

**12<sup>th</sup> Canadian Conference on Collaborative Mental Health Care**  
**World Trade and Convention Centre, Halifax, Nova Scotia**  
**Thursday, June 23 – Saturday, June 25, 2011**



charting a new course  
to better care:

STRONGER LINKS BETWEEN CONSUMERS,  
FAMILIES AND HEALTH CARE PROVIDERS  
HALIFAX, NOVA SCOTIA • JUNE 23-25, 2011

12<sup>TH</sup> CANADIAN COLLABORATIVE MENTAL HEALTH CARE CONFERENCE

THURSDAY, JUNE 23 <sup>RD</sup>						
REGISTRATION 7:30 a.m. – 3:00 p.m.						
PRE-CONFERENCE INSTITUTES AND PRESENTATIONS 8:30 – 5:30 p.m.						
YOUTH STREAM Room 202	MENTAL HEALTH COMMISSION STREAM Room 200 C2	HEALTH INFORMATICS STREAM Room 204	PRIMARY CARE STREAM Room 205	HEALTH LAW STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	FIRST PERSON EXPERIENCE STREAM Room 201
8:30-9:25 <a href="#">Pathways to Resilience: A Symposium of 3 Presentations on What We Have Learned from Youth Facing Homelessness</a> L. Liebenberg (#3983) N. Landry (#4023) J. Ikeda (#4018) Halifax, NS	8:30-9:25 <b>Mental Health Strategy for Canada</b> Mental Health Commission of Canada	8:30-9:25 <b>Moving from Health Care to Health: Health Informatics as a Catalyst</b> R. Kolodner Washington, DC	8:30-9:25 <b>What Gets in the Way of Collaborative Care?</b> I. Dubinsky Toronto, ON	8:30-9:25 <b>Health Law in Mental Health Care: A Relational Approach to Decision-Making Capacity</b> S. Wildeman Halifax, NS	8:30-5:30 <b>Establishing Effective Triangles of Care: Making It Real: Developing Partnerships With People With Lived Experience of Mental Health Difficulties and Families in Mental Health Care</b> Meriden Family Programme Birmingham, West Midlands, UK	8:30-9:25 <b>Cyber- Bullying</b> P. Murchison & Panel Halifax, NS
9:30-10:25 <a href="#">Consult the Experts! IWK Youth Patients Advise on Engaging Youth in Collaborative Health Care</a> R. England (#4019)	9:30-10:25 <a href="#">Knowledge Exchange in Collaborative Care: It Sounds Boring but It's Actually Not</a> D. Bilsker BC (#4080)	9:30-10:25 <a href="#">The Virtual Emergency Room: Using Technology to Reach Youth in Crisis</a> J. Thompson Southern Ontario (#3974)	9:30-10:25 <a href="#">Managing Uncertainty: A Novel Approach to Undifferentiated Mental Disorders</a> P. Rockman Toronto, ON (#3977)	9:30-9:55 <a href="#">Finding Allies: A Mental Health Consumer's Journey</a> T. Sanders Halifax, NS (#4062)  10:00 – 10:25 <b>Suicide and Inheritance Laws</b> M. Daigle		9:30-10:25 <a href="#">Communities Addressing Suicide Together</a> A. Davis NS (#4074)
COFFEE BREAK 10:30 – 10:50 a.m.						
YOUTH STREAM Room 202	MENTAL HEALTH CRISIS STREAM Room 200 C2	HEALTH INFORMATICS STREAM Room 204	PRIMARY CARE STREAM Room 205	TEACHING, TRAINING & ANALYSIS STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	FIRST PERSON EXPERIENCE STREAM Room 201
10:55-11:55 <a href="#">Mindfulness-Based Resiliency Skills (MBRS): Cultivating Teen Mind Power</a> S. Paquette South Shore District Authority, NS (#4083)	10:55-11:55 <a href="#">Follow-Up Next Day Service: A Model for a Collaborative Approach to Service Delivery</a> J. Elliot Halifax, NS (#3992)	10:55-11:55 <a href="#">e-Health at the Helm: A Strategic Enabler of Collaborative Care</a> M. Nusbaum BC (#3945)	10:55-11:55 <a href="#">A Collaborative Model in Primary Care for Addiction Management</a> C. Els Edmonton, AB (#4081)	10:55-11:55 <a href="#">An Innovative, Interprofessional and Collaborative Approach to Teaching Behavioural Sciences in a Postgraduate Family Medicine Training Program</a> N. Sunderji Toronto, ON (#3978)	MERIDEN WORKSHOP (continued)	10:55 – 11:25 <a href="#">The Experience of Multiple Admissions: One Family's Story</a> S. Morrison Halifax, NS (#3986)  11:30-11:55 <a href="#">Coping with Mental Health Issues: A Survivor's Guide</a> H. McNally NS (#4075)
LUNCH 12:00 – 12:25 p.m.						

THURSDAY, JUNE 23 <sup>RD</sup> (continued)						
MENTAL WELLNESS STREAM Room 202	WORKSHOP Room 200 C2	PARTNERSHIPS STREAM Room 204	PRIMARY CARE STREAM Room 205	TEACHING, TRAINING & ANALYSIS STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	FIRST PERSON EXPERIENCE STREAM Room 201
12:30-1:25  <i>Understanding Mental Wellness</i>  C. Keyes Atlanta, Georgia	Depression in Primary Care: CIHR Research Workshop (By invitation only)	12:30-1:00 (poster panel) <u><a href="#">Expanding the Continuum of Mental Health Care for PEI</a></u> B. Flynn PEI (#4022)	12:30-1:25 <u><a href="#">The Restless Pillow: Treating Insomnia in Primary Care</a></u> J. Davidson Kingston, ON (#3896)	12:30-12:55 <u><a href="#">Quantitative Assessment of Partnership in Youth Mental Health Collaborative Care</a></u> L. Nadeau Montreal, QC (#4015)  1:00-1:25 <b>TBA</b>	8:30 – 5:30 <i>Meriden workshop (continued)</i>	12:30-1:00 <u><a href="#">Pandora’s Box: The Descent into Depression and the Healing Return Journey</a></u> G. McCulloch Halifax, NS (#4042)
		<b>CANCER CARE/ MENTAL ILLNESS STREAM</b>				1:05-1:25 <b>MOSH (Mobile Outreach Street Health): Effectiveness of Mobile Outreach</b> P. Melanson Halifax, NS
		1:00 – 1:25 (poster panel) <u><a href="#">Tough Roses</a></u> C. Dietrichsen Lethbridge, AB (#3868)  <u><a href="#">Phenomenological Approach to Understanding a Person Who Compulsively Hoards</a></u> M. Haase Edmonton, AB (#3950)				
MENTAL WELLNESS STREAM Room 202	WORKSHOP Room 200C2	ANTI-STIGMA & COMPASSION FATIGUE STREAM Room 204	PRIMARY CARE STREAM Room 205	TEACHING, TRAINING & ANALYSIS STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	EMPLOYMENT & EDUCATION STREAM Room 201
1:30-1:55 <u><a href="#">Integrative Spirituality: New Models of Energetic Health</a></u> D. Maginley  2:00-2:25 <u><a href="#">Navigating New Directions: Happiness Groups</a></u> L. Lambert Red Deer, AB (#3901)	Research Workshop (cont’d)	1:30-3:25 <b>PEC</b> <b>Protest, Educate &amp; Make Contact</b> M. Charbonneau P. Moss Canada	1:30-2:00 <u><a href="#">Opioid Education – Moving from Individual to Group Approaches</a></u> B. LaForme Hamilton, ON (#4014)  2:00-2:25 <u><a href="#">SELF: Empowering Patients to Self-Manage and Direct Their Health Care Needs</a></u> J. Brown Guelph, ON (#4077)	1:30-2:00 <u><a href="#">Teaching Future Health Professionals: Clients’ Impressions and Experiences</a></u> L. Matheson Halifax, NS (#4026)  2:05-2:25 <u><a href="#">Integrating the Trainee into Integrated Care</a></u> K. Yates Detroit, MI (#3904)	8:30-5:30 <i>Meriden Workshop (continued)</i>	1:30-2:25 <b>JUST US: Fair Trade: The Story of Chocolate and Mental Health</b> T. Smith Halifax, NS

