

Transforming lives through learning

Continuing professional education courses
and resources for addiction, mental health
and other health care providers

Transformer des vies grâce à l'apprentissage

Cours de formation professionnelle continue
et ressources pour les fournisseurs de soins
en toxicomanie, en santé mentale et
dans d'autres domaines de la santé



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Program Development

Élaboration des programmes

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Learning is always a two-way exchange. Our faculty share their knowledge and skills, making participants better able to support clients in recovery. In turn, participants share their practical experience, helping us in our own practice and work lives. In this sense, learning is a transformational experience for our learners, our faculty and the clients we serve.

Within this context, I am pleased to present this year's continuing professional education course calendar, *Transforming Lives Through Learning*.

This year, we're offering some exciting new courses. For example, in keeping with our commitment to diversity, we are offering a workshop entitled *Mental Health Diagnosis and Marginalized Communities*. This workshop will explore links between mental health diagnosis, client care and client's ethno-racial/ethno-cultural background, class, sexual orientation, gender identity, sex and/or age.

We have added *Appropriate Prescribing of Opioids; Talking about Safer Sex and HIV Prevention with Clients*; and *Trauma and Substance Use*. Due to high demand for skill-based workshops, we will be re-offering *Motivational Interviewing; Introduction to Cognitive-Behavioural Therapy*; and *Assessing and Treating Depression*.

Finally, I would like to remind you about our exciting line-up of online learning courses that you can take from the convenience of your home or office. Along with returning favourites, this year's new course offerings include *Youth & Drugs and Mental Health*; and *Interactions between Psychiatric Medications and Drugs of Abuse*.

Whether you are new to the addiction and mental health field or an experienced veteran, our courses offer you a wide range of learning opportunities presented by highly qualified practitioners.

We look forward to hearing from you.

Best regards,
Nevin Coston, Ph.D.
Director of Program Development
Centre for Addiction and Mental Health

L'apprentissage a toujours été un échange inter-actif de connaissances. Nos enseignants font part de leurs connaissances et de leurs compétences, ce qui permet aux participants de mieux appuyer le rétablissement de leurs clients. En retour, les participants font part de leur expérience pratique, ce qui nous est utile dans l'exercice de notre profession et dans notre vie professionnelle. En ce sens, l'apprentissage est une expérience transformationnelle pour les apprenants, notre personnel enseignant et les clients que nous servons.

Dans ce contexte, je suis heureux de présenter le calendrier des cours de formation professionnelle continue de cette année intitulé *Transformer des vies grâce à l'apprentissage*.

Cette année, nous offrons de nouveaux cours très intéressants. Par exemple, dans le cadre de notre engagement à l'égard de la diversité, nous offrons un atelier intitulé *Mental Health Diagnosis and Marginalized Communities* qui examine les liens entre le diagnostic de santé mentale, les soins au client et ses antécédents ethnoraciaux et ethnoculturels, sa classe sociale, son orientation et son identité sexuelles, son sexe et son âge.

Nous avons ajouté *Appropriate Prescribing of Opioids ; Talking about Safer Sex and HIV Prevention with Clients* et *Trauma and Substance Use*. En raison du succès remporté par nos ateliers basés sur les compétences, nous offrirons à nouveau *Motivational Interviewing ; Introduction to Cognitive Behavioural Therapy* et *Assessing and Treating Depression*.

Enfin, j'aimerais vous rappeler que nous offrons de très intéressants cours en ligne que vous pouvez suivre à la maison ou au bureau. Cette année, en plus des cours toujours populaires, nous offrons de nouveaux cours comprenant : *Youth & Drugs and Mental Health* et *Interactions between Psychiatric Medications and Drugs of Abuse*.

Que vous commenciez à vous familiariser avec la toxicomanie ou la santé mentale ou que vous soyez un professionnel chevronné, nos cours, qui sont dispensés par des praticiens hautement qualifiés, vous proposent tout un éventail d'occasions d'apprentissage.

C'est un rendez-vous.

Cordialement,
Le directeur, Élaboration des programmes
Centre de toxicomanie et de santé mentale,
Nevin Coston, Ph.D.

Course	Date	Page
Appropriate Prescribing of Opioids	November 11, 2006 Other dates TBA	7
Asking the Right Questions 2: Talking with Clients about Sexual Orientation and Gender Identity in Mental Health, Counselling and Addictions Settings	February 22, 2007	7
Assessing and Treating Bipolar Disorder	January 23, 2007	8
Assessing and Treating Depression	October 17, 2006	8
Building and Sustaining Equitable Partnerships with Diverse Communities/Groups	May 14–15, 2007	9
Creating Awareness about Youth Suicide: The LGBTTTIQ Factor	April 11, 2007	9
Eating Disorders and Addiction	January 16–17, 2007	10
First-Stage Trauma Treatment for Women: A Gender-Contextualized Approach	March 6–7, 2007	10
Foundations of Suicidology	November 22, 2006	11
Fundamental Concepts in Addiction	November 7–8, 2006 May 30–31, 2007	11
Fundamental Concepts in Mental Health	February 27 – March 1, 2007	12
HIV/AIDS and Mental Health	June 12, 2007	12
Interactions Between Psychiatric Medications and Drugs of Abuse	October 24, 2006 April 13, 2007	13
Introduction to Borderline Personality Disorder	October 18, 2006	13
Introduction to Cognitive-Behavioural Therapy	February 2007	14
Introduction to Concurrent Disorders	September 21–22, 2006	14
Introduction to First-Episode Psychosis	May 10, 2007	15
Mental Health Diagnosis and Marginalized Communities	February 21, 2007	15
Methadone Maintenance Treatment Workshop	September 16, October 21, 2006 January 20, March 3, April 14, May 26, 2007	16
Motivational Interviewing	September 27–28, 2006	16
Motivational Interviewing: Advanced Applications	June 5–6, 2007	17
Rave, Club and Party Drugs	February 8, 2007	17
Severe Mental Illness and Substance Use	May 8–9, 2007	18
Structured Relapse Prevention: A Practical Approach for People with Concurrent Disorders	January 25, 2007	18
Suicide and Aboriginal Peoples	May 16, 2007	19
Suicide Intervention with Older Persons	March 21, 2007	19
Supporting and Working Effectively with Family Members	April 16, 2007	20
Talking about Safer Sex and HIV Prevention with Clients	October 31, 2006	20
Trauma and Substance Use	October 26, 2006	21
Working with Youth with Mental Health and Substance Use Problems	December 4–5, 2006	21

4 | Monthly Schedule of Classroom Courses

September 2006	Date	No. of Days	Faculty	No. of Training Hrs.
Methadone Maintenance Treatment	Sept. 16	1	<i>See page 16</i>	6
Introduction to Concurrent Disorders	Sept. 21–22	2	Tim Godden Ellie Munn	12
Motivational Interviewing	Sept. 27–28	2	Tim Godden Carolynne Cooper	12
October 2006	Date	No. of Days	Faculty	No. of Training Hrs.
Assessing and Treating Depression	Oct. 17	1	TBA	6
Intro. to Borderline Personality Disorder	Oct. 18	1	Dr. Robert Cardish	6
Methadone Maintenance Treatment	Oct. 21	1	<i>See page 16</i>	6
Interactions Between Psychiatric Medications and Drugs of Abuse	Oct. 24	1	Pearl Isaac Wende Wood	6
Trauma and Substance Use	Oct. 26	2	TBA	6
Talking about Safer Sex and HIV Prevention with Clients	Oct. 31	1	Ishwar Persad Lucy Costa Matthias Kaay Rob Peach	6
November 2006	Date	No. of Days	Faculty	No. of Training Hrs.
Fundamental Concepts in Addiction	Nov. 7–8	2	Carolynne Cooper Robyn Beron	12
Appropriate Prescribing of Opioids	Nov. 11	1	Dr. Anita Srivastava Dr. Mel Kahan	6
Foundations of Suicidology	Nov. 22	1	Rosemary Hardwick	6
December 2006	Date	No. of Days	Faculty	No. of Training Hrs.
Working with Youth with Mental Health and Substance Use Problems	Dec. 4–5	2	Gloria Chaim Dr. Bruce Ballon Joanne Shenfeld	12
January 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Eating Disorders and Addiction	Jan. 16–17	2	Christine Courbasson Harriet Weaver	12
Methadone Maintenance Treatment	Jan. 20	1	<i>See page 16</i>	6
Assessing and Treating Bipolar Disorder	Jan. 23	1	Dr. Bruce Ballon Carol Parker	6
Structured Relapse Prevention: A Practical Approach for People with Concurrent Disorders	Jan. 25	1	Marilyn Herie Lynn Watkin-Merek	6
February 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Rave, Club and Party Drugs	Feb. 8	1	Wende Wood Carin McLean Guest speaker Clara Locey	6
Mental Health Diagnosis and Marginalized Communities	Feb. 21	1	Branka Agic Diana Capponi Ted Lo	6
Asking the Right Questions 2: Talking with Clients about Sexual Orientation and Gender Identity in Mental Health, Counselling and Addictions Settings	Feb. 22, 2007	1	Janet Mawhinney Hershel Russell	6

February 2007 [continued]	Date	No. of Days	Faculty	No. of Training Hrs.
Fundamental Concepts in Mental Health	Feb. 27 – Mar. 1	3	Stefan Brennan Janet Durbin Kate Dewhirst Jennifer Foster	18
Introduction to Cognitive-Behavioural Therapy	Feb. 2007	1	TBA	6
March 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Methadone Maintenance Treatment	Mar. 3	1	<i>See page 16</i>	6
First-Stage Trauma Treatment for Women: A Gender-Contextualized Approach	Mar. 6–7	2	Lori Haskell	12
Suicide Intervention with Older Persons	Mar. 21	1	Lara McLenan-Ben Donna Pfefer	6
April 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Creating Awareness about Youth Suicide: The LGBTTTIQ Factor	Apr. 11	1	Gregory Kim Linda Cartain Rosemary Hardwick	6
Interactions Between Psychiatric Medications and Drugs of Abuse	Apr. 13	1	Wende Wood Pearl Isaac	6
Methadone Maintenance Treatment	Apr. 14	1	<i>See page 16</i>	6
Supporting and Working Effectively with Family Members	Apr. 16	1	Colleen Kelly Joanne Shenfeld Sukki Bubbra	6
May 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Severe Mental Illness and Substance Use	May 8–9	2	<i>See page 18</i>	12
Introduction to First-Episode Psychosis	May 10	1	Dr. Irvine Epstein Sabrina Baker (other TBA)	6
Building and Sustaining Equitable Partnerships with Diverse Communities/Groups	May 14–15	1	Linda Grobovsky Mary Quartarone Yuen Hing Tse Faculty from community agencies to be announced	6
Suicide and Aboriginal Peoples	May 16	1	Barbara Hurford Elder Vern (Asin) Harper Lizz Arger Ana Bodnar Robert Crawford	6
Methadone Maintenance Treatment	May 26	1	<i>See page 16</i>	6
Fundamental Concepts in Addiction	May 30–31	2	Carolynne Cooper Robyn Beron	12
June 2007	Date	No. of Days	Faculty	No. of Training Hrs.
Motivational Interviewing: Advanced Applications	Jun. 5–6	2	Marilyn Herie Wayne Skinner	12
HIV/AIDS and Mental Health	Jun. 12	1	TBA	6

Location and Time

All courses will be held at the Centre for Addiction and Mental Health, 33 Russell Street, Toronto, Ontario, unless otherwise noted. The closest major intersection to this site is College Street and Spadina Avenue, which is accessible by public transit via the College or Spadina streetcars.

