



**Wednesday, May, 13, 2015**

**2015 CLEGHORN LECTURE  
& 2<sup>nd</sup> Annual Schizophrenia  
Professional Development Day**

**Early Bird Registration \$50.00**

(registration for conference portion only - no registration required for Cleghorn lecture)

**Registration and Coffee begin at 8:00am  
Cleghorn Lecture 9:00-10:30am  
Conference 10:45am-4:30pm**

**CLEGHORN LECTURE:**

"Improving Functional Recovery in Early Phases of Schizophrenia:  
Supported Education and Employment, Cognitive Training, and Their  
Combination"



Guest Lecturer: Professor Keith Nuechterlein  
Professor: Departments of Psychiatry and Biobehavioral Sciences and of  
Psychology, University of California, Los Angeles

Location:

St. Joseph's Healthcare Hamilton  
**West 5<sup>th</sup> Campus (New Site)**  
Address: 100 West 5<sup>th</sup> Street  
Hamilton, Ontario L9C 0E3

Lewis & Ruth Sherman  
Conference Centre  
Auditoriums A & B  
Registration Level B2

Driving Directions from Toronto:

right on to James Street, continue and  
keep right up the James Street hill where  
it will turn into West 5th Street.

Parking Instructions:

Self-pay parking is  
available on site at a  
cost of \$20/day

For more information please  
contact:

Nicole Ragis  
St. Joseph's Healthcare Hamilton  
100 W5th Street  
Room D 164-A  
Ph 905-522-1155 ext. 36407  
Fax 905-575-6088  
Email: [nragis@stjoes.ca](mailto:nragis@stjoes.ca)

Sponsorship provided by:



## 2015 Schizophrenia Professional Development Day

### PRE-REGISTRATION DEADLINE: Wed, April 29, 2015

SPACE is LIMITED - Pre-Registration for this event is mandatory for early bird rate

**Cost: \$50.00 CAD for the Conference Portion (price includes lunch & coffee breaks)**

Method of payment (please check one):

- Cheque \$50.00 (made payable to St. Joseph's Healthcare, Hamilton) must be received by April 29<sup>th</sup>
- \$50.00 St. Joseph's Healthcare Staff: Cost Centre Account Number: \_\_\_\_\_  
Sub-Account Number: \_\_\_\_\_
- No Charge: Students at all levels of training: (name supervisor) \_\_\_\_\_

No registration is required to attend the Cleghorn Lecture, 9:00 – 10:30, only

Name:	
Profession:	
Institution:	
Address:	
Email:	
Phone:	

- \$75.00 Cash only payment at door May 13<sup>th</sup> (limited availability)

**Mental health agencies: Are you interested in reserving a display table for the lunch hour information session?**

No                      Yes \_\_\_\_\_

**Do you have any food allergies we need to be aware of?**    No    Yes \_\_\_\_\_

**Please return this completed form to:**

Schizophrenia Professional Development Day  
c/o Nicole Ragis  
St. Joseph's Healthcare Hamilton  
100 W5th Street  
Room D 164-A  
Ph 905-522-1155 ext. 36407  
Fax 905-575-6088  
Email: [nragis@stjoes.ca](mailto:nragis@stjoes.ca)

The Cleghorn Lecture, but not the Conference, is accredited for 90 minutes of CME credits.  
A certificate of participation will be provided to those who register for the Conference.

# 2015 Schizophrenia Professional Development Day

## Cleghorn Lecture:

8:00 am      **Registration and Coffee**

9:00 am      **Opening Remarks:**

**Dr. Nick Kates**

Chair, Department of Psychiatry & Behavioural Neurosciences

**Dr. Robert Zipursky**

Professor, Department of Psychiatry & Behavioural Neurosciences  
Academic Lead, Schizophrenia and Community Integration Service,  
St. Joseph's Healthcare, Hamilton

9:15 am

**Dr. Keith Nuechterlein**

Distinguished Professor, UCLA Departments of Psychiatry and Psychology

*Improving Functional Recovery in Early Phases of Schizophrenia: Supported Education and Employment, Cognitive Training, and Their Combination*

The period after an initial episode of psychosis in schizophrenia may offer opportunities to alter the functional outcome of this disorder. This presentation will focus on two UCLA randomized controlled trials that show promise for improving work/school functional outcome after a recent onset of schizophrenia. The first shows the benefits of early intervention with Individual Placement and Support, a form of supported education and employment. The second shows that the addition of cognitive training and consistent antipsychotic medication adherence can further enhance work/school functional outcome.

**Professor Keith Nuechterlein, PhD**, is a Distinguished Professor in the Departments of Psychiatry and Biobehavioral Sciences and of Psychology at the University of California, Los Angeles. He serves as the Director of the UCLA Center for Neurocognition and Emotion in Schizophrenia and the Director of the UCLA Aftercare Research Program, a research clinic devoted to research and treatment with patients who have had a recent onset of schizophrenia. Dr. Nuechterlein has authored more than 270 journal articles and has been among the scientists on the ISI Web of Knowledge Highly Cited list for Psychology/Psychiatry. He has been awarded the Joseph Zubin Memorial Award at the New York State Psychiatric Institute, the Distinguished Scientific Achievement in Psychology Award by the California Psychological Association, the Zubin Lifetime Achievement Award by the Society for Research in Psychopathology, the Trail Blazer Award by the ABCT Special Interest Group on Schizophrenia and Other Severe Mental Disorders, and the Kraepelin-Alzheimer Award from the University of Munich. He has been designated an Alumnus of Notable Achievement at the University of Minnesota, College of Liberal Arts. He is a past president of the Society for Research in Psychopathology.

One of Dr. Nuechterlein's primary research efforts involves multidisciplinary longitudinal studies of contributors to the early course of schizophrenia, with particular emphasis on cognitive determinants of functional outcome and on new interventions to improve cognitive deficits and work recovery. His recent research in this domain has focused on adapting and evaluating supported employment, supported education, and cognitive remediation interventions for first-episode schizophrenia patients. He has also been evaluating in first episode schizophrenia the impact of medication adherence and of encouraging consistent antipsychotic medication through use of long-acting injectable medication. Dr. Nuechterlein served as Co-Chair of the MATRICS Neurocognition Committee, which had the responsibility for overseeing the development of the *MATRICS Consensus Cognitive Battery* (Nuechterlein & Green, 2006). This cognitive battery is endorsed by the National Institute of Mental Health and the Food and Drug Administration in the USA for use as the standard instrument for measuring cognitive change in studies of potential cognition-enhancing interventions for schizophrenia.

10:30 am      **Refreshment Break**

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## 2015 Schizophrenia Professional Development Day

### Conference Morning Schedule:

11:00 am - noon

Speakers	Presentation
<b>Robert Zipursky, Host</b> Professor, McMaster University	Clinician's perspectives on factors that are important facilitators of functional recovery
<b>Samantha Mercanti, Consumer</b>	Personal perspectives on functional recovery  Samantha was diagnosed with Schizophrenia in her early twenties. She is 33 now and continues to learn how to cope with the illness, and hopes to help others figure out how to live a good life with a mental illness. Samantha has completed two university degrees, works in administration at her father's company, CARSTAR, and hopes to continue her education while working.
<b>Annette Drost, Family Member</b>	Supporting recovery from a family member's perspective  Annette is parent to a consumer of mental health services, and an active member of the Mental Health & Addiction Program's Family Advisory Council, the Schizophrenia & Community Integration Service's Inpatient Quality & Patient Safety Council and former member of the Ontario Family Council Advisory Network (OFCAN).
<b>Keith Nuechterlein, Discussant</b>	Summary comments and facilitation of questions and discussion from the audience

12:00 noon – 1:45pm      **Lunch Break Marketplace**

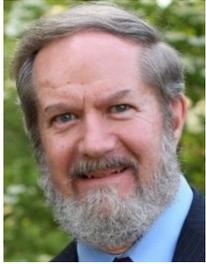
Participants are invited to learn more about the wide variety of clinical services being offered to clients by a range of allied health care professionals practicing in the Schizophrenia and Community Integration Service (SCIS) as well as services offered through our community partners. Participants may tour information/display booths and interact with clinical service providers. This will allow participants to gain information about the wide variety of services and activities currently being offered to clients to support functional recovery. Posters highlighting research activities within the SCIS will also be on display during the lunch break.

## 2015 Schizophrenia Professional Development Day

2:00 – 4:30 pm	
<p><b>2:00 – 3:00pm</b> <b>Session A</b></p>	<p><b>Cognitive Remediation and its Role in Functional Recovery: Current Trends and Controversies</b></p> <p><b>Dr. Stephanie McDermid Vaz</b>, Assistant Professor, Department of Psychiatry and Behavioural Neurosciences, Clinical Neuropsychologist, Cleghorn Early Intervention Clinic</p> <p><b>Dr. Jelena King</b>, Assistant Professor, Department of Psychiatry and Behavioural Neurosciences, Clinical Neuropsychologist, Schizophrenia and Community Integration Service</p> <p>This session will provide an overview of cognitive remediation and its use to promote functional recovery in individuals with schizophrenia. Recent research findings will be highlighted, including current trends and controversies in the field such as advances in technology-based applications as well as research into treatment variables and associated psychosocial interventions aimed at optimizing benefits and transferring skills to real-world functioning. Cognitive remediation being offered within the Cleghorn Early Intervention Program at St. Joseph’s Healthcare will be reviewed and participants will have an opportunity to practice some of the skills being taught through this intervention that may be applicable to their practice.</p>
<p><b>3:00 pm</b> <b>BREAK</b></p>	<p>Refreshment Break</p>
<p><b>3:15 – 4:15 pm</b> <b>Session B</b></p>	<p><b>Self-management – The Work of Recovery</b></p> <p><b>Dr. Susan Strong</b>, Associate Clinical Professor, School of Rehabilitation Science, McMaster University and Coordinator of Program Evaluation, Schizophrenia and Community Integration Service</p> <p>Participants will hear about the role of self-management in the functional recovery of individuals with serious mental illnesses. Drawing on local research findings and the voices of client participants, we will explore client experiences with learning self-management and what it means to live well with mental illnesses. Participants will leave with an understanding of client self-management needs and reflections of how mental health providers can support their client’s self-management during routine practice</p>
<p><b>4:15 – 4:30 pm</b>  <b>Closing Remarks</b></p>	<p><b>Dr. Robert Zipursky</b>, Professor, McMaster University, Academic Lead and Psychiatrist, Schizophrenia and Community Integration Service</p>

## 2015 Schizophrenia Professional Development Day

### Conference Speaker Biographies:



**Keith H. Nuechterlein, PhD**, is a Distinguished Professor in the Departments of Psychiatry and Biobehavioral Sciences and of Psychology at the University of California, Los Angeles. He serves as the Director of the UCLA Center for Neurocognition and Emotion in Schizophrenia and the Director of the UCLA Aftercare Research Program, a research clinic devoted to research and treatment with patients who have had a recent onset of schizophrenia. Dr. Nuechterlein has authored more than 270 journal articles and has been among the scientists on the ISI Web of Knowledge Highly Cited list for Psychology/ Psychiatry. He has been awarded the Joseph Zubin Memorial Award at the New York State Psychiatric Institute, the Distinguished Scientific Achievement in Psychology Award by the California Psychological Association, the Zubin Lifetime Achievement Award by the Society for Research in Psychopathology, the Trail Blazer Award by the ABCT Special Interest Group on Schizophrenia and Other Severe Mental Disorders, and the Kraepelin-Alzheimer Award from the University of Munich. He has been designated an Alumnus of Notable Achievement at the University of Minnesota, College of Liberal Arts. He is a past president of the Society for Research in Psychopathology. One of his primary research efforts involves multidisciplinary longitudinal studies of contributors to the early course of schizophrenia, with particular emphasis on cognitive determinants of functional outcome and on new interventions to improve cognitive deficits and work recovery. His recent research in this domain has focused on adapting and evaluating supported employment, supported education, and cognitive remediation interventions for first-episode schizophrenia patients. He has also been evaluating in first episode schizophrenia the impact of medication adherence and of encouraging consistent antipsychotic medication through use of long-acting injectable medication. Dr. Nuechterlein served as Co-Chair of the MATRICS Neurocognition Committee, which had the responsibility for overseeing the development of the *MATRICES Consensus Cognitive Battery* (Nuechterlein & Green, 2006). This cognitive battery is endorsed by the National Institute of Mental Health and the Food and Drug Administration in the USA for use as the standard instrument for measuring cognitive change in studies of potential cognition-enhancing interventions for schizophrenia.



