

CAMH ADDICTIONS PROGRAM CLINICAL DAY

Opening Doors to Effective Addiction Treatment

Friday, September 24, 2010

8:30 am to 4:00 pm



Who should attend:

Community addiction and mental health service providers
Community agency partners
CAMH staff (Limited space)

Register online at:

www.camh.net/education/index.html

For more information contact:

Lianne McKay

416-535-8501 ext. 4253

Locations:

Centre for Addiction and Mental Health (CAMH):

33 Russell Street site &

250 College Street site



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Event Details

The CAMH Addictions Program proudly presents its inaugural 'Clinical Day', which we plan to make a regular event. The Clinical Day is a one-day event designed to provide education and training on evidence-based practices in addictions treatment while sharing information about enhancing access to addictions services. We invite health care practitioners and community partners to join us for an interactive learning experience where information-sharing, dialogue and networking will take place. Our workshops in addiction treatment cover a range of key topics: borderline personality disorder, eating disorders, chronic pain and opioid dependence, strategies for smoking cessation, group work with concurrent disorders, support for family members of people with concurrent disorders, trauma and addiction treatment as applied to youth and adults, and exploring population-specific services designed for Aboriginal clients and the LGBT population. We are hosting this Clinical Day to share knowledge about the latest clinical practices and research findings in addiction treatment and to enhance awareness of the array of treatment services in CAMH's Addictions Program.

How to Register & Registration Fees:

External registration is now closed!

Register online at: www.camh.net/education/index.html

Fees: \$90 for external registrants (limited to 150 spaces). There is a **\$50 charge for CAMH staff** (limited to 50 spaces) and students. There is no charge for Addictions Program staff (limited to 50 spaces). Major credit cards and cheques will be accepted. If paying by credit card, please contact Lianne_McKay@camh.net at 416 535-8501 ext 4253. Major credit cards and cheques will be accepted. If paying by credit card, please contact Lianne McKay at [416 535-8501 ext 4253](tel:4165358501) or lianne_mckay@camh.net If paying by cheque, please make cheque payable to "CAMH" and mail to 33 Russell Street, Suite 3096, Toronto, Ontario M5S 2S1.

Please email Lianne McKay at lianne_mckay@camh.net if you have any dietary or other special needs.

Cancellation Policy: There will be no cancellations or refunds made after September 15th. To cancel/withdraw from the event, please make your request by email to Lianne McKay at: lianne_mckay@camh.net - Phone calls/messages will not be accepted for cancellations.

Venue Details: This event will begin at [250 College Street](#). Sessions will also be held at [33 Russell Street](#). These two CAMH buildings are located next to each other, north-east of College and Spadina.

Paid Parking: CAMH underground parking is available off of Spadina Avenue on a first come first served basis. University of Toronto also has underground parking on Huron Street, north of College, and there is also limited short-term street parking.

Certificate: Participants will be issued a Certificate of Attendance.



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8:30 – 9:00	Registration (Continental breakfast provided)
9:00 – 9:30	Welcome & Opening Remarks Judith Tompkins, RN, MN, Executive Vice President, Clinical Programs & Christina Bartha, MSW, RSW, Administrative Director Child, Youth and Family Program, Addictions Program
9:30 – 10:30	Keynote Presentation: “Smoking Cessation in Addiction Treatment” Dr. Peter Selby MBBS, CCFP, MHSc, FASAM Clinical Director, Addictions Program; Head, Nicotine Dependence Clinic, Centre for Addiction and Mental Health; Associate Professor, Departments of Family and Community Medicine, Psychiatry and Dalla Lana School of Public Health Sciences, University of Toronto.
10:30 – 10:45	Refreshment Break
10:45 - 12:00	Morning Parallel Workshop Sessions (choose 1 of 5): (1) Working with Concurrent Addiction, Borderline Personality Disorder & Self-Harm (2) Evaluation of an Aboriginal Residential Treatment Cycle in a Mainstream Urban Hospital (3) Trauma and Substance Use: Adapting Seeking Safety for Youth (4) Working with Dynamite: How to Successfully Build and Run Concurrent Disorder Groups Using Core Concepts (5) Rainbow Services: LGBT Population-Specific Programming in Addiction Treatment
12:00 – 1:30	Complimentary Lunch
12:30 – 1:30	Poster Presentation Showcase Clinical Services, Projects and Research within the Addictions Program
1:30 – 2:45	Afternoon Parallel Workshop Sessions (choose 1 of 5): (1) From Trauma to Recovery: Group Psychotherapy for Childhood Trauma and Concurrent Substance Abuse (2) Concurrent Eating & Substance Use Disorders: Recognizing and Addressing the Problems (3) Partnering With Families Affected by Co-Occurring Substance Use Disorders & Mental Illness (4) Introduction to Problem Gambling (5) Chronic Pain & Opiate Dependence
2:45 – 3:00	Refreshment Break
3:00 – 4:00	Plenary Discussion: 'Opening Doors: Top 5 Tips for Accessing Effective Addiction Services'
4:00 pm	Conclusion



