



camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



CDON

Concurrent Disorders Ontario Network

2010

**PROVINCIAL
SUMMER INSTITUTE**

**COUNSELLING SKILLS FOR
CONCURRENT DISORDERS**

**INSTITUT D'ÉTÉ
PROVINCIAL**

2010

**FORMATION EN COUNSELING
SUR LES TROUBLES CONCOMITANTS**

August 17 to 19, 2010
Toronto, Ontario Canada

89 Chestnut
89 Chestnut Street
Toronto, Ontario M5G 1R1

Du 17 au 19 août, 2010
Toronto, Ontario Canada

89 Chestnut
89, rue Chestnut
Toronto (Ontario) M5G 1R1

AGENDA AT A GLANCE

TUESDAY, AUGUST 17, 2010

8:30–9:00 a.m. Registration and light refreshments
9:00–9:15 a.m. Welcome and opening remarks
9:15–10:30 a.m. Keynote address
Managing Chronic Addiction and Mental Health Conditions

Michael Dennis, PhD, senior research psychologist and director of the Global Appraisal of Individual Needs (GAIN) Coordinating Center at Chestnut Health Systems, Normal, Illinois

10:30–10:45 a.m. Networking break
10:45 a.m.–12:15 p.m. Morning concurrent sessions
12:15–1:00 p.m. Lunch

1:00–2:00 p.m. Conversations about Recovery: the Power of Experience

Plenary panel presenters: Linda Chamberlain, Betty-Lou Kristy, Marisol D., Sean Winger

2:00–2:15 p.m. Break
2:15–3:45 p.m. Afternoon concurrent sessions
3:45–4:00 p.m. Break
4:00–4:30 p.m. Promises and Prospects for Better Services and Systems for People with Concurrent Disorders
Wayne Skinner, MSW, RSW, deputy clinical director, Addictions Program, CAMH and Dr. Brian Rush, Senior Scientist, Co- Section Head of the Health Systems Research and Consulting Unit

Participants choose one morning session and one afternoon session from the following:

MORNING

AMÉLIORER L'ACCÈS AUX SERVICES DE SANTÉ EN FRANÇAIS À PARTIR DES RLISS (Niveau 2)

Présentatrice : Shehnaaz Fakim, consultante des services en français, RLISS de Mississauga Halton

COLLABORATING TO DECREASE SYSTEM BARRIERS AND PROVIDE INTEGRATED TREATMENT (Level 3)

Facilitator: Allison Potts, MSW, RSW, concurrent disorders system integration consultant, Pinewood Centre, Lakeridge Health

CONCURRENT DISORDERS AND THE CRIMINAL JUSTICE SYSTEM (Level 3)

Facilitator: Barb Chrysler, regional system coordinator concurrent disorder program, St. Mary's General Hospital, Cst. Robert Davis, Waterloo Regional Police Service and Lesa Irish, concurrent disorders outreach worker, Canadian Mental Health Association, Grand River Branch

CONCURRENT DISORDERS: OUTREACH AND ENGAGEMENT (Level 1)

Facilitator: Sarah Prowse, Concurrent Disorders Harm Reduction Specialist, WoodGreen Community Services, Toronto

CULTURAL COMPETENCY AND CONCURRENT DISORDERS: UNDERSTANDING THROUGH CULTURE (Level 1)

Facilitators: Ann Pottinger, advanced practice nurse, CAMH, and Lorrie Simunovic, community, health and education specialist, CAMH

INTERACTIONS BETWEEN PSYCHIATRIC MEDICATIONS AND SUBSTANCES OF ABUSE (Level 2)

Facilitator: Wende Wood, RPh, BA, BSP, BCPP, drug information and drug use evaluation pharmacist, CAMH

INTRODUCTION TO CRISIS PREVENTION STRATEGIES (Level 1 and Level 2)

Facilitator: Graham Vardy, co-ordinator for Partnering To Prevent Aggressive Behaviour (PPAB) and the Prevention and Management of Aggressive Behaviour (PMAB), CAMH

KEEPING THE PEER IN PEER SUPPORT (Level 1)

Facilitator: Deborah Sherman, executive director, Ontario Peer Development Institute

AFTERNOON

COLLABORATING TO DECREASE SYSTEM BARRIERS AND PROVIDE INTEGRATED TREATMENT (Level 3)

