



**EARLY PSYCHOSIS INTERVENTION  
ONTARIO NETWORK**



**OCTOBER 14 & 15, 2015  
TORONTO, 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. EPION hosts the largest conference in Canada that brings together EPI practitioners, individuals with lived experience of psychosis, and family members.

## **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 |

**REGISTER NOW! Visit:**  
[www.epion.ca/conference2015](http://www.epion.ca/conference2015)

For updates about the conference schedule and speakers go to [www.epion.ca/conference2015](http://www.epion.ca/conference2015)

QUESTIONS? Contact Lena Arabian: [lena@typeaevents.ca](mailto:lena@typeaevents.ca)

**See attached for Preliminary Program  
including speakers and sessions**

**Pre-conference: October 13  
Conference: October 14 and 15**



**Tuesday, October 13, 2015**

**Pre-conference session #1: Psychiatry and Psychology in EPI 9:30 – 4:00**

*Refreshments and lunch provided*

**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

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**Tuesday, October 13, 2015**

**Pre-conference session #2: Choices and changes workshop 11:00 – 4:00**

*Refreshments and lunch provided*

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 is the Clinical Supervisor at the Hamilton Program for Schizophrenia, a case management service. As a Lecturer (Adjunct) in the School of Rehabilitation Sciences, McMaster University, she is also enthusiastically involved with the Occupational Therapy Program, facilitating small group, problem based learning. She became a faculty member of the Institute for Healthcare Communication in the Fall of 2013 and she has delivered the Choices and Changes workshop to well over 300 clinicians thus far. Milinda's career has spanned assessment of injured workers, mental health – acute assessment programs, first episode psychosis, schizophrenia and forensic psychiatry, as well as acquired brain injury and private practice as a capacity assessor under the Substitute Decisions Act.

**EPION General Network Meeting**

**5:30 – 8:30**

Managers, clinical leads or designates: Plan to attend and join the discussion about EPION's application for incorporation and charitable status. Full agenda will be circulated closer to the meeting.

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## Wednesday, October 14, 2015

7:00 Yoga with Gord

7:30 Registration and breakfast

8:30 **Opening plenary**

Milinda Alexander, Chi Cheng, Terry Bedard, John Trainor

**Plenary address**

*Dr. 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**

10:45 **Concurrent sessions A1 – A7**

**A1**

**Q and Eh?**

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**

**New methods for improving cognition: A focus on translation to quality of life and reaching underserved populations**

Christopher Bowie PhD, C.Psych., 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, C.Psych and Sarah Bromley OT, 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****Early psychosis: Lessons from parent caregivers in holding hope**

Jane Hamilton Wilson RN, 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****Building up houses and people: Partnership between 1st Step and Habitat for Humanity**

Kim Hewitt OT, 1st Step, Canadian Mental Health Association - Waterloo Wellington Dufferin

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****Implementing a health equity approach into Ontario EPI programs: Learnings from a provincial survey and a case example**

Avra Selick, Research Coordinator, Centre for Addiction and Mental Health  
Karen O'Connor, Senior Director, Clinical Programs 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, 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

##### **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, 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

##### **Individuals with lived experience networking session**

For those with lived experience only!

12:15

##### **LUNCH**

1:15

##### **Afternoon Plenary**

Milinda Alexander, Gretchen Conrad

##### **Plenary Address**

*Dr. 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**

3:15

##### **Concurrent sessions B1 – B7**

##### **B1**

##### **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 PhD, Post Doctorate Fellow, School of Health Policy & Management, Faculty of Health, York University

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

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

Bharat Chawla MD, 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, Assistant Professor, Consultant Psychiatrist, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University; Prevention and Early Intervention Program for Psychoses (PEPP), London Health Sciences Centre

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

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

Jen Jackson OT, Clinical Lead, Heads Up! Program, Hotel Dieu Hospital

Kendra Clark MSc, OT, West Niagara Mental Health, West Lincoln Memorial Hospital, Hamilton Health Sciences

Kelly Tanner OT, Cleghorn Early Intervention Clinic, St. Joseph's Healthcare

Join this panel of Occupational Therapists who 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**

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

Gillian Gray, Executive Director, Family Outreach and Response Program

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.

##### **Families are the cornerstone; Believing is the Mortar**

Sandra McLean, Family Care Coordinator, CMHA Thunder Bay

Explore perspectives on how our own personal and professional experiences shape our understanding of the family care coordinator role in an EPI program. What are the ways in which a professional with lived experience may enhance the EPI team while supporting families? Consider the impact of stigma and how it may undermine both the professional and the client.

#### **B5**

##### **EPION connections: How our networks can work for us**

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

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**

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

Chiachen Cheng, Medical Director, First Place Clinic & Resource Centre, CMHA Thunder Bay; Centre for Applied Health Research (CAHR) - St. Joseph's Care Group, Thunder Bay

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.