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Parallel Workshop Descriptions (10:45 – 12:00) Choose one:

Working with Concurrent Addiction, Borderline Personality Disorder & Self-Harm

Andrew Ekblad, PhD Fellow, Borderline Personality Disorder Clinic, Concurrent Disorders Service, Addictions Program

Studies indicate that up to 58% of individuals diagnosed with Borderline Personality Disorder (BPD) also meet diagnostic criteria for a substance use disorder (Trull, Sher, Minks-Brown, Durbin, & Burr, 2000). While individuals diagnosed with BPD commonly experience a variety of difficulties including emotion dysregulation and impulsivity, these difficulties are exacerbated by the presence of a co-occurring substance use disorder (SUD). For instance, rates of dangerous behaviours such as self-harm and suicide are higher in individuals with BPD-SUD comorbidity compared to individuals suffering from either of these disorders alone (Welch, 2001). Due to the profound difficulties faced by individuals with BPD-SUD, empirically validated treatment options which target BPD-SUD comorbidity have recently received attention. This talk will give an overview of BPD-SUD co-morbidity, describe an empirically validated treatment for BPD (Dialectical Behaviour Therapy; DBT) and emphasize adaptations which have been made to DBT to increase its emphasis on the treatment of BPD-SUD comorbidity.

Evaluation of an Aboriginal Residential Treatment Cycle in a Mainstream Urban Hospital

Jeff D'Hondt, MSW, RSW Manager, Aboriginal Service, CAMH Addictions Program

& Dr. Peter Menzies, PhD, RSW Clinic Head, Aboriginal Service, CAMH Addictions Program

For most of the last decade, no Aboriginal substance abuse treatment program was offered in Toronto, which is home to a large and diverse urban Aboriginal community. From 2008-2010, CAMH and community partners developed, implemented and evaluated two pilot cycles of a residential treatment cycle integrating traditional Aboriginal healing practices with 'western' treatment modalities. The evaluation approach included pre, post and follow-up tests of clients' Behaviour and Symptom Identification Scale (BASIS-32) scores and self-reported substance use; client focus groups and interviews; a staff survey; and semi-structured interviews with staff and Advisory Group members. The evaluation revealed an overall reduction in BASIS-32 scores and substance use. Clients identified strongly with the Aboriginal healing practices, and increased connections and identification with the Aboriginal community. There is strong institutional and community support for continuing the program. Future work will focus on adapting the program for Aboriginal women.

Trauma and Substance Use: Adapting Seeking Safety for Youth

Gloria Chaim, MSW, RSW Deputy Clinical Director, Child, Youth & Family Program & Joanne Shenfeld, MSW, RSW Manager, Youth Addiction & Concurrent Disorders Service, Child, Youth & Family Program & Family Service, Addictions Program

The literature indicates that up to 75% of youth with substance use problems may have histories of serious trauma exposure. These youth often experience problems in a number of domains including increased likelihood of criminal behaviour, interpersonal problems, depression, anxiety, poor academic performance, and suicidality, resulting in interference of developing the requisite skills for adaptive adult functioning. As such, the development of effective treatment methods is essential. This workshop will discuss the pilot implementation and adaptation of Seeking Safety (Najavits, 2002), an evidence-based treatment program for adults with trauma-related symptoms and substance use issues in the Youth Addiction and Concurrent Disorders Service.

Working with Dynamite: How to Successfully Build and Run Concurrent Disorders Groups Using Core Concepts

Jan Malat, MD, FRCPC, ASAM Clinic Head, Integrative Group Therapies (IGT) Clinic, Concurrent Disorders Service, Addictions Program; Assistant Professor, Department of Psychiatry, University of Toronto & Suzanne Morrow, MSW, RSW, Addictions Program, Concurrent Disorders Service, CAMH, Department of Social Work, University of Toronto

The purpose of this interactive workshop will be to share our treatment experience working with a large variety of clients with concurrent disorders, with all types of psychiatric conditions, in a variety of different groups, within in an outpatient setting. We will illustrate, through the use of clinical examples, research and core concepts regarding how we modify our treatment approaches to maximize effectiveness for each subpopulation.

Rainbow Services: LGBT, Population-Specific Programming in Addiction Treatment

Jim Cullen, PhD, RSW Clinic Head/Manager, Rainbow Services; Manager, Integrative Group Therapies (IGT) Clinic, Concurrent Disorders Service, Addictions Program

In this workshop, participants will:

- Learn why population- specific programming for addiction treatment in the LGBT community is a priority, and how it differs from mainstream programming.
- Be provided with an overview of how the service provides treatment, how to refer clients, and models of care that are evidence-based for the LGBT community.
- Learn how concurrent disorder programming is integrated within the treatment model.