Facilitator: Allison Potts, MSW, RSW, concurrent disorders system integration consultant, Pinewood Centre, Lakeridge Health

CONCURRENT DISORDERS AND THE CRIMINAL JUSTICE SYSTEM (Level 3)

Facilitator: Barb Chrysler, regional system coordinator concurrent disorder program, St. Mary's General Hospital, Cst. Robert Davis, Waterloo Regional Police Service and Lesa Irish, concurrent disorders outreach worker, Canadian Mental Health Association, Grand River Branch

CONCURRENT DISORDERS: OUTREACH AND ENGAGEMENT (Level 1)

Facilitator: Sarah Prowse, Concurrent Disorders Harm Reduction Specialist, WoodGreen Community Services, Toronto

CULTURAL COMPETENCY AND CONCURRENT DISORDERS: UNDERSTANDING THROUGH CULTURE (Level 1)

Facilitators: Ann Pottinger, advanced practice nurse, CAMH, and Lorrie Simunovic, community, health and education specialist, CAMH

INTERACTIONS BETWEEN PSYCHIATRIC MEDICATIONS AND SUBSTANCES OF ABUSE (Level 2)

Facilitator: Wende Wood, RPh, BA, BSP, BCPP, drug information and drug use evaluation pharmacist, CAMH

INTERACTIONS ENTRE LES MÉDICAMENTS UTILISÉS EN PSYCHIATRIE ET LES DROGUES (Niveau 2)

Présentatrice : Colette Raphael, Phaut, BSc Pharm, BCPP, CAMH

INTRODUCTION TO CRISIS PREVENTION STRATEGIES (Level 1 and Level 2)

Facilitator: Graham Vardy, co-ordinator for Partnering To Prevent Aggressive Behaviour (PPAB) and the Prevention and Management of Aggressive Behaviour (PMAB), CAMH

KEEPING THE PEER IN PEER SUPPORT (Level 1)

Facilitator: Deborah Sherman, executive director, Ontario Peer Development Institute

WEDNESDAY, AUGUST 18, 2010

Check-in and light refreshments will be from 8:30–9:00 a.m. Courses will begin at 9:00 a.m. and end at 4:30 p.m. Lunch will be provided between noon and 1:00 p.m. **Please note participants must register for both days of courses that are two days in length.**

INTERMEDIATE COGNITIVE BEHAVIOURAL THERAPY SKILLS DEVELOPMENT COURSE

(Two-day course: day 1 of 2)

Dr. Shari McKee, CPsych, psychologist, Georgianwood Concurrent Disorders Program & Research Department Mental Health Centre Penetanguishene

INTRODUCTION À LA THÉRAPIE COGNITIVO-COMPORTEMENTALE (One-day course)

Christine Courbasson, Ph.D., psychologue clinicienne, chef de la Clinique des troubles jumelés de l'alimentation et de toxicomanie, CAMH

INTRODUCTION TO MOTIVATIONAL INTERVIEWING

(Two-day course: day 1 of 2)

Gilles Brideau, BA, MA, bilingual program consultant, CAMH; Sandra Cushing, MSW, RSW, advanced practice clinician, CAMH; and Matthias Kaay, MSW, RSW, social worker, CAMH

INTERMEDIATE MOTIVATIONAL INTERVIEWING

(Two-day course: day 1 of 2)

Carolynne Cooper, MSW, RSW, therapist, CAMH; Tim Godden, BSc, MSW, advanced practice clinician, CAMH; Debbie Ernest, MSW, RSW, advanced practice clinician, CAMH; and Wayne Skinner, MSW, RSW, deputy clinical director, Addictions Program, CAMH

RECOVERY-ORIENTED PRACTICE (One-day course)

Carrie Clark, MA, OT Reg (Ont), OTR, advanced practice clinician, CAMH; Allan Strong, MA, Community Education Coordinator, Waterloo Region Self Help Alliance

SCREENING AND ASSESSMENT FOR CONCURRENT DISORDERS

(Two-day course: day 1 of 2)

Linda Sibley, executive director, Addiction Services of Thames Valley, Admission, Discharge and Assessment (ADAT) trainer and content developer

