

**2010**  
**PROVINCIAL**  
**SUMMER INSTITUTE**  
**COUNSELLING SKILLS FOR**  
**CONCURRENT DISORDERS**

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## FACULTY AND SESSION FACILITATOR BIOGRAPHIES

**GILLES BRIDEAU** BA, MA, has been a bilingual program consultant with CAMH since September 2007. He graduated with an Honours Bachelor of Arts degree from Laurentian University, Sudbury, in 1992. He completed his graduate studies there in 1998 with a Masters of Arts degree in Child and Development. Gilles has gained an extensive amount of experience counselling people with alcohol and substance use problems from working in the addiction field since 1992. Gilles has worked in a variety of settings and areas including inpatient long-term residential (recovery home), outpatient treatment, assessment and referral, aftercare, youth, family and concurrent disorders. He sat on the Board of ADRAO (now Addictions Ontario) as a regional representative and as an assessment and referral representative from 1993 to 1995 and again from 2001 to 2003. Gilles co-founded a youth concurrent group in 2000, a joint effort with St. Clair Child and Youth Services in Sarnia, and also operated a private practice in Sarnia from January 2003 to December of 2009. His hobbies include golf and hockey.  
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**CARRIE CLARK** is an advanced practice clinician in the Office of Nursing and Professional Practice at the Centre for Addiction and Mental Health and an assistant professor in the Departments of Occupational Therapy and Psychiatry at the University of Toronto. She has a Bachelor of Science in Occupational Therapy and Masters in Sociology. Carrie has more than 20 years experience working in mental health as a case manager, group psychotherapist and manager of a day program. She has led large CAMH-wide projects such as the development and implementation of the electronic health records interdisciplinary care plan. Her particular areas of interest are recovery, group therapy, inter-professional education and change management. She has lectured extensively and published several articles.  
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**CAROLYNNE COOPER**, MSW, RSW, is a therapist at CAMH. Her time at CAMH and, before the amalgamation, at the Addiction Research Foundation, gives her 21 years with the organization. During this time, she has developed extensive experience conducting group and individual counselling. Carolynne has also gained expertise in working with a range of populations, including older adults, women, family members and couples (whose lives have been impacted by addiction and mental health concerns.) Her therapeutic approaches have been influenced by motivational interviewing, cognitive-behavioural therapy, problem-solving, solution-focused, narrative, interpersonal, relapse prevention and crisis models. Carolynne has been involved in a number of teaching and training initiatives and she works as a social worker in CAMH's Problem Gambling Service where her focus is on supporting adults 55+ and increasing capacity within the team for supporting individuals who experience concurrent disorders.  
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**CHRISTINE COURBASSON**, PhD, C.Psych, dirige la Clinique des Troubles de l'alimentation et de la toxicomanie de CAMH. Elle est aussi directrice par intérim du Clinical Psychology Practicum Training Program de CAMH. Elle est professeure adjointe au Département de Psychiatrie à l'Université de Toronto et fait partie de la faculté du Adler Learning Consortium.

