



Canadian Psychiatric Research Foundation (CPRF) Presents:

The 6th Annual *When Something's Wrong* OPEN MIND

Workshop Day and Luncheon

for

*Parents, Caregivers, Teachers, Child and Youth Workers, Public Health and Social Workers,
Probation Officers, Mental Health Workers, and other Concerned Individuals*

Wednesday, April 26th, 2006

8:00 AM to 4:00 PM

BMO Institute for Learning (Overnight Rooms Available)

3550 Pharmacy Avenue (Pharmacy & Steeles)

Scarborough, Ontario M1W 3Z3

CONFERENCE PROGRAM AND REGISTRATION FORM

8:00 AM – Registration & Continental Breakfast

8:45 – 10:00 AM – PLENARY SESSION (ALL) – *Moving From "What's Wrong With You?" to "What's Right With You"*

Dr. Jane Garland, MD, FRCP(C). Clinical Professor, Psychiatry, University of British Columbia; Clinical Head, Mood and Anxiety Disorders Clinic, BC's Children's Hospital

Research and public education have led to better awareness of depression, bipolar disorder and anxiety disorders, but problems of recurrence, residual symptoms and chronicity are often discouraging for young people, families, schools and other supportive agencies. This session will outline practical strategies for applying systematic treatment approaches while helping young people continue with developmental tasks in the face of persistent or recurrent symptoms.

10:00 – 10:30 AM – BREAK & NETWORKING (visit our resource tables in main room)

10:30 AM – 12:00 NOON – CONCURRENT WORKSHOPS – Please indicate your workshop choices on registration form below.

Workshop (A) Special Two-Session Workshop (AM & PM): *Introduction to Teen Suicide and Depression*

With: Dr. Sonia Chehil, MD, FRCP(C) – Professor of Psychiatry, Child and Adolescent Psychiatry Division, Dalhousie University; **and Dr. Stan Kutcher, MD, FRCP(C)** – Associate Dean, International Medical Development and Research, and Director, WHO Collaborating Center, Dalhousie University

Description: This two-session, special workshop will focus on a new program, developed by Dr. Chehil and Dr. Kutcher, covering teen suicide and depression, and is designed specifically for practitioners and counsellors, including social workers, psychologists, and mental health nurses. This double workshop (morning and afternoon) will provide an introduction to their more intensive training program. During the workshop, participants will learn fundamental assessment techniques for teen suicide and depression, as well as risk management techniques. A workbook will be distributed for participant use.

Important: *This workshop will be filled on a first-come, first-served basis and is restricted to 40 participants only. Also, no more than one person will be accepted from any one organization. The workshop will continue in the afternoon, which means that if you choose this special workshop, you are unable to choose a different workshop in the afternoon time slot. Please also note that the afternoon session of this workshop will finish at 4:00pm, as opposed to the other afternoon workshops, which will finish at 3:30pm.*

**Workshop (B) *Cultural Views of Mental Illness***

With: Branka Agic, MHSc. Community Health and Education Specialist, Centre for Addiction and Mental Health

Description: Mental disorders have similar symptom profiles across cultures, but manifestations of mental illnesses and how people describe and interpret their symptoms vary with race, ethnicity and culture. Cultural meaning of mental illness defines how people receive health education messages, what is considered to be a mental health problem and what kind of help is preferred. Canada's population represents a diverse range of cultures with different health values, beliefs and understandings of mental health and mental illness. However, there is compelling evidence that people from different linguistic and cultural backgrounds represent disadvantaged groups in terms of their accessing mental health services and information. This workshop will outline cultural influences on perceptions of mental illness, barriers in access to services and the best practices approach to community education and treatment programs for culturally diverse communities.

Workshop (C) *Why Is Bullying Still A Big Problem? What Are We Doing Wrong?*

With: Lorna Blumen, BA, MS, MBA. Educational Trainer and Consultant, Parent Education Network and CCI Design

Description: Despite thousands of “bully-proofing” programs, why is bullying still a big problem in schools and workplaces? Why have our efforts-to-date produced few results? How can we turn the tide of bullying and school violence that continues on, into our workplaces and neighbourhoods? Our focus has been too limited. We can't look only at “the bully” and “the target”. All efforts to prevent or stop bullying must include the crucial role of the bystander. We must create an environment that encourages bystanders to speak up and protects them when they do. We must begin when our children are young, or it won't follow through into the teen years and the workplace. Although this talk centres on changing children's bullying, there are clear parallels for adult and workplace bullying.

Workshop (D) *Recognizing and Responding to Challenging Behaviours* (runs also in afternoon session)

With: Jason Manett, MA. Assistant Director, Camp Winston

Description: This presentation is geared specifically towards professionals, particularly in the areas of education, residential care programs and social work. The goal of the workshop is to provide skills and strategies to recognize and respond to children exhibiting difficult and challenging behaviours. The first portion of the presentation consists of discussing what the main forms of challenging behaviour look like and how they affect the adults who must respond. The second portion of the presentation involves outlining ways in which professionals can prevent challenging behaviours by being mindful of precipitating factors, verbal and non-verbal tools to de-escalate challenging and potentially dangerous situations and ideas for developing and communicating plans to prevent and respond to challenging behaviours over the long-term.

12:00 NOON – 1:45 PM – BUFFET LUNCHEON & NETWORKING and LUNCHEON KEYNOTE SPEAKER

12:45 – 1:45 PM – LUNCHEON KEYNOTE ADDRESS with Bill MacPhee – More and more, research points towards early intervention as a key predictor of successful outcomes in people dealing with mental illness – in other words, the sooner a person is diagnosed and appropriately treated for a mental illness, the better the chances of that person leading a productive and healthy life. A first step in allowing this to happen is the need to educate and eliminate stigma and barriers to those who suffer from mental disorders. Bill MacPhee's goal is to do to just that. He will discuss his own experiences with schizophrenia, his quest to continually manage the disease while living his life, and how we can all advocate for better mental health.

1:45 PM – 2:00 PM – SHORT BREAK TO MOVE TO AFTERNOON WORKSHOPS

2:00 PM – 3:30 PM – CONCURRENT WORKSHOPS – Please indicate your workshop choices on registration form below.

Workshop (A) *Special Two-Session Workshop (AM & PM): Introduction to Teen Suicide and Depression*

With: Dr. Sonia Chehil and Dr. Stan Kutcher

CONTINUED from AM. Please see above for details and restrictions and note that this workshop ends at 4:00 PM.

**Workshop (B) *Many causes, many treatments. A multi-treatment approach to the diagnosis and treatment of autism***

With: Jonathan Alderson, B. A. Ed. M. Autism Treatment Specialist

Description: Current accepted models of child development are multi-disciplinary, including biological, social, emotional and cognitive domains. Yet, the diagnosis and treatment of autism remains fixed in the realm of behaviour alone. And while the primary public treatment option in Canada is behavioural intervention, the majority of research and research funding on this puzzling disorder is focused on biological causes. Why then is there still such little focus on biomedical treatments? Jonathan Alderson proposes an innovative re-examination of the diagnosis and consequent treatment options of the autism spectrum disorders and introduces a promising multi-treatment approach. Time for Q&A will be planned.

Workshop (C) *Rethinking attention, behaviour, and learning problems in the classroom, after-school programs, and community programs*

With: Dr. Rosemary Tannock, Ph. D.; Professor of Special Education, Ontario Institute for Studies in Education at the University of Toronto; Professor of Psychiatry, University of Toronto; and, Senior Scientist, Research Institute of The Hospital for Sick Children

Description: Children and adolescents with mental health problems and learning disorders (e.g., Attention-Deficit/Hyperactivity Disorder, Anxiety Disorders, Dyslexia, Specific Language Impairments) often exhibit difficulty to manage behavior and problems in attention and learning. These problems are not just restricted to the classroom, but also are evident in other venues, such as after-school activities and community-based activities. Current research indicates that these neurodevelopmental disorders share a common underlying problem in the ability to temporarily store and manipulate information in working memory. Working memory plays a major role in supporting learning and regulating attention and behaviour. This presentation has two major learning objectives: 1) To help professionals (particularly those working in education, community programs, and social work) understand the importance of working memory in everyday activities at school, home, and in the community, and its association with learning as well as attention and behavior regulation; and, 2) To become aware of ways to adapt the various contexts to reduce the demands on working memory, while also helping these youngsters improve their working memory abilities.

Workshop (D) *Recognizing and Responding to Challenging Behaviours* (runs also in morning session)

With: Jason Manett, MA. Assistant Director, Camp Winston

Description: This presentation is geared specifically towards professionals, particularly in the areas of education, residential care programs and social work. The goal of the workshop is to provide skills and strategies to recognize and respond to children exhibiting difficult and challenging behaviours. The first portion of the presentation consists of discussing what the main forms of challenging behaviour look like and how they affect the adults who must respond. The second portion of the presentation involves outlining ways in which professionals can prevent challenging behaviours by being mindful of precipitating factors, verbal and non-verbal tools to de-escalate challenging and potentially dangerous situations and ideas for developing and communicating plans to prevent and respond to challenging behaviours over the long-term.

END OF PROGRAM**ABOUT THE SPEAKERS (in order of appearance):**

Dr. E. Jane Garland is a child and adolescent psychiatrist who received her medical training at Queen's University and psychiatric training at the University of British Columbia. She is currently Clinical Professor of Psychiatry at UBC and clinical head of the Mood and Anxiety Disorders Clinic at BC's Children's Hospital, which is the provincial specialty program. She is actively engaged in research, teaching and consultation on psychopharmacological and cognitive-behavioural treatment of mood and anxiety disorders in young people. She consults to schools and government regarding prevention, early intervention and treatment programs for young people and is also actively involved in delivery of community-based intervention through the Vancouver Community Mental Health Service.

Dr. Sonia Chehil is an Assistant Professor of Psychiatry at Dalhousie University. She currently holds a joint faculty appointment in the International Section as well as the Child and Adolescent Division of the Dalhousie Department of Psychiatry. She is also the Associate Head of the International Section and Assistant Director of the WHO Collaborating Center in Mental Health Training and Policy Development. Within the Child and Adolescent Division, Dr. Chehil is the Postgraduate Director for Child and Adolescent Psychiatry Residency Training. Her clinical time is focused on outpatient child and adolescent psychiatry, shared care, and community mental health education. Dr. Chehil completed an Honours Bachelor Degree in Immunology and Neuroscience and a Masters in Educational Psychology prior to beginning medical school at Dalhousie University. Following medical school, she completed her postgraduate medical training in Psychiatry as well as specialty training in both child and adolescent and international psychiatry.



Dr. Stan Kutcher is Associate Dean of International Medical Development and Research in the Faculty of Medicine, Dalhousie University. He is also Section Head of International Psychiatry in the Department of Psychiatry and the Director of the WHO Collaborating Center in Mental Health Training and Policy Development. He is a member of several Boards, including the Canadian Psychiatric Research Foundation (CPRF), and is a founding Board member of the Institute of Neuroscience, Mental Health and Addiction (CIHR). He has been a national/international leader in mental health research, advocacy for adolescent mental health, mental health training, and policy and health services innovation. He is a reviewer for a number of scientific journals and research granting agencies nationally and internationally. Dr. Kutcher has published over 150 scientific papers in peer-reviewed journals, over 200 abstracts, numerous book chapters and has edited/co-edited a number of psychiatric monographs. His book *Child and Adolescent Psychopharmacology* is the standard text in the field. He is an active advocate for adolescent mental health in Canada and abroad and has received many national and international honours for his work in research and in adolescent mental health. Dr. Kutcher is also a nationally and internationally active speaker, reviewer and consultant in psychiatry working in various countries around the globe and for various international groups, including the Pan American Health Organization and the World Health Organization. His work in international medical development and research advances health sector knowledge development across the various medical disciplines and health care delivery systems.

Branka Agic is a Community Health and Education Specialist with the Centre for Addiction and Mental Health in Toronto. Part of her role there is to develop and facilitate on-line courses for health professionals. She received her Masters of Health Science degree in Health Promotion at the University of Toronto and her Medical degree from the University of Sarajevo, Bosnia & Herzegovina. She has extensive experience in research, needs assessments, program planning and community development with diverse communities. Her primary interests are cultural perceptions of mental illness and addictions and best practices in community education for people from different cultural and linguistic backgrounds.

Lorna Blumen is an educational trainer and consultant with Parent Education Network (PEN) and CCI Design in Toronto. She lectures on bullying prevention and conflict resolution skills training for elementary and middle-school-aged children and runs workshops for teachers, parents and camp counselors. Lorna is trained in Conflict Mediation, Alternative Dispute Resolution, and Bullying Prevention and has participated in community task forces and coalitions on a wide range of topics, including peaceable schools, bullying prevention, adolescent parents, and children's mental health. She has appeared on Canadian radio, television and print media on topics of interest to parents and has been on PEN's Board of Directors since 1997. Lorna also lectures on Stress Survival for Parents, Emotional Intelligence for Kids, Kids & Money: Building Your Kids' Financial Skills, and Positive Discipline.

In 1994, **Bill MacPhee** launched *Schizophrenia Digest*, a magazine intended to provide inspiration, information and hope to others. This was the first step in his goal to educate and eliminate stigma and barriers to those who suffer from mental disorders. In 2003, the magazine was launched in the United States and, one year later, he watched as sister publication *BP Magazine* was introduced to the North American market. He now speaks all over North America in his efforts to educate and promote awareness of mental health issues in our communities. Some complimentary *Schizophrenia Digest* and *BP Canada* magazines will be available at Open Mind 2006.

Jason Manett is the Assistant Director of Camp Winston, a summer program for children and teens with neurological disorders, including Tourette's Syndrome, AD/HD, OCD, Asperger's Syndrome and Autism. Jason has been working with children and adults with special needs for nine years, providing social skills instruction, respite services and private counseling, as well as supervising and training staff at the summer camp.

Jonathan Alderson is an autism treatment specialist working in private practice in Toronto. He specializes in merging educational and biomedical treatments through an integrated model he has developed called Intensive Multi-Treatment Intervention (IMTI). Alderson holds a Masters degree in Education from Harvard University and completed an Honours BA in developmental and educational psychology at the University of Western Ontario. He spent a year at the Sorbonne in Paris and worked for eight years at the Son-Rise Program in Massachusetts, completing over 1500 hours of one-on-one floor time, as well as acting as Administrator and directing staff training. He has worked with over 3000 families, supervising home-based intervention in the UK, Ireland, Holland, Spain, Australia, Israel and Mexico. Alderson has spoken at several international venues, including the Royal College of Pediatricians, University of Nottingham and is a guest speaker for the Canadian Psychiatric Research Foundation.

Dr. Rosemary Tannock is a Senior Scientist in the Brain and Behaviour Research Programme of The Research Institute at the Hospital for Sick Children in Toronto, and Professor of Psychiatry and of Special Education and Adaptive Instruction (Ontario Institute for Studies in Education) at the University of Toronto. She is also holds research appointments with the graduate departments of Education and Psychology at the University of Western Australia. Her clinical research program investigates the causes and treatment of attention-deficit/hyperactivity disorder (AD/HD), with a specific focus on its cognitive manifestations and overlap with learning disabilities. She has received several awards, including the Citizen of the Year Award for mentorship from The Research Institute of The Hospital for Sick Children, Visiting Scholar and Distinguished Visitor Awards from the University of Western Australia, and a Distinguished Achievement Award from the Association of Educational Publishers for her article, "Reconceptualizing AD/HD," in *Educational Leadership* (November 2001). She is an active national and international researcher and speaker and recently participated in an international "Think-Tank" on the causes and treatment of AD/HD, held in Oslo, Norway at the Centre for Advanced Study at the Norwegian Academy of Sciences and Letters (2004-2005) and was invited to present a series of workshops and seminars on "Rethinking AD/HD in the classroom" to professionals in health and education in Norway, Denmark, Australia, and Singapore (2005-2006).



OPEN MIND 2006 Registration Form

RETURN REGISTRATION FORM **by Friday, April 21, 2006** by MAIL OR FAX
(see page 6 for details)

Please Print

Name: _____ Date: _____

Title/Role: _____ Organization: _____

Address [] home [] work: _____

City: _____ Prov: _____ Postal Code: _____

Phone: (____) _____ Fax: (____) _____

E-mail: _____

Workshop Choices

Every effort will be made to accommodate your first choices. However, we will notify you when your first choice workshops are full and your second choice becomes active.

MORNING Session 10:30–12:00	Please choose ONE:		AFTERNOON Session 2:00–3:30	Please choose ONE:	
	1 st Choice	2 nd Choice		1 st Choice	2 nd Choice
(a) Teen Suicide and Depression <i>(RESTRICTED—see program notes above)</i>	_____	_____	(a) Teen Suicide and Depression <i>(Continued—ends at 4:00 PM)</i>	_____	_____
(b) Cultural Views	_____	_____	(b) Autism	_____	_____
(c) Bullying	_____	_____	(c) AD/HD, Anxiety, LDs	_____	_____
(d) Challenging Behaviours	_____	_____	(d) Challenging Behaviours	_____	_____

Please indicate below if you plan to attend the Open Mind Luncheon:

Luncheon + Workshops _____ Vegetarian Meal Required _____
Luncheon Only _____ Kosher Meal Required _____

Full Day Fee: \$90.00 (includes continental breakfast, luncheon, handbook and workshops)

Luncheon Only: \$50.00 (includes luncheon & handbook)

Make cheque(s) payable to: Canadian Psychiatric Research Foundation [] cheque enclosed

OR **pay by credit card:**

____ Visa _____ MasterCard _____ American Express **Total Amount: \$** _____

Card Number: _____ **Expiry Date:** _____

Name on Card: _____

Receipt to (if different from above): _____



RETURN REGISTRATION FORM

BY **Friday, April 21, 2006** by MAIL OR FAX TO:

OPEN MIND Workshop
Canadian Psychiatric Research Foundation
c/o 418 Davisville Avenue
Toronto ON M4S 1H6

Fax: (416) 482-2660

Telephone Enquiries: (416) 351-7757 ext. 21
E-mail: admin@cprf.ca
Web: www.cprf.ca

TO BOOK OVERNIGHT ROOMS:

Should you require an overnight room at the **BMO Institute for Learning**, please call **(416) 490-4306** to book. Rooms are limited and will be provided on a first-come, first-served basis.
All evening and room charges will be the responsibility of conference delegates.

The Canadian Psychiatric Research Foundation (CPRF) is a national charitable organization founded in 1980 to raise and distribute funds for psychiatric research and awareness in Canada. (Charitable No. BN 11883 5420 RR0001)

CPRF's *When Something's Wrong* handbooks for teachers and families were created at the request of those working with young people in our communities, to help transfer more of the Foundation's research knowledge to the grassroots level. Research into the area of mental disorders yields new and exciting information every year. CPRF's Youth Project was founded on the principal that early intervention and treatment for young people with mood, thinking or behaviour problems is extremely important if they are to live healthy and productive lives.

As part of the Youth Project, CPRF provides workshops and educational opportunities that address topics found in the handbooks and in the Foundation's ongoing research. For more information on CPRF and the numerous and committed people who make these activities possible, to donate, or to order *When Something's Wrong* handbooks, please visit the Web site at www.cprf.ca.