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From Trauma to Recovery: Group Psychotherapy for Childhood Trauma And Concurrent Substance Abuse

Pamela Stewart, MD, FRCPC, Psychiatrist, Concurrent Disorders Service, Addictions Program; Addictions Coordinator for Post-Graduate Residents & Fellows in the Dept. of Psychiatry, University of Toronto; Assistant Professor, Dept. of Psychiatry, University of Toronto

Clients with concurrent trauma and addiction issues are one of the most prevalent subpopulations seen in Addiction Services. Best practice advice for the specialized treatment of concurrent PTSD and substance use disorder recommends using an 'integrated approach' that deals with substance use and mental health at the same time; Seeking Safety (Najavits, 2002) is a prime example of this approach.

In this workshop, participants will:

- Understand the epidemiology and historical links between PTSD and substance use
- Understand the stages of trauma and substance use recovery
- Be introduced to some of the group treatment models and challenges in this developing field.

Concurrent Eating & Substance Use Disorders: Recognizing and Addressing the Problems

Christine Courbasson, PhD Clinic Head, Eating Disorders & Addictions Clinic, Concurrent Disorders Service Addictions Program

Eating disorders and substance use disorders frequently co-occur; yet, these concurrent disorders are often overlooked and rarely addressed in treatment, despite being one of the highest mortality rates in psychiatry. In this workshop, participants will learn effective ways to identify these concurrent disorders, as well as practical strategies to address these in treatment. Relapse prevention-related issues will be addressed.

Partnering With Families Affected by Co-Occurring Substance Use Disorders & Mental Illness

Caroline O'Grady, RN, MN, PhD, Advanced Practice Nurse Researcher, Concurrent Disorders Capacity-Building Team, Addictions Program & Wayne Skinner, MSW, RSW Deputy Clinical Director, Addictions Program

This workshop will review the results of a research program that tested a Support/Educational Family Concurrent Disorders Group intervention and a Family Concurrent Disorders Manual-Only intervention. It will also review a successfully delivered Family Concurrent Disorders Community-of-Practice that involved the implementation of Family Concurrent Disorders Support Groups by clinicians from 19 agencies around Ontario. Finally, it will review the implementation of a web-based Family Concurrent Disorders Support/ Educational Group facilitated by local practitioners and involving families from all over Canada and the United States. This workshop is designed for health care workers interested in the practical dimensions of designing and implementing services for families affected by concurrent disorders.

Introduction to Problem Gambling

Lisa Pont, MSW, RSW, Therapist, Counseling Services for the CAMH Problem Gambling Institute of Ontario (PGIO) & Trainer in Education and Community Resources, PGIO & Anu Goodman, M.Ed. (Ed. Psych.) Therapist, Counseling Services for the CAMH Problem Gambling Institute of Ontario (PGIO)

In this workshop, participants will:

- Be introduced to the nature of gambling through interactive activities.
- Learn about the impacts of problem gambling on both the individual and family member(s)
- Be able to identify the risk factors and warning signs associated with problem gambling behaviour.
- Learn about common concurrent disorders associated with problem gambling, and the effective strategies used to treat people with a gambling problem.
- Learn about the referral process and treatment services at the Problem Gambling Institute of Ontario (CAMH) Counseling Services.

Chronic Pain & Opiate Dependence

Beth Sproule, RPh, PharmD, Advanced Practice Pharmacist / Clinician Scientist, CAMH, Assistant Professor, Faculty of Pharmacy and Dept of Psychiatry, University of Toronto & Andrew J Smith, MDCM, Clinical Fellow, Pain and Addiction, CAMH and Wasser Pain Management Centre, Mount Sinai Hospital

Non-malignant chronic pain can be a difficult problem to treat. Often individuals with such issues find themselves reliant on opioid drugs, either because they have been prescribed them for extended periods of time, leading to dependence, or because they have turned to these substances in the absence of other effective treatments for these chronic problems.

This workshop will focus on:

- The nature of chronic pain – the diverse forms that it can take
- Opioid dependence as a risk factor in people with chronic pain
- Screening and assessing co-occurring chronic pain and opioid dependence
- Treatment alternatives for people with concurrent chronic pain and opioid dependence
- Recent initiatives to create improved clinical practices to better serve people with pain and addiction



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Plenary Discussion (3-4 pm):

Opening Doors

‘Top 5 Tips for Accessing Effective Addiction Services’

Moderator: Dennis James, M.Sc.,

Deputy Clinical Director, Addictions Program

Panellists include:

- **Debbie Ernest, MSW, RSW**, Advanced Practice Clinician, Primary Care Initiatives - Concurrent Disorders Capacity Building Team
- **Rosanra Yoon, RN, MN, CPMHN(C)**, Advanced Practice Nurse, Addiction Medicine Service
- **Tim Godden, MSW, RSW**, Advanced Practice Clinician, Assessment and Brief Treatment Services
- **Kirstin Bindseil, MSW, RSW**, Advanced Practice Clinician, Integrated Day/Residential and Women’s Programming
- **Marilyn Herie, PhD, RSW**, Director, TEACH Project & Advanced Practice Clinician