Limited paid parking is available at this site and is accessible from Spadina Avenue.

Unless otherwise noted, all courses run from 9:00 a.m. to 4:30 p.m., with a one-hour lunch break at 12:00 noon as well as morning and afternoon breaks.

The Russell Street site is wheelchair/scooter-accessible.

Continuing Education Credits

We issue letters of completion (formal documentation of course/program participation) when you complete a course. These letters indicate the course title and date, the nature of the course content, the number of hours involved and the name of the participant.

The Canadian Addiction Counsellors Certification Federation (CACCF) is a Canadian organization that grants certification for substance use counsellors. We have included their Continuing Education Credit Hours with each course, under the abbreviation "CACCF CEC HOURS." For additional information, please contact the CACCF at 519 772-0533.

Other professional certifying bodies may also accept our courses as meeting requirements for continuing professional education. Most of our courses are eligible for professional development credit hours. Please check with your professional organization.

Endroit et heures

À moins d'avis contraire, tous les cours seront donnés au Centre de toxicomanie et de santé mentale, au 33 rue Russell, à Toronto (Ontario). Cet emplacement se trouve près du carrefour de la rue College et de l'avenue Spadina. Il est accessible par les tramways de la rue College et de l'avenue Spadina.

Le stationnement payant est limité. On peut y accéder par l'avenue Spadina.

À moins d'avis contraire, tous les cours seront donnés de 9 h à 16 h 30, avec une pause-déjeuner d'une heure, à midi, et une pause le matin et l'après-midi.

L'emplacement de la rue Russell est accessible en fauteuil roulant et en triporteur (« scooter »).

Crédits de formation continue

Une lettre d'attestation officielle sera remise à chaque participante ou participant qui terminera un cours ou un programme. Cette lettre indique le titre et la date du cours suivi, son contenu, le nombre d'heures de cours et le nom de la participante ou du participant.

La Fédération canadienne d'agrément des conseillers en toxicomanie (FCACT) est un organisme canadien qui confère des certificats d'agrément aux conseillers et conseillères qui travaillent dans le domaine du traitement de la dépendance à l'alcool et aux autres drogues. Chaque description de cours comprend le nombre d'heures-crédits de formation continue qu'accorde la FCACT, sous la rubrique « heures-crédits de la FCACT » pour le cours en français, et « CACCF CEC HOURS » pour les cours en anglais. Pour de plus amples renseignements, veuillez vous adresser à la FCACT, au 519 772-0533.

D'autres organismes d'attestation professionnelle pourraient reconnaître, eux aussi, que nos cours répondent aux exigences de leurs programmes de formation professionnelle continue. La plupart de nos cours donnent droit à des heures-crédits de perfectionnement professionnel. Veuillez consulter votre organisme professionnel à ce sujet.

Appropriate Prescribing of Opioids

Saturday, November 11, 2006 • Other dates TBA

FEE: \$350 (includes materials and lunch)
TIME: 8:30 a.m. – 5:00 p.m.

FACULTY

Dr. Anita Srivastava
Dr. Mel Kahan

For more information, contact Robyn Steidman in Program Development at 416 535-8501, ext. 6640.

COURSE DESCRIPTION

This one-day workshop teaches physicians and pharmacists skills and guidelines for safely prescribing opioids and identifying and managing prescription opioid dependence. Knowledge and skills will be acquired through expert presentations and case studies.

WHO IS ENCOURAGED TO PARTICIPATE?

Physicians and pharmacists

Accreditation for Main Pro M1 credits from the College of Family Physicians of Canada and Main Cert credits from the Royal College of Physicians and Surgeons of Canada pending.

Accreditation for CCCEP pending

PARTICIPANTS WILL LEARN

- > management of chronic non-malignant pain (CNMP): issues and challenges
- > about opioids and chronic pain
- > safe and effective opioid prescribing for CNMP
- > recognition, assessment and management of the opioid-dependent client

Asking the Right Questions 2: Talking with Clients about Sexual Orientation and Gender Identity in Mental Health, Counselling, and Addictions Settings

Thursday, February 22, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Janet Mawhinney, M.A., Diversity, Education and Training Specialist CAMH
Hershel Russell, Psychotherapist

COURSE DESCRIPTION

Substance use and mental health concerns may be related to sexual orientation and/or gender identity issues, particularly those aspects linked to stigma, isolation and, in some cases, harassment and discrimination. Many clients are not open about their sexual orientation or gender identity in mainstream treatment and counselling facilities. They may feel uncomfortable or anxious, fearing negative responses or prejudiced attitudes from staff and other clients.

Some clinicians and their agencies or services may be uncomfortable asking questions and creating an environment that would help clients to disclose such information. As a result, these clients are often poorly served, with adverse health consequences.

This training aims to support clinicians in increasing their reper-

toire of appropriate questions and approaches to serving clients from marginalized sexual orientations and gender identities (lesbian, gay, bisexual, transgender, transsexual, two-spirited, intersex, queer communities, or LGBTTTIQ). The Centre for Addiction and Mental Health conducted a research project through its Rainbow Services program, asking addiction and mental health service providers and clients across the province what tools and strategies they need to create and access more inclusive practices and services. Clients shared questions and approaches that make it easier for them to disclose their sexual orientation and/or gender identity to a clinician. They were also asked to outline the most important issues that they face and would like to be asked about during a first or early appointment with a clinician. The result is a "road-tested" two-part

manual on asking the right questions, designed to increase cultural competency in working with these communities.

WHO IS ENCOURAGED TO PARTICIPATE?

Intake, assessment, counselling and medical services providers

Practitioners with some openness to LGBTTTIQ issues, seeking to support and increase awareness and skills

PARTICIPANTS WILL LEARN

- > the importance of identifying sexual orientation and gender identity in the assessment process
- > unique concerns of LGBTTTIQ clients
- > how to engage clients in a positive treatment process
- > key terms and concepts to enhance cultural competency
- > practical application of the guide and tool developed by CAMH

Assessing and Treating Bipolar Disorder

Tuesday, January 23, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Bruce Ballon, MD, FRCP(C), *Clinical Education Specialist, Consultant Psychiatrist, Youth Addiction and Problem Gambling Services, Addictions Programs, Child, Youth and Family Program, CAMH*

Carol Parker, MSW, RSW, *Clinical Social Worker, Mood and Anxiety Program, CAMH*

COURSE DESCRIPTION

This workshop offers an overview of bipolar disorder. Through presentations, group discussions and case scenarios, we will explore how to assess and treat clients who have recurrent episodes of mania and depression. The workshop outlines the signs and symptoms of bipolar disorder and gives the learner a better understanding of the treatments available.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, social workers, occupational therapists, counsellors and mental health and substance use workers in the hospital and community setting

PARTICIPANTS WILL LEARN

- > the signs and symptoms of bipolar disorder
- > the different presentations of bipolar disorder in youths and adults
- > how concurrent addiction issues relate to bipolar disorders
- > what treatment options are available

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Assessing and Treating Depression

Tuesday, October 17, 2006

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Janine Robb, *Administrative Director: Mood, Anxiety and Women's Mental Health Program, CAMH*

COURSE DESCRIPTION

This workshop offers an overview of depression for health care professionals. Through presentations, small and large group discussions and case scenarios, the course explores how to assess and treat the various types of depressive disorders, including major depression, dysthymic disorder, and atypical depression.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, social workers, occupational therapists, counsellors, and mental health and addiction workers in the hospital and community setting

PARTICIPANTS WILL LEARN

- > the signs and symptoms of depression
- > treatment options available for depression, including medications, psychotherapies, and electro-convulsive therapy
- > how concurrent addiction issues are common with depression
- > strategies to help clients and their families cope with depression
- > different ways depression presents in youth and across the life span
- > how issues of diversity affect depression

Building and Sustaining Equitable Partnerships with Diverse Communities/Groups

Monday, May 14 – Tuesday, May 15, 2007

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Linda Grobovsky, *Community Health and Education Specialist, Program Development, CAMH*

Mary Quartarone, *Community Health and Education Specialist, Program Development, CAMH*

Yuen Hing Tse, *Diversity Consultant, Diversity Programs Office, CAMH*

Faculty from community agencies to be announced

COURSE DESCRIPTION

This two-day course is for people who want to partner with diverse communities to provide mental health and substance use services. The course uses interactive, practical strategies and tools to introduce key elements and phases of the partnership process. It examines why some partnerships with marginalized communities are effective and why many are not. At the end of the course, participants will be able to assess and build on their strengths and identify strategies that foster equitable and effective partnerships and overcome specific barriers and challenges.

WHO IS ENCOURAGED TO PARTICIPATE?

Therapists, counsellors, educators, program developers and managers in the human and social service fields who are planning to work/partner with diverse groups and/or communities

PARTICIPANTS WILL LEARN

- > several partnership models, definitions and examples
- > how the issues of power and diversity, personal world-views and cultural assumptions influence partnership dynamics
- > strategies to address key personal and organizational barriers and challenges
- > resources, including practical tools, that can help with partnership initiation, growth and evaluation

Creating Awareness About Youth Suicide: The LGBTTTIQ Factor*

Wednesday, April 11, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Linda Cartain, *Addiction Therapist, Drug Treatment Court, CAMH*

Rosemary Hardwick, *Chair and Trainer, Toronto Suicide Information Alliance (TSIA)*

Gregory Kim, *Community Support and Research Unit (CSRU), CAMH*

COURSE DESCRIPTION

We are only now beginning to understand the scope and impact of suicide with LGBTTTIQ young people. More and more clinicians are starting to ask the right questions, in the right way, to reach out to this marginalized group of youth. Participants will explore the depth of suicide within this population, and enhance their understanding of the impact that sexual orientation and gender identity has on youth. The course will examine suicidal behaviour in lesbian/gay/bisexual/transgender/transsexual/two-spirited/intersex/queer youth and look at homo-/bi-/trans-phobia. This highly interactive session will look at specific risk factors for LGBTTTIQ youth. There is also an opportunity to meet and talk with the parent(s) of youth who have committed suicide.

WHO IS ENCOURAGED TO PARTICIPATE?

Social workers, nurses and addiction or mental health staff working in community based, correctional or hospital settings; anyone who may encounter a LGBTTTIQ suicidal individual in their environment
Youth with personal experience with suicide are especially encouraged to participate and interact with facilitators

PARTICIPANTS WILL LEARN

- > a framework to guide interventions with LGBTTTIQ people who express suicidal thoughts or behaviours
- > how to identify and understand barriers to suicide intervention for LGBTTTIQ youth
- > an assessment tool to address lethality and guide your interventions
- > LGBTTTIQ community resources and safety zone strategies
- > tools for professional competency when engaging LGBTTTIQ suicidal individuals

*Recommended prerequisite:

Foundations of Suicidology, offered November 22, 2006.

Eating Disorders and Addiction

Tuesday, January 16 – Wednesday, January 17, 2007

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Christine Courbasson, Ph.D., C.Psych, *Clinic Head, Eating Disorders and Addiction Clinic*

Harriet Weaver, M. Ed., *Staff Therapist, Eating Disorders and Addiction Clinic*

COURSE DESCRIPTION

This two-day workshop focuses on the screening and treatment of substance use and co-occurring eating disorders. Through presentations, case activities, and small and large group discussions, participants will explore how to recognise concurrent eating and substance use disorders and effectively work with clients experiencing eating disorders along with concurrent substance use problems.