THURSDAY, JUNE 23rd (continued)							
MENTAL WELLNESS STREAM Room 202	WORKSHOP Room 200C2	ANTI-STIGMA & COMPASSION FATIGUE STREAM Room 204	PRIMARY CARE STREAM Room 205	TEACHING, TRAINING & ANALYSIS STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	EMPLOYMENT & EDUCATION STREAM Room 201	
2:30-3:25 <a href="#"><u>Spirituality – How Can the Faith Community Be Part of the Team?</u></a> H. McNally NS (#3991)	Workshop (cont'd)	<i>Protest, Educate and Make Contact Anti-Stigma Advocacy (continued)</i>	2:30-3:25 <a href="#"><u>Incredible Years, Incredible Collaboration</u></a> J. Elliot Halifax, NS (#3948)	2:30-3:25 <a href="#"><u>Teaching Behavioural Sciences to Family Practice Residents &amp; A Third Year Program in Psychiatry for Family Doctors</u></a> J. Davine Hamilton, ON (#3979, #4084)	<i>Meriden Workshop (continued)</i>	2:30-3:25 <a href="#"><u>Access to Employment for People with Serious Mental Illness in Northeastern Ontario</u></a> K. R. Gruhl Sudbury, ON (#3893)  <a href="#"><u>College Pathways to Education and Employment</u></a> G. Quartaro Toronto, ON (#4020)	
COFFEE BREAK 3:30 – 3:45 p.m.							
MENTAL WELLNESS STREAM Room 202	WORKSHOP Room 200 C2	ANTI-STIGMA & COMPASSION FATIGUE STREAM Room 204	PRIMARY CARE STREAM Room 205	ANTI-STIGMA STREAM Room 203	FAMILY CAREGIVER STREAM Room 200 C1	AGE & GENDER STREAM Room 201	
3:30 – 4:25 (poster panel) <a href="#"><u>Mental Health Promotion: Grass Roots Collaboration</u></a> A. Cochrane Halifax, NS (#4012)  <a href="#"><u>Exploring Leisure Experiences of Women Who Care for People Harmfully Involved with Alcohol, Drugs and/or Gambling</u></a> S. Wood NS (#4055)  <a href="#"><u>Compassion Satisfaction: Connection to Positive Psychology</u></a> H. Higgins Halifax, NS (#3894)	Workshop (cont'd)	3:50 – 5:30 <a href="#"><u>When Helping Hurts: Addressing Compassion Fatigue</u></a> L. McLean Halifax, NS	3:50 – 4:20 <a href="#"><u>Mental Health Psychology: Illustrations, Explorations and Aspirations</u></a> A. Starzomski Halifax, NS (#4004)  4:20 – 4:30 (poster) <a href="#"><u>Pediatric Psychopharmacological Training Needs of Primary Care Physicians</u></a> C. Gray Ottawa, ON (#4060)  4:30 – 4:50 Q & A	3:50 – 4:50 <a href="#"><u>Developing a National Anti-Stigma Training CME for Family Physicians and Specialists</u></a> D. Gallson Canada (#3975)	<i>Meriden Workshop (continued)</i>	3:30 – 5:00 <i>Age and Gender: Two Neglected Aspects of Mental Health Surveillance</i> C. Tannenbaum Montreal, QC	
MHCC “CHEER” (Collaborative Healthcare Exchange, Evaluation and Research) RECEPTION 5:30 – 6:30 P.M. This reception is to raise awareness about the primary health care initiative that is being led by the “Knowledge Exchange Centre” at the Mental Health Commission of Canada. The reception is open to all conference delegates and invited guests.							

FRIDAY, JUNE 24<sup>th</sup>  
7:00 a.m. – 5:00 p.m.

REGISTRATION: 7:00 a.m. – 3:00 p.m.  
CONTINENTAL BREAKFAST – EXHIBITS: 7:00 – 8:00 a.m.

OPENING CEREMONIES  
8:00 – 8:55 a.m.  
Room 200C

KEYNOTE PRESENTATION: ESTABLISHING EFFECTIVE TRIANGLES OF CARE: MAKING IT REAL: DEVELOPING PARTNERSHIPS WITH PEOPLE WITH LIVED EXPERIENCE OF MENTAL HEALTH DIFFICULTIES AND FAMILIES IN MENTAL HEALTH CARE  
Meriden Family Programme, Birmingham, West Midlands, UK  
9:00 – 9:55 a.m.  
Room 200C

COFFEE BREAK – EXHIBITS  
10:00 – 10:15 a.m.  
Room 200D

<p>Room 201 10:20 – 11:20 <a href="#"><u>The Taddle Creek Family Health Team Peer Support Program</u></a> H. Mik Toronto, ON (#3994)</p> <p>11:20 – 11:50 <a href="#"><u>Examining the Transitional Needs of Adults Who Experience Mental Illness and Developmental Disability</u></a> D. Nicholas &amp; T. Shand Edmonton, AB (#5001)</p>	<p>Room 202 10:20 – 11:20 <a href="#"><u>Power of Peer-Led Education Programs in Building a Culture of Inclusion</u></a> M. M. Newman Waterford, Maine (#4061)</p> <p>11:20 – 11:55 <a href="#"><u>Family-Centred Care in Adult Mental Health: Charting a Course to Collaborative Interagency Practice</u></a> M. MacFarlane Lindsay, ON (#3944)</p>	<p>Room 200C (Plenary Panel) 10:20 – 10:45 <i>Moving from Health Care to Health: Health Informatics as a Catalyst</i> R. Kolodner, Washington DC</p> <p>10:45 – 11:10 <i>A Relational Approach to Health Law : Its Application in Mental Health</i> S. Wildeman Halifax, NS</p> <p>11:10 – 11:35 <i>What is Mental Wellness? Are You Flourishing or Languishing?</i> C. Keyes Georgia, US</p> <p>11:35 – 11:55 Q&amp;A</p>	<p>Room 205 10:20 – 10:40 <a href="#"><u>The Inclusion of Peer Support Specialists in Assertive Community Treatment Teams: Barriers to implementation</u></a> P. Wakefield Hamilton, ON (#4064)</p> <p>10:40 – 11:00 <a href="#"><u>Healthy Minds Cooperative – Collaboration in Action</u></a> M. Donnelly-Gay Halifax, NS (#3709)</p> <p>11:00 – 11:40 <a href="#"><u>Peer Services: Working with the Experts: Exploration of the Multi-Level Involvement of Consumers in the Recovery Model</u></a> M. Knox Sherwood Park, AB (#4051)</p> <p>11:40 – 11:55 Q&amp;A</p>	<p>Room 204 10:20 – 11:10 <a href="#"><u>Community Approach to Collaborative Practice: The African Nova Scotian Experience</u></a> C. Beals Halifax, NS (#4021)</p> <p>11:10 – 11:40 (poster panel) <a href="#"><u>Beacon House: Building Collaboration with Families and Partners to Treat Serious Mental Illness</u></a> P. McKinley Annapolis Valley DHA, NS (#3919)</p> <p><a href="#"><u>Impact of Collaborative Education on Families in Treatment of Serious Mental Illness</u></a> M. Crown Halifax, NS (#3960)</p> <p>11:40 – 11:55 Q &amp; A</p>	<p>Room 203 10:20 – 11:20 <a href="#"><u>The Child Welfare and Hamilton Family Health Team Community Partnership Project</u></a> B.Mills Hamilton, ON (#4039)</p> <p>11:20 – 11:35 (poster) <a href="#"><u>How Do Family Physicians View the Use of Self-Care Tools by Depressed Adults?</u></a> M. Yaffe Montreal, QC (#3910)</p> <p>11:35 – 11:55 Q &amp; A</p>
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NETWORKING LUNCH SESSION WITH “TOPIC TABLES” AND  
CONFERENCE PRESENTERS AVAILABLE FOR INFORMAL DISCUSSION  
EXHIBITS (Room 200D)  
12:00 – 12:45 p.m.

KEYNOTE PRESENTATION  
*You Arrive*  
Bonnie Harnden and Actors  
A theatre piece that captures the development of the child’s mind and the effects of parenting  
12:50 – 1:55 p.m.

