathways for people with severe addictions, and harm reduction approaches for people who do not seek or benefit from conventional therapies. Concerned about the current tendency to understand addictions as essentially biopsychological processes, he emphasizes the need for more comprehensive approaches that include the role of interpersonal and sociostructural factors in shaping addictive behaviours. He is editing a book on the treatment of concurrent disorders, to be published by CAMH.

PATRICK D. SMITH is vice president, Clinical Programs, at the Centre for Addiction and Mental Health and head, Addiction Psychiatry Program, at the University of Toronto. He received a PhD in clinical psychology at the University of Nebraska, with specialty training in substance abuse. He was awarded a Fulbright Research Scholarship to the University of Canterbury in Christchurch, New Zealand, where he studied cross-cultural aspects of problem drinking. Dr. Smith completed his predoctoral internship at the Yale University School of Medicine, with his primary placement at the Substance Abuse Treatment Unit. He was awarded a U.S. National Institute on Drug Abuse (NIDA) post-doctoral fellowship, which he completed at Yale's Department of Psychiatry, within the School of Medicine. Dr. Smith has received various awards and has had many senior clinical and administrative positions. He has clinical experience in providing individual, group and family therapy in the areas of substance use and mental health. His clinical research interests are in the area of substance use, specifically alcohol and other drug expectancies, adolescent substance abuse and mental health, eating disorders, smoking cessation, and cross-cultural factors in substance use and mental health.

SHIRLEY SMITH holds an MSW from Columbia University and has worked in the field of addiction and mental health for the past 20 years, in both Canada and the United States. She was the director of Women and Specialty Programs at the Donwood Institute, a founding partner of the Centre for Addiction and Mental Health (CAMH). She also served as manager of the Metro Addiction Assessment and Referral Service (MAARS) for the Greater Toronto area. In 2002, she implemented CAMH's Psychological Trauma Program, and is presently managing the program. Shirley has taught social work and addiction at Atkinson College, York University, for the past decade and, together with a core team of instructors, designed and taught the first Concurrent Disorders Certificate Program for Special Populations.

ROBERT M. SOLOMON, LLB, LLM, is a professor in the Faculty of Law at the University of Western Ontario. He has published widely in the last 30 years on various aspects of alcohol and other drug law and policy. He has travelled extensively across Canada as a consultant and public speaker. In recent years, he has designed several professional development programs for addiction counsellors.

CATE SUTHERLAND is executive director of the Addictions Centre (Hastings/Prince Edward Counties) Inc., Ontario, which provides residential and outpatient treatment. Areas of interest in Cate's 25-year career in the addiction field include service provision to correctional clients and innovative program development.

JEREMY TOMLINSON, MEd, works as a psychotherapist in private practice in Toronto. His practice specializes in sexuality issues/sex therapy, issues for gay, lesbian, bisexual and two-spirited people, and recovery from substance use problems. He also teaches part-time in the Human Services Counsellor program at George Brown College, Toronto. He has worked with the issues of sexuality and substance use at several community-based agencies, including Planned Parenthood of Toronto, Youthlink Inner City and Kids Help Phone. He has also worked as a therapist doing individual, couple and family therapy at Family Service Agencies in Burlington, Brampton and Mississauga, Ontario. He is a graduate of the Ontario Institute for Studies in Education / University of Toronto.

TONY TONEATTO is a research scientist in the Clinical Research Department at the Centre for Addiction and Mental Health. He received his doctorate in clinical psychology from McGill University, Montreal, in 1987, and is a registered psychologist. He is an assistant professor in the departments of Public Health Sciences and Psychiatry at the University of Toronto. His research interests include concurrent alcohol use and psychiatric disorders, treatment of problem gambling, and natural recovery from substance dependence.

BERYL TSANG holds an MA in Asian Studies from York University, Toronto, and has worked in the fields of international development, cultural diversity and anti-racism for the last 10 years. She was formerly a cultural interpreter with the Canadian International Development Agency's China Project, a senior program consultant with the Addiction Research Foundation's Training and Education Department, a special consultant with the Ontario Management Board Secretariat's Employment Equity Implementation Project, and the executive director of the Regent Park Focus Community Coalition against Substance Abuse. Beryl is currently a trainer/materials developer with Education Wife Assault, an internationally recognized violence-prevention and education organization. She is the author of numerous articles, books and education materials on gender and identity.