WHO IS ENCOURAGED TO PARTICIPATE?

Mental health and substance use workers, and front-line human service providers working with clients with co-occurring substance use and mood disorders

PARTICIPANTS WILL LEARN

- > similarities and differences between eating disorders and substance use disorders
- > how to screen and assess for eating disorders and substance use disorders
- > how to conduct a functional analysis of eating disorders and addiction symptoms
- > cognitive and behavioural and other interventions for concurrent disorders
- > practical skills, tools and strategies for working with clients

First Stage Trauma Treatment for Women: A Gender-Contextualized Approach

Tuesday, March 6 – Wednesday, March 7, 2007

FEE: \$300*

CACCF CEC HOURS: 12

FACULTY

Lori Haskell, EdD, C.Psych., *Clinical Psychologist, private practice; Assistant Professor, Department of Psychiatry, University of Toronto*

COURSE DESCRIPTION

Most mental health professionals recognize the challenges of offering help when clients' trauma-related problems seem to be complex and overwhelming, both for the client and for the caregiver. Often caregivers are unsure of how first to intervene. Current trauma therapy models have a stage-oriented approach. The first stage of treatment demands highly skilled therapists to help clients manage and contain their responses to post-traumatic stress. This course teaches you about trauma and its treatment, the basic components of first-stage trauma treatment and specific tools and concrete strategies to use in beginning this work.

WHO IS ENCOURAGED TO PARTICIPATE?

Workers in addiction and mental health settings responding to issues of trauma among female clients



*Registration fee includes a copy of Dr. Lori Haskell's book *First Stage Trauma Treatment: A Guide for Therapists Working with Women*.

PARTICIPANTS WILL LEARN

- > the symptoms, biology and causes of trauma
- > how to recognize and build the critical role of the therapeutic relationship
- > how to apply a psycho-educational model of treatment
- > how to assemble and apply a toolbox of coping strategies

Foundations of Suicidology

Wednesday, November 22, 2006 FEE: \$125 CACCF CEC HOURS: 6

FACULTY

Rosemary Hardwick, Chair and Trainer, Toronto Suicide Information Alliance (TSIA)

COURSE DESCRIPTION

This one-day workshop gives participants a broad overview of the phenomenon of suicide and the risk factors related to suicidal thoughts and behaviours. Using suicide case studies, participants will learn about, apply and practise using risk-assessment tools to assess lethality, or risk of completing a suicidal attempt. Participants will also learn about solution-focused intervention strategies. This program is recommended for those planning to attend our winter and spring programs on *Suicide and Older Persons*, *Suicide and Aboriginal Peoples*, and *Youth Suicide: The LGBTTTIQ Factor* (see program descriptions in this calendar).

WHO IS ENCOURAGED TO PARTICIPATE?

Social workers, nurses and addiction or mental health staff working in community-based and hospital settings; people whose work setting may bring them into contact with a person who presents as suicidal

PARTICIPANTS WILL LEARN

- > a framework to guide interventions with people who express suicidal thoughts or behaviours
- > how to identify and understand barriers to prevention
- > an assessment tool to address lethality and guide your interventions
- > about community resources

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Fundamental Concepts in Addiction*

Tuesday, November 7 – Wednesday, November 8, 2006

or

Wednesday, May 30 – Thursday, May 31, 2007

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Carolynne Cooper, MSW, RSW, Therapist, Brief Treatment Services, CAMH

Robyn Beron, M.Ed, RSW, Therapist, Youth Addictions Service, CAMH

COURSE DESCRIPTION

In Canada, three out of four people with addiction issues do not receive treatment, despite the fact that many receive other health care services. This two-day course gives health care professionals an introduction to substance use and its treatment. The course will help service providers detect and understand substance use issues, use basic screening tools and explore assessment and treatment options.

WHO IS ENCOURAGED TO PARTICIPATE?

Mental health workers, allied health professionals and counsellors who are new to substance use services

PARTICIPANTS WILL LEARN

- > about substance use trends and the problems they create
- > how drugs affect the human body
- > why people use substances
- > the impact of stigma on access to services
- > screening and assessment tools
- > clinical indicators of problematic use
- > treatment options including the Ontario treatment system, motivational interviewing, harm reduction and withdrawal management

*An adapted version of this course is available online.

Fundamental Concepts in Mental Health*

Tuesday, February 27 – Thursday, March 1, 2007

FEE: \$350

CACCF CEC HOURS: 18

FACULTY

Dr. Stefan Brennan, *Addiction Psychiatry Fellow, Concurrent Disorders Service, CAMH*

Janet Durbin, PhD, *Research Scientist, Health Systems Research and Consulting Unit, CAMH; Assistant Professor, Department of Psychiatry, University of Toronto*

Kate Dewhirst, *Legal Counsel, CAMH*

Jennifer Foster, *Legal Counsel, CAMH*

COURSE DESCRIPTION

Approximately one in four Canadians will have some form of mental illness during their lifetime. This course offers an overview of major mental illnesses affecting Canadians today, exploring risk and protective factors, family support and resources related to these conditions. Also included are client-centred methods of assessing and treating mood disorders, anxiety disorders, psychotic disorders, trauma and schizophrenia, with a focus on client rehabilitation within the community.

WHO IS ENCOURAGED TO PARTICIPATE?

Addiction workers and health and human services providers seeking knowledge of mental health and illness

PARTICIPANTS WILL LEARN

- > about risk and protective factors of mental illnesses
- > client-centred methods of assessing and treating mood disorders, anxiety disorders, psychotic disorders, trauma and schizophrenia
- > about community resources and support for client rehabilitation
- > health-promoting strategies to address stigma and rehabilitation

*An adapted version of this course is available online.

HIV/AIDS and Mental Health

Tuesday, June 12, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

To be announced

COURSE DESCRIPTION

This workshop explores the unique opportunities and challenges presented in responding to the mental health and wellness of people with HIV/AIDS. The course offers practical strategies for working with people who are HIV-positive and/or have AIDS and are dealing with related mental health concerns.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, counsellors, social workers, clinicians and mental health and substance use workers in hospital and community settings, as well as other allied health care and social services workers

PARTICIPANTS WILL LEARN

- > some current HIV/AIDS and mental health treatment and approaches
- > practical strategies for working with people with HIV/AIDS who have mental health concerns
- > how to understand the dynamics of stigma across cultures and the intersection of stigma with sexism, homophobia, classism and racism in the local, national and international HIV/AIDS arenas
- > the impact of stigma and discrimination on access to services

Interactions between Psychiatric Medications and Drugs of Abuse*

Tuesday, October 24, 2006

or

Friday, April 13, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Pearl Isaac, RPh, BSc, Phm., *Pharmacy Services, CAMH*

Wende Wood, BA, BSP, *Board Certified Psychiatric Pharmacist, Drug Information and Drug Use Pharmacist, Pharmacy Services, CAMH*

COURSE DESCRIPTION

This one-day workshop looks at the needs of clients taking prescribed medications who also have substance use problems. Using tools such as case studies to evaluate their knowledge and to find practical solutions, participants will learn about pharmacology and mental health issues.

WHO IS ENCOURAGED TO PARTICIPATE?

Social workers, nurses, addiction counsellors and mental health workers providing services for clients taking prescribed medications who also have substance use problems

PARTICIPANTS WILL LEARN

- > how to identify the most common drugs of (mis)use and major classes of psychiatric medications
- > the most common interactions between psychiatric medications and other drugs
- > clinical issues in drug interactions, including referral resources

*An adapted version of this course is available online.

Introduction to Borderline Personality Disorder

Wednesday, October 18, 2006

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Robert Cardish, MD, FRCPC, *Director, Personality Disorders Clinic, CAMH*

COURSE DESCRIPTION

Clients with borderline personality disorder (BPD) challenge even the most experienced of therapists. The emotional extremes, interpersonal sensitivity and risk of self-harm associated with BPD can be especially difficult for therapists and other clinicians. Treating these clients often provokes intense feelings in the therapist, further complicating treatment. This course covers basic topics in understanding, managing and effectively working with clients with BPD.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, social workers and other mental health professionals

PARTICIPANTS WILL LEARN

- > an understanding of the biopsychosocial model of BPD
- > the key factors to successfully maintaining a therapeutic relationship with a client with BPD
- > the functions of self-destructive behaviour and approaches to its treatment
- > an overview of how to teach skills to clients with BPD

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Introduction to Cognitive-Behavioural Therapy

TBA – February 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

To be announced

COURSE DESCRIPTION

Increasingly, therapists in the field of substance use and mental health are using or incorporating strategies from cognitive-behavioural therapy (CBT) into their work with clients. Evidence has shown that CBT is highly effective in treating mood disorders (e.g., depression) and anxiety. Through interactive exercises, small group discussions and lectures, this one-day course introduces the use of CBT, its theoretical frameworks and its key elements and strategies. Case-based examples from mental health and substance use settings will be used.

WHO IS ENCOURAGED TO PARTICIPATE?

Mental health and substance use workers and front-line human service providers dealing with substance use and mental health issues in clients

PARTICIPANTS WILL LEARN

- > key principles of CBT
- > the cognitive model
- > CBT treatment protocol and how to apply key elements of the protocol

Introduction to Concurrent Disorders*

Thursday, September 21 – Friday, September 22, 2006

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Tim Godden, BSc, MSW, *Advanced Practice Clinician, MAARS; Assessment and Brief Treatment Services, CAMH*
Ellie Munn, MSW, RSW, *Problem Gambling Service, CAMH*

COURSE DESCRIPTION

This course introduces key frameworks and strategies used in treating co-occurring mental health and substance use concerns (concurrent disorders). Through interactive exercises, lectures and small group discussions, participants learn ways to reduce stigma and promote healing. The course addresses specific challenges of concurrent disorders and offers a “marketplace” of practical information and tools, applicable across a wide range of treatment settings.

WHO IS ENCOURAGED TO PARTICIPATE?

Substance use workers new to the field and mental health workers

PARTICIPANTS WILL LEARN

- > to understand the dynamics of concurrent disorders, including prevalence, assessment and treatment issues
- > the stages of change model, motivational interviewing, narrative therapy, solution-focused therapy and relapse prevention
- > to explore harm reduction and stigma
- > referral and treatment options, locally and across Ontario

*Two concurrent disorders courses will also be available online: *Introduction to Concurrent Disorders Online* and *Basic Pharmacology in Mental Health and Substance Use Online*.

Introduction to First Episode Psychosis

Thursday, May 10, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Dr. Irvine Epstein, MD, FRCPC, *First Episode Program, CAMH*

Sabrina Baker, MSW, RSW, *Family Worker, First Episode Program, CAMH*

Other faculty to be announced

COURSE DESCRIPTION

Research has shown that an untreated first episode of psychosis is likely to result in a poorer long-term outcome. This workshop offers current information on assessing and working with people experiencing a first episode of psychosis. Faculty who have been on the forefront of first-episode treatment in Canada share strategies for using treatment research and for helping people with psychosis and their families.

WHO IS ENCOURAGED TO PARTICIPATE?

