



EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK



OCTOBER 14 & 15, 2015
TORONTO, ON

EPION'S 10TH ANNIVERSARY CELEBRATION AND CONFERENCE October 14 & 15, 2015

Pre-conference day: October 13

Hilton Toronto Airport Hotel and Suites
5875 Airport Road Mississauga, ON

For the past 10 years, EPION (formerly the Ontario Working Group on Early Psychosis Intervention) has been the voice of Early Psychosis Intervention (EPI) services in Ontario. This network unites over 50 programs delivering service in more than 70 communities across the province.



#EPION2015



Tuesday, October 13, 2015

9:00 Registration begins

9:30 – 4:00 Pre-conference session #1: Psychiatry and Psychology in EPI (Mississauga B)

Refreshments and lunch provided (Mississauga A+D)

Opening panel: International and pan-Canadian perspectives

- Trends in EPI service delivery: issues and challenges
- Trends in research and opportunities for collaboration
- Bridging clinical service, research and evaluation: strategies for strengthening practice

Dr. Patrick McGorry – Executive Director, Orygen The National Centre of Excellence in Youth Mental Health and Professor of Youth Mental Health at University of Melbourne.

Dr. David Shiers – As a GP and father, Dr. Shiers is known in the UK and internationally as a fierce advocate for reform in the approach to care for young people with psychosis.

Dr. Ashok Malla – Founding and former director of PEPP-Montréal, Douglas Institute; Professor and Canada Research Chair in Early Psychosis, McGill University; President Canadian Consortium of Early Psychosis Programs.

Ontario perspectives: Early intervention across youth mental health and addictions services

- Implications for systems planning, service delivery and program planning

Ms Catherine Ford – Senior Policy Advisor, Ministry of Children and Youth Services

Ms Lisa Jeffs – Early Intervention Project Implementation Coordinator, HNHB LHIN

Ms Krista Whittard – Manager Mental Health Program, Public Health, Niagara Region

Dr. Gretchen Conrad – Systems Level Planning - Transitional Aged Youth Services, Substance Use and Concurrent Disorders Program, Royal Ottawa Mental Health Centre

Cognitive remediation: What it is, what it is not. Implications for EPI service delivery in Ontario

Dr. Christopher Bowie – Associate Professor, Queen's University and Head Consulting Psychologist at Heads Up! Early Intervention in Psychosis Program, Hotel Dieu Hospital, Kingston

Not so simple: What does the focus on metabolic syndrome and physical health mean for psychiatry, medication prescribing and front line clinical service?

Dr. Sharman Robertson – Medical Director, On Track Clinic, The Ottawa Hospital; Chair EPION Metabolic Workgroup

Dr. Suzanne Archie – Associate Professor, Dept. of Psychiatry and Behavioural Neurosciences, McMaster University and Clinical Director, Cleghorn Program, St. Joseph's Healthcare Hamilton; Chair EPION Research Working Group

Dr. Chiachen Cheng – Medical Director, First Place Clinic & Resource Centre, CMHA Thunder Bay; EPION Co-Chair



#EPION2015

EPION
EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

**10TH ANNIVERSARY
CELEBRATION
CONFERENCE**
OCTOBER 14 & 15, 2015
TORONTO, ON



Tuesday, October 13, 2015

11:00 – 4:00 Pre-conference session #2: Choices and changes workshop (Mississauga C)
Refreshments and lunch provided in (Mississauga A+D)

A focused skill building workshop for clinicians' and family workers' personal and professional development. This workshop emphasizes the powerful role that health care providers play in supporting improved client self-management, collaborative goal setting, and problem solving. This workshop consists of mini-lectures, interactive exercises, videotaped case studies and skill practice.

The workshop will include:

- ✓ Evidence of why Motivational Interviewing can influence a person's action
- ✓ Theory on health behaviour change
- ✓ Assessment of client's readiness for change
- ✓ Techniques to influence client behaviour change
- ✓ Practicing techniques for promoting positive changes in health behaviours
- ✓ Strategies for creating relationships of trust with clients
- ✓ A personalized certificate of 4.0 hours of CME

About the facilitator:

Milinda Alexander OT Reg (Ont.) is the Clinical Supervisor at the Hamilton Program for Schizophrenia, a case management service. She became a faculty member of the Institute for Healthcare Communication in the Fall of 2013 and she has delivered the Choices and Changes participatory workshop to well over 300 clinicians thus far in small groups.

5:30 – 8:30 EPION General Network Meeting (Ontario Room)

Managers, clinical leads or designates: Plan to attend and join the discussion as we review EPION's governance structure. Pre-registration/RSVP for this meeting is required.

 **CAVERSHAM**booksellers

Psychoanalysis, Psychotherapy, Psychiatry, Psychology and Related Subjects

We are a mom-and-pop, bricks-and-mortar independent bookseller specialised solely in mental health. Did you know there is nothing quite like us in North America?