##### **Be Safe: Collective impact through app development**

Heather Miko Kelly, Youth Project Coordinator and Taylor Holden, Youth Lead mindyourmind

Find out about mindyourmind's Be Safe App initiative: its development, how it works and its impact. Learn about youth engagement strategies and collective impact in the development of youth mental health resources.

**B7****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 birthday reception**

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

*Cash bar*



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## Thursday, October 15, 2015

7:00 Yoga with Gord

8:00 Registration and breakfast

9:00 **Opening plenary**

Milinda Alexander, Karen O'Connor

**Plenary address**

*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.

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

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

Elaine Stasiulis, Research Project Manager and Brenda Gladstone, Sick Kids Foundation/CIHR New Investigator, Hospital for Sick Children

**Windows to recovery**

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

**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

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

Kristy Day, Social Worker, Lakeridge Health, Oshawa

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

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

**Helping hands**

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

**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

**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

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

Bharat Chawla MD, Peterborough Regional Health Centre, LYNX Program

10:15 **Refreshment break**

10:30 **Concurrent sessions C1 – C6**

**C1**

**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**

**Start thinking like an executive**

Kendra Clark MSc OT, West Niagara Mental Health, West Lincoln Memorial Hospital, Hamilton Health Sciences

Sarah Bromley OT, 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.

**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

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

Kristy Day, 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.

#### **The meaning of participating in a music group for persons enrolled in an EI program**

Carrie Anne Marshall, MSc.OT, PhD(c)

The session presents the findings of a research project to offer a music group to clients in the Heads Up! program. Find out how participants attributed meaning to the experience of music and the ways in which it may influence their recovery. Consider the implications for EPI programs wanting to launch similar initiatives.

### C4

#### **Men at work: Reflections on facilitating a men's group within an EPI program**

Colin Dundas CYW, Youth Worker and Jeff Gauthier MA, Case Manager/Senior Addiction Counsellor, Durham Amaze EPI Program, Lakeridge Health Oshawa

This session looks at the importance of providing a milieu for men recovering from psychosis and highlights the topics and issues men have processed in a group format. The group's facilitators share the learning gained through this pilot initiative.

### C5

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

Brenda Gladstone, Sick Kids Foundation/CIHR New Investigator and Elaine Stasiulis, Research Project Manager, Hospital for Sick Children

In this session, you will hear the voices of young people describing 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.

### C6

#### **The Family Guide to Mental Health Recovery**

Stuart Clarfield, Executive Producer, Mission Media Company and Sabrina Baker, 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, 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**

1:00

**Afternoon Plenary**

Milinda Alexander, Gord Langill, Sabrina Baker

**Plenary Address**

As we mark EPION's 10<sup>th</sup> anniversary, join us in celebrating two alumnae from our programs, highlighting their strengths and the abilities that have helped them in their recovery process. *Marie Asuncion* and *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.

2:20

**Refreshment Break**

2:30

**Concurrent sessions D1 – D6**

**D1**

**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

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**

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

Erin Horlings BAH, Addiction Clinician, ADAPT/Phoenix Program

No one calls it Mary Jane anymore. Erin and a panel of youth take 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, 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

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

Christopher Trimmer MA and Richard Tyo, Mental Health Crisis Workers

Come play music and learn how Chris and Rich use music in their 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

#### **Panel: Where are we now? 12 months since EPION's family work think tank**

Eleanor Baker, Family Volunteer, Schizophrenia Society of Ontario

Tatiana Wise, Family Worker, Schizophrenia Society of Ontario

Annalisa Rasmussen, MSW Family Support Worker, Halton/Peel Regional Office

Schizophrenia Society of Ontario

Erin Chan, STEPS Team Leader, Mental Health and Addictions Service, St. Michael's Hospital

Bianca Tiron, Mood Disorders Association of Ontario

This panel will explore multiple facets of family work. Eleanor and Tatiana will challenge us to think about how service providers, system planners and policy makers can work together to implement the Mental Health Commission of Canada's Family Caregiver Guidelines in EPI. Annalisa will introduce some recent developments in family work in the multi-site Phoenix program in Halton. Erin and Bianca will illustrate how a community partnership is responding to unmet needs of EPI clients and their families in an inner city setting and the opportunities for future innovation and collaboration.

### D5

#### **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 and Haley Hood, Peer Support Workers, LYNX Early Psychosis Intervention Program, Canadian Mental Health Association - HKPR

Join David and Haley for this exploration of 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 the successes and challenges of peer support work in an early psychosis intervention model and strategies for moving forward.

**D6****Hearing Voices**

Screening of the video production. More details to come.

4:00

**Closing**

Milinda Alexander, Conference Chair

Terry Bedard and Chi Cheng, EPION Co-Chairs