ELSBETH TUPKER, MSW, is a clinical services consultant at the Centre for Addiction and Mental Health. Her 25 years of experience in the addiction field is primarily with youth, and includes treatment, program development, research and professional training. She has co-authored a number of publications: *Youth and Drugs: An Educational Package for*

Professionals, Let 'Em Go: How to Support Youth in Creating Their Own Solutions; and *First Contact: A Brief Treatment for Young Substance Users.*

SYDNEY J. USPRICH is a professor in the Faculty of Law at the University of Western Ontario. Specializing in criminal law and evidence, he combines over 30 years of teaching and research in those areas, with several years of practical experience as a part-time Crown attorney. In addition to numerous articles on criminal law and on alcohol and drug law and policy, he is co-author of *Evidence and Procedure in Canadian Labour Arbitration.*

LUCY VAN WYK, MSW, RSW, is clinical director of the Jean Tweed Centre, Toronto. Lucy's clinical experience has been in the areas of treatment for abused women and children and the treatment of women with substance use problems. She provides supervision for the Centre's clinical staff and development of the Centre's programs and services. Lucy developed and implemented a specialized treatment program for women with concurrent histories of trauma and substance use.

KEITH WALKER, PhD, is a staff psychologist with the Lyndhurst Centre of the Toronto Rehabilitation Institute. He has worked in the addiction field since 1972 and in the field of spinal cord rehabilitation since 1991. He served on the Addiction Research Foundation's Disability Issues Advisory Committee, which advocated for the development of accessible addiction services in Ontario. He has developed patient education materials about alcohol use following spinal cord injury. His current interests include the development of patient-centred strategies for the promotion of healthy lifestyles among patients in spinal cord rehabilitation programs.

LYN WATKIN-MEREK, RN, has worked at the former Addiction Research Foundation and the Centre for Addiction and Mental Health (CAMH) for 23 years as a nurse, discharge planner, assessment worker, therapist, senior therapist and—for the past 10 years—in management. She was the manager of the Structured Relapse Prevention programs and the Youth Program. She is currently a manager in the Law and Mental Health Program where, beside her management duties, she facilitates relapse prevention programs for clients with severe mental illness who are also involved in the criminal justice system. Lyn has co-authored the book *Structured Relapse Prevention: An Outpatient Counselling Approach* (1996) and manuals for the Back on Track remedial measures program for impaired drivers (2000). Lyn recently returned to school to complete her post-graduate nursing degree.

D. ADRIAN WILKINSON obtained his doctorate in psychology at Oxford University. After postdoctoral studies at York University, Toronto, he joined the Addiction Research Foundation (ARF), where he worked for 18 years. His principal research interests were treatment of substance use problems in youth and young adults, and the neuropsychological consequences of chronic heavy use of alcohol and other drugs. In 1988, he left the ARF and established a practice as a research consultant. He is currently director of research at Mensana Corporation in Toronto.

WENDY WOBESER is an assistant professor in the Department of Medicine at Queen's University, Kingston, Ontario. Dr. Wobeser works in the Clinical Immunology Clinic, where she cares for people with HIV, who are often co-infected with HCV. The clinic emphasizes the provision of optimal care to all populations, including people with addiction problems and those who are incarcerated.

HELEN YOUNGSON, MEd, retired from the Addiction Research Foundation in 1994 after 16 years of helping develop new services and programs in the Ottawa-Carleton community. Early in her career, she became a friend of Alcoholics Anonymous (AA), and helped recovering community members establish an AA group for gays, a Families Anonymous group, a Women for Sobriety group, the first attempt at a local Narcotics Anonymous group, and an AA open speakers meeting in a women's treatment centre. Her previous experience in community development—with the YWCA, the City of Toronto (Urban Renewal) and the Hamilton and District Community Information Centre—directed her interest and energy to mutual aid approaches to solving the health, social, economic and political problems of individuals and neighbourhoods.