Christine reçut son doctorat en psychologie clinique de l'Université York et on lui décerna une bourse de recherche post-doctorale au Centre de toxicomanie et de santé mentale (CAMH). Elle établit la Clinique des Troubles de l'alimentation en 2000. Elle se spécialise en troubles concomitants et est impliquée dans la formation de cliniciens dans l'application de traitements pour les troubles concomitants de l'alimentation, de l'anxiété et de la toxicomanie. Ses intérêts de recherche incluent les corrélats biopsychologiques de la dépendance, les troubles de l'alimentation, de l'anxiété et de personnalité, le stress, l'arrêt du tabagisme, la pleine conscience, et la prévention de problèmes de santé mentale. Elle a reçu des prix et des bourses, organise des ateliers pour les professionnels et elle est auteure de plusieurs articles scientifiques, chapitres de livres, et présentations sur des thèmes reliés à ses intérêts cliniques et de recherche. Elle a aussi participé à des programmes de télévision et de radio. Christine est membre de la faculté et du comité consultatif de TEACH depuis la conception du projet.  
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**BARB CHRYSLER**, BA and MA in Community Psychology from Wilfrid Laurier University, is currently pursuing a PhD in Environmental Studies from the University of Waterloo. She is the regional system co-ordinator of St. Mary's General Hospital's Concurrent Disorder Program. She has held a variety of positions in planning, program design and administration mainly related to mental health, addiction and homelessness. She has worked at the Canadian Mental Health Association Niagara, Niagara District Health Council, Ministry of Health and Long-Term Care, Hotel Dieu Hospital, Region of Waterloo, Lutherwood and St. Mary's General Hospital. Barb teaches Program Design at the University of Guelph, and Mental Health and Addiction at the University of Waterloo.  
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**SANDRA CUSHING**, MSW, RSW, is an advanced practice clinician with the Schizophrenia Program. Sandra has a particular focus on capacity-building and program development in the area of concurrent psychosis and substance use disorders. Sandra is passionate about clinical work in the areas of co-occurring substance use and severe mental illness, trauma-informed care, and personality dynamics. Sandra has extensive clinical individual, group and family experience. Prior to starting at CAMH in August 2003, Sandra provided individual and group counselling, and street outreach to adults with mental health and addiction problems at Alcohol, Drug and Gambling Services in Hamilton for five years. Upon completion of her MSW from Wilfrid Laurier University, she worked as a mental health therapist in both community and crisis mental health clinics and at a sexual assault centre. Sandra completed studies in addictions, harm reduction, psychological trauma and dialectical behaviour therapy (DBT), and took the motivational interviewing treatment integrity (MITI) course. Sandra draws from motivational interviewing; cognitive-behavioural therapy, dialectical behaviour therapy; and the trauma-informed and recovery models of care in clinical practice and supervision.  
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**CST. ROBERT DAVIS** is a member of the Waterloo Regional Police Service, and has been since 1977. He started his career in the Military Police of the Canadian Forces Reserve at the age of 16. After completing a United Nations tour of duty in 1975–76 in the Middle East, he worked briefly at the old Don Jail in Toronto as a correctional officer. Rob has a BIS (Bachelor of Independent Studies) from the University of Waterloo focusing on community mobilization and community policing service to find ways the police, community and social services can create meaningful partnerships together that will benefit people with concurrent disorders.

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**MICHAEL DENNIS**, PhD, is a senior research psychologist and director of the Global Appraisal of Individual Needs (GAIN) co-ordinating center at Chestnut Health Systems in Normal, Illinois. Michael received his PhD in Psychology from Northwestern University in 1988 with a focus in Methodology and Evaluation Research. He holds a MERIT award from the National Institute on Drug Abuse (NIDA) for his research on managing addiction as a chronic condition and has led more than a dozen experiments including the Recovery Management Checkup (RMC) experiments and the Cannabis Youth Treatment (CYT) experiments.

**DEBBIE ERNEST**, BA, BSW, MSW, RSW, is a clinician, educator and supervisor with more than 13 years of experience working with individuals, families, groups and multidisciplinary teams in the area of mental health and substance use. Most recently, Debbie has rejoined the Concurrent Disorders Capacity Building (CDCB) team in a newly developed position to play a leadership role in strategy development that supports and builds linkages with the primary care and addictions service sectors. Debbie has worked at CAMH since 1999 in various front-line clinical social work positions with clients and families who live with severe mental health problems, substance use, and/or concurrent disorders. Since 2007, Debbie has worked as an advanced practice clinician within several services of the Addictions Program of CAMH. Debbie has worked with the CDCB team, the Women's Service, the Day/Residential Service, the Addiction Medicine Clinic, and the Nicotine Dependence Clinic. In these leadership roles, Debbie has provided clinical support, mentorship, education, training and clinical supervision to front-line clinical program staff of the Addictions Program and has also consulted with other teams and system stakeholders across CAMH and into the community. Debbie also gives presentations and provides training to a wide array of audiences on various addiction and mental health topics.

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**SHEHNAZ FAKIM** est consultante des services en français au RLISS de Mississauga Halton à Oakville. À ce titre, elle collabore avec le Bureau des services de santé en français du ministère de la Santé et des Soins de longue durée et le RLISS du Centre-Toronto depuis cinq ans. Auparavant, elle a travaillé dans le domaine de la formation et du développement organisationnel pendant plus de huit ans.

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**JOËLLE FAREAU-WEYL**, MD, FRCPC, travaille, depuis 2006 à l'unité de soins aigus du Centre de santé mentale de Penetanguishene. Elle a également travaillé au Centre de toxicomanie et de santé mental (site Queen Street), à l'hôpital North Branson, et dans un cabinet privé. Présentement, Joëlle développe un manuel sur Culturally Adapted Cognitive Behaviour (CA-CBT) : Francophone/ Creolophone Caribbean Populations pour le département de La promotion internationale de la santé, à CAMH. Elle travaille également, en étroite collaboration avec le consultant bilingue de la région du Grand Toronto, à l'élaboration de programmes, et de services de consultation, auprès de la communauté francophone et pour les nouveaux arrivants.