FRIDAY, JUNE 24 <sup>TH</sup> (continued)					
<p>Room 201 2:00 – 2:10 (poster) <a href="#"><u>Determinants of Delay to Help-Seeking in First Episode Psychosis</u></a> P. Tibbo Halifax, NS (#3976)</p> <p>2:10 – 2:35 <a href="#"><u>What We've Learned: An Evaluation of The Hamilton Program for Schizophrenia's Peer Support Workers</u></a> G. Hirano Hamilton, ON (#3952)</p> <p>2:35 – 3:00 <a href="#"><u>Development and Preliminary Evaluation of a Canadian Database Focusing on Schizophrenia and Epidemiology</u></a> D. Nicholas &amp; T. Shand Edmonton, AB (#5002)</p> <p>3:00 – 3:25 Q&amp;A</p>	<p>Room 202 2:00 – 2:25 <a href="#"><u>Managing Depression in Primary Care: Formative Evaluation of a Manitoba Health Initiative</u></a> J. Beaulac Winnipeg, MB (#3982)</p> <p>2:25 – 3:25 <a href="#"><u>Does It Really Work?: Evaluation and Policy Support for a State/ Province-Wide Integrated Care Initiative</u></a> B. H. Boober Maine, USA (#4048)</p>	<p>Room 200 C 2:00 – 3:00 <a href="#"><u>Building Collaborative Care Infrastructure: Local, Provincial, and National Perspectives From USA</u></a> Collaborative Family Health Care Association Rochester, NY (#3990)</p> <p>3:00 – 3:25 <a href="#"><u>Cooperation in Partnership in Mental Health – The Australian Experience</u></a> S. Kotnala Sydney, Australia (#3989)</p>	<p>Room 205 2:00 – 3:00 <a href="#"><u>Listen, Learn and Engage: Using Digital and Social Media to Connect</u></a> C. Carew Halifax, NS (#3892)</p> <p>3:00 – 3:25 (poster panel) <a href="#"><u>Model for School-Based Integrated Mental Healthcare</u></a> Y. Wei Halifax, NS (#3935)</p> <p><a href="#"><u>What Can Physicians Do to Reduce Stigma Related to Mental Illness?</u></a> M. Ricketts Canada (#4028)</p>	<p>Room 204 2:00 – 2:40 <a href="#"><u>Tradition in the Modern Context: Combining Western and Aboriginal Approaches in Mental Health Delivery Services</u></a> V. M. WolfEagle (#4068)</p> <p>2:40 – 3:25 <a href="#"><u>Building Bridges 2 A Pathway to Cultural Safety, Relational Practice and Social Inclusion</u></a> B. Mussell BC (#4001)</p>	<p>Room 203 2:00 – 3:00 <a href="#"><u>Family Attachment Made Simple: Practical Applications to the Performance Piece “You Arrive” for Practitioners and Families</u></a> B. Harnden and H. Spenser (#3908)</p> <p>3:00 – 3:25 <a href="#"><u>The IWK Collaborative Mental Health Care Program: Navigating by the Stars</u></a> S. Abidi Halifax, NS (#4044)</p>
COFFEE BREAK – EXHIBITS 3:30 – 3:45 p.m.					
<p>Room 201 3:50-4:50 <a href="#"><u>Working Together in Managing Chronic Mental Illness: The Power of Partnerships</u></a> O. Heath St. John’s, NL (#3869)</p>	<p>Room 202 3:50 – 4:25 <a href="#"><u>Screening and Monitoring Depression - Utilization of the PHQ-9 in the Family Practice Setting</u></a> D. Green Ottawa, ON (#4057)</p> <p>4:25 – 5:00 <a href="#"><u>Enhancing Depression Care: How Implementing a Simple Tool (PHQ-9 ) Has Shaped Our Service Response</u></a> L. Born Hamilton, ON (#4008)</p>	<p>Room 200C 3:50-4:50 <a href="#"><u>Collaborative Care – More Than a Tokenistic Gesture? An Example of Excellence from the UK</u></a> A. McGinty Halifax, NS (#3925)</p>	<p>Room 205 3:50-4:20 <a href="#"><u>Building Collaboration and Learning About Youth Needs Through a Cross-Sectoral Network Screening Project</u></a> G. Chaim Toronto, ON (#5000)</p>	<p>Room 204 3:50 – 4:35 <a href="#"><u>Navigating a Path: A First Nation Amalgamated Mental Health Service Delivery Model</u></a> D. Hutt-MacLeod Eskasoni, NS (#3993)</p> <p>4:35 – 5:00 <a href="#"><u>An Innovative Integration of Indigenous Knowledge and Beliefs as a Pathway to Community Healing and Wellness</u></a> C. Thomas Guysborough, Antigonish, Strait Regional Health Authority, NS (#4016)</p>	<p>Room 203 3:50-5:00 <b>MERIDEN WORKSHOP</b> A condensed workshop that will introduce participants to principles of working collaboratively with consumers and families from a primary care and secondary care perspective Birmingham, West Midlands, UK</p>
BANQUET: MURPHY’S CABLE WHARF 6:30- X:XX					



SATURDAY, JUNE 25 <sup>TH</sup> 7:00 a.m. – 5:00 p.m.					
CHILD & YOUTH MENTAL HEALTH Breakfast meeting Open to all conference registrants 7:30 – 8:25 a.m. Room 202		GERIATRIC MENTAL HEALTH Breakfast meeting Open to all conference registrants 7:30 – 8:25 a.m. Room 203		MENTAL HEALTH & ADDICTIONS Breakfast meeting Open to all conference registrants 7:30 – 8:25 a.m. Room 204	
REGISTRATION: 7:00 a.m. – 12:00 p.m. CONTINENTAL BREAKFAST – EXHIBITS 8:00 – 8:25 a.m. Room 200D					
KEYNOTE PRESENTATIONS Room 200C  THE MENTAL HEALTH COMMISSION OF CANADA <i>Together We Can Transform the Mental Health System</i> Louise Bradley 8:30 – 9:10 a.m.   <i>Social Accountability: What We Expect from the Mental Health Care System</i> Madame Claudette Bradshaw 9:15 – 9:55 a.m.					
COFFEE BREAK – EXHIBITS Room 200D 10:00 – 10:15 a.m.					
Room 202 10:20-11:55 <i>Effective, Practical and Free: A Behavioural Depression Intervention That Is Easy to Deliver in Collaborative Care</i> D. Bilsker BC	Room 203 10:20-11:55 Paper Panel / Q&A <a href="#"><u>Collaborative Triage and Case Conferencing for Delivering Mental Health/ Addictions Services in Rural Family Practice Settings</u></a> S. Naicker Kootenay Boundary HSA, BC (#4027)  <a href="#"><u>Team Dynamics in Collaborative Care Research-Based Insights of the Dynamics of Interprofessional Collaboration</u></a> S. Chreim Ottawa, ON (#3942)  <a href="#"><u>Core Competencies in Mental Health for All Physicians in Canada: Environmental Scan</u></a> F. Lemire Canada (#4063)	Room 201 10:20 – 11:05 <a href="#"><u>Reversed Shared Care in Mental Health: Bringing Primary Physical Health Care to Psychiatric Patients</u></a> T. Ungar Toronto, ON (#3937)  11:10 – 11:55 <a href="#"><u>Improving the Physical Health of the Seriously Mentally Ill: A Shared Responsibility</u></a> H. Milliken Halifax, NS (#4024)	Room 205 10:20 – 11:05 <a href="#"><u>Keys to Success: Building an Effective Behavioural Health Consulting Team</u></a> D. Pusch & B. Acton Calgary, AB (#4009)  11:05 – 11:40 <a href="#"><u>The Power of Groups: integration of Group Therapy Targeting Depression and Anxiety in Primary Care</u></a> D. Klinck Ottawa, ON (#4007)  11:40 – 11:55 (poster) <a href="#"><u>Transfer into Primary Care - The Ottawa Experience (TIP-TOE)</u></a> C. MacPhee Ottawa, ON (#4066)	Room 204 10:20 – 11:05 <a href="#"><u>Communities Addressing Suicide Together</u></a> A. Davis Canada  11:10 – 11:55 <a href="#"><u>Approaches to Aboriginal Suicide and Critical Incident Response on Vancouver Island</u></a> L. Wittmann Inter Tribal Health Authority Nanaimo, BC (#3988)	Room 200C 10:20 – 10:55 (Plenary Panel) <i>What Gets in the Way of Collaborative Care?</i> I. Dubinsky Toronto, ON  11:00– 11:40 <i>Stigma : Its Personal and Professional Impact</i> M. Charbonneau Quebec  11:45-11:55 Q/A