Clinicians and others interested in learning more about the research and treatment of first-episode psychosis

PARTICIPANTS WILL LEARN

- > the latest research on first episode psychosis and its treatment
- > what happens during an assessment
- > how to make more informed referrals
- > how families are affected and supported during their involvement with the first-episode clinic

Mental Health Diagnosis and Marginalized Communities

Wednesday, February 21, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Branka Agic, MHS, *Community Health and Education Specialist, Program Development, CAMH*

Diana Capponi, FMP, *Employment Works! Coordinator, CAMH*

Ted Lo, MBBS, MRCPsych, FRCPC

COURSE DESCRIPTION

Do sexism, homo-/bi-/transphobia, classism and/or racism influence the way practitioners diagnose and treat marginalized clients? This course will explore links between mental health diagnosis and client care and clients' ethno-racial/ethno-cultural background, class, sexual orientation, gender identity, sex and/or age. We will also explore the impact of stigma and discrimination on marginalized communities and on individual mental well-being.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, counsellors, social workers, clinicians and mental health and substance use workers in hospital and community settings, as well as other allied health care and social services workers

PARTICIPANTS WILL LEARN

- > about the impact of oppression on the psychological well-being of individuals and communities
- > to understand the ways diagnoses are influenced by stereotypes and stigma
- > how stigma and discrimination impact marginalized individuals and communities and their ability/willingness to access mental health services
- > practical strategies for working with marginalized communities

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Methadone Maintenance Treatment Workshop*

September 16, 2006; October 21, 2006; January 20, 2007; March 3, 2007; April 14, 2007; May 26, 2007

TIME: 8:30 a.m. – 5:00 p.m.

FEE: \$450.00 for physicians (includes exam).

\$350.00 for pharmacists, nurses and counsellors.

Fee includes materials and lunch.

FACULTY

Eva Janecek, BScPhm, Pharmacist, Pharmacy Department, CAMH

Anne Kalvik, BScPhm, Pharmacist, Pharmacy Department, CAMH

Meldon Kahan, MD, Addiction Medicine Consultant, CAMH

Evelyn Neilas, MSW, RSW, Therapist, Addiction Programs, CAMH

Anita Srivastava, MD, Addiction Programs, CAMH

Other faculty to be announced

COURSE DESCRIPTION

This one-day workshop teaches physicians, pharmacists and counsellors skills and guidelines for effective and safe management of clients receiving methadone maintenance treatment (MMT) for opioid dependence. Knowledge and skills will be acquired through expert presentations, case discussion and written materials. Physicians must complete a written examination as part of the course requirement.

WHO IS ENCOURAGED TO PARTICIPATE?

Physicians, pharmacists and counsellors

For more information, contact
Robyn Steidman
in Program Development
at 416 535-8501, ext. 6640.

*An adapted version of this course is available online.

PARTICIPANTS WILL LEARN

- > an overview of opioid dependence and treatment
- > some fundamental concepts of MMT
- > methadone prescribing and dispensing issues
- > about a variety of urine drug screens
- > how to counsel methadone clients

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for 7 Mainpro-C credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, approved by the University of Toronto (7 credits).

The Continuing Education Office, Faculty of Medicine, University of Toronto designates this educational activity for a maximum of 7 category 1 credits toward The AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Motivational Interviewing

Wednesday, September 27 – Thursday, September 28, 2006

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Tim Godden, BSc, MSW, Advanced Practice Clinician, MAARS; Assessment and Brief Treatment Services, CAMH

Carolynne Cooper, MSW, RSW, Therapist, Brief Treatment Services, CAMH

COURSE DESCRIPTION

The principles of motivational interviewing can be applied to a diverse range of client populations. This workshop examines motivation as an interactive process between client and counsellor, providing a variety of practice tools to address key issues in therapy. Learning activities include lectures, clinical demonstrations and small group discussions. Special emphasis is placed on working with people who are more "resistant" than the average client.

WHO IS ENCOURAGED TO PARTICIPATE?

Clinicians and other health care providers who wish to develop their motivational interviewing skills.

PARTICIPANTS WILL LEARN

- > how to work effectively with "resistant" clients
- > how to build motivation for change
- > how to integrate the "stages of change" model with motivational counselling techniques
- > how to strengthen clients' commitment to change
- > how to apply motivational techniques with clients who have concurrent disorders

Motivational Interviewing: Advanced Applications*

Tuesday, June 5 – Wednesday, June 6, 2007

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Marilyn Herie, PhD, RSW, *Advanced Practice Clinician, Concurrent Disorders Capacity-Building Team, CAMH; Adjunct Professor, Faculty of Social Work, University of Toronto*

Wayne Skinner, MSW, RSW, *Deputy Clinical Director, Addictions Program, CAMH*

COURSE DESCRIPTION

If you feel you need a booster to improve your motivational interviewing skills, this workshop is for you. Using motivational strategies and techniques “on the fly” can be a challenge for many people. Participants will learn ways to anchor these techniques to become a more natural and integrated part of their clinical communication style. Participants will practise motivational interviewing skills and receive individualized feedback on their practice.

WHO IS ENCOURAGED TO PARTICIPATE?

Clinicians who wish to move from basic competence to more advanced clinical practice in motivational interviewing

PARTICIPANTS WILL LEARN

- > how to integrate key motivational strategies into their general communication style
- > how to evaluate their adherence to MI techniques
- > how to identify strategies to train others in motivational interviewing

***Prerequisite:** This program is open to participants who have attended CAMH’s two-day *Motivational Interviewing* course or *Motivational Interviewing Online* course, or equivalent.

Rave, Club and Party Drugs

Thursday, February 8, 2007

FEE: \$125

CACCF CEC HOURS: 12

FACULTY

Wende Wood, BA, BSP, *Board Certified Psychiatric Pharmacist, Drug Information and Drug Use Evaluation Pharmacist, Pharmacy Services, CAMH*

Carin McLean, MSW, *Supervisor, Youth Outreach Services, CAMH*

Clara Locey, *Guest speaker*

COURSE DESCRIPTION

What is really happening in the rave and club scene? What do we know about “ravers” and their culture? How has this phenomenon been taken up by more mainstream clubs and club-goers? This course explores what makes these events and their participants unique, how participants in the party scene view the experience and what drugs are integral to these scenes. We will explore major trends in substance use, the effects and risks of specific substances and combinations of drugs, and harm reduction approaches to working with the youth and adults involved.

WHO IS ENCOURAGED TO PARTICIPATE?

Substance use counsellors, allied health care workers and policy makers

PARTICIPANTS WILL LEARN

- > the unique characteristics and appeal of the rave and club scenes
- > major trends in drug use and rates of use
- > major classes of drugs and key characteristics
- > the effects and risks of specific drugs and drug combinations
- > harm reduction approaches to working with the youth and adults involved

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Severe Mental Illness and Substance Use

Tuesday, May 8 – Wednesday, May 9, 2007

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Andrea Tsanos, MA, *Advanced Practice Clinician, Concurrent Disorders Capacity-Building Team, CAMH*

Eva Ingber, MSW, RSW, *Advanced Practice Clinician, Schizophrenia Program, Concurrent Disorders, CAMH*

Mike Pett, MSW, RSW, *Therapist, Concurrent Disorders Service, CAMH*

Sandra Cushing, MSW, RSW, *Social Worker, Women's Service, CAMH*

Stefan Brennan, MD, FRCP(C), *Fellow in Addiction Psychiatry, Concurrent Disorders Capacity-Building*

COURSE DESCRIPTION

This two-day workshop looks at severe mental illness and concurrent substance use problems. Through presentations, case studies and discussions, participants will explore the complexity of how these concurrent problems affect assessment, applications of therapy approaches, medication and community support.

WHO IS ENCOURAGED TO PARTICIPATE?

Mental health and substance use workers, and front-line human service providers working with clients with concurrent substance use and severe mental illness

PARTICIPANTS WILL LEARN

- > about the relationship between severe mental illness and substance use
- > how to assess clients with severe mental illness and substance use problems
- > some integrated treatment approaches
- > practical skills, tools and strategies for working with clients with co-occurring mental health illness and substance use problems

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Structured Relapse Prevention: A Practical Approach for People with Concurrent Disorders

Thursday, January 25, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Marilyn Herie, PhD, RSW, *Advanced Practice Clinician, Concurrent Disorders, Capacity-Building Team, CAMH; Adjunct Professor, Faculty of Social Work, University of Toronto*

Lyn Watkin-Merek, RN, BScN, CPMHN, *Manager of the Minimum Rehabilitation Unit in the Law and Mental Health Program, CAMH.*

COURSE DESCRIPTION

One of the challenges in offering integrated treatment to people with concurrent substance use and mental health problems is a lack of concrete, user-friendly clinical tools. This session will cover the basics of working with clients with concurrent disorders, and introduce a treatment approach – Structured Relapse Prevention, or SRP – that can be used in a variety of service settings. SRP counselling is a brief, cognitive behavioural, manual-based approach used in a variety of counselling settings.

The session will cover screening and assessment tools, homework exercises and therapist checklists to work with clients in assessment, motivational counselling, treatment planning, and relapse prevention. A comprehensive set of coping skills exercises that can be assigned as homework or discussed during treatment sessions is also covered. This interactive, hands-on session will use video demonstrations and case examples to illustrate the SRP approach.

WHO IS ENCOURAGED TO PARTICIPATE?

Health and human service practitioners from any discipline who provide clinical care to people with concurrent disorders

PARTICIPANTS WILL LEARN

- > about an extensive treatment protocol and a CD-ROM of clinical tools
- > how to apply SRP clinical tools with clients with concurrent disorders
- > ways to adapt the tools for use in your own clinical setting

Suicide and Aboriginal Peoples*

Wednesday, May 16, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Elder Vern (Asin) Harper, *Cree Spiritual Elder and Medicine Man*

Lizz Arger, *Therapist, Aboriginal Services, CAMH*

Dr. Ana Bodnar, PhD, C.Psych., *Clinical Psychologist*

Robert Crawford, *Therapist, Aboriginal Services, CAMH*

Barbara Hurford, *Therapist, Aboriginal Services, CAMH*

COURSE DESCRIPTION

This workshop explores the unique opportunities and challenges presented in responding to Aboriginal people who exhibit suicidal thoughts or behaviours. Aimed at both Aboriginal and non-Aboriginal service providers, the workshop also offers a historical and cultural context to suicide intervention with this population.

WHO IS ENCOURAGED TO PARTICIPATE?

Aboriginal and non-Aboriginal mental health and addictions workers in hospital and community settings

PARTICIPANTS WILL LEARN

- > a historical and cultural context to suicide in Aboriginal Peoples
- > a framework for understanding suicide
- > strategies and interventions

*Recommended prerequisite:

Foundations of Suicidology, offered November 22, 2006

Note: Registration is limited to 30 people. Where cost prohibits participation, bursaries may be available to qualifying agencies.

Suicide Intervention with Older Persons*

Wednesday, March 21, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Lara McLenan-Ben, BA (Psych.), BSW, MSW, RSW, *Inpatient Social Worker, Geriatric Mental Health Program, CAMH*

Donna Pfefer, BA, BSc OT Reg (Ont), *Occupational Therapist, Geriatric Mental Health Program, CAMH*

Other faculty to be announced

COURSE DESCRIPTION

Suicide is five times more likely in people over the age of 60 than in younger groups. As our population ages, health care professionals need to become more sensitive and skilled in prevention and support for older persons who are at risk for suicide.