Joëlle Fareau-Weyl est née en Haïti et a émigré à Montréal avec ses parents dans les années 60. Diplômée de la faculté de médecine de l'université Louis Pasteur de Strasbourg, en France. De retour au Canada, au début des années 80, elle choisit de se spécialiser en Psychiatrie à l'université de Montréal et à l'université de Toronto. Son intérêt principal est la schizophrénie. Néanmoins, elle a une expérience en psychiatrie transculturelle, ayant travaillé au début des années 90 avec les réfugiés politiques en provenance principalement du Chili et du Salvador. Ses autres intérêts sont le chant, la danse (ballet et flamenco), le tricot, et la fabrication de bijoux de fantaisie.

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**TIM GODDEN**, MSW, RSW, is an advanced practice clinician with the Addiction Program of CAMH. He has worked in the fields of mental health and addictions for the past 17 years. Since he joined the Centre's Addiction Program in 1999, Tim has worked in a number of different roles, including therapist in the Youth, Brief Treatment and Concurrent Disorders services. He has a strong interest in education and training in the areas of concurrent disorders and motivational interviewing (MI). Tim has eight years of experience in providing MI trainings and is a member of the Motivational Interviewing Network of Trainers (MINT), an international group dedicated to developing effective approaches to MI training.

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**LESA IRISH**'s current employment with the Canadian Mental Health Association (CMHA) comes with a diverse portfolio, including outreach, long-term support / case management, providing agency training for non-violent crisis intervention and being a member of the Mobile Crisis Team. Lesa has been a harm reduction practitioner for many years, is a regular contributor to the Waterloo Region Harm Reduction Network and the co-ordinator for the KW Drug User's Group. Lisa began work in addiction and mental health by creating a street outreach program for youth in Niagara Falls. While continuing training in the addiction field, Lesa's paid work involved positions with residential centres for high risk adolescents, including those in acquired brain injury, mental health, correctional facility, and drug and alcohol stabilization programs.  
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**MATTHIAS KAAY**, MSW, RSW, MA, is a social worker in Rainbow Services, an Addiction Program at the Centre for Addiction and Mental Health (CAMH). He has worked in the field for the past eight years and, prior to working at CAMH, worked as an educator and counsellor at an AIDS service organization as well as an adult education instructor for OSSGD in a correctional facility. Since joining CAMH, Matthias has worked in the day/residential program in Cocaine Services before joining Rainbow Services in 2007. During this time, he has had the opportunity to gain experience with a variety of therapeutic models including cognitive-behavioural therapy and dialectical behavioural therapy in addition to first stage trauma therapy, structured relapse prevention and interpersonal group therapy. His therapeutic approaches have been influenced by motivational interviewing, CBT, DBT, narrative, and interpersonal theories. He also has been involved in a number of teaching and training initiatives while at CAMH. Currently, Matthias works as a social worker in the Rainbow Program and facilitates group for substance use as well as a concurrent groups for clients with PTSD and substance use disorders.  
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**SHARI MCKEE**, PhD, has spent the last three years adapting, training, supervising and conducting CBT for clients with concurrent disorders. She received her PhD from the clinical psychology program at York University and is a registered psychologist working at both the Georgianwood Concurrent Disorders Program and the Research Department at the Mental Health Centre Penetanguishene. Since 2005 she has been overseeing the re-development and evaluation of Georgianwood from an addictions program to an integrated, evidence-based program for concurrent disorders. Dr. McKee received her training in