SATURDAY, JUNE 25 <sup>TH</sup> (continued)					
LUNCH 12:00 – 12:15 p.m. PLENARY TO START AS LUNCH WRAPS UP					
PLENARY 12:20 – 1:05 p.m. <i>When Collaboration With Consumers and Families Works: Drawing from the Lessons of Working with Providers</i> Laura Burke Halifax, NS					
Room 202 1:10-2:10 <a href="#"><u>The Child and Adolescent Toolkit Project: One Year Later</u></a> H. Spenser Ottawa, ON (#4073)  <a href="#"><u>A Canadian National Collaborative Study: Needs and Interests of Family Physicians, General Practitioners and Pediatricians</u></a> (poster) H. Spenser Ottawa, ON (#3995)	Room 203 1:10-2:10 <a href="#"><u>Shared Mental Health Care Within Family Health Teams - Lessons Learned: The First Five Years of the Ottawa Experience</u></a> K. Gillis Ottawa, ON (#3985)	Room 201 1:10-2:10 <a href="#"><u>Navigating the Shoals, Charting the Possibilities Exploring Family Life and the Forensic Patient</u></a> B. Banks Halifax, NS (#3889)	Room 205 1:10-2:10 <a href="#"><u>Exploring Core Competencies for Mental Health and Addictions Work Within a Family Health Team Model</u></a> A. Cudmore Hamilton, ON (#4052)  <a href="#"><u>Combining CBT and DBT Skills: A Coping Group for Women in Primary Care</u></a> L. Lang Alberta Health Service, AB (#3936)	Room 204 1:10-1:40 (poster panel) <a href="#"><u>Impact of Shared Mental Health Care: An Analysis of Emergency Room Usage and Mental Health Admissions</u></a> J. Jarva (#3920) Thunder Bay, ON  <a href="#"><u>Introducing Shared Care in North Western Ontario</u></a> C. Hettrick Thunder Bay, ON (#4037)  1:40-2:10 <a href="#"><u>A Model of Collaborative Mental Health Care in Rural Nova Scotia: The Colchester East Hants ADHD Clinic</u></a> R. Panton Colchester East Hands HA, NS (#3984)	Room 200C 1:10-2:10 <a href="#"><u>Rise UP: Alberta and Ontario Approaches to Treating Patients Affected by Depression</u></a> C. Degenhardt Alberta (#4030)
KEYNOTE PRESENTATION Room 200C 2:15 – 3:00 p.m. <i>The Evolution of Collaborative Mental Health Care in Canada: A Shared Vision for the Future</i> <i>Launch of the 2011 Position Paper</i> Nick Kates					
CLOSING CEREMONY Room 200C 3:00 – 3:45 p.m. Hand-off to Vancouver – “Farewell to Nova Scotia”					
FEEDBACK, DEBRIEF & FINAL NETWORKING SESSION Room 200C 3:50 – 5:00 p.m. <i>Tell Us How We Can Do Better</i> Conference attendees, Halifax and Vancouver Planning Committee members					

# Abstracts

## 3709 Healthy Minds Cooperative – Collaboration in Action

Myra Donnelly-Gay (Executive Director, Healthy Minds Cooperative) Wayne Schnare (Consumer, Chair of the Board, Healthy Minds Cooperative) Dani-Sue Himmelman (Family Member, Board Member Healthy Minds Cooperative)

Healthy Minds Cooperative is owned and operated by end-users of mental health services, their family members, and mental health service providers and is committed to educating the public about mental health, reducing stigma, connecting consumers to resources, and providing peer support and advocacy. Healthy Minds Cooperative collaborates with the Capital Health Mental Health Program (HRM), and provides significant and meaningful input into the design, development, delivery and evaluation of mental health services in the district.

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## 3868 Tough Roses: Battling Female Cancers

*Celeste Dietrichsen, MB., ChB (Rural AHS Family Physician) Janice Ledsham, MPsych, BSW, RSW (AHS - Shared Mental Health Clinician)*

"Tough Roses" is a psychoeducational/support group for women battling female cancers. It was initiated by a rural primary care family physician and a shared care clinician to address the needs of isolated women. The group was based on educational materials provided by the Canadian Cancer Society and supplemented with specific information to address possible mental health issues. Future group initiatives will be largely steered by group member feedback.

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## 3869 Working together in managing chronic mental illness: the power of partnerships

Olga Heath (Memorial University) Denise English (Centre for Nursing Studies) Pamela Ward (Centre for Nursing Studies)

This workshop highlights the power of partnerships both within and outside of healthcare in developing and implementing effective strategies to increase evidence-based, comprehensive, interprofessional, primary mental health care for chronic complex mental illnesses. Using the example of a successful interprofessional education program developed in the area of eating disorders, participants are engaged in considering the applicability of the model to other chronic mental illnesses.

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## 3889 Navigating the Shoals, Charting the Possibilities: Exploring Family Life and the Forensic Patient

Barry Banks (East Coast Forensic Hospital) Lianne Nixon (East Coast Forensic Hospital)

The family of a forensic patient is burdened with being caught within two systems; healthcare and criminal justice. This experience can leave them unaware of how they might more actively participate in their loved ones well-being. In this presentation we will examine the response of East Coast Forensic Hospital to this reality, a response determined to more fully address the family's need to experience health, healing and to collaboratively bring the family into the process.

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## 3892 Listen, Learn and Engage: Using Digital and Social Media to Connect

Christina Carew (IWK Health Centre) Stanley Kutcher, MD, FRCPC (IWK Health Centre)

Digital and social media has created a new playing field for individuals to seek and share information. These tools however, can also be used to listen, learn and engage with target audiences. This innovative presentation shares the use of digital and social media surveillance tools in shaping strategy and knowledge translation programs, in addition the team will showcase the applied use and facilitate a discussion on how the information can be applied to your own programs.

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## 3893 Access to employment for people with serious mental illness in northeastern Ontario

*Karen Rebeiro Gruhl (Laurentian University/Sudbury Regional Hospital)*

A collective case study using community-based participatory methods was employed to examine access to employment for people with serious mental illness. The study spanned five phases, and engaged 95 participants from 21 postal code communities across northeastern Ontario. Qualitative individual and group interviews complemented by primary and secondary data sources informed the findings. This presentation will describe the employment status of persons with SMI in northeastern Ontario and the current collaborative activities that aim to build the local community capacity to provide evidence-based employment services.

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### 3894 **Compassion Satisfaction: Connection to Positive Psychology**

Heather Higgins, Psychologist (Capital Health Community Mental Health Services)

Compassion satisfaction, an emerging concept in the well-being of mental health service providers, is presented through the lens of positive psychology. This poster provides an overview gleaned from journal articles and other publications. Relevant terms, an assessment tool, and findings from various research studies are included. Strategies for clinicians are presented, designed to increase awareness of compassion satisfaction and encourage specific behaviours so that compassion fatigue will be reduced and burnout will not occur.

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### 3896 **The Restless Pillow: Treating Insomnia in Primary Care**

Judith Davidson (Kingston Family Health Team)

What to do when a patient complains of poor sleep? When the problem is chronic, the treatment of choice is CBT-I (cognitive behavioural treatment for insomnia). This effective intervention is now being delivered in primary care. This workshop presents CBT-I -- the techniques and the outcome research. An interactive discussion will include topics such as who is likely to benefit from hypnotic medication, from CBT-I, and who should be referred for polysomnography.

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### 3901 **Navigating New Directions: Happiness Groups Focus on Happiness Rather than Being Free of Depression**

Louise Lambert (Red Deer Primary Care Network) Donna Thompson (Red Deer Primary Care Network)

Focused on both treatment and prevention, a primary care network in Alberta developed happiness groups grounded in positive psychology to increase levels of happiness in depressed and non-depressed individuals. The 7-week happiness program involves strategic weekly interventions and the introduction of empirical research concerning the science of well-being. This presentation highlights the referral process along with group experiences and data reflecting the impact on happiness and physical well-being of participants three months after group termination.

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### 3904 **Integrating the Trainee into Integrated Care**

Kirstin Yates (Wayne State University)

Are you currently training or interested in training a behavioral health professional? Are you a student interested in pursuing a career in integrated care? Trainees can be a critical part of the integrated care team resulting in a mutually rewarding experience. Trainee roles can overlap, expand or be limited depending on the integrated model. At this presentation, learn about how roles vary and the dynamics of behavioral health trainees that excel in integrated care settings.