**Annette Drost** set aside her life as an accredited minister to assist in running two companies with her husband of 36 years and raise two sons and a daughter. She speaks from personal experience to support and encourage family members' recovery journeys in navigating the mental health system. She is an active member of the Mental Health & Addiction Program's Family Advisory Council, the Schizophrenia & Community Integration Service's Quality & Patient Safety Council and former member of the Ontario Family Council Advisory Network (OFCAN). She has a passion to support and educate families in the mental health system.

## 2015 Schizophrenia Professional Development Day

### Conference Speaker Biographies (cont'd):



**Jelena King, Ph.D.**, is a practicing Clinical Neuropsychologist who works in both the Schizophrenia and Community Integration Service and in the centralized Clinical Neuropsychology Service at St. Joseph's Healthcare, Hamilton. She is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. King received her doctorate in Psychology in 2005 from the University of Waterloo, and completed a clinical internship at Baycrest Centre for Geriatric Care and a postdoctoral fellowship in the Schizophrenia Program at the Centre for Addiction and Mental Health (CAMH) and Psychiatry Department, University of Toronto. Dr. King was employed as a psychologist in the Schizophrenia Program at the CAMH from 2006 to 2007 and then joined the Schizophrenia Service at St. Joseph's Healthcare in a clinical research position that combines her primary interests of cognitive experimental research, neuropsychological and psychological assessment and intervention, and clinical training and teaching.



**Stephanie McDermid Vaz, Ph.D.** is a practicing Clinical Neuropsychologist in the Cleghorn Early Intervention Clinic, Schizophrenia and Community Integration Service and is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. McDermid Vaz received her doctorate in Psychology in 2005 from York University and completed her clinical neuropsychology internship at the London Health Sciences Centre in London, Ontario. Her research and clinical interests involve functional outcome and assessment in schizophrenia and first episode psychosis populations. She has received funding from the Ontario Mental Health Foundation and the CARSTAR Automotive Canada Research Innovation Fund to develop a new measure of functional capacity called the Canadian Objective Assessment of Life Skills (COALS) and she is currently developing a brief version of this measure for use with individuals with serious mental illness.



**Samantha Mercanti, B.Sc.**, was diagnosed with Schizophrenia in her early twenties. She is now 33 years old, and continues to learn how to cope with the illness, and hopes to help others figure out how to live a good life with a mental illness. Samantha has two university degrees, a Bachelor's degree in Chemistry and an Honour's Bachelor's in Applied Mathematics. She currently works in administration at her father's company, CARSTAR, and hopes to pursue a Master's degree in Sciences in the future.



**Susan Strong, Ph.D.**, is a registered occupational therapist working in St Joseph's Schizophrenia and Community Integration Service as Coordinator of Program Evaluation and is an Associate Clinical Professor, Faculty of Health Science teaching in the School of Rehabilitation Science at McMaster University. In 1995 when she completed a Master of Science in the Health Research Methods program at McMaster University, her thesis explored relationships amongst work, health and recovery in an ethnographic study of persons with persistent mental illness working at an affirmative business. Her doctorate in Rehabilitation Science (McMaster University 2013) focused on the application of self-management support in a recovery framework for persons living with serious mental illnesses and the design of integrated healthcare services. She was the recipient of the Paula Goering Collaborative Research & Knowledge Translation Award in Mental Health & Addictions from CAMH & University of Toronto for collaborative concept mapping

## 2015 Schizophrenia Professional Development Day

of clients' experiences with learning self-management.

### Conference Speaker Biographies (cont'd):



**Robert Zipursky, MD, FRCPC**, is Professor of Psychiatry and Behavioral Neurosciences at McMaster University and he is a Psychiatrist and Academic Lead in the Schizophrenia and Community Integration Service at St. Joseph's Healthcare, Hamilton. Prior to assuming his current position, Dr. Zipursky served as Professor and Tapscott Chair in Schizophrenia Studies at the University of Toronto and Head of the Schizophrenia Division at the Centre for Addiction and Mental Health (CAMH) in Toronto. Dr. Zipursky's research has focused on characterizing the structural brain abnormalities associated with schizophrenia, defining optimal pharmacologic treatment for the first episode of schizophrenia, and understanding the determinants of outcome from schizophrenia.