This one-day workshop introduces suicide intervention with older persons and combines interactive lecture segments with small group discussion and exercises.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, counsellors, social workers, clinicians and mental health and addiction workers in the hospital and community setting as well as other allied health care and social services workers

PARTICIPANTS WILL LEARN

- > about the prevalence of suicide rates in older adults
- > risk factors for suicide and the impact of ageism on identifying and assessing these risk factors
- > skills and competencies for working effectively with older persons

*Recommended prerequisite:

Foundations of Suicidology, offered November 22, 2006

Supporting and Working Effectively with Family Members

Monday, April 16, 2007

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Colleen Kelly, MSW, RSW, *Therapist, Family Service, Addictions Program, CAMH*

Sukki Bubbra, MSW, *Therapist, Concurrent Disorders Service and Family Service, CAMH*

Joanne Shenfeld, MSW, RSW, *Service Manager, Family and Youth Addictions Program, CAMH*

COURSE DESCRIPTION

This interactive workshop is designed to help professionals in addictions, mental health and related fields support and work effectively with family members of clients who are using substances. The course is based on recognition of the essential role that the family (partner, close friend, spouse, parent, child, etc.) can play in client recovery, and the need for families to be supported during the recovery process. The course will offer service providers additional knowledge and skills to work with

non-substance-misusing family members of clients who present with addiction issues alone or co-occurring with mental health issues.

WHO IS ENCOURAGED TO PARTICIPATE?

Workers who respond to issues of substance use and want to integrate couple and family work into their services

PARTICIPANTS WILL LEARN

- > the effects of substance use and concurrent disorders on family members
- > effective strategies for engaging and supporting couples and families
- > how to provide counselling support and education for non-substance-using family members

Talking about Safer Sex and HIV Prevention with Clients

Tuesday, October 31, 2006

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

Ishwar Persad, BEd, *Diversity, Education and Training Specialist, CAMH*

Lucy Costa, *Outreach Worker, Empowerment Council, CAMH*

Matthias Kaay, *Addiction Therapist, Addiction Program, CAMH*

Rob Peach, *Social Worker, Schizophrenia Program, CAMH*

COURSE DESCRIPTION

Yes, clients do have sex. Do your assumptions and internalized beliefs about mental health clients prevent you from seeing them as people with sex lives? Would these beliefs influence how safer sex and HIV prevention information is shared or not shared with people seeking help in mental health settings?

We will look at some of the myths and stereotypes related to sex and people with mental health issues. This workshop will provide health care workers with information and skills to talk with clients about the benefits of practicing safer sex and HIV prevention. The course will provide participants with practical strategies based on the foundations of safer sex and HIV prevention. It will also address issues about the impact of stigma and discrimination on clients based on sexual orientation, sex, gender identity, age, class and cultural background as they relate to their sexual well-being and practices.

WHO IS ENCOURAGED TO PARTICIPATE?

Nurses, counsellors, social workers, clinicians and mental health and addiction workers in the hospital and community setting as well as other allied health care and social services workers

PARTICIPANTS WILL LEARN

- > myths and stereotypes related to sex and people with mental health issues
- > awareness of current safer sex and HIV prevention practices
- > practical strategies for working with clients from a sex-positive perspective
- > the impact of stigma and discrimination on clients' sexual well-being and practices, as well as their self-esteem based on sexual orientation, sex, gender identity, age, class and cultural background

Trauma and Substance Use

Thursday, October 26, 2006

FEE: \$125

CACCF CEC HOURS: 6

FACULTY

To be announced

COURSE DESCRIPTION

This workshop will highlight the application of therapy, medication, and community support for people who have experienced trauma. Addiction and mental health professionals will find this course valuable. Some prior knowledge or experience working with concurrent disorders is strongly recommended.

WHO IS ENCOURAGED TO PARTICIPATE?

Clinical staff interested in, or currently working with, clients who have concurrent post-traumatic stress disorder (PTSD) and substance use disorder (SUD)

PARTICIPANTS WILL LEARN

- > about gender differences and prevalence of co-occurring PTSD and SUD
- > basics of the neurobiology of trauma and related clinical symptoms
- > etiological theories and the functional relationship between PTSD and SUD
- > about diagnostic and assessment considerations
- > cognitive distortions in concurrent PTSD and SUD
- > the notion of “shattered assumptions”
- > treatment models, methods and approaches in concurrent PTSD and SUD

Please see page 33 for descriptions of publications that will enhance your learning in many of our courses.

Working with Youth with Mental Health and Substance Use Problems

Monday, December 4 – Tuesday, December 5, 2006

FEE: \$250

CACCF CEC HOURS: 12

FACULTY

Bruce Ballon, MD, FRCP(C), *Clinical Education Specialist, Consultant Psychiatrist, Youth Addiction and Problem Gambling Services, Addictions Program, Child, Youth and Family Program, CAMH*

Gloria Chaim, MSW, RSW, *Deputy Clinical Director, Child, Youth and Family Program, CAMH*

Joanne Shenfeld, MSW, RSW, *Service Manager, Family Service, Addictions Program, CAMH*

COURSE DESCRIPTION

This two-day skills-based workshop explores the theories that underlie responses to concurrent mental health and substance use disorders in youth, as well as practical clinical strategies. Participants will take part in discussions, small group activities and case reviews.

WHO IS ENCOURAGED TO PARTICIPATE?

Human service providers, mental health and addiction providers and workers; counsellors and family members of youth who have concurrent disorders

PARTICIPANTS WILL LEARN

- > about adolescent development as it relates to substance use and mental health issues
- > assessment and treatment planning tools for youth with concurrent disorders
- > special issues to consider when working with youth, including gender identity, street involvement and diverse backgrounds and culture
- > about accessibility issues for youth with concurrent disorders
- > key concepts and treatments for concurrent disorders, including harm reduction, stages of change and motivational interviewing
- > common substances used by youth and psychiatric medications used for prevalent disorders

CAMH is pleased to offer online courses, which you can participate in from your home or office. People with all levels of computer expertise can take these courses – the technology is user – friendly and easy to master, and support is available if you need it.

The courses run for approximately eight weeks, and they require a minimum time commitment of three to four hours per week. The courses are not independent learning experiences, like “self-studies” or tutorials. They provide a collaborative learning environment, where you will read through course materials and engage in group discussions with other learners, guided by an experienced team of two or more online facilitators who are experts in their fields. The fee for each course is \$300. All of our courses are approved for Canadian Addiction Counsellors Certification Federation continuing education credit hours (CACCF CEC HOURS).

Learn from Your Workplace or Home!

Online courses cost \$300 (except *Methadone Maintenance Treatment*), which includes:

- > access to the password-protected online environment – course materials, readings, links and other resources – any time of the day
- > a sequenced course of study with defined learning outcomes, requiring approximately four hours of study per week
- > a collaborative learning environment with discussion forums for sharing knowledge, experiences and reflections with colleagues from across Ontario (and beyond)
- > access to a course facilitator, as well as to experts from the field, for weekly discussions, activities and summaries
- > printable course modules

For more information about online courses, please call 1 800 661-1111 or Robyn Steidman in Program Development at 416 535-8501, ext. 6640.

Course	Date	Page
Admission, Discharge and Assessment Tools (ADAT) Training	September 25, 2006 May 7, 2007	24
Basic Pharmacology in Mental Health and Substance Use	September 25, 2006 January 22, 2007	24
Core Knowledge and Skills for Withdrawal Management	January 22, 2007	24
Fundamentals of Addiction	January 22, 2007 May 7, 2007	25
Fundamentals of Mental Health	September 25, 2006 January 22, 2007	25
Interactions between Psychiatric Medications and Substances of Abuse	January 22, 2007 May 7, 2007	25
Introduction to Concurrent Disorders	January 22, 2007 May 7, 2007	26
Methadone Maintenance Treatment	September 25, 2006 January 22, 2007 May 7, 2007	26
Motivational Interviewing	September 25, 2006 May 7, 2007	27
Youth, Drugs and Mental Health	May 7, 2007	27

Upcoming Online Courses

Screening for Concurrent Disorders

Working with Older Adults with Mental Health, Substance Use and Gambling Problems

Supporting Families Living with Concurrent Disorders

Admission, Discharge and Assessment Tools (ADAT) Training Online

Course Sessions Begin: September 25, 2006 and May 7, 2007

Approved for CACCF CEC HOURS

FACULTY

Joanne Short, *Assessment Therapist, Assessment Services, CAMH*

COURSE DESCRIPTION

This nine-week course offers an overview of Ontario's admission and discharge criteria and assessment tools for clients who have substance use problems. Discussion forums give you the opportunity to receive peer feedback on your work. We use various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > describe the importance of standardized assessment tools and admission and discharge criteria
- > administer, score and interpret the assessment tools
- > define the links between the assessment tools and the admission and discharge criteria
- > list the new service definitions for Ontario
- > apply the admission and discharge criteria to clinical cases.

Basic Pharmacology in Mental Health and Substance Use Online

Course Sessions Begin: September 25, 2006 and January 22, 2007

Approved for CACCF CEC HOURS

FACULTY

Caroline Warnock, *B.Sc.Pharm., R.Ph., P.G.Cert., Pharmacist, Pharmacy Department, CAMH*

COURSE DESCRIPTION

This seven-week course focuses on the basic pharmacology of mental health problems and substance use. It is for front-line workers, care providers, case managers and clinicians working in mental health and substance use programs. We use various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > identify basic neurobiological mechanisms
- > identify the relationship between medication management and psychiatric disorders
- > describe the four basic concepts of pharmacokinetics and pharmacodynamics
- > describe the mechanisms of drug action in the brain
- > describe the management of common medication side-effects
- > describe three pharmacological approaches to treating substance use problems.

Core Knowledge and Skills for Withdrawal Management Online

Course Sessions Begin: January 22, 2007

Approved for CACCF CEC HOURS

FACULTY

Michael Dean, *Manager, St. Joseph's Withdrawal Management Service and Psychiatric Day Hospital in Toronto*

Barbara Deschamps, *Manager, Community Withdrawal Management Service on Manitoulin Island, Chair of the WMAO Standards Committee, Member of Addictions Ontario Advocacy Task Force*

Wendy Fenomeno, *Manager, Withdrawal Management Service, CAMH*

Jennifer Foster, *Legal Counsel, CAMH*

Pearl Isaac, *R.Ph., B.Sc., Phm., Pharmacy Services, CAMH*

Tammy Purdy, *Addiction Therapist, CAMH*

COURSE DESCRIPTION

This eight-week course provides the basic knowledge and skills required to effectively respond to clients seeking help with withdrawal from alcohol or other drugs. The course uses various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > explain what "withdrawal management" means
- > assess for substance use, physical and mental health problems; admit or refer clients for immediate

- medical, psychiatric or other therapeutic help; and monitor clients' progress
- > handle crises that can affect the safety and well-being of clients and staff
- > identify readiness for change, plan treatment and refer clients to community support
- > identify the effects and withdrawal symptoms of various drugs
- > describe legal issues in withdrawal management and apply that understanding to work at a withdrawal management service.

Fundamentals of Addiction Online

Course Sessions Begin: January 22, 2007 and May 7, 2007

Approved for CACCF CEC HOURS

FACULTY

Jeff Dunn, BA, RSSW, Therapist, Brief Treatment Services, CAMH

COURSE DESCRIPTION

This eight-week course offers an overview of addictions for practitioners in the fields of health, education, security or social services and for anyone who would like to work in those fields. It uses various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > define "addiction"
- > list common psychoactive drugs and their effects
- > describe drug use patterns and treatment needs among diverse client populations
- > explain the key strategies in screening, assessment and treatment referral
- > describe key concepts in health promotion, prevention and harm reduction

Fundamentals of Mental Health Online

Course Sessions Begin: September 25, 2006 and January 22, 2007

Approved for CACCF CEC HOURS

ALTERNATING FACULTY

David Goldbloom, MD, FRCP(C), Senior Medical Advisor, Education and Public Affairs, CAMH

Anna Giallonardo, RN, MSN, CPMHN (C), Community Health and Education Specialist, Program Development, CAMH

Mahreen Hasan, BScN, M.Ed., Community Health and Education Specialist, Program Development, CAMH

COURSE DESCRIPTION

This eight-week course offers an overview of mental health for practitioners in the fields of health, education, security or social services and for anyone seeking a career in these fields. It uses various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > define mental health and illness
- > summarize statistics on mental illness in Canada
- > describe the various components of the mental status examination
- > list three or more signs and symptoms of mood disorders, anxiety disorders and schizophrenia
- > describe two treatment strategies used to treat mood disorders, anxiety disorders and schizophrenia
- > list three or more health-promoting strategies used when working with clients experiencing mental illness.

Interactions between Psychiatric Medications and Drugs of Abuse Online

Course Sessions Begin: January 22, 2007 and May 7, 2007

Approved for CACCF CEC HOURS

FACULTY

Caroline Warnock, B.Sc.Pharm., R.Ph., P.G.Cert., Pharmacist, Pharmacy Department, CAMH

Wende Wood, BA, BSP, Board Certified Psychiatric Pharmacist, Drug Information and Drug Use Evaluation Pharmacist, Pharmacy Services, CAMH

COURSE DESCRIPTION

This seven-week course explores the needs of clients who are taking prescribed medications and also have substance use problems. Various instructional activities (online reading materials, links to web resources, individual activities and group discussions) will be used to explore the most common interactions between psychiatric medications and substances of abuse.

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > define drug interaction theory
- > describe the similarities between symptoms of mental health problems and substance use
- > list common interactions between antidepressants, anti-anxiety medications and drugs of abuse
- > list common interactions between antipsychotic medications, mood stabilizers and drugs of abuse
- > learn how to anticipate, prevent and handle common interactions.

Introduction to Concurrent Disorders Online

Course Sessions Begin: January 22, 2007 and May 7, 2007

Approved for CACCF CEC HOURS

ALTERNATING FACULTY

Elsbeth Tupker, MSW

Andrea Tsanos, MA, *Advanced Practice Clinician, Concurrent Disorders Program, CAMH*

Other faculty to be announced

COURSE DESCRIPTION

This eight-week course, based on Health Canada's *Best Practices: Concurrent Mental Health and Substance Use Disorders*, orients learners to basic concepts of concurrent substance use and mental health disorders and best practices in screening, assessment and treatment. It is for people with experience working in the areas of either mental health or addictions who are interested in applying best practices in concurrent disorders treatment integration. It uses various instructional activities (online reading materials, links to web resources, individual activities and group discussions).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > describe what is meant by "concurrent disorders"
- > identify the effects of values, beliefs and stigma on clients and their care
- > explain the challenges and benefits of integrating mental health and addiction treatment at the service and system levels
- > screen for both substance use and mental health disorders
- > apply best practices for assessment, treatment and support
- > describe how psychoactive drugs and prescribed medications interact with mental health disorders.

Methadone Maintenance Treatment Online

Course Sessions Begin: September 25, 2006, January 22, 2007 and May 7, 2007

FEE: \$450.00 for physicians, \$350.00 for pharmacists and counsellors.

Approved for CACCF CEC HOURS

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for seven of their MAINPRO-C credits.

FACULTY

Eva Janecek, B.Sc.PhM, *Pharmacist, Pharmacy Department, CAMH*

Anne Kalvik, B.Sc.PhM, *Pharmacist, Pharmacy Department, CAMH*

Lisa Lefebvre, MD, CCFP, *Clinical Specialist, Addiction Program, CAMH*

Kate Tschakovsky, MSW, RSW, *Social Worker, Schizophrenia Program, CAMH*

COURSE DESCRIPTION

This eight-week interdisciplinary course teaches physicians, pharmacists and counsellors skills and guidelines for safe management of clients receiving methadone maintenance treatment (MMT) for opioid dependence. The course uses instructional activities such as online reading materials, links to web resources and group discussions (and, for physicians, a required written examination).

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > outline the fundamental concepts of methadone maintenance treatment (MMT)
- > explain methadone prescribing and dispensing issues
- > explain the stages of change model
- > apply motivational interviewing approaches and principles associated with MMT counselling
- > follow guidelines for urine drug screening and procedures for supervision of urine collection
- > describe special issues and trends in MMT.

Motivational Interviewing Online

Course Sessions Begin: September 25, 2006 and May 7, 2007

Approved for CACCF CEC HOURS

FACULTY

Carolynne Cooper, MSW, RSW, *Therapist, Brief Treatment Services, CAMH*

COURSE DESCRIPTION

This innovative eight-week course offers an overview of motivational interviewing (MI), its spirit and its guiding principles. The course examines motivation as an interactive process between client and counsellor, providing a variety of practice tools to address key issues in therapy, such as building motivation to change, dealing with resistance and strengthening commitment to change.

This course is ideal for counsellors, physicians and health care workers working with clients with substance use and/or mental health issues. Various instructional activities (online reading materials, links to web resources, individual activities, role-plays and group discussions) will be used.

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > define motivational interviewing
- > apply change and motivation theories to MI
- > identify motivational interviewing strategies for building readiness to change
- > implement motivational interviewing strategies for change
- > recognize and deal with resistance
- > implement strategies to strengthen commitment to change
- > explain how motivational interviewing can be used in various settings and populations.

Youth & Drugs and Mental Health

Course Sessions Begin: May 7, 2007

Approved for CACCF CEC HOURS

FACULTY

Elsbeth Tupker, MSW

COURSE DESCRIPTION

This new eight-week online course is a training companion for the publication *Youth & Drugs and Mental Health: A Resource for Professionals*. The course will focus on key aspects of an integrated approach to treatment of concurrent mental health and substance use problems among youth. Various instructional activities (online reading materials, links to web resources, individual activities and group discussions) will be used.

AT THE END OF THIS COURSE, YOU WILL BE ABLE TO

- > describe adolescent development and other risk and protective factors associated with substance and mental health problems in youth
- > identify substance use, mental health issues and concurrent disorders in youth
- > apply appropriate treatment approaches effective for youth, including integrative treatment models, motivational interviewing, cognitive behavioural therapy, medications and First Contact (a brief treatment module for young substance users with mental health problems)

Certificat en toxicomanie en ligne

Offert en collaboration avec le collège Boréal

RENSEIGNEMENTS GÉNÉRAUX

Ce programme fournit une formation aux francophones qui travaillent dans le domaine de la toxicomanie, aux personnes qui désirent s'instruire dans ce domaine et au personnel en services sociaux, santé, loisirs et éducation qui a besoin d'une formation sur certains aspects de la toxicomanie. Ce certificat s'ajoute habituellement à une autre qualification (p. ex., un diplôme en travail social, en techniques de services correctionnels, ou autre).

DESCRIPTION DES COURS

Cours n° 1

Concepts fondamentaux en toxicomanie

septembre 2006 • 48 heures

Ce cours est un survol du domaine et traite des sujets suivants :

- > Les drogues et leurs effets physiologiques
- > L'impact social de l'usage de drogues
- > Les modèles d'intervention
- > Les théories et modèles d'interprétation

REMARQUE : Ce cours est une condition préalable à tous les autres cours du certificat.

Cours n° 2

Promotion de la santé et prévention

septembre 2006 • 48 heures

Ce cours traite de l'application des principes de la promotion de la santé au domaine de la toxicomanie. Il traite des sujets suivants :

- > Les théories de la promotion de la santé et leurs applications au domaine de la toxicomanie
- > La promotion de la santé et la prévention dans différents milieux : écoles, travail, famille, communauté et populations spéciales
- > Le travail sur des études de cas et des projets concrets

Cours n° 3

Pharmacologie et usage de drogues

septembre 2006 • 96 heures

Ce cours offre des informations techniques sur les effets des psychotropes. Il traite des sujets suivants :

- > Les principes de base en toxicomanie
- > Les mécanismes de l'action de la drogue
- > La tolérance et la dépendance
- > Les effets physiologiques de certaines drogues

Cours n° 4

Survol des interventions en toxicomanie

septembre 2006 • 96 heures

Ce cours traite des interventions et stratégies de traitement pertinentes au domaine de la toxicomanie. Il traite des sujets suivants :

- > Les stratégies de type communautaire et les groupes d'entraide
- > Les approches au traitement : le counseling individuel, familial, de couple et de groupe
- > Les modèles de suivi

Cours n° 5

Évaluation et orientation

septembre 2006 • 96 heures

Dernier cours du certificat

Ce cours permet au participant de décrire la fonction et les mécanismes de l'évaluation et de l'orientation des cas de toxicomanie. Il traite des sujets suivants :

- > La fonction de l'évaluation et de l'orientation dans le contexte des services de toxicomanie en Ontario
- > Les outils d'évaluation et leur interprétation ; jumeler les cas au meilleur type de traitement
- > La gestion de cas

PERSONNES-RESSOURCES

Pour vous inscrire, appelez le Collège Boréal, au 1 800 361-6673, poste 6040

Pour de plus amples renseignements, veuillez vous adresser à :

Nathalie Bélanger, Collège Boréal, Agente, Campus Virtuel, au 1 800 361-6673, poste 3194.
<http://borealedu.borealc.on.ca>

Danièle Daigle, Centre de toxicomanie et de santé mentale, au 416 535-8501, poste 6632.

Vous trouverez à la page 33 des descriptions de publications qui vous permettront de parfaire votre apprentissage dans un grand nombre des cours que nous offrons.

Registration and Payment

Complete the registration form (p. 39) and send it with payment by mail or fax or e-mail or register and pay online.

Registration forms are also available on our web page: <http://www.camh.net/education>.

Please register as soon as possible to reserve your space. Confirmations will be sent out three weeks before the course begins.



By mail with full payment to:

CAMH, Program Development
2nd floor, Room 2017
33 Russell Street
Toronto, Ontario M5S 2S1



By fax (with cheque to follow) to:

Program Development Department
416 595-6644



By e-mail (with cheque to follow) to:

ets@camh.net



By internet on our website:

Register and pay online for both classroom and online courses at http://www.camh.net/education/Online_courses

Calendars are available online as PDFs or order additional copies from the Program Development Department.

For more information, call 416 595-6020.

Classroom Registration Fees

Unless otherwise specified, the fee schedule for all classroom courses is as follows:

1-day course:	\$125
2-day course:	\$250
3-day course:	\$350

Fees include morning and afternoon refreshments, course materials and letters of completion, unless otherwise noted with the course description. Payment must be received in full before the course starts.

Method of Payment

We accept cash, cheque and credit card payment (Visa, MasterCard and American Express). See details under “Registration and Payment”

Cancellation Policy

- **For classroom courses** refunds for advance cancellation will be subject to an administrative fee of \$25. No refund will be issued if the cancellation is received on or after the first day of the course.
- **For online courses** refunds for advance (prior to start date) cancellation will be subject to an administrative fee of \$100. Cancellation notice must be communicated in writing by e-mail or by mail. Phone calls or messages will not be accepted.
- If you do not attend the course for which you are registered, and do not cancel, you will be charged the entire course fee.

We reserve the right to cancel courses due to insufficient registrations and will be responsible for refunding registration fees only. People who have registered for a course will receive notice if the course is cancelled.

Inscription et paiement

Remplissez le formulaire d'inscription (p. 40) et l'envoyer, accompagné de votre paiement, par la poste, par télécopieur ou par courriel. Ou vous pouvez vous inscrire et payer en ligne.

Le formulaire d'inscription est également disponible sur notre site Web, à l'adresse : www.camh.net/fr/education.

Veillez vous inscrire le plus tôt possible pour réserver votre place. Une confirmation vous sera envoyée trois semaines avant le début du cours.



Par la poste, avec la totalité du paiement, à :

CAMH, Élaboration des programmes
2^e étage, bureau 2017
33, rue Russell
Toronto (Ontario) M5S 2S1



Par télécopieur (suivi d'un chèque) à :

Service d'élaboration des programmes
416 595-6644



Par courriel (suivi d'un chèque) à :

ets@camh.net



Par internet sur notre site Web :

Inscrivez-vous et payez en ligne pour les cours en classe et les cours en ligne à www.camh.net/fr/education/Online_courses

Le calendrier est disponible en ligne et en fichier PDF ou peut être commandé auprès du Service d'élaboration des programmes.

Pour de plus amples renseignements, téléphonez au 416 595-6020.

Frais d'inscription pour les cours en classe

À moins d'avis contraire, les frais d'inscription pour tous les cours en classe sont les suivants :

Cours d'une journée :	125 \$
Cours de deux jours :	250 \$
Cours de trois jours :	350 \$

Les frais d'inscription incluent les rafraîchissements servis pendant les pauses du matin et de l'après-midi, le matériel du cours et une lettre d'attestation, à moins d'indication contraire précisée dans la description du cours. La totalité du paiement doit être reçue avant le début du cours.

Mode de paiement

Vous pouvez payer en argent comptant, par chèque et par carte de crédit (Visa, MasterCard ou American Express). Voir les détails à la rubrique « Inscription et paiement ».

Annulations

- **Dans le cas des cours en classe** – Si vous annulez votre demande d'inscription à l'avance, les frais d'inscription vous seront remboursés mais vous devrez verser des frais administratifs de 25 \$. Aucun remboursement ne sera accordé si la demande d'annulation est reçue le premier jour du cours ou plus tard.
- **Dans le cas des cours en ligne** – Les frais d'inscription vous seront remboursés mais vous devez verser des frais administratifs de 100 \$. L'avis d'annulation doit être envoyé par écrit, par courriel ou par la poste. Les demandes faites par messages ou appels téléphoniques ne seront pas acceptées.
- Les participants inscrits qui ne se présentent pas aux cours et qui n'annulent pas leur inscription devront payer la totalité des frais d'inscription.

Nous nous réservons le droit d'annuler un cours si le nombre d'inscriptions est insuffisant et notre responsabilité se limitera au remboursement des frais d'inscription. Les participants inscrits seront avisés de l'annulation du cours.

Regional Training Services

We offer a limited number of education sessions for mental health and addiction professionals across Ontario, on request. Our Program Development Consultants – located in the Central East, West and North regions of Ontario – are available to consult with groups about training requests in their region.

Please contact your regional CAMH Education Consultant for more information:

NORTH

Elizabeth Hendren-Roberge

Tel.: 705 856-9847

E-mail: elizabeth_hendrenrob@camh.net

CENTRAL EAST

Jennifer Barr

Tel.: 613 256-1397

E-mail: jennifer_barr@camh.net

WEST

Marty McLeod

Tel.: 905 525-1250

E-mail: marty_mcleod@camh.net

Services de formation dans les régions

Nous offrons sur demande un certain nombre de séances de formation, partout en Ontario. Nos conseillères et conseillers en élaboration des programmes – dans les régions du Centre-Est, de l'Ouest et du Nord de l'Ontario – répondront aux demandes de formation faites par les groupes dans leur région.

Pour de plus amples renseignements, veuillez vous adresser à la conseillère ou au conseiller en éducation de CAMH de votre région.

NORD

Elizabeth Hendren-Roberge

Tél. : 705 856-9847

Courriel : elizabeth_hendrenrob@camh.net

CENTRE-EST

Jennifer Barr

Tél. : 613 256-1397

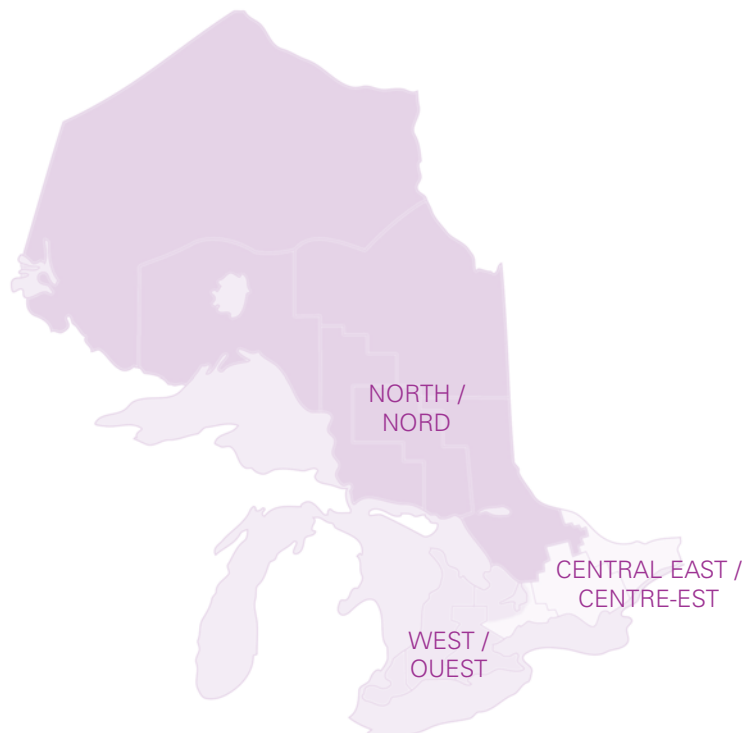
Courriel : jennifer_barr@camh.net

OUEST

Marty McLeod

Tél. : 905 525-1250

Courriel : marty_mcleod@camh.net



Continuing Medical Education

Continuing Medical Education (CME) initiatives are designed for family physicians, psychiatrists, psychologists and other health care providers. We offer psychopharmacology and psychotherapy training for a variety of disorders, mostly in the form of courses with six to eight monthly sessions, and intensive three-day institutes.

For more information about CME courses, contact:

Geneviève Poulin

Education Assistant

Tel.: 416 535-8501 ext. 6017

E-mail: cme@camh.net

ACTION Program in Ontario

The Addiction Clinical Training in Ontario (ACTION) program provides individualized clinical observerships to international medical graduates and visiting health and social services professionals. The program offers a range of observerships in mental health and substance use programs for physicians, psychologists, nurses and social workers that received their training outside of Canada. ACTION aims to increase:

- > knowledge of therapeutic approaches used in substance use, concurrent disorders and mental health
- > awareness and knowledge about prevention, intervention and treatment strategies.

For information on ACTION, please contact:

Katherine Lo

Administrative Secretary

Office of International Health

Tel.: 416 535-8501 ext. 6090

E-mail: katherine_lo@camh.net

Formation médicale continue

Les initiatives de formation médicale continue s'adressent aux médecins de famille, aux psychiatres, aux psychologues, ainsi qu'à d'autres fournisseurs de soins de santé. Nous offrons une formation en psychopharmacologie et en psychothérapie pour le traitement de divers troubles, principalement sous forme de cours de six à huit séances par mois et de cours intensifs de trois jours.

Pour de plus amples renseignements sur les cours de formation médicale continue, veuillez vous adresser à :

Geneviève Poulin

Assistante en éducation

Tél. : 416 535-8501, poste 6017

Courriel : cme@camh.net

Le programme ACTION en Ontario

Le programme ACTION (formation clinique en toxicomanie donnée en Ontario) offre une formation clinique par l'observation, individualisée, aux diplômés en médecine de l'étranger et aux professionnels de la santé et des services sociaux invités. Ce programme offre un éventail de possibilités de formation par l'observation dans le cadre de programmes en santé mentale et en traitement de la toxicomanie pour les docteurs, les psychologues, le personnel infirmier et les travailleuses et travailleurs sociaux qui reçoivent une formation en dehors du Canada. Le programme ACTION vise à accroître :

- > la connaissance des démarches thérapeutiques utilisées dans les domaines de la toxicomanie, des troubles concomitants et de la santé mentale,
- > la prise de conscience et la connaissance des stratégies de prévention, d'intervention et de traitement.

Pour tout renseignement concernant le programme ACTION, veuillez vous adresser à :

Katherine Lo

Secrétaire administrative

Bureau de la santé internationale

Tél. : 416 535-8501, poste 6090

Courriel : katherine_lo@camh.net

The Centre for Addiction and Mental Health has a long-standing tradition of publishing top-quality, practical resources for professionals at the front line of client care. Our resources cover key topics ranging from prevention and treatment to health promotion and materials for clients and families. The following publications are valuable sources of information and augment many of the courses offered in this calendar.

Alcohol & Drug Problems



A Practical Guide for Counsellors, Third Edition

Edited by Susan Harrison and Virginia Carver

Foreword by James O. Prochaska

Alcohol & Drug Problems provides comprehensive, practical information on a range of counselling issues for various client populations. The book covers core considerations – such as theories

of addiction, motivational interviewing techniques, assessment and treatment planning and relapse prevention – and it addresses the needs of unique client populations, such as youth, women, older adults, Aboriginal Peoples, newcomers and people with disabilities.

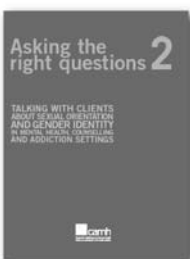
This third edition also focuses on the many emerging issues in the addiction field, including knowledge of treating multiple problem behaviours, not just single problems. New or fully revised chapters explore harm reduction, smoking cessation, trauma and

substance use, and sexual orientation and gender identity considerations. As well, new research findings, clinical experiences and case studies, and an index have enhanced the practical application of this guide.

This guide can be used to teach students everything from proactive outreach practices to working with mandated clients, all with the goal of reducing the harm related to alcohol and other drug problems.

- Published 2004 • 768 pages
- \$64.95 • ISBN 0-88868-445-2
- Product Code P572

Asking the Right Questions 2



Talking with Clients about Sexual Orientation and Gender Identity in Mental Health, Counselling and Addiction Settings

Lesbian, gay, bisexual, transgendered, transsexual, two-spirit, intersex and queer (LGBTTTIQ) people have specific life factors that relate to substance use and/or mental health problems. These factors include coming out,

gender transition, societal oppression, loss of family support, isolation, and the predominance of bars in LGBTTTIQ communities.

To provide effective addiction and mental health services, therapists and counsellors need to be aware of these life factors in clients. Asking the *Right Questions 2* will help service providers create an environment where all clients feel comfortable talking about their sexual orientation and gender identity.

Asking the Right Questions 2 includes:

- > interview items that can be used to facilitate discussion during assessment or early in treatment

- > an assessment form and guide to be used with a standard substance use, mental health or other service assessment
- > background information to help clinicians use the ARQ2 guide
- > a glossary of concepts and terms.

This manual is a revision of *Asking the Right Questions: Talking about Sexual Orientation and Gender Identity during Assessment for Drug and Alcohol Concerns*. It has been revised to include mental health issues, updated resources and an expanded glossary.

- Published 2004 • 63 pages
- \$14.95 • ISBN 0-88868-469-X
- Product Code P167

Beyond the Label



An Educational Resource to Promote Awareness and

Understanding of the Impact of Stigma on People Living with Concurrent Mental Health and Substance Use Problems

Beyond the Label has been developed to support people working in the fields of mental health and addiction by providing them with an interactive framework to discuss, learn, understand and reflect on the impact of

stigma on people living with concurrent mental health and substance use problems. Inside this easy-to-use kit you will find:

- > 10 specially created group activities
- > a presentation outline to set the stage for your workshop presentation
- > master sheets, in print and CD format, to photocopy for hand-outs or to make transparencies
- > background information for facilitators on concurrent disorders and stigma
- > presentation tips and information about how to make efficient use of this material
- > discussion points for group and individual dialogue

Whether you have 15 minutes, three hours or a full day, you can customize the material in *Beyond the Label* to suit your time frame and objectives. This resource can also be used to supplement knowledge-based training about concurrent disorders.

This free kit is available in binder and CD format through CAMH Publication Services. A PDF version is also available for download from our website at www.camh.net/beyond_the_label.

This resource is also available in French.

Growing Up Resilient



Ways to Build Resilience in Children and Youth

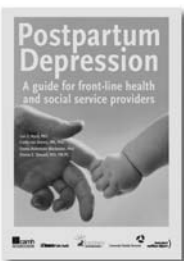
The idea of resilience as an important

aspect of mental well-being is gaining increasing attention among health professionals and

researchers. How people cope with the challenges that life brings to them throughout different stages of their lives can help shape their sense of who they are as well as influence their psychosocial health. This book draws from the latest research and theoretical developments on the resilience of children and youth and present it in a way that can be relevant for a diverse audience, including parents, daycare

workers, educators, coaches, social service providers, and policy makers. Among the unique contributions of this book is that it considers the development of resilience to occur at multiple levels. These levels include factors related to the individual child or youth, their families, and their social environments.

Postpartum Depression



A Guide for Front-Line Health and Social Service Providers

Lori E. Ross,
Cindy-Lee Dennis,
Emma Robertson
Blackmore and
Donna E. Stewart

This new guide on postpartum depression (PPD) is both practical

and evidence-based, and includes the best and most current studies on PPD to date as well as practical experience from the field.

The guide aims to help front-line workers identify PPD and support women and their families in getting the help they need. It includes information on:

- > risk factors for developing PPD
- > detection of and screening for PPD
- > prevention

- > treatment options
- > referral to assessment and treatment
- > support for family members
- > self-care for women
- > diversity issues regarding PPD

- Published March 2005 • 167 pages
- \$18.95 • ISBN 0-88868-485-1
- Product Code P5600

Responding to Older Adults



with Substance Use, Mental Health and Gambling Challenges

Understanding how substance use, mental health and gambling problems affect older adults can help people who work with them to respond more sensitively and effectively when difficult situations arise.

This easy-to-read booklet is designed to help workers and volunteers understand and recognize

signs of problems. The booklet describes each of the following problem areas as they relate to older adults:

- > alcohol problems
- > anxiety
- > dementia
- > depression
- > gambling problems
- > medication issues

Tips on communicating with older adults with each of these problems are included, as are guidelines on when to seek help.

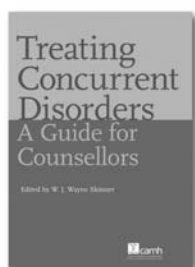
- The booklet also includes:
- > facts about the aging process
 - > a discussion of cultural issues

- > lists of organizations offering information about services for older adults with substance use, mental health and gambling challenges
- > further resources on the web and in print

This booklet is available for free for a limited time, beginning in January 2006. Administrators and managers of services and facilities for older adults are encouraged to order this booklet for their staff.

- Published January 2006 • 48 pages
- Free • ISBN 0-88868-486-X
- Product Code PM045

Treating Concurrent Disorders



A Guide for Counsellors

Edited by W.J. Wayne Skinner

This book gives you the information you need to offer effective, comprehensive care to clients with co-

occurring substance use and mental health problems. Divided into three sections covering assess-

ment, practical applications and tools and techniques, this guide includes topics such as:

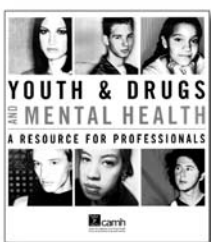
- > understanding and identifying concurrent disorders
- > helping clients and families
- > providing specialized services to clients
- > improving existing services to better serve clients
- > the client-counsellor relationship
- > using motivational interviewing

This practical guide prepares addiction and mental health professionals to understand the relationship between substance use

and mental health problems. It offers an array of treatment options for different combinations of substance use and co-occurring problems such as anger, severe mental illness, borderline personality disorder, eating disorders, anxiety and interpersonal problems. *Treating Concurrent Disorders* champions collaborative, integrative approaches, with the ultimate goal of achieving more responsive and effective client care.

- Published 2005 • 400 pages
- \$39.95 • ISBN 0-88868-499-1
- Product Code PM055

Youth & Drugs and Mental Health



A Resource for Professionals

This extensive and important resource on youth and concurrent mental health

and substance use disorders is a well-researched and practical tool for all professionals working with youth. The manual includes:

- > an overview of youth substance use and mental health, along with chapters on preparing to respond; identifying, assessing and planning treatment; treatment and support; and pharmacotherapy
- > an informative appendix with information on risk factors and protective factors, a comparative overview of substance use and mental health services for youth in Ontario, a *Do You Know...* section with everything you need to know about numer-

- ous substances, brief summaries of screening and assessment tools, and information on psychiatric medications
- > *First Contact: A Brief Treatment for Young Substance Users with Mental Health Problems*, a treatment manual to help care providers integrate the treatment of substance use and concurrent mental health problems

- Published 2004 • 272 pages
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Information Guides for Clients and Families

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NEW

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Marilyn Herie, Tim Godden, Caroline O'Grady, Joanne Schenfeld and Colleen Kelly

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addiction and the wide range of treatments are described. The guide also includes information on recovery and relapse prevention, help for families, and tips on explaining addiction to children.

- Published May 2005 • 48 pages
- \$4.95 • ISBN 0-88868-483-5
- Product Code PM043

NEW

Anxiety Disorders *An Information Guide*

Neil A. Rector, Danielle Bourdeau, Kate Kitchen and Linda Joseph-Massiah

This guide explores the difference between normal and abnormal

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- Published March 2005 • 48 pages
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Bipolar Disorder *An Information Guide*

This guide provides information

about bipolar disorder, giving clients and their families the tools to understand the illness, its treatment and its management.

- Published 2000 • 52 pages
- \$4.95 • ISBN 0-88868-387-1
- Product Code PM017

Concurrent Substance Use and Mental Health Disorders *An Information Guide*

W.J. Wayne Skinner, MSW, RSW; Caroline P. O'Grady, RN, MN, PhD; Christina Bartha, MSW, CSW; Carol Parker, MSW, CSW

A person with a mental health problem has a higher risk of having a substance use problem, just as a person with a substance use problem has an increased chance of having a mental health prob-

lem. People who have combined substance use and mental health problems are said to have concurrent disorders. This important new guide discusses and explains the following:

- > the symptoms and causes of concurrent disorders
- > the different kinds of treatments available, including integrated, psychosocial and biological treatments
- > recovery and relapse prevention

> family involvement – issues and concerns
> how to explain concurrent disorders to children.

This guide provides a thorough introduction and understanding of concurrent disorders, treatment options, and sensitive and sound coping skills to help individuals and their families recover.

- Published March 2004 • 42 pages
- \$4.95 • ISBN 088868-4746
- Product Code PM039

Women, Abuse and Trauma Therapy

An Information Guide

Lori Haskell

Women, Abuse and Trauma Therapy: An Information Guide is for women who are in therapy, or are looking for a therapist to help them deal with the long-term

effects of prolonged or repeated experiences with abuse and violence. It is also for family members and friends who want to understand and support a woman who is going through trauma therapy. Therapists may also find it useful, as a resource to give to clients or to use themselves.

This guide gives information about the therapeutic process and what to expect from it. It explains traumatic responses and trauma therapy and describes mental health services.

- Published March 2004 • 50 pages
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- Product Code PM033

Women and Psychosis

An Information Guide

This guide is written for women who have had a psychotic episode and for their families. It explores the issues women face as they

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Les Guides d'information sur la santé mentale (collection de livrets)

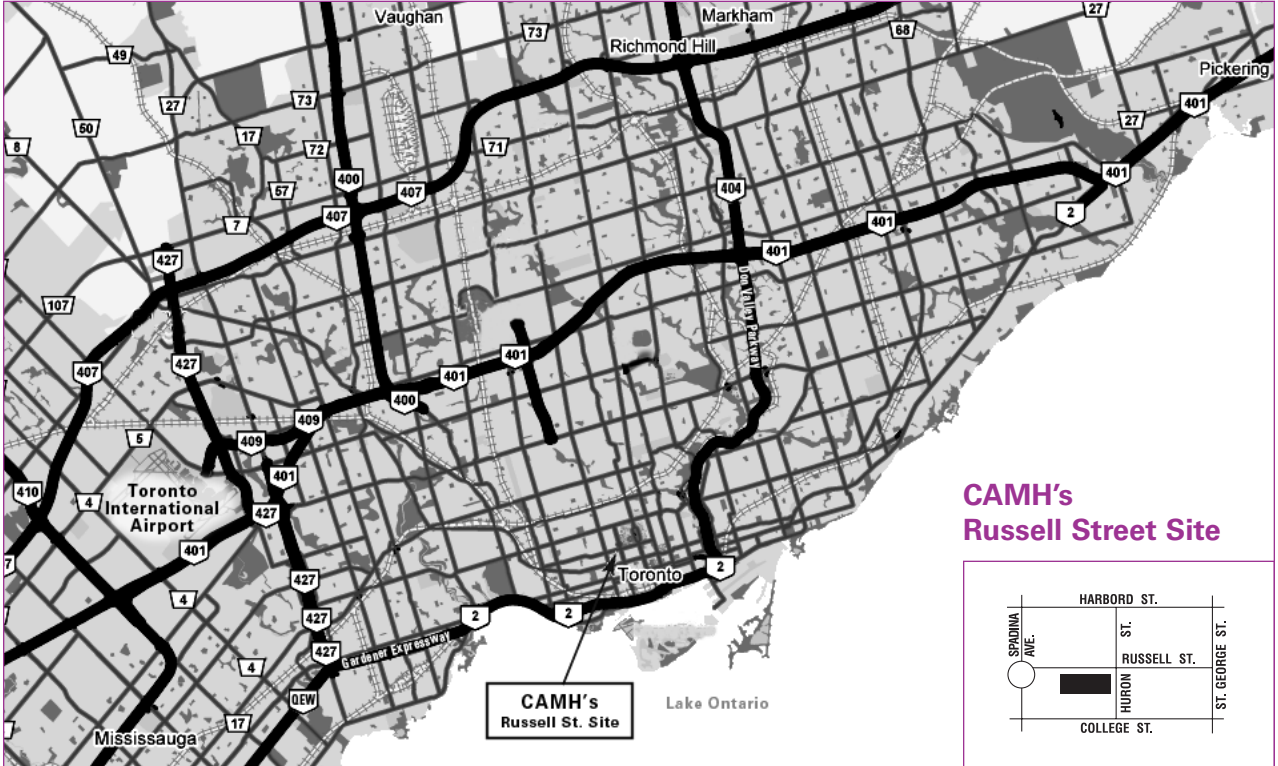
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- *La toxicomanie* • *Les troubles anxieux* • *Le trouble bipolaire*
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