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### 3908 **Family Attachment Made Simple: Practical Applications to the Performance Piece "You Arrive" for Practitioners and Families**

Bonnie Harnden (Concordia University) Dr. Helen Spenser (Children's Hospital of Eastern Ontario)

This workshop will review concepts such as attachment theory and separation and individuation as they relate to the theatre piece YOU ARRIVE which will be presented on Friday afternoon immediately following lunch. Together we will explore what both mothers and fathers can do to apply the concepts of attachment theory to their child rearing practices. The goal will be to create an interactive setting in which participants can learn more about how to create positive connections with their children and youth as they practice one of the most difficult tasks that as humans we are faced with: parenting. This workshop is presented by Bonnie Harnden, psychoanalyst and writer and creator of YOU ARRIVE and Dr. Helen Spenser, Child and Adolescent psychiatrist at the Children's Hospital of Eastern Ontario in Ottawa.

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### 3910 **How Do Family Physicians View the Use of Self-Care Tools by Depressed Adults?**

Mark Yaffe (Depts. of Family Medicine, McGill University & St. Mary's Hospital Center) Jane McCusker (Dept. of Epidemiology, McGill University & St. Mary's Hospital Center) Erin Strumpf (Dept. of Economics, McGill University) Tamara Sussman (Dept. of Social Work, McGill University) Maida Sewitch (Dept. of Epidemiology, McGill University Health Centre) Kim Lavoie (Dept. of Psychology, Université de Québec à Montréal )

Project DIRECT-sc (Depression Intervention via Referral, Education, and Collaborative Care -self-care module) examines supported self-care of depression in primary care. At onset patients' family physicians were surveyed on familiarity with self-care in general chronic illness management, and in specific care of depression. 42% were moderately / a lot familiar with self-care for general chronic disease management, and only 13.7% for depression care. Explanations will be postulated and implications for self-care in depression will be discussed.

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**3919 Building Collaboration with Families and Partners**

Pam McKinley (Beacon Program) Pam Langille (Beacon Program) Roger Cann (Chair, Kings Co. Chapter, Schizophrenia Society)

Involving families and building those relationships was identified as a priority by the Beacon Program in the summer of 2010 in response to families and ongoing conversations with the Schizophrenia Society. An initiative began that involved researching similar work as well as discussions with local stakeholders. We looked at how working together with families could better support them, lead to improved outcomes for residents and enrich the program. Listening to families' stories provided further support for improved collaboration. In discussion with stakeholders, we have adopted guidelines for family involvement. We would like to share what we have learned from this initiative and our hopes and opportunities for growth. Please visit us at our website 'www.beaconprogram.ca'.

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**3920 The Impact of Shared Mental Health Care: An analysis of emergency room usage and mental health admissions**

John Haggarty (St. Joseph's Care Group) Lynn Martin (Lakehead University) Jane Hohenadel (North West Local Health Integration Network) Hillary Maxwell (St. Joseph's Care Group) Bruce Cook (Northern Ontario School of Medicine)

This study proposes to examine the impact of shared mental health care (SMHC) on emergency room usage and inpatient psychiatric services in our community. We anticipate that, when compared to patients whose clinics do not offer SMHS, patients of SMHS clinics will demonstrate less emergency room utilization related to both physical and minor to moderate mental diagnoses, and comparable rates of emergency room visits / psychiatric admissions related to severe mental health diagnoses (not routinely managed by SMHC).

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**3925 Collaborative Care - More Than a Tokenistic Gesture? An example of excellence from the UK**

Aileen McGinty, MA, LLB, DipLP, DipPsych, MTA ((consumer)

This multi-media presentation will showcase an example of excellence in meaningful collaborative care, that of the Royal College of Psychiatrists (UK). It will demonstrate the wide range of possibilities for consumer and family involvement at all levels and in all areas of mental health care as well as considering potential barriers to collaboration and inclusion of hard to reach groups.

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**3935 Mental Health Identification and Navigation:A School-Based Integrated Pathway to Care Model for Canadian Secondary Schools**

Yifeng Wei (Sun Life Financial Chair in Adolescent Mental Health, IWK Health Centre and Dalhousie) Stan Kutcher (Sun Life Financial Chair in Adolescent Mental Health, IWK Health Centre and Dalhousie)

This presentation describes a school mental health model that uses an innovative approach to address youth mental health needs by integrating mental health components into existing secondary school education frameworks. The model is delivered through the implementation of mental health literacy programs for students and educators, training programs for health providers and the wider community. The model showcases an example of strong collaboration among educators, parents/families and health providers in addressing youth mental health.

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**3936 Combining CBT and DBT Skills: A Coping Group for Women in Primary Care**

Laura Lang (Alberta Health Services)

The purpose of the current study was to evaluate the effectiveness of a 6-session coping group, designed to help women manage difficult emotions more skilfully. The group was grounded in Dialectical Behavioural Therapy (DBT) and incorporated elements of Cognitive Behavioural Therapy (CBT). The sessions were conducted by two Behavioural Health Consultants and were offered in a primary care setting. Preliminary feedback indicates promising results and data collection is on-going.

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**3937 Reversed Shared Care in Mental Health: Bringing Primary Physical Health Care to Psychiatric Patients**

Thomas Ungar (North York General Hospital) Stuart Goldman (North York General Hospital) Madalyn Marcus (York University) Antoinette Wertman (North York General Hospital)

It is imperative that access to high quality primary health care be available for those suffering from severe mental illnesses. Recognizing this, North York General Hospital (NYGH) piloted a new service that built upon the

benefits of Collaborative/Shared Care and the importance of service integration. This "Reversed Shared Care" clinic provided patients of NYGH's mental health department access to primary health care. Descriptive findings demonstrate the implementation of the service and patient demographics.

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**3942 Team Dynamics in Collaborative Care**

Samia Chreim, PhD (University of Ottawa) Robert Swenson, MD FRCPC (The Ottawa Hospital) Colleen MacPhee, RN CPMHN (The Ottawa Hospital) Katharine Gillis, MD FRCPC (The Ottawa Hospital)

The presentation will focus on the dynamics of collaborative teams. Results from in-depth research on mental health teams will be reported. Focus will be on the experience of member role change; on the dynamics of crossing and managing professional, knowledge-based, and physical boundaries; and on the provision of leadership that facilitates collaboration and removes obstacles. Implications for different components of patient care (intake, patient records, and care provision) will be addressed.

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**3944 Family-Centred Care in Adult Mental Health: Charting a Course to Collaborative Interagency Practice**

Malcolm MacFarlane MA (Ross Memorial Hospital)

Families are a major support to their loved ones in navigating the stormy seas of mental illness. Without support, families may feel they are sinking under the burdens of caregiving. This paper describes the experiences of Ross Memorial Hospital in developing a family-centered care model that brings consumers, families and community partners onboard as members of the treatment "crew." This collaborative, best practices approach helps families stay afloat and chart a course to better care.

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**3945 e-Health at the helm: a Strategic Enabler of Collaborative Care**

Michael Nusbaum, BSc, MHSA, FHIMSS (M.H. Nusbaum & Associates Ltd.)

While the use of e-Health to support collaborative care for mental health & addictions is now 10 years old, the maturity and prevalence of implementation is still in its infancy. This presentation will discuss what we've learned over the past decade, and how this useful tool can be better leveraged to support care models of the future.

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**3948 Incredible Years, Incredible Collaboration**

Judy Elliot (Manager, IWK Mental Health & Addictions), Monique Yazbek (IWK Primary Mental Health)

This presentation will include a 20-minute PowerPoint presentation which will describe the work that has been done by the IWK and its partners to build capacity in communities to offer the "Incredible Years Parenting Group". What began as collaborative vision has evolved into this evidence based group now being offered in several communities throughout the province, often co-facilitated by staff from different areas.

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**3950 A phenomenological approach to understanding the actions and life of a person who hoards**

Dr Mary Haase (Grant MacEwan University) Dr Irene Coulson (Grant MacEwan University) Melissa Watkins (Grant MacEwan University)

This storyboard poster presentation highlights the stories and findings of a phenomenological study conducted to gain a deeper understanding of the actions and life of the person who hoards. Hoarding is defined as a behavioural action characterized by the emotional attachment to the collection of poorly useable objects. A critical and practical understanding of the opportunities and challenges for registered nurses in developing collaborative strategies, when working with governments, community agencies, and health care agencies will be presented.