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**ANN POTTINGER** is an advanced practice nurse at the Centre for Addiction and Mental Health. Throughout her practice in the areas of geriatric, mental health and addiction, within hospital and community settings, Ann has focused on care strategies and approaches that honour the values and preferences of persons from diverse groups. She has led and participated in quality of care initiatives such as client-centred care, clinical cultural competence and best practices implementation. She has done presentations and workshops on developing clinical cultural competence. Ann co-authored two chapters "The End of Life" and "Mental Health Practice" in the textbook *The Health Care Professional's Guide to Clinical Cultural Competence*. Ann has a clinical appointment as Lecturer at the Bloomberg Faculty of Nursing University of Toronto.  
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**ALLISON POTTS**, MSW, RSW, is the concurrent disorders system integration consultant with Pinewood Centre. She has worked in the field of addictions and mental health for 15 years. Allison has provided training and consultation regarding concurrent disorders and evidenced-based practice to communities and programs throughout Ontario. She also teaches part-time at Durham College in the Addictions and Mental Health Program.  
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**SARAH PROWSE**, MSW, is a concurrent disorders harm reduction specialist at WoodGreen community services, where she works with homeless and marginalized people experiencing mental health difficulties and substance use concerns, providing counselling and support with housing and harm reduction. She believes that harm reduction starts with food, and has developed food programs for WoodGreen that serve 200 clients a week. Most of her work takes her out into the community around WoodGreen's new site at 650 Queen St East, where she meets clients for coffee and a sandwich or takes them to Value Village for clothing, or helps to negotiate with social and medical services. Sarah is also an advisor to the board of the Toronto Harm Reduction Task Force, a member of the Toronto Drug Strategy's Crisis Model Working Group, the Research Group on Drug Use, Safer Crack Use Coalition and the Detox Coalition.  
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**COLETTE RAPHAEL**, Ph. aut., B. Sc. pharm., B.C.P.P., est spécialiste en pharmacie clinique et en psychiatrie au Centre de toxicomanie et de santé mentale (CAMH) et enseignante associée à la faculté de pharmacie de l'Université de Toronto. Elle a reçu son baccalauréat ès sciences en pharmacie à l'Université de Montréal. Elle possède une vaste expérience acquise dans divers domaines, notamment dans l'industrie pharmaceutique et les pharmacies communautaires. Elle a également été pharmacienne et chef de service dans le secteur des soins de longue durée. Colette est titulaire d'un certificat de spécialiste en pharmacie psychiatrique décerné par le Board of Pharmaceutical Specialties. Elle donne souvent des conférences sur divers sujets liés à la santé mentale dans les deux langues officielles (français et anglais). Elle s'intéresse particulièrement à l'amélioration de la littératie dans le domaine de la santé mentale au sein des communautés francophones afro-antillaises afin de mieux faire comprendre les maladies mentales et d'atténuer les préjugés.

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**DEBORAH SHERMAN** is executive director of Ontario Peer Development Initiative, the provincial voice for consumer/survivor initiatives and organizations (CSIs). For eight years Deb was the executive director of one of the member CSIs, and prior to that served 13 years as a public member on the Consent and Capacity Review Board. In earlier years, Deb was the publisher, editor and entire staff of *Canada Quilts Magazine* and worked in the printing and graphic arts industry for a number of years. Deb is a member of the Minister's Advisory Group for a 10-year mental health and addiction strategy, as well as two of its subgroups. Currently Deb is busy with the roll-out of OPDI's Peer Support Core Skills Training and Train the Trainer programs. Deb is married and has two children—she commutes from Hamilton where she lives with her husband and son, and has a daughter living in Toronto.

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**LINDA SIBLEY** is the Executive Director of Addiction Services of Thames Valley (ADSTV). This agency specializes in the assessment and treatment of substance users, problem gamblers and their families. ADSTV operates a variety of programs that focus on specific needs of these populations. Linda has worked in a variety of treatment settings since 1979 including residential treatment and outpatient care. She has worked with women, youth, IV drug users and adults. She is also a private consultant / trainer and operates LB Sibley Consulting. She teaches courses on Motivational Interviewing and Screening, Assessment and Treatment Planning. She co-authored a *Clinical Manual for Ontario's Addiction System* and has participated in a variety of provincial initiatives. She has taught at the Centre for Addiction and Mental Health Summer Institute, Concerns Canada Summer Institute as well as at the University of Western in the Western Centre for Continuing Studies in the Certificate in Addictions Program. She has trained in other provinces in the areas of standardized screening and assessment and the use of motivational interviewing. Linda has more than 25 years experience in Ontario's addiction system, a B.A. in Sociology from the University of Guelph and a Post Graduate Diploma in Clinical Behavioural Sciences from McMaster University in Hamilton.

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**LORRIE SIMUNOVIC** is a community, health and education specialist at the Centre for Addiction and Mental Health (CAMH), with a focus on diversity and health equity training. She possesses a Specialized Honours, Bachelor of Arts in Psychology from York University and numerous specializations from the University of Toronto and Ryerson University including anti-oppression, cross-cultural skills, anti-racism learning circle practice and international liberation practice. She has more than 25 years of experience with the development and delivery of training and education programming and project co-ordination in a health care environment. She has worked as a diversity, health equity and mental health consultant and facilitator focusing on diversity, equity and organizational. Her work includes resource development and training, policy development and planning, building capacity with staff and community partners and support and co-ordination of various projects pertaining to diversity, equity and clinical cultural competence. Lorrie has worked both as a direct service staff and within management. In her clinical role she has worked with marginalized youth, various diverse communities, consumer/survivors and family members, people who are homeless and individuals in conflict with the law.

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**W J WAYNE SKINNER**, MSW, RSW, is deputy clinical director in the Addictions Program at the CAMH. Since 1998, Wayne has played a lead role in concurrent disorders at CAMH, where he also co-leads the newly formed Problem Gambling Institute of Ontario. Prior to CAMH, he worked at the Addiction Research Foundation for more than 20 years as a clinician, program director, consultant, research collaborator and educator. He is currently involved in research on supporting families affected by concurrent disorders, communities of practice, and recovery processes through mutual aid fellowship and peer support. He is a member of the Motivational Interviewing Network of Trainers (MINT) and an active MI trainer. He edited *Treating Concurrent Disorders: A Guide For Counsellors* (2005), co-authored *A Family Guide to Concurrent Disorders*, (2007) with Caroline O'Grady, co-authored *Substance Abuse in Canada* (Oxford University Press, 2010) with Marilyn Herie, and is associate editor (Canada) for the journal *Mental Health and Substance Use: Dual Diagnosis*. Wayne is an assistant professor in the Department of Psychiatry and adjunct senior lecturer in the Faculty of Social Work at the University of Toronto.

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**ALLAN STRONG** is the recovery education co-ordinator for the Self-Help Alliance, a consumer-survivor organization located in the Waterloo-Wellington LHIN. In his 25 years in the mental health field, Allan has been an active volunteer and advocate serving on a variety of boards and committees, including the board of directors of CMHA Ontario Division, the board of directors of the Federation of Community Mental Health and Addictions Programs, and the board of directors of the Ontario Council of Alternative Businesses. Allan is currently a member of the board of directors of the Ontario Peer Development Initiative (OPDI) and of Trellis Mental Health and Developmental Services, a mental health agency located in Guelph, Ontario. He is a popular speaker and presenter. Allan contributed to *Beyond Crazy* by Scott Simmie and Julia Nunes, his story was profiled in Pat Capponi's book *Beyond the Crazy House*, and he contributed chapter commentary on the relationship between academic researchers and peer support organizations in a community psychology text edited by Geoff Nelson and Isaac Prillentsky.

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**GRAHAM VARDY** currently co-ordinates the Prevention and Management of Aggressive Behaviour Program (PMAB) and the Partnering to Prevent Aggressive Behaviour Program (PPAB) at CAMH, with Education Services. Previously, he was the director of development and training with the Canadian Training Institute (CTI). Over the past 22 years, Graham developed numerous training and applied research projects aimed at reducing violence and aggression in schools, the workplace, and in hospitals. At CTI, he also co-ordinated the Breaking the Cycle Youth Gangs Exit Strategy under the National Crime Prevention Strategy. Graham worked as the methadone program consultant with the Ontario Substance Abuse Bureau. He was the manager of the HIV/AIDS and Addictions Program at the former Addiction Research Foundation (ARF). Graham started The Works, Toronto's first needle-syringe exchange program for the City of Toronto in 1989. Graham also managed Youthlink-Inner City, a street-based walk-in and street outreach service for street-involved youth. He has worked in secure and open custody correctional facilities, and was the assistant director of Beverley Lodge, a halfway house for adolescents. Graham is an avid marathon runner, backpacker/hiker, golfer, and the father of two daughters, Sarah and Maxine, with lifelong partner Heather.

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**WENDE WOOD** Rph, BA, BSP, BCPP, is the drug information and drug use evaluation pharmacist at CAMH. She graduated from the College of Pharmacy and Nutrition at the University of Saskatchewan in 1992, and then moved to Toronto where she completed an industrial pharmacy specialty residency in drug information with the Upjohn Company of Canada and the University of Toronto. She then worked as a staff pharmacist in general hospital, psychiatric hospital and community pharmacy settings in Ontario and Saskatchewan. She joined the pharmacy staff at the CAMH in January of 1999. In December of 2002 she became the first person in Ontario (10th in Canada) to achieve the designation of Board Certified Psychiatric Pharmacist. Wendie speaks frequently to a wide variety of groups, from community organizations and allied health professionals, to the media and university students, on topics including psychopharmacology, drug interactions and reducing the side-effects of medications.

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