

Monday, May 27th – 10:30 am to 12:00 pm

GOVERNANCE AND LEADERSHIP

GL-1: From Filling the Void to Capacity-Building – A Values-Centred Integration for Addictions and Mental Health

Presentation Description:

To be sustainable, healthy patterns need to be detected as possible, conceived as reasonable, acted upon intentionally, and reflected upon regularly. Values--such as respect, trust, honesty, collaboration and compassion--represent creative nuclei of wellness initiatives. Learning orientations motivate growth by fostering hope, skill development and contextually informed competencies.

Workshop Objectives:

1. Participants will recognize capacities for growth, healing and wellness in all of us.
2. Participants will identify examples of values that can assist in re-visioning addictions and mental health.
3. Participants will discuss the relevance of values-centred approaches to addictions and mental health.
4. Participants will apply intersubjective (i.e., conversationally inspired) interpretations of values in designing micro-models of wellness initiatives.
5. Participants will be challenged to apply capacity-building principles in their daily lives and work.

Presenter Bio:

With Narrative Therapy, Daniel Dufraimont brings forth people's lived experiences, cherished ideals and relational resiliencies. Daniel incorporates Family Systems, Attachment, Brain-Body-Spirit, Positive Psychology and Neuroplasticity.

HEALTH PROMOTION AND WELLNESS

HP-1: Early Intervention of Anxiety and Depressive Disorders in Young People

Presentation Description:

Anxiety and depression are among the most common psychiatric disorders affecting young people. When left untreated, anxiety and depression that begin early in life can become chronic and are often associated with a negative course. Given this awareness, numerous intervention programs for anxiety and depression have been developed in recent years.

Workshop Objectives:

1. Participants will gain state-of-the-art information on the prevalence, comorbidity, and course of anxiety and depression in young people; the risk and protective factors of anxiety and depression and various psychological intervention programs for anxiety and depression in young people.
2. Participants will learn about barriers and facilitators of use of mental health services among young people with anxiety and depression.
3. Participants will have an opportunity to practice the major components of the "Super Skills for Life" program, a trans diagnostic early intervention for anxiety and depression in young people.

Presenter Bio:

Cecilia Essau is Professor of Developmental Psychopathology and Director of Centre for Applied Research and Assessment in Child and Adolescent Wellbeing, University of Roehampton, UK.

Monday, May 27th – 10:30 am to 12:00 pm

INNOVATIVE PROGRAMMING 1

IP1-1: Using Therapist Guided Internet-Based CBT to Treat Concurrent Disorders

Presentation Description:

Therapist Guided Internet-Based CBT (TGICBT) has been established as effective treatment for many common mental health problems. There is also evidence for the effectiveness of TGICBT in the treatment of substance use problems. It is important to develop TGICBT interventions for concurrent disorders and one effort (BEACON) will be described.

Workshop Objectives:

1. Participants will be able to compare and distinguish different types of online resources for people with mood and anxiety disorders as well as substance use problems and identify patients for whom these interventions may be helpful.
2. Participants will be able to identify the important features of platforms that provide effective treatment.
3. Participants will be able to discuss challenges and opportunities in providing Therapist Guided Internet-Based CBT (TGICBT) for concurrent disorders.

Presenter Bio:

Dr. Peter Farvolden has 25 years of experience in CBT and the design, implementation, and evaluation of web-based assessment treatment and peer-support solutions for mental health and substance use.

Dr. Julie Irving is a psychologist at the Centre for Addition and Mental Health and Lecturer in the Department of Psychiatry at the University of Toronto.

INNOVATIVE PROGRAMMING 2

IP2-1a: Creating Community and Hospital Partnerships – A Stepped Care Model of Service

Presentation Description:

This presentation will examine the current system issue of long wait times for ACTT services. The Cota/ St. Joseph's Stepped – Care Model of Service is an innovative solution to this growing issue in the Mental Health sector. We will explore the creation of this model from the service provider and client perspective.

Workshop Objectives:

1. Participants will be able to identify the system need for client “flow” in ACT work. They will be shown how clients can move through this model with seamless transitions between teams and care providers through the “step-up. Step down” ability.
2. Participants will explore the client experience through the Stepped Care Model of Services with case based learning. We will also examine the clinical perspective of working within this framework and review the change management approach that was used during the implementation phase.
3. Participants will participate in a discussion around creations of partnerships, and problem solving around challenges with developing a similar program in their own communities.

Presenter Bio:

Kate Moore – Manager of Cota's Toronto West Integrated Service Team that specializes in intensive case management support in the areas of Mental Health, ABI Dual Diagnosis, Geriatric Mental Health and Addictions.