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**3952 What we've learned: An Evaluation of The Hamilton Program for Schizophrenia's Peer Support Workers**

Gord Hirano, M.Sc., O.T.Reg. (Ont.) (The Hamilton Program for Schizophrenia)

The Hamilton Program for Schizophrenia (HPS) is a community-based program that supports over 190 individuals. HPS has 19 Peer Support Workers that are involved in 7 group or individual programs. In an attempt to better understand the experiences of the PSW's as well as the recipients of PSW support, HPS initiated a qualitative evaluation. This paper outlines the process and results of this evaluation and how they have guided recommendations for the future.

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3960 **Changes in family appraisal, level of distress and knowledge prior to formal psychoeducation in a specialty First Episode Program**

Margie Crown (Capital Health) Shannon Sears (Capital Health, Dalhousie University) Philip Tibbo (Capital Health, Dalhousie University) Kim Good (Capital Health, Dalhousie University) Michael Teehan (Capital Health, Dalhousie University) David Whitehorn (Dalhousie University) Heather Milliken (Capital Health, Dalhousie University)

Poster investigating changes in family appraisal, level of distress and knowledge prior to formal psychoeducation in a specialty First Episode Program.

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3974 **The Virtual Emergency Room: Using Technology to Reach Youth in Crisis**

Jane Thompson RN, Project Coordinator, Virtual Emergency Room, (Ontario Shores Centre for Mental Health Sciences) Cynthia Weaver, MSW, RSW, Administrative Director, Adolescents and Dual Diagnosis Service, (Ontario Shores Centre for Mental Health Sciences) Wendy Decaire, RN, HBScN, MHSC, Program Director Mental Health and Dialysis, (Ross Memorial Hospital) Stuart Stein, Manager Mental Health and Addictions, (Ontario Telemedicine Network) Shelley Morris, RN, BScN, Regional Manager LHIN 8 & 9, (Ontario Telemedicine Network)

This interactive workshop describes the VER model of collaborative service delivery that allows communities lacking youth psychiatric resources within Central Ontario to access consultations within 72 hours of referral. The panel will discuss how the VER mitigates geographic barriers of time and distance, capitalizes on the use of scarce resources and treats families in their home communities, using the Ontario Telemedicine Network (OTN) live two-way videoconferencing technology.

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3975 **Developing a National Anti-Stigma Training CME for Family Physicians and Specialists**

Phil Upshall (Mood Disorders Society of Canada) Chairing presentation; Panel; Dave Gallson, (MDSC); Rivian Weinerman (Vancouver Health Authority), Micheal Pietrus, (MHCC); Richard Chenier, (MDSC)

This interactive workshop will provide an overview of a new anti-stigma CME designed to assist Family Physicians and Specialists provide environments free from stigma and discrimination leading to enhanced patient services. The project represents the culmination of years of research on stigma and discrimination and will provide a central point of access for all family Physicians and Specialists to information and resources on mental health stigma within the medical profession and what to do about it. The program will be submitted for accreditation by the College of Family Physicians Canada and the Royal College of Physicians and Surgeons of Canada.

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3976 **Determinants of delay to help-seeking in first episode psychosis**

Philip Tibbo (Dalhousie University, Capital Health) Shannon Sears (Dalhousie University, Capital Health) Kim Dillen (Dalhousie University, Capital Health) Denise Bernier (Dalhousie University, Capital Health) Margie Crown (Capital Health) Heather Milliken (Dalhousie University, Capital Health)

Delays to effective treatment for psychosis are associated with poorer longitudinal outcomes. Understanding the help-seeking pathways of individuals with first episode psychosis may aid in reduction of delays to specialized care.

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3977 **Managing Uncertainty: A Novel Approach to Undifferentiated Mental Disorders**

Patricia Rockman MD, CCFP, FCFP (Associate Professor, University of Toronto, Department of Family and Community Medicine) Jose Silveira MD, FRCPC (Psychiatrist in Chief, St. Joseph's Health Centre, Toronto)

Family Physicians are often the only point of contact for patients with serious Mental Disorders that present in an undifferentiated manner. This evokes anxiety in the treating physician who must manage these patients without diagnostic clarity. Traditional Diagnostic Psychiatric models taught may thus not be congruent within the Primary Care context. This novel approach organizes assessment and management into 3 areas: Risks, Functional Impairment and Critical Symptoms (RFS) to enable early intervention and to provide a concrete method for those in collaborative care to discuss clinical concerns when the diagnosis is unclear. This workshop will be didactic and interactive. Participants will learn the model and use cases for discussion. Research is underway to assess the model's utility at the Residency level.

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3978 **An Innovative, Interprofessional and Collaborative Approach to Teaching Behavioural Sciences in a Postgraduate Family Medicine Training Program**

Nadiya Sunderji (Women's College Hospital) Batya Grundland (Women's College Hospital) Gwen Morgan (Women's College Hospital) Behnaz Abedi (Women's College Hospital)

This interactive workshop outlines the development and implementation of an innovative behavioural sciences curriculum for family medicine residents. The presenters will describe the process of interprofessional collaboration, the teaching methods and content, and the evaluation results. Participants will be invited to reflect on the strengths and areas for improvement in this curriculum and to contribute to the process of developing Year 2 of this two-year curriculum.

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**3979 Teaching Behavioural Sciences to Family Practice Residents: The Shared Care Approach**  
Jon Davine (McMaster University)

There will be a didactic part of the presentation wherein we will describe the longitudinal behavioural sciences program for family medicine residents at McMaster University. This will be followed by the direct viewing of an audio visual tape to simulate using audio visual case-presentations in the learning encounter. Participants will be encouraged to share their experiences in this field.

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**3982 Managing Depression in Primary Care: Formative Evaluation of a Manitoba Health Initiative**  
Julie Beaulac, Ph.D. (Department of Clinical Health Psychology, University of Manitoba & WRHA) Randy Goossen, MD CCFP FRCPC (WRHA) Teresa Jones, MA (WRHA) Ingrid Botting, Ph.D. (WRHA) Jeanette Edwards, MA (Manitoba Health) Angus Steele (Manitoba Health)

As part of a new Manitoba Health initiative, indicators specific to screening and managing follow-up for depression have been implemented in Shared Care sites targeting high-risk patients 18 to 69 years of age. We will present initial findings from the formative evaluation in terms of barriers and facilitators to implementation, satisfaction, and similarities and differences across the sites. Implications for managing depression in primary care with specific reference to Shared Care settings will be discussed.

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**3983 Pathways to Resilience: A profile of multiple service using youth**  
Linda Liebenberg (Resilience Research Centre, Dalhousie University) Michael Ungar (Resilience Research Centre, Dalhousie University) Janice Ikeda (Resilience Research Centre, Dalhousie University) Nicole Landry (Resilience Research Centre, Dalhousie University)

The Pathways to Resilience Program takes up the call for a comprehensive study of how youth interact with formal services and informal supports. Using a mixed methods design and an ecological understanding of resilience, the study seeks to identify those pathways that result in healthy psychosocial outcomes. Drawing on quantitative data from the study, this presentation will use risk and resilience profiles of youth to explore service use patterns given the needs of youth.

Presented with:

**4023 Pathways to Resilience: Youth experiences of collaborative care**  
Nicole Landry (Dalhousie University) Janice Ikeda (Dalhousie University) Linda Liebenberg (Dalhousie University) Michael Ungar (Dalhousie University)

While many research studies have emphasized the importance of collaborative care, especially in mental health, there is little evidence documenting how young people are experiencing these collaborative treatment plans and what this can indicate about the implementation of integrated service systems. Drawing on narratives from multiple service-using youth across Atlantic Canada, this presentation will explore youths' experiences of collaborative care between services and programs in mental health, justice, alternative education, child welfare and/or community-based organizations.

And with:

**4018 Pathways to Resilience: A community based example of care**  
Janice Ikeda (Dalhousie University ) Miia Suokonaution (Phoenix Youth Programs) Linda Liebenberg (Dalhousie University ) Nicole Landry (Dalhousie University ) Michael Ungar (Dalhousie University )

There are a variety of reasons that at risk and homeless youth experience barriers in accessing and engaging in services. It is important to consider how service providers respond to and interact with youth and how this affects their service engagement and consequent outcomes. This presentation will explore Phoenix Youth Programs as a case study to demonstrate effective collaborative care for youth who are homeless or at risk of becoming homeless in Atlantic Canada.