THURSDAY, AUGUST 19, 2010

Check-in and light refreshments will be from 8:30–9:00 a.m. Courses will begin at 9:00 a.m. and end at 4:30 p.m. Lunch will be provided between noon and 1:00 p.m. **Please note participants must register for both days of courses that are two days in length.**

INTERMEDIATE COGNITIVE BEHAVIOURAL THERAPY SKILLS DEVELOPMENT COURSE

(Two-day course: day 2 of 2)

Dr. Shari McKee, CPsych, psychologist, Georgianwood Concurrent Disorders Program & Research Department Mental Health Centre Penetanguishene

INTERMEDIATE MOTIVATIONAL INTERVIEWING

(Two-day course: day 2 of 2)

Carolynne Cooper, MSW, RSW, therapist, CAMH; Tim Godden, BSc, MSW, advanced practice clinician, CAMH; Debbie Ernest, MSW, RSW, advanced practice clinician, CAMH; and Wayne Skinner, MSW, RSW, deputy clinical director, Addictions Program, CAMH

INTRODUCTION TO MOTIVATIONAL INTERVIEWING

(Two-day course: day 2 of 2)

Gilles Brideau, BA, MA, bilingual program consultant, CAMH; Sandra Cushing, MSW, RSW, advanced practice clinician, CAMH; and Matthias Kaay, MSW, RSW, social worker, CAMH

LA THÉRAPIE COGNITIVO-COMPORTEMENTALE ADAPTÉE À LA CULTURE (TCC-AC) (One-day course)

Joëlle Fareau-Weyl, MD, FRCPC, Centre de santé mentale de Penetanguishene

SCREENING AND ASSESSMENT FOR CONCURRENT DISORDERS

(Two-day course: day 2 of 2)

Linda Sibley, executive director, Addiction Services of Thames Valley, Admission, Discharge and Assessment (ADAT) trainer and content developer

STRUCTURED RELAPSE PREVENTION FOR CONCURRENT DISORDERS (One-day course)

Gilles Brideau, BA, MA, bilingual program consultant, CAMH

Virtual Session – Thunder Bay, Ontario

RECOVERY-ORIENTED PRACTICE

Please note: this course will be delivered through the Ontario Telemedicine Network (OTN) to participants in Thunder Bay.

In addition to in-class time this course will require approximately two to three hours of independent pre-course work.

8:30 a.m.–9:00 a.m. Registration and light refreshments

9:00 a.m.–1:00 p.m. Course

SESSION AND COURSE DESCRIPTIONS

TUESDAY, AUGUST 17, 2010

Keynote address

Managing Chronic and Complex Addiction and Mental Health Conditions

Michael Dennis, PhD, Senior Research Scientist and Director of the Global Appraisal of Individual Needs (GAIN) Coordinating Center, Chestnut Health Systems, Normal, IL USA

Illicit drug use is the 10th leading cause of mortality in U.S., has strong associations with other leading causes of mortality (e.g., tobacco use, alcohol use, accidents, and high-risk sexual behavior), and contributes to or exasperates a wide range of comorbid mental health problems (e.g., depression, anxiety, trauma, ADHD, conduct and personality disorders) and health problems (e.g., cancer, heart disease, liver disease and respiratory illness). The combined impact is staggeringly clear: individuals with a drug dependence diagnosis die on average 22.5 years earlier than those without a diagnosis (61 vs. 83 years). Substance abuse treatment is associated with short term increases in abstinence, but many people relapse and require multiple episodes of care before they are able to sustain recovery (more than two-thirds of people with dependence in their lifetime are in recovery at any given time). Co-occurring mental health problems in particular are associated with greater initial severity, risk of short-term relapse, and longer times to sustained remission. The dire consequences of continued use, high rates of comorbidity and chronic risk of relapse after initial treatment has led to many calls to shift the addiction treatment field from a stand-alone acute care model to one based on integrated care and long-term disease management that has been successful in many other areas of medicine. This presentation will: 1) review epidemiological data to illustrate the chronic nature of substance disorders, the high rates of co-occurring mental health disorders, and the rates of recovery across conditions, and 2) examine how the results of recent experiments to improve the ways in which recovery is managed across time and multiple episodes of care vary by pattern of comorbidity.