Monday, May 27th – 10:30 am to 12:00 pm

Cheryl Proc – Team Coordinator of the West End ACT Team at St Joseph's Health Centre. She has worked on ACT teams in the GTA for over 15 years.

Gwen Yorston – Patient Care Manager of Outpatient Mental Health at St. Joseph's Health Centre. She has worked in the ACTT sector for over 15 years.

IP2-1b: Transitional Case Management – Extending Service Provision

Presentation Description:

This presentation will describe how system navigation and service connection can be done without fitting into a specific mandate. One time service provision up to 6 months assistance can avert crises and hospital visits by providing service connection when and where an individual needs it.

Workshop Objectives:

1. Participants will increase their knowledge about transitional case management benefits to the community.
2. Participants will learn the difference between intensive psychiatric case management and transitional case management.
3. Participants will learn how the social determinants of health are affected by early intervention and service provision when assistance is provided when and where it is most needed.

Presenter Bio:

Brittney DePasquale is a Transitional Case Manager at Algoma Public Health. She has worked in various case management roles over the last 4.5 years

Dianna Dawe is a Transitional Case Manager at Algoma Public Health. She has worked in various case management roles over the last 3 years.

PEER AND FAMILY SUPPORT

PS1: Influencing Multi-Faceted System Change – Championing the Authentic Person-Directed Transformation

Presentation Description:

The Centre for Innovation in Peer Support has had to find ways to influence a philosophical shift to genuine person directed care in several spheres of influence. They will share how they are supporting, validating, and influencing change for people engaging in services, staff teams, leaders, organizations and the healthcare system.

Workshop Objectives:

1. Identify details of peer work integrity, quality and impact to discover what data points to collect.
2. Identify key reported challenge areas of peer staff implementation and discuss ideas to change.
3. Discuss key areas needed for infrastructure and system support that could be addresses by a CoP for Implementation and Research/Evaluation.

Presenter Bio:

Christina Jabalee is the co-director for the Centre for Innovation in Peer Support. She brings years of personal, family, peer support and social work experience in the MH & SU/A field.

Betty-Lou Kristy, is the co-director for the Centre for Innovation in Peer Support. She has spent over a decade as a provincial system-level, lived and family experience – advisor, educator, and advocate – helping to frame policy, governance, and programming.

Monday, May 27th – 10:30 am to 12:00 pm

QUALITY IMPROVEMENT

QI-1: Fast Trekking the Model for Improvement to Solve Common Mental Health and Addiction Problems

Presentation Description:

Join this fast-track work station session for an experiential journey through the “Model of Improvement”. Participants will actively consider root causes, data measurements, change ideas and opportunities to sustain and spread learnings on how to solve common mental health and addiction problems, including wait times and dropout rates.

Workshop Objectives:

1. Participants will engage in fast-track work stations to better understand how to identify root causes of common MHA problems including wait times and dropout rates.
2. Participants will rotate through the fast-track work stations to experience the key steps of a quality improvement process with “Model for Improvement”.
3. Participants will engage in a dialogue with their colleagues about the experience and their next steps to begin/continue QI in their home agency.

Presenter Bio:

Presenters to be determined

SUPPORTIVE HOUSING STRATEGIES AND SOLUTIONS

SH-1: Ending Homelessness – Mental Health and Addiction Supportive Housing

Presentation Description:

Ending Chronic Homelessness is possible with action orientated systems level change. Workshop will explore the work of the Built for Zero Canada Initiative and Peterborough Housing and Homelessness Plan to prioritize housing high acuity, chronically homelessness individuals and families by aligning emergency shelters, hospitals and mental health and addiction programs.

Workshop Objectives:

1. Participants will be able to describe the Built for Zero Canada collective impact initiative to end chronic homelessness.
2. Participants will learn about evidence based methodology that allows communities to end chronic homelessness using a community collaborative approach.
3. Participants will acquire information about provincial strategies to end homelessness and identify the potential role of mental health and addiction supportive housing in meeting targets to end homelessness.

Presenter Bio:

Donna Rogers, Executive Director Fourcast in Peterborough, ON. Fourcast has a full range of addiction community treatment services and began working in the area of supportive housing starting with the initial investment in Addiction Supportive Housing.

Dorothy Olver, Program Manager City of Peterborough. Dorothy is leading the City’s plan to end homelessness and provides community leadership to partner organizations in design and implementation of an evidence based model to meet the City’s targets.

Monday, May 27th – 10:30 am to 12:00 pm

Kerri Kightley, Improvement Advisor Built for Zero Canada (20K Homes) is part of a national change movement focused on ending chronic homelessness in 20 communities and housing 20,000 of Canada's most vulnerable homeless people by July 1, 2020.