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**3984 A Model of Collaborative Mental Health Care in Rural Nova Scotia: The Colchester East Hants ADHD Clinic**  
Ms. Rachel Panton (Colchester Regional Hospital) Ms. Melissa McGonnell (Dalhousie University) Dr. Penny Corkum (Dalhousie University) Ms. Margie McKinnon (Colchester Regional Hospital) Mr. Dan Stephenson (Chignecto-Central Regional School Board) Dr. Marilyn MacPherson (Colchester Regional Hospital) Dr. Tracey Williams (Colchester Regional Hospital)



This paper describes and evaluates a unique, specialty ADHD clinic in rural Nova Scotia that meets the diagnostic, intervention, and coordination challenges of ADHD. It is intersectorial and integrates clinical, training and research activities. Information on the formation of the clinic partnership and description and critical evaluation of the clinic will be provided. The service delivery model will be described with a focus on the assessment, intervention, research, and training functions of the ADHD clinic.

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**3985 Shared Mental Health Care Within Family Health Teams - Lessons Learned: The First Five Years of the Ottawa Experience**

Katharine Gillis (The Ottawa Hospital,University of Ottawa) Douglas Green (The Ottawa Hospital,University of Ottawa) Robert Swenson (The Ottawa Hospital,University of Ottawa) Colleen MacPhee (The Ottawa Hospital) Donna Klinck (The Ottawa Hospital) Pam Cooper (The Ottawa Hospital) Claudia Hampel (The Ottawa Hospital)

If you are currently working in collaborative/shared care or thinking of getting started, this workshop should give you some helpful ideas. The workshop will review, based on the Ottawa experience, what essential ingredients the presenter (s) feel a shared/collaborative care model should have and what would be recommended to avoid if possible. Discussion will range from preferred clinical tools, documentation, interprofessional role clarification, teaching and CME strategies, to innovative use of groups.

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**3986 The Experience of Multiple Admissions- One Family's Story of Challenges and Successes**

Sheila Morrison (Caregiver)

Reflecting on 18 years of mental health care for a family member the author examines the challenges faced by one family, as well as interventions that were successful with a view to deciphering how we can build on them. She will discuss what families need in order to be able to manage care once the patient is established in the community.

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**3988 Approaches to Aboriginal Suicide and Critical Incident Response on Vancouver Island**

Lee Wittmann (Mentor, Inter Tribal Health Authority (ITHA), Nanaimo, BC); Wa'ta (Christine Joseph) (Elder, Advisor to BC Ministry of Children and Family Development – Child and Youth Mental Health); Michel Therrien (Aboriginal Support Worker, BC Ministry of Children and Family Development – Child and Youth Mental Health, Port Hardy, BC); Pearl Hunt (Administrator, Whe-La-La-Area Council, Alert Bay, BC)

The presentation will include the following: Lee Wittmann, Co-ordinator of ITHA ASCIRT Program will discuss "The Community is The Medicine" workshop series; Wa'ta will discuss "Protocol Development and the Process of Engaging Within Aboriginal Communities"; Michel Therrien will discuss the "Digitization Project and Working Collaboratively in Northern Vancouver Island"; and Pearl Hunt will discuss "Aboriginal Advocacy and the Creation of an Annual Youth and Family Suicide Prevention Camp".

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**3989 Cooperation in Partnership in Mental Health – the Australian experience**

Sunita Kotnala MSW

Sunita Kotnala worked to address the housing and support needs of people with mental health problems and disorders living in, or applying for social housing under the Joint Guarantee of Service( JGOS) between New South Wales Health and Housing New South Wales, Australia from 2007 to 2010. She shares her experience to highlight the complexities of working in a multi agency partnership involving government, non- government organisations and consumer groups for consumers of Northern Sydney Central Coast Area Health Service, New South Wales Health, Australia.

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**3990 Building Collaborative Care Infrastructure: Local, Provincial, and National Perspectives**

Jennifer Hodgson (Collaborative Family Healthcare Association) Benjamin Miller (Collaborative Family Healthcare Association) Randall Reitz (Collaborative Family Healthcare Association)

This workshop is presented by the president, president-elect, and executive director of the Collaborative Family Healthcare Association (CFHA), a non-profit association with a mission to promote a comprehensive and cost-effective model of healthcare delivery that integrates mind and body, individual and family, patients, providers and communities. In this 3-section workshop we will highlight local, provincial, and national efforts to better integrate healthcare—especially mental health services in primary care settings—from the United States.

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**3991 Spirituality-How Can the Faith Community be part of the TEAM?**

Heather McNally (Rapha Initiative Working Group) Jennifer Smart (Rapha Initiative Working Group )  
Presenter: The RAPHA Initiative (sponsored by the Department of Public Witness and Social Concern of the Convention of Atlantic Baptist Churches)

Families within the church need support as they face the challenges of mental illness which may occur for them. Pastors and leaders of local church congregations are very much in the front lines. They need to be supportive and helpful in dealing with those who struggle with mental health issues. Therefore, it is imperative that these individuals understand and respond to concerns as they arise in the very best and most helpful manner. We are attempting to increase awareness and reduce stigma through education, and build bridges to be a part of the team with other mental health care providers. The faith community offers the unique ability to address spirituality in the holistic recovery of mental health.

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**3992 Follow-Up Next Day Service - A model for a Collaborative Approach to Service Delivery**

Judy Elliot (IWK Health Centre), Mary Pyche, Acting Program Leader, Capital Health MH Program, Crisis/Emergency Mental Health Services

This presentation will include a 20 minute DVD and PowerPoint presentation which will describe the Follow-Up Next Day Service (FUNDS). This partnered service of IWK, CDHA, HPD and Community Services provides coordinated crisis stabilization services for families experiencing severe parent/child conflict where housing for the youth/adolescent is at risk as a result of the presenting situation. The importance of a collaborative approach across services to provide the best possible service to clients will be discussed.

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**3993 Navigating A Path: A First Nation Amalgamated Mental Health Service Delivery Model**

Daphne Hutt-MacLeod- Registered Psychologist MA (Eskasoni Mental Health & Tui'kn Partnership) Jane Francis (Eskasoni Mental Health Youth Resource Centre)

This presentation focuses on the efforts of several First Nation's communities working together, by sharing resources, to provide mental health services to community members while attempting to address gaps in services through collaboration with internal First Nations and external Provincial and Federal agencies/organizations. Embedded within this model is a community mental health concept that attempts to address the stigma associated with accessing mental health services and provides clients with the opportunity to become actively involved in their care plans.

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**3994 The Taddle Creek Family Health Team Peer Support Program**

Helene Mik (University of Toronto) Anne Thompson (York University) Pauline Pariser (University of Toronto) Nadiya Sunderji (University of Toronto) Lora Judge (Taddle Creek Family Health Team)

The Taddle Creek Family Health Team provides comprehensive, multidisciplinary primary care services. In 2011, it introduced a peer-support intervention for people with lived experience of mental illness. This interactive workshop elucidates the process of identifying the need for peer support, forming a working group to choose an appropriate model, and implementing the program. It emphasizes the tensions inherent in developing a sustainable program that abides by the principles of the Recovery model of mental health.

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**3995 A Canadian National Collaborative Study: Needs and Interests among Family Physicians, General Practitioners and Paediatricians located in Rural and Remote Areas**

Dr. Helen Spenser (University of Ottawa) Dr. Lucie Nadeau (McGill University) Ms Bobby Jo Flynn (Community Mental Health and Addictions Health PEI) Dr Sabina Abidi (Dalhousie University)

This is a poster presentation summarizing the results of the first cross-Canada survey of needs and interests among Family Physicians, General Practitioners and Paediatricians in rural and remote areas with respect to referral patterns and knowledge in the area of child and youth mental health care.

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**4001 Building Bridges 2 A Pathway to Cultural Safety, Relational Practice and Social Inclusion**

Bill Mussell (Native Mental Health Association of Canada) Phil Upshall (Mood Disorders Society of Canada) Richard Chenier (Mood Disorders Society of Canada)

This interactive workshop will provide participants with an in-depth overview on how cultural safety could be used to create a space for critical reflection and dialogue that will lead to action, improved mental well-being for all Aboriginal peoples and Canadian consumers. We will also define how cultural safety can serve as a means to support social justice and the mental well-being of First Nations, Inuit and Métis in Canada.