Concurrent breakout sessions

Sessions are offered to meet the needs of learners at different levels of knowledge and experience in concurrent disorders. To assist participants in selecting a breakout session that meets their learning requirements, we have adapted the following guidelines from the Canadian Centre on Substance Abuse (2010) *Competencies for Canada's substance abuse workforce*, Ottawa, ON.

Level 1 Basic

Basic knowledge and understanding of key concepts used when screening, assessing, counselling and treating someone with a concurrent disorder; ability to apply the key basic concepts consistently and effectively, in routine situations; demonstrates commitment to further develop skills (as applicable).

Level 2 Intermediate

Considerable knowledge and understanding of key concepts used when screening, assessing, counselling and treating someone with a concurrent disorder; ability to apply the concepts consistently and effectively, in a variety of situations using discretionary decision-making skills; demonstrates commitment to further develop skills (as applicable).

Level 3 Advanced

Advanced knowledge and understanding of key concepts used when screening, assessing, counselling and treating someone with a concurrent disorder; ability to apply the concepts consistently and effectively, across a broad range of increasingly complex situations; ability to mentor, coach or supervise others in the development of the concepts, and to facilitate change and increase capacity across systems, communities, populations, etc.

Continued on next page.

TUESDAY, AUGUST 17, 2010

Concurrent sessions offered at 10:45 a.m. and 2:15 p.m.

Améliorer l'accès aux services de santé en français à partir des RLISS (Niveau 3, avancé)

Offert seulement à 2:15 p.m.

Présentatrice : Shehnaz Fakim, consultante des services en français, RLISS de Mississauga Halton.

Les services de santé en français : Mythe ou réalité pour les francophones. Cette phrase a été prononcée à maintes reprises au cours des 20 dernières années. Cet atelier offre une occasion unique de se renseigner sur la *Loi sur les services en français* et ses implications et les stratégies de mise en œuvre de la Loi au sein des RLISS. Les RLISS, la communauté francophone et les fournisseurs de services de santé doivent unir leurs efforts pour faire des services de santé en français une réalité. L'atelier donne un aperçu des services de santé en français et de leur mise en œuvre au sein des RLISS. Mme Fakim fera part des mesures prises par le RLISS de Mississauga Halton que peuvent adopter les fournisseurs de services de santé et les collectivités pour favoriser une collaboration plus efficace dans le domaine des services de santé en français.

Collaborating to Decrease System Barriers and Provide Integrated Treatment (Level 3, advanced)

Facilitator: Allison Potts, M.S.W., R.S.W., Concurrent Disorders System Integration Consultant, Pinewood Centre, Lakeridge Health

Start cultivating collaboration in this dynamic, engaging workshop and discover strategies that can be transferred to clinical teams, organizations and system partners. Many clinicians and managers struggle to engage relevant service providers in a shared treatment approach, resulting in the continuation of "parallel treatment." This workshop offers a unique opportunity to learn strategies for collaborative treatment and draws on the participants' experience to develop strategies for more effective collaboration with our consumers, colleagues and broader system partners. Participants will integrate their experiences and the shared knowledge of evidence-based practice regarding integrated treatment in a "conversation café" style of workshop. Participants will experience an energized approach to learning that values the experiences and knowledge in the room while creating a possibility for action beyond the date of the conference by providing an accessible model for enhancing our work with each other in the system.

Concurrent Disorders and the Criminal Justice System (Level 3, advanced)

Facilitator: Barb Chrysler, regional system coordinator concurrent disorder program, St. Mary's General Hospital, Constable Robert Davis, Waterloo Regional Police Service and Lesa Irish, concurrent disorders outreach worker, Canadian Mental Health Association, Grand River Branch

This session will examine interventions that integrate the community policing model with Kim Mueser's Stage-Wise

Case Management Model and harm reduction. It will examine attempts to address the root causes of criminal justice issues in a variety of projects, but with a particular focus on an intervention in a 66-bed single-room "crack house." The objectives of this session are to:

- assist participants to learn how to develop system approaches to concurrent disorders and criminal justice
- examine specific intervention projects
- examine the application and integration of policing and concurrent disorder models.

Concurrent Disorders: Outreach and engagement (Level 1, basic)

Facilitator: Sarah Prowse, Concurrent Disorders Harm Reduction Specialist, WoodGreen Community Services, Toronto

This breakout session will look at the value of outreach with concurrent disorders: how to begin to develop a helping relationship with individuals who may present with differing ranges of complex needs, and review the challenges of working with a hard-to-reach group of people. How do we sustain engagement with clients who have concurrent disorders: what practical and relevant tools of engagement can a worker offer, i.e., what is the client's view of his or her current situation, and what or how can a worker use different resources, including working within a case management plan, and using a team approach. This will be a very interactive session that encourages feedback, discussion and information-sharing among the participants.

Cultural Competency and Concurrent Disorders: Understanding through culture (Level 1, basic)

Facilitators: Ann Pottinger, advanced practice nurse, CAMH; and Lorrie Simunovic, community, health and education specialist, CAMH

This session focuses on the exploration of culturally competent care and its application in the practice area of concurrent disorders. A framework for cultural competence will be presented. Participants will draw on aspects of the framework and their professional expertise and experiences to critically reflect on the importance of and ways to integrate cultural assessments in service and care. This session is geared toward health care providers working in the area of concurrent disorders who wish to have an enhanced understanding of cultural competence and strategies for practice application.

LEARNING OBJECTIVES

- describe cultural competence components and their application in practice
- examine a cultural competence framework to guide practice
- discuss ways to weave cultural competence throughout practice and service

Continued on next page.

TUESDAY, AUGUST 17, 2010

Concurrent sessions offered at 10:45 a.m. and 2:15 p.m. (cont.)

Interactions entre les médicaments utilisés en psychiatrie et les drogues de la rue (Niveau avancé)

Offert seulement à 10:45 a.m.

Présentatrice : Colette Raphael, Phaut, BSc Pharm., BCPP, CAMH

Il peut être difficile de déterminer s'il y a une interaction entre les médicaments utilisés en psychiatrie et les drogues de la rue donnant lieu à des abus chez un client. Lors de cette séance, vous prendrez connaissance des plus récentes théories concernant les interactions médicamenteuses, ce qui vous sera utile dans les situations cliniques complexes où un client prend plusieurs drogues. Mme Raphael discutera des effets de l'utilisation de certaines drogues sur les médicaments utilisés en psychiatrie prescrits pour traiter les problèmes de santé mentale. Elle fournira des conseils sur la façon d'aider les clients à éviter les interactions médicamenteuses ou à réduire les méfaits attribuables à ces interactions.

Interactions between Psychiatric Medications and Substances of Abuse (Level 3, advanced)

Facilitator: Wende Wood, RPh, BA, BSP, BCPP, drug information and drug use evaluation pharmacist, CAMH

Sorting out whether a person is experiencing an interaction between their psychiatric medications and substances of abuse can be a very complicated task. In this session, you will get the latest on drug interaction theory as well as types of interactions that will help you untangle complicated clinical situations involving multiple drug use. Wende will address how substance use can impact the effects of psychiatric medications used to treat mental health problems. She will provide you with pointers that you can use in your practice so clients can avoid drug interactions or reduce harms associated with drug interactions.

Introduction to Crisis Prevention Strategies (Level 1, basic, or Level 2, intermediate)

Facilitator: Graham Vardy, co-ordinator for Partnering to Prevent Aggressive Behaviour (PPAB) and the Prevention and Management of Aggressive Behaviour (PMAB), CAMH

This session will provide an overview of the Prevention and Management of Aggressive Behaviour (PMAB) program at CAMH. Participants who attend this session will be introduced to concepts and strategies that comprise the PMAB program, including:

- impact of personal triggers and self-management in high-stress encounters with angry, aggressive and physically violent clients
- several theoretical frameworks related to anger, aggression, crisis and de-escalation of aggressive behaviours
- de-escalating interventions that reflect best practice, appropriate to each stage
- PMAB principles and trauma-informed practice.
- roles and responsibilities of staff in planning and conducting a team or Code White crisis intervention
- work-related post-crisis issues
- a pathway of self-mastery toward maximizing professional competency, resiliency and well-being with respect to crisis intervention work.

Keeping the Peer in Peer Support (Level 1, basic)

Facilitator: Deborrah Sherman, executive director, Ontario Peer Development Initiative

Peer support has emerged as a best practice that has been demonstrated to shorten hospital stays, reduce re-hospitalization, and improve outcomes for people with mild to serious mental health issues. Ontario's consumer/survivor initiatives—organizations run by and for people with lived experience of mental illness and/or addiction and funded by the MOHLTC—provide a varied menu of peer support services that are rooted in principles of recovery, self-help, personal empowerment and choice. OPDI is the provincial voice for these organizations at the policy/systems level. OPDI is currently in the final months of a two-year Ontario Trillium Foundation-funded project that developed a Peer Support Core Skills program and trained 10 trainers to deliver that program. By the end of August, 200 consumers across the province will have received the core skills training and the 10 trainers will have earned their licenses to continue providing training courses as the project becomes self-sustaining.

One- and two-day courses, offered at 9:00 a.m. to 4:30 p.m.

Intermediate Cognitive Behavioural Therapy Skills Development Course

People living with concurrent substance use and mental health issues may have difficulty managing unpleasant emotions and symptoms, which in turn can lead to a worsening of mental illness and increased substance abuse. Cognitive-behavioural therapy is an evidence-based intervention shown to be effective at helping people stop automatic patterns of thoughts and manage negative emotions that would otherwise worsen concurrent disorders. Using CBT techniques to change these patterns helps consumers avoid further substance use and can improve their mental health symptoms. This two-day intermediate-level course is designed to provide you with an opportunity to further enhance your skills in CBT through practical hands-on activities with a focus on their use with concurrent disorders. This two-day course will combine didactic presentation with experiential exercises, supervised role-plays and videotaped clinical vignettes.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- assess client suitability for CBT
- identify and implement specific cognitive-behavioural interventions
- assist clients to use thought records
- detect, examine and help clients evaluate evidence for automatic thoughts
- help clients use behavioural interventions such as action plans and experiments
- help clients identify and modify negative assumptions and core beliefs
- improve your skills in the application of CBT techniques for clients with concurrent disorders

PREREQUISITES

This course is intended for professionals who have completed an introductory-level CBT course and are currently engaged in using CBT with clients in their clinical setting.

Faculty: Dr. Shari McKee, CPsych, psychologist, Georgianwood Concurrent Disorders Program & Research Department
Mental Health Centre Penetanguishene

Motivational Interviewing (MI intermediate level) Applied Practice for Clinicians / Service Providers who Work with Clients with Concurrent Disorders

This two-day course provides an emphasis on developing an understanding of using MI with clients with concurrent disorders. The course will have a strong experiential component that will directly apply to clinical work. Learning is organized around practice with in-the-moment feedback, real-plays, demonstrations, case studies, small group exercises and interactive presentations.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- identify and discuss challenges and strategies integrating MI in your practice setting
- describe treatment issues and challenges with CD clients from an MI perspective
- understand and discuss the practical and conceptual nuances of using MI with clients with concurrent disorders
- apply the empathic counselling skills of OARS in counselling with CD clients
- understand and work with ambivalence with CD clients
- elicit and respond to change talk with CD clients
- adapt MI skills/strategies for use with a diverse CD client population

TARGET AUDIENCE AND PREREQUISITES: This course is intended for clinicians/service providers from a range of health care and community-based settings, including primary care providers, in- and out-patient hospital and community-based addiction and mental health settings, housing, case management, and those working in social service and the criminal justice system. The course is designed as an opportunity for clinicians who have completed an introductory level MI training, and have practice experience to further develop their proficiency and confidence in the application of MI with clients with concurrent disorders. **Note:** As part of the pre-course preparation, participants are strongly encouraged to submit challenging client/case scenarios for discussions.

Faculty: Carolynne Cooper MSW, RSW, (Therapist, CAMH); Tim Godden, BSc, MSW (Advanced Practice Clinician, CAMH); Debbie Ernest, MSW, RSW, (Advanced Practice Clinician, CAMH); and Wayne Skinner, MSW, RSW, Deputy Clinical Director, Addictions Program, CAMH)

One- and two-day courses (cont.)

Introduction à la thérapie cognitivo-comportementale

De plus en plus de professionnels de la santé utilisent la thérapie cognitivo-comportementale (TCC) avec leurs clients aux prises avec une maladie mentale, un traumatisme ou une toxicomanie et qui sont en cours de rétablissement. Il a été démontré que la TCC est aussi très efficace pour traiter les troubles de l'humeur (p. ex., la dépression) et de l'anxiété. Grâce à des exercices interactifs, des discussions en petits groupes et des exposés, ce cours d'une journée présente des stratégies liées à la TCC, ainsi que les cadres théoriques, les éléments clés et les croyances fondamentales qui y sont associés. Ce cours s'adresse aux professionnels de la santé qui veulent se renseigner sur la TCC et utiliser cette thérapie avec leurs clients.

OBJECTIFS D'APPRENTISSAGE

À la fin du cours, les participants seront en mesure de/d' :

- discuter des principes clés et des croyances fondamentales qui sous-tendent la TCC
- utiliser les outils et les techniques thérapeutiques de base fondés sur la TCC
- repérer les distorsions cognitives et les mythes, ainsi que les termes et les sentiments négatifs liés au comportement cognitif
- aider leurs clients à découvrir des stratégies d'adaptation et des techniques de relaxation pouvant faciliter les changements positifs.

Facilitatrice : Christine Courbasson, Ph.D., psychologue clinicienne, chef de la Clinique des troubles jumelés de l'alimentation et de toxicomanie, CAMH

Introduction to Motivational Interviewing (MI introductory level)

This introductory course provides an overview of Motivational Interviewing (MI), and addresses the applications of MI to health behaviour change. The MI philosophy, spirit and phase 1 skills/strategies that can significantly influence the clinician's collaboration with clients/patients, and strengthen adaptive behaviour change over time are discussed. This course guides clinicians with direct client care responsibilities through a sequence of learning activities that will influence consultations with clients about behaviour change across a range of health-related issues. Participants will be encouraged to develop a plan for integrating motivational interviewing in their clinical practice—an MI integration/engagement plan.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- describe the basic concepts of motivational interviewing, its spirit and essential strategies
- demonstrate the use of empathic counseling skills (OARS)
- understand how a clinician's communication style, values, attitude and assumptions influence the consultation process

- discuss how this approach may be integrated in your clinical practice
- develop an MI practice engagement plan.

Faculty: Gilles Brideau, BA, MA, bilingual program consultant, CAMH; Sandra Cushing, MSW, RSW, advanced practice clinician; and Matthias Kaay, MSW, RSW, social worker, CAMH

La thérapie cognitivo-comportementale adaptée à la culture (TCC-AC)

Ce cours a pour but d'améliorer le savoir-faire culturel des professionnels de la santé qui offrent une thérapie cognitivo-comportementale (TCC) à des clients parlant le français ou le créole et qui sont d'origine caribéenne. Les exemples de cas illustreront les positions, les interventions et les outils thérapeutiques recommandés facilitant l'obtention de résultats positifs lors du traitement de clients faisant partie de cette population. Lors de discussions, les participants recevront de l'aide de leurs collègues et pourront faire part de leur expérience du travail auprès des clients de cette population ayant vécu des traumatismes et devant relever des défis liés à la toxicomanie ou à la santé mentale.

OBJECTIFS D'APPRENTISSAGE

À la fin du cours, les participants seront en mesure de :

- déterminer la façon d'adapter les approches traditionnelles en matière de TCC aux francophones et aux créolophones des Caraïbes
- travailler avec des clients francophones ou créolophones des Caraïbes, de la première prise de contact jusqu'à la période suivant la fin du traitement ou de la thérapie, y compris toutes les expériences intermédiaires
- dispenser une TCC adaptée à la culture dans l'exercice de leurs fonctions.

Qui devrait participer et pré requis ?

Participants devront avoir suivi une formation de base sur la thérapie cognitivo-comportementale et prévoir offrir des services cliniques à une population francophone et créolophones des Caraïbes.

Facilitatrice : Joëlle Fareau-Weyl, M.D., FRCPC, Centre de santé mentale de Penetanguishene

**WEDNESDAY AUGUST 18
AND THURSDAY AUGUST 19, 2010**

One- and two-day courses (cont.)

Recovery-oriented Practice

The term “recovery” has a full meaning, but has often been described as a personal journey and as a model of practice that clinicians provide to the client. Through presentations, activities and discussions, this one-day course will explore recovery-oriented practice in both addiction and mental health. The course will provide options for practical application of these concepts along with opportunities for interprofessional dialogue on the exciting convergence of concepts from the addiction and mental health fields. Participants will be asked to complete a reading assignment and survey prior to the start of the course.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- define the concepts of personal and clinical recovery from both mental health and addiction perspectives
- identify the values, beliefs, outcomes and principles of recovery
- explore the challenges clients face on their way to recovery
- describe clinicians' roles in creating environments that foster recovery
- identify strategies to apply recovery concepts in clinical practice.

Faculty: Carrie Clark, MA, OT Reg (Ont), OTR, advanced practice clinician, CAMH; Allan Strong, Recovery Education Coordinator, Waterloo Region Self Help Alliance

Screening and Assessment for Concurrent Disorders

This two-day course focuses on gaining an understanding of how to effectively screen and assess for concurrent disorders (including mental health, addiction and problem gambling).

It includes an introduction to the province's standardized approach to screening and assessment; Admission and Discharge Criteria Screening tools and how to use them effectively; the use of motivational interviewing while administering the tools, an overview of screening tools used with CD.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- effectively screen and assess for co-occurring disorders (including mental health, addiction and problem gambling)
- understand the province's standardized approach to screening and assessment
- identify the screening tools used with concurrent disorders
- utilize motivational interviewing while administering the tools.

Faculty: Linda Sibley, executive director, Addiction Services of Thames Valley, Admission, Discharge and Assessment (ADAT) trainer and content developer

Structured Relapse Prevention: A practical approach for people with concurrent disorders

This session will cover the basics of working with clients with concurrent disorders, and introduce a treatment approach, Structured Relapse Prevention (SRP) that can be used in a variety of service settings. SRP counselling is a brief, cognitive-behavioural, manual-based approach used in a variety of counselling settings.

The session will cover screening and assessment tools, homework exercises and therapist checklists to work with clients in assessment, motivational counselling, treatment planning and relapse prevention. A comprehensive set of coping skills exercises that can be assigned as homework or discussed during treatment sessions is also covered.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- list and describe the five phases of Structured Relapse Prevention (SRP) Counselling
- link the theoretical framework with the practice approach
- use SRP tools with diverse client populations and issues
- adapt SRP to clients with concurrent disorders
- set personal objectives in applying SRP in your own clinical practice

Faculty: Gilles Brideau, BA, MA, bilingual program consultant, CAMH
Please note that the registration fee for this course covers the cost of the required text, *Structured Relapse Prevention: An Outpatient Counselling Approach*. Each participant will receive a copy of this book on the day of the course.

THURSDAY AUGUST 19, 2010

Virtual Session

Recovery-oriented practice

9:00 a.m.–1:00 p.m.

This course will be offered through the Ontario Telemedicine Network to participants in Thunder Bay. Participants will be required to complete approximately two to three hours of independent pre-course work consisting of either or both pre-reading and online modules. Details regarding the pre-course work will be emailed to participants upon registration.

The term “recovery” has no single meaning, but has often been described as a personal journey and as a model of practice that clinicians provide to the client. Through pre-course work, presentations, activities, and discussions, this course, to be delivered in a virtual format, will explore recovery-oriented practice in both addictions and mental health. The course will provide options for practical application of these concepts along with opportunities for interprofessional dialogue on the exciting convergence of concepts from the addiction and mental health fields.

LEARNING OBJECTIVES

Upon completion of this training, you will be able to:

- define the concepts of personal and clinical recovery from both mental health and addiction perspectives
- identify the values, beliefs, outcomes and principles of recovery
- explore the challenges clients face on their way to recovery
- describe clinicians’ roles in creating environments that foster recovery
- identify strategies to apply recovery concepts in clinical practice.

Faculty [Carrie Clark, MA, OT Reg \(Ont\) OTR advanced practice clinician, CAMH](#)

Location: North West LHIN Office
975 Alloy Drive, Suite 201,
Thunder Bay, Ontario

Thunder Bay Site Facilitator: Kim Karioja, program consultant, Thunder Bay. For questions related to the Thunder Bay site please contact Kim at Kim_Karioja@camh.net.

TO REGISTER, PLEASE FOLLOW THIS LINK.