Onsite at EPION Conference (Mississauga Foyer): Wednesday, October 14

EPION
EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

10TH ANNIVERSARY
CELEBRATION
CONFERENCE
OCTOBER 14 & 15, 2015
TORONTO, ON

Program Guide



Indicates conference offerings which may be of particular interest to those with lived experience



Indicates conference offerings which may be of particular interest to family members

Wednesday, October 14, 2015

- 7:00 **Yoga with Gord (Vista Foyer):** Calling all early birds! Join Gord Langill for a gentle yoga practice. All welcome and no experience needed. Bring a mat or towel.
- 7:30 **Registration and Breakfast: (Mississauga Foyer and Ballroom)**
- 8:30 **Opening plenary (Mississauga Ballroom)**
Ms. Milinda Alexander, Dr. Chiachen Cheng, Ms. Terry Bedard, Mr. John Trainor
- Plenary address (Mississauga Ballroom)**
Patrick McGorry AO MD PhD FRCP FRANZCP – Executive Director of Orygen The National Centre of Excellence in Youth Mental Health and Professor of Youth Mental Health at University of Melbourne.
- 10:20 **Refreshment Break (Mississauga Foyer & Vista Foyer & Conference Level Foyer)**
- 10:45 **Concurrent sessions A1 – A7**
- A1 (Mississauga A + D)**
Q and Eh? Moderator: Gretchen Conrad PhD, CPsych
Join today's plenary speakers **Dr. Patrick McGorry** and **Dr. Ashok Malla** in a round table discussion. Bring your comments and questions for our special guests. Debate emerging trends in EPI service delivery, role of psychiatry, pressing research questions and whatever else is on your mind.
- A2 (Dundas Room)**
New methods for improving cognition: A focus on translation to quality of life and reaching underserved populations
Christopher Bowie PhD CPsych, Associate Professor Queen's University and Head Consulting Psychologist, Heads Up! Program, Hotel Dieu Hospital, Kingston
Come away from this session with a greater understanding of how cognition is associated with functioning and how cognitive remediation can improve an individual's attention, memory and executive functioning. Hear about cognitive remediation techniques that are adapted to meet the needs and goals of individuals with early psychosis.
- Preliminary findings: The feasibility of cognitive behavioural social skills training (CBSST) in first episode psychosis**
Yarissa Herman PhD CPsych and Sarah Bromley OT Reg (Ont.) Centre for Addiction and Mental Health
This session will provide an overview of CBSST interventions and adaptations made for early psychosis intervention. Find out about the results of a feasibility study utilizing this intervention with the first episode psychosis population, implications for this population and further clinical trials.

A3 (Ontario Room)**Early psychosis: Lessons from parent caregivers in holding hope**

Jane Hamilton Wilson RN MHSc PhD, Professor Conestoga College Institute of Technology and Advanced Learning



This session focuses on the experience of parent caregivers as part of research findings that identified the voice of parent caregivers in response to first episode psychosis in their son or daughter. The experience of the parent caregiver is shared to foster hope, reduce stigma and highlight promising practices for family resilience focused work in early intervention in psychosis settings.

A4 (Vista A)**Building up houses and people: Partnership between 1st Step and Habitat for Humanity**

Kim Hewitt MSc OT Reg (Ont.), 1st Step, Canadian Mental Health Association - Waterloo Wellington Dufferin (CMHA WWD)

Garry Stephens, Peer Support Coach, CMHA WWD

Paul Bowser MSW RSW, EPI Clinician, CMHA WWD

The spotlight here is on the benefit of volunteering as an opportunity for re-engaging in meaningful occupation following a psychotic episode. Find out how the relationship between 1st Step and Waterloo Habitat for Humanity developed and how the role of Peer Coach has been integral to successful implementation. Be inspired by stories of achievement from 1st Step individuals volunteering at Habitat and the impact on their lives.

Whole person approach to recovering from psychosis

Laurie St. Pierre, Supported Employment Counsellor, Prevention and Early Intervention Program for Psychoses (PEPP)

This session challenges us to think about the integration of spiritual care into a whole person approach to treatment for psychosis. Learn how to embrace this approach as part of clinical practice and the benefits for service users, service providers, and the mental health system as a whole.

A5 (Vista B)**Implementing a health equity approach into Ontario EPI programs: Learnings from a provincial survey and a case example**

Avra Selick MA, Research Coordinator, Centre for Addiction and Mental Health

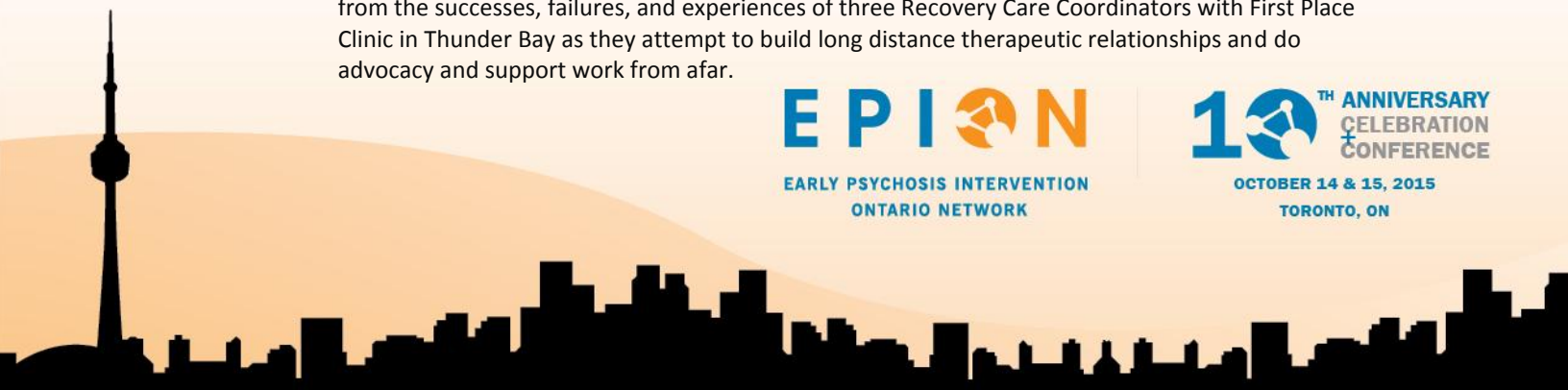
Karen O'Connor BSW MEd RSW, Senior Director, Clinical Services and Strategic Planning Canadian Mental Health Association, Peel Branch

These presenters will help us better understand current health equity practices among EPI programs in Ontario based on the findings of the provincial EPI survey. Learn from a practical example of how one program has worked with the Health Equity Impact Assessment tool to support improved health equity in their work.

Challenges in providing long distance recovery care

Karrie Walker CYW, Recovery Care Coordinator, Canadian Mental Health Association - Thunder Bay Branch

This presentation will identify and investigate challenges in delivering individualized, recovery focused service to clients who are living in remote or rural areas and varying cultural spaces. Learn from the successes, failures, and experiences of three Recovery Care Coordinators with First Place Clinic in Thunder Bay as they attempt to build long distance therapeutic relationships and do advocacy and support work from afar.



A6 (Mississauga B)**Access to care and support among youth and family members living with schizophrenia in four ethno-racial communities**

Taryn Tang PhD, Manager of Research, Schizophrenia Society of Ontario

This session is an opportunity to develop our understanding of factors that influence care among youth with schizophrenia in ethno-racial communities. Results of this research study provide insight into culturally relevant sources of support and approaches to recovery among youth.

Beyond the BEAT: Results and next steps for the NorthBEAT project

Shevaun Nadin PhD, Research Coordinator, Centre for Applied Health Research (CAHR) - St. Joseph's Care Group, Thunder Bay

While learning about the mental health service needs of youth in northern, remote and rural Ontario who have experienced psychosis, participants will have an opportunity to inform the project's knowledge exchange process and to influence future research in this area.

A7 (Erin Mills Room)**Individuals with lived experience networking session**

For those with lived experience only!



12:15 **LUNCH (Mississauga Foyer and Ballroom)**

1:15 **Afternoon Plenary (Mississauga Ballroom)**

Ms Milinda Alexander, Dr. Gretchen Conrad

Plenary Address

Ashok Malla MBBS FRCPC MRCPsych DPM – Founding and former director of PEPP-Montréal, Douglas Institute; Professor and Canada Research Chair in Early Psychosis, McGill University; President Canadian Consortium of Early Psychosis Programs.

2:45 **Refreshment Break (Mississauga Foyer, Vista Foyer and Conference Level Foyer)**

3:15 **Concurrent sessions B1 – B7**

B1 (Mississauga A + D)**Using digital media to improve early detection and care of psychosis**

Suzanne Archie MD FRCPC, Associate Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University; Clinical Director, Cleghorn Program, St. Joseph's Healthcare Hamilton

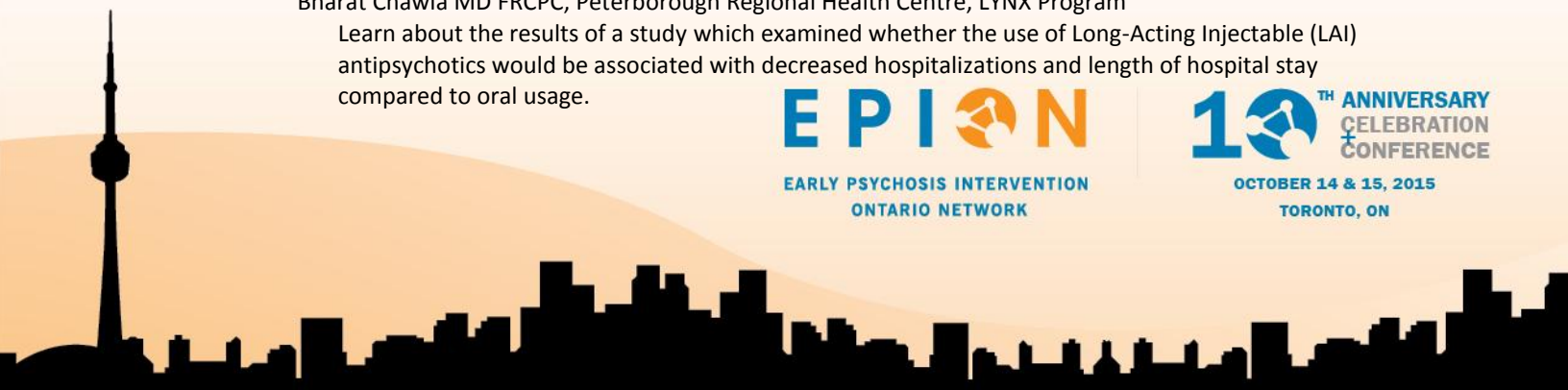
Manuela Ferrari MHSc PhD, Post Doctorate Fellow, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton

This session looks at the use of digital media to improve care of at-risk youth and youth experiencing emerging psychosis with emphasis on early identification and intervention with psychosis. The presenters discuss potential clinical implications of digital media strategies and the use of arts-based research methods as knowledge translation strategies.

**B2 (Ontario Room)****Impact of long-acting injectable versus oral antipsychotics on hospitalization rates in patients with schizophrenia: A retrospective review**

Bharat Chawla MD FRCPC, Peterborough Regional Health Centre, LYNX Program

Learn about the results of a study which examined whether the use of Long-Acting Injectable (LAI) antipsychotics would be associated with decreased hospitalizations and length of hospital stay compared to oral usage.



Mindfulness group-based intervention for early psychosis: A pilot study

Arlene MacDougall MD MSc FRCPC, Assistant Professor, Department of Psychiatry, Western University; Consultant Psychiatrist, Prevention and Early Intervention Program for Psychoses (PEPP), London Health Sciences Centre

Leah Gardiner, Director of Development and Senior Facilitator, Mindfulness Without Borders

What evidence is there to support the use of mindfulness based interventions (MBIs) in psychosis? This session will answer your questions and introduce you to the Mindfulness Ambassador Council (MAC), an innovative youth-oriented group MBI that has been recently adapted for use in early psychosis.

B3 (Dundas Room)

Approaches and initiatives to support moving lives forward following the onset of psychosis

Jen Jackson OT Reg (Ont.), Clinical Lead, Heads Up! Program, Hotel Dieu Hospital

Kendra Clark MSc, OT Reg (Ont.), West Niagara Mental Health, West Lincoln Memorial Hospital, Hamilton Health Sciences

Kelly Tanner OT Reg (Ont.), Cleghorn Early Intervention Clinic, St. Joseph's Healthcare

This panel of Occupational Therapists will share specific initiatives they are utilizing in their programs to support clients in their functional recovery. Hear about strategies for combating inertia, creating volunteer opportunities and preparing clients to return to school.

Linking education to recovery journey

Morgan Mitchell, Recreation Therapist, Lakeridge Health Durham Amaze EPI Program

Karen Cripps, Teacher, Durham District School Board

How does a service provider and school board collaborate in a way that supports both therapeutic and educational goals? Learn how this successful partnership in Durham maximizes programming and staff resources and how it could work in your area.

B4 (Vista B)

Applying a Dialectical Behaviour Therapy (DBT) framework to family work in early psychosis intervention

Gillian Gray MSW RSW, Executive Director, Family Outreach and Response Program

Mike Menu, Co-founder, The Sashbear Foundation

Find out how DBT principles and skills can be used in family work for Early Psychosis. Particular emphasis will be on DBT skills that can assist in improving relationships within the family and the Family Connections group model and its use in Early Psychosis.

How to Flourish as a Family Care Coordinator

Sandra McLean, Family Care Coordinator, CMHA Thunder Bay

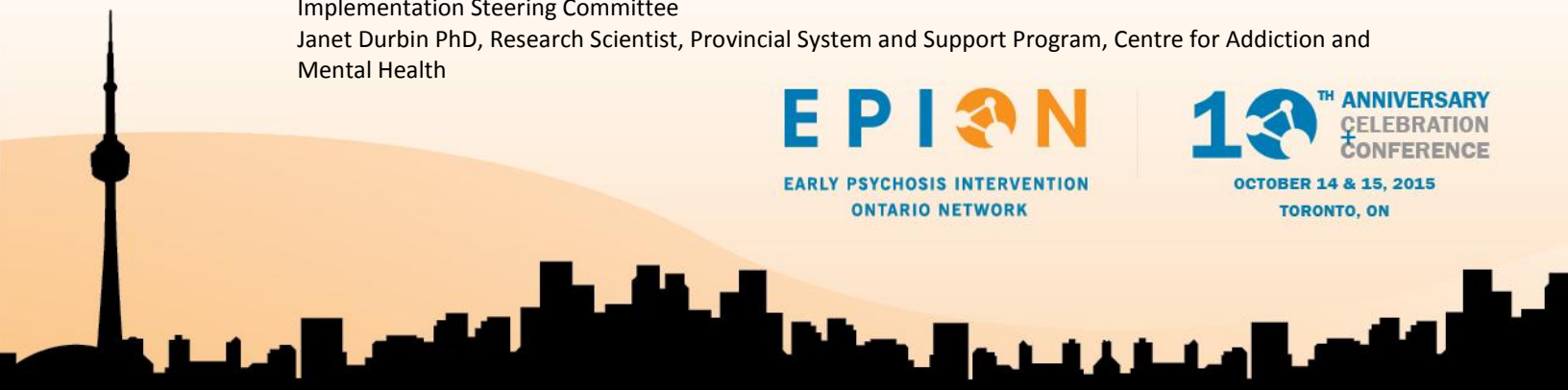
Come away from this session with a greater understanding of the Family Care Coordinator Position at First Place clinic. Reflect on how to orient new staff to the position and lessons learned from families.

B5 (Vista A)

EPION connections: How our networks can work for us

Gordon Langill, Program Director, Canadian Mental Health Association HKPR, Chair EPION Standards Implementation Steering Committee

Janet Durbin PhD, Research Scientist, Provincial System and Support Program, Centre for Addiction and Mental Health



Avra Selick MA, Research Coordinator, Centre for Addiction and Mental Health

Participants will learn about various network models currently operating within the provincial EPION collective of EPI programs. Participants will share strategies for continued development of EPI networks.

B6 (Mississauga B)

Getting the message right: Innovative knowledge exchange in the NorthBEAT project

Chiachen Cheng MD FRCPC Medical Director, First Place Clinic & Resource Centre, Canadian Mental Health Association Thunder Bay; Centre for Applied Health Research (CAHR) - St. Joseph's Care Group
Participants will learn about innovative knowledge exchange activities to engage stakeholder communities in research projects. Join colleagues in discussing and identifying other engagement strategies to use with specific stakeholder communities, including First Nations communities and youth.

Structured and manualized group CBT for anxiety symptoms in a first episode psychosis population: Lessons from the field

Kristy Day MSW, RSW Social Worker, Lakeridge Health Oshawa

Gain practical information about the implementation of a structured CBT group focused on anxiety management in an outpatient EPI setting, including successes, lessons, and future directions.

B7 (Erin Mills Room)

Family caregivers networking session

For family members only!

Facilitators: Terry Bedard BA (Psych) Outreach Specialist, NE Regional Early Intervention in Psychosis Program and Amy Bowins MSW, RSW, PEPP Case Manager, Grey Bruce Health Services



5:00

EPION Anniversary reception (Mississauga Foyer)

Join us for cake and hors d'oeuvres as we toast EPION's 10th anniversary.

Cash bar



EPION 10th Anniversary Party!

Join friends and colleagues on Wednesday at 5 pm for a reception to mark this special anniversary year. Add your comments to the anniversary banner and help us build the EPION timeline.

Cake, hors d'oeuvres and a cash bar.



#EPION2015

EPION
EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

**10TH ANNIVERSARY
CELEBRATION
CONFERENCE**
OCTOBER 14 & 15, 2015
TORONTO, ON

Thursday, October 15, 2015

7:00 **Yoga with Gord (Vista Foyer):** If you missed this rise and shine session yesterday, grab a towel and join in today. All levels welcome!

8:00 Registration and breakfast (**Mississauga Foyer and Ballroom**)

9:00 **Opening plenary (Mississauga Ballroom)**
Ms Milinda Alexander, Ms Karen O'Connor

Plenary address

As a GP and father, **Dr. David Shiers** is known in the UK and internationally as a fierce advocate for reform in the approach to care for young people with psychosis. Some know him as a troublemaking GP.



9:45 **Poster Presentations:** Meet the authors

P1 An exploration of 'family as client' services: Meeting gaps in EPI services

Elaine Stasiulis MA PhD(c), Research Project Manager and Brenda Gladstone PhD, Sick Kids Foundation/CIHR New Investigator, Hospital for Sick Children



P2 Windows to recovery

Raelene Corbin MSc OT, Cleghorn Early Intervention Clinic, St. Joseph's Healthcare, Hamilton



P3 Keeping things simple: Engaging and educating with a waiting room blackboard!

Paula Dawson RN, Care Coordinator, Cleghorn Early Intervention Clinic, St. Joseph's Healthcare, Hamilton

P4 Structured and manualized group CBT for anxiety symptoms in a first episode psychosis population: Lessons from the field

Kristy Day MSW RSW, Social Worker, Lakeridge Health, Oshawa

P5 First episode psychosis: The experience of parent caregivers, implications for EIP practice

Jane Hamilton Wilson RN MHSc PhD Professor Conestoga College Institute of Technology and Advanced Learning



P6 Helping hands

Morgan Mitchell, Recreation Therapist, Lakeridge Health, Durham Amaze EPI Program
Karen Cripps, Teacher Durham District School Board

P7 Executive function and incidental learning of contextual visual information across the schizophrenia spectrum

Cory Gerritsen PhD, Post Doctoral Research Fellow, Focus on Youth Psychosis Prevention (FYPP) Clinic, Centre for Addiction and Mental Health

P8 Mindfulness-based interventions in the treatment of symptoms of psychosis:

A narrative systematic review

Anthony DiGiacomo MA RP CCC, Family Specialist, Phoenix Program, North Halton Mental Health Clinic, PhD Candidate, McMaster University, Faculty of Health Sciences, School of Rehabilitation Science

Poster Presentations continued:**P9 CBT for Psychosis: Beyond Positive and Negative Symptoms**

Gretchen L. Conrad PhD CPsych , The Ottawa Hospital

P10 Impact of long-acting injectable versus oral antipsychotics on hospitalization rates in patients with schizophrenia: A retrospective review

Bharat Chawla MD FRCPC, Peterborough Regional Health Centre, LYNX Program

P11 Introducing the Slight Family Centre for Youth in Transition

Aristotle Voineskos MD PhD FRCPC, Associate Professor of Psychiatry at the University of Toronto, and Director of the Slight Family Centre for Youth in Transition, The Centre for Addiction and Mental Health (CAMH), Toronto, Canada

EPION Working Group Exhibits

10:15 **Refreshment break in Mississauga C**

10:30 **Concurrent sessions C1 – C6**

C1 (Dundas)**Development of the metabolic management program within a rural community**

Melissa Thompson RPN, Case Manager, Sarah Orchard SW Case Manager, and Jessica Wilson SW, Case Manager, Haliburton Highlands Mental Health Services, LYNX Program

Hear about how a rural EPI services approaches metabolic monitoring. The goal of this initiative is to encourage voluntary participation of clients in improving their overall physical and mental wellness through long term healthy life style changes.

Making metabolic monitoring marvelous in EPI clinics

Sharman Robertson BSc MD FRCPC, Medical Director, On Track First Episode Psychosis Program

Learn about a strategy to provide sustainable, evidence-based metabolic monitoring and intervention in a busy urban EPI service. Familiarize yourself with the processes involved in implementing a new metabolic intervention strategy.

Improving and implementing metabolic monitoring from the ground up

Plenary speaker **Dr. David Shiers** shares some experiences from the UK with remarks from Dr. Sharman Robertson, Chair of EPION's Metabolic Monitoring Workgroup

C2 (Vista A)**Start thinking like an executive**

Kendra Clark MSc OT Reg (Ont.), West Niagara Mental Health, West Lincoln Memorial Hospital, Hamilton Health Sciences

Sarah Bromley OT Reg (Ont.), Complex Mental Illness/First Episode Psychosis Clinic, Centre for Addiction and Mental Health

This session provides an overview of executive functioning and the linkages between the development of executive functioning in young people and potential functional impact. Explore OT approaches and treatment plans to facilitate remediation.

EPION
EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

**10TH ANNIVERSARY
CELEBRATION
CONFERENCE**
OCTOBER 14 & 15, 2015
TORONTO, ON

Helping hands

Morgan Mitchell, Recreation Therapist, Lakeridge Health, Durham Amaze EPI Program
Karen Cripps, Teacher, Durham District School Board

The presenters will share their insights into how to collaborate across sectors and link supports for clients to reach multiple therapeutic goals concurrently. Learn ways to maximize programming and staff resources and consider how to apply this model within your program.

C3 (Vista B)

Men at work: Reflections on Facilitating a Men's Group

Colin Dundas CYW, Intake Co-ordinator/Youth Worker, Durham Amaze EPI Program, Lakeridge Health
Jeff Gauthier MA, Senior Addiction Counsellor, Durham Amaze EPI Program, Lakeridge Health

"Adversity introduces a man to himself," a quote by Einstein served as our inspiration for developing a men's group. This session looks at the importance of providing a "Safe Zone" for men and focuses on the role gender-based expectations and emotional suppression have on the recovery process.

C4 (Ontario)

Changing the story: Co-producing help-seeking narratives of first episode psychosis

Brenda Gladstone PhD, Sick Kids Foundation/CIHR New Investigator, Hospital for Sick Children
Elaine Stasiulis MA PhD(c), Research Project Manager, Hospital for Sick Children

In this session, you will hear the voices of young people (via digital stories) describe their experiences of seeking help for First Episode Psychosis. Learn what they identify as key in the help seeking process and consider how changing or acting upon one story has the potential to influence other young people and their families.



C5 (Mississauga Ballroom)

The Family Guide to Mental Health Recovery

Stuart Clarfield, Executive Producer, Mission Media Company
Sabrina Baker MSW RSW, Social Worker in Private Practice

This session will introduce *The Family Guide to Mental Health Recovery* project as a resource for individuals, families, educators, students, and community support organizations and practitioners. Find out about this multi-faceted resource and how it can help you.



Documentary: Beyond Psychosis: Exceeding Expectations from First Episode to Recovery

Tara Laing OT Reg. (Ont.), Early Intervention Clinic (EIC), Centre for Addiction and Mental Health

Learn about this collaborative film project that involved interviewing clients speaking about their own recovery. Come away with ideas about how to make use of this resource within an EPI program as a resource for clinicians, families and individuals with lived experience.

12:00

LUNCH (Mississauga Foyer and Ballroom)

1:00

Afternoon Plenary (Mississauga Ballroom)

Ms. Milinda Alexander, Mr. Gord Langill, Ms. Sabrina Baker

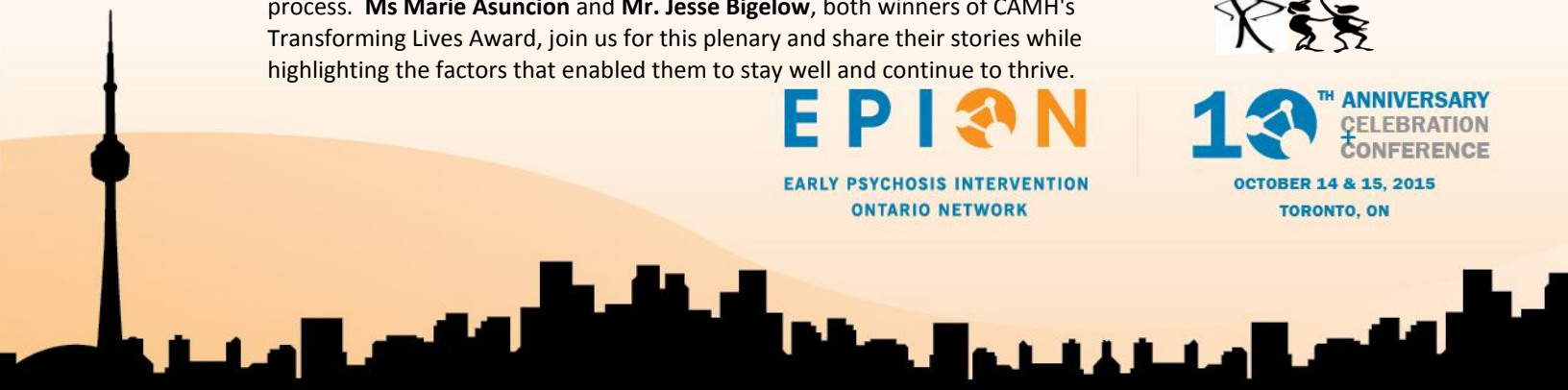
Plenary Address

As we mark EPION's 10th anniversary, join us in celebrating two alumnae from our programs, highlighting their strengths and the abilities that have helped them in their recovery process. **Ms Marie Asuncion** and **Mr. Jesse Bigelow**, both winners of CAMH's Transforming Lives Award, join us for this plenary and share their stories while highlighting the factors that enabled them to stay well and continue to thrive.



EPION
EARLY PSYCHOSIS INTERVENTION
ONTARIO NETWORK

**10TH ANNIVERSARY
CELEBRATION
CONFERENCE**
OCTOBER 14 & 15, 2015
TORONTO, ON



2:20 **Refreshment Break (Mississauga C, Vista Foyer and Conference Level Foyer)**

2:30 **Concurrent sessions D1 – D6**

D1 (Mississauga Ballroom)

Integrated care pathway for first episode psychosis inpatient and outpatient setting

Saima Awan MBA PMP, Sr. Manager of Integrated Care Pathways Program, Centre for Addiction and Mental Health

Aristotle Voineskos MD FRCPC, Director, Slight Family Centre for Youth in Transition

Shivali Kapila, Project Manager, Integrated Care Pathways Program, CAMH

Ofer Agid MD, Psychiatrist, Clinician Scientist, CAMH

Leila Dagher, Ashley MacNaughton and Michelle Farah, Early Psychosis Unit, CAMH

In this session you will be introduced to methodologies for developing an Integrated Care Pathway (ICP) within inpatient and outpatient settings. ICP is an inter-professional outline of anticipated care for patients with a similar diagnosis. Hear what management, research and front line staff say about developing and implementing ICPs. Find out about the use of standardized assessments and interventions. Learn from challenges and strategies adopted to address challenges.

D2 (Ontario)

Talking about substance use. What's hot, what's not

Erin Horlings BAH MA(c), Addiction Clinician, ADAPT/Phoenix Program

Amelia Edwards & Marshall Bator, Youth Speakers

No one calls it Mary Jane anymore. This panel takes a look at current drug use trends and terminology. What do clinicians need to know to more effectively build rapport with clients? What does offering client centered treatment mean when working with individuals with concurrent disorders?

Substance use toolkit for practitioners

Jennifer Nguyen MD FRCPC, Child and Adolescent Psychiatrist, Board Certified in Addiction Psychiatry, Concurrent Disorders Youth Unit, Centre for Addiction and Mental Health

This session looks at developmentally appropriate tools in the assessment of substance use disorders among youth and explores the role of family in treatment. Learn about key tools and strategies in the treatment of substance use disorders in youth with psychosis.

D3 (Erin Mills)

Let's write a song about it: CBT based music group

Christopher Trimmer MA, Mental Health Crisis Worker, Kingston

Richard Tyo, Mental Health Crisis Worker, Kingston

Come play music and learn how to use music in an innovative approach to delivering CBT group therapy with diverse populations. Through this session you will understand therapeutic aspects of music listening and music making, have a basic understanding of how to start and run a music group in your own community and be able to use music as a metaphor to explain basic concepts in Cognitive Behavioural Therapy.



D4 (Dundas)**Panel: Where are we now? 12 months since EPION's family work think tank**

Eleanor Baker, Family Volunteer, Schizophrenia Society of Ontario

Tatiana Wyse, Family Worker, Schizophrenia Society of Ontario

Annalisa Rasmussen MSW, Family Support Worker, Halton/Peel Regional Office Schizophrenia Society of Ontario

Erin Chan MSc OT Reg (Ont.), STEPS Team Leader, Mental Health and Addictions Service, St. Michael's Hospital

Bianca Tiron, Family and Youth Coordinator for Early Intervention in Psychosis Services, Mood Disorders Association of Ontario

This panel will explore multiple facets of family work. Consider how system planners and policy makers can work together to implement the Mental Health Commission of Canada's Family Caregiver Guidelines in EPI. Learn about some recent developments in family work in the multi-site Phoenix program in Halton. Hear about how a community partnership is responding to unmet needs of EPI clients and their families in an inner city setting.

D5 (Vista B)**Social support and strength in numbers: How peer groups, social recreation, and group CBT can promote resilience**

Amar Ghelani MSW RSW, Transitional Social Worker, CMHA Toronto- Early Psychosis Intervention Program

This session puts the spotlight on how peer groups and cognitive-behavioural interventions can help clients become more resilient. You will come away with strategies for promoting client engagement, motivation and participation in groups

**The role of peer support workers in wellness and recovery**

David Barkley, Peer Support Worker, LYNX Early Psychosis Intervention Program, Canadian Mental

Health Association – Haliburton, Kawartha, Pine Ridge (CMHA HKPR)

Haley Hood, Peer Support Worker, LYNX Early Psychosis Intervention Program, CMHA HKPR

Explore the role of peer support workers in promoting wellness and recovery. Learn about the application of WRAP in an early psychosis intervention model and creative approaches to wellness and peer support work. Discuss successes and challenges of peer support work in an early psychosis intervention model and strategies for moving forward.

**D6 30 minute session (Vista A)****Hearing Voices Performing Arts Presentation**

Milinda Alexander OT Reg (Ont.), Clinical Supervisor, Hamilton Program for Schizophrenia

Sonia Jackson, choreographer

Andrea Cohen-B, writer / director / producer with international experience in film production

Originally created through research at Sick Kid's Hospital, this performing arts production typifies the challenges and experiences of psychosis with the themes of "triumph and hope" and also offers an emotional experience to the audience. View the video rendition of this presentation, share your reactions and brainstorm how this production can be used live or in video form in our communities.



3:50

Closing (Mississauga Ballroom)

Ms Milinda Alexander, Conference Chair, Ms Terry Bedard and Dr. Chiachen Cheng, EPION Co-Chairs

Final comments and EPION BINGO prize draw