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**4004 Mental Health Psychology Collaborations in Capital Health (Halifax): Illustrations, Explorations and Aspirations**

Andrew Starzomski (*Capital Health (Halifax)*) Jennifer Denney-Hazel (*Capital Health (Halifax)*) Amy Gilgan (*Capital Health (Halifax)*)

This paper presentation will look at some of the ways that the Psychology Council of Capital Health's Mental Health Program has collaborated within, and outside of, the Mental Health Program. Psychologists' roles in understanding needs and contributing supports for clinical service, education and program evaluation will be discussed. The presenters are especially keen to explore ways that Psychology can evolve to be of best use to the needs of clients, families and communities.

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**4007 The Power of Groups: A review of the integration of Group Therapy targeting depression and anxiety, in the primary care setting of a multiple site Family Health Team Practice. Exploration of group development, delivery and outcomes. Challenges, successes and future steps**  
Donna Klinck, MSW RSW (Shared Mental Health Care, The Ottawa Hospital & Bruyere Academic Family Health Teams) Pamela Cooper, PhD., C. Psych

The purpose of this workshop is to explore the use of therapy delivered by a Shared Mental Health Care team in a group format, within 2 large urban FHTeams. We hope to present the learning, challenges and successes of incorporating this method of service delivery to a large client group. Content/structure, format and outcome measures of the weekly therapy sessions will be included. We hope to focus on sharing information and gaining feedback from other programs.

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**4008 Enhancing Depression Care: How Implementing the PHQ-9 Has Shaped Our Service Response**  
Leslie Born, Enhancing Depression Care Coordinator (Hamilton Family Health Team) Jackie Bootsma, Mental Health Groups Coordinator (Hamilton Family Health Team) Catherine McPherson-Doe, Mental Health Program Manager (Hamilton Family Health Team)  
This interactive workshop will provide participants a review of progress with an enhanced care of depression initiative in a large family health team, and how use of the PHQ-9 and a depression care algorithm has shaped service response and new treatments. There will be opportunity for participants to reflect on the meanings of "stepped care" and "matched care" of depression and how these concepts relate to collaborative care of depression in their settings.

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**4009 Keys to success: Building an integrated behavioural health consultation team**  
Dennis Pusch, (Shared Mental Health Care, Calgary, AB) Bob Acton, (Shared Mental Health Care, Calgary, AB)  
This workshop, based on the development of an integrated behavioural health care team in Calgary, will highlight strategies for building a team of clinicians who are able to face the challenges of adapting their traditional therapy models to the complexity of primary care settings. Aspects of the team building process to be discussed include: strategies for hiring; orientation and training strategies; supervision strategies; team consultation strategies. Participants will have a chance to discuss and receive feedback about their own experience of similar challenges.

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**4012 Expanding the Definition of Mental Health Care: Grass Roots Collaboration**  
Andrea Cochrane (Capital Health) Marjorie Willison (Chebucto Communities Development Association) Tara Lee (Capital Health) Denise Marchand (Capital Health)

Expanding the definition of mental health care to include mental health promotion is relevant for all citizens, including people with a mental illness. A grass-roots group in Spryfield nurtures collaboration among health care, other sectors, and communities to promote mental health. They consider such concepts as the two-continuum model of mental health and mental illness; key principles of, and dialogue on evidence in, mental health promotion; determinants of mental health framework; and best practice approaches.

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**4014 Opioid Education; Moving from Individual to Group Approaches. A collaborative care patient education initiative addressing chronic non-cancer pain and opioid medication use.**  
Brad LaForme (Hamilton Family Health Team) Anne Mallin (Hamilton Family Health Team)

This paper presentation will follow the development of a new patient psycho-education group which addresses issues related to Chronic Non-Cancer pain and opioid medication use. The genesis of this group idea will be examined in light of collaborative care practice, and followed through the planning and implementation stages. Some patient feedback and information from the initial four pilot groups will also be discussed.

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**4015 Quantitative assessment of partnership in youth mental health collaborative care**  
Lucie Nadeau (CSSS de la Montagne, McGill University) Alex Battaglini (CSSS Bordeaux-Cartierville-St-Laurent)

Cécile Rousseau (CSSS de la Montagne, McGill University) Suzanne Deshaies (CSSS Bordeaux-Cartierville-St-Laurent)

This is a joint presentation by two members (Nadeau and Deshaies) of a CIHR-funded research team, which studies partnership in the domain of youth mental health collaborative care within three urban multicultural primary care facilities in Montreal, Quebec. It will describe two instruments used to appraise the quality of partnership in care: the Decisional Conflict Scale and the Interprofessional Collaboration Model Questionnaire, and discuss their usefulness in the context of youth mental health.

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**4016 Development and Validation of a First Nations Community Capacity Model**

Charlene Thomas (Guysborough Antigonish Strait Health Authority)

This presentation describes an intervention that focuses on building capacity in one First Nation Community following a tragedy and subsequent events. The intervention integrates indigenous knowledge and beliefs as a pathway to community healing and wellness.

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4018 Please see [3983](#) for description

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**4019 Consult the Experts! IWK Youth Patients Advise on Engaging Youth in Collaborative Health Care**

Robin England, Youth Advisory Council (IWK Health Centre), Alex Davis, Stella Ducklow

The little video that could: the IWK Health Centre's Youth Advisory Council designed an innovative sportscast-themed video for teaching health centre-wide professionals, staff and other youth patients. Content: skills-based approach to 'little big things' that matter most in engaging youth in their health care, and this directly improves the quality, safety and experience of care. Next, youth hosted Pediatric Grand Rounds teaching collaborative practice from patient perspective and cross-program applications resulting in physician/staff practice changes.

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**4020 Recovering the Future: College Pathways to Education and Employment**

Georgia Quartaro, Ph.D. (George Brown College ) Jaswant Kaur Bajwa, Ph.D. (George Brown College) Tony Priolo (George Brown College)

This presentation describes two supported education programs at George Brown College in Toronto. These programs serve over 200 adults who have had serious mental illnesses and have strong partnerships with a major hospital and many community agencies. The presentation explores the roles of supported education, self-efficacy, client self-determination, and skill development can play for consumers who want to further their education or transition to employment. Practices and findings are highly transferable to other settings.

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**4021 Community Approach to Collaborative Practice: The African Nova Scotian Experience**

Cheryl Beals, M.Ed, M.Div, B.Ed., Bsc.H, (Victoria Road United Baptist Church) Lana MacLean, MSW, RSW, (Dartmouth General Hospital) Donna M Smith, RN, NP (Health Association of African Canadians)

The African Nova Scotian community has lived with systematic racism and its effects for generations. This reality, as well as poverty, has affected the health of the community and its ability to access the appropriate health care services. Currently there is no comprehensive health status data available. Anecdotal evidence shows a prevalence of diabetes, hypertension, heart disease, cancer, addictions and mental health related issues. There is an under representation of African Nova Scotians in the health care system. Health care professionals lack cultural competency and occasionally engage the community in the care process. The presentations, discussions, and input from participants will help to chart a new course in understanding and collaborative practice that will help the ANS community to thrive.

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**4022 Expanding the Continuum of Mental Health Care for P.E.I.**

BobbiJo Flynn (Health P.E.I.)

The socio-political factors and health system change impacting this rural health center's move from acute care focus to an expanded collaborative model of service delivery, are shared. We will review the collaborative planning process used to develop the key components of a tiered mental health services, which include rapid access appointments, brief treatment and care coordination, expanding primary care capacity to provide basic mental health care, specialized mental health care, and linking with peer support.

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4023 Please see [3983](#) for description

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**4024 Improving the Physical Health of the Seriously Mentally Ill: A Shared Responsibility**

Heather Milliken (Dalhousie University)  
Persons with serious mental illnesses have up to 2x the mortality rate compared to the general population and a reduced life expectancy of up to 25 years. In this interactive case-based workshop risk factors for the high rates of physical co-morbidity will be reviewed and challenges to providing collaborative optimal physical health care in primary care and mental health care settings will be discussed. Using the evidence based guidelines and pharmacologic and non-pharmacologic interventions reviewed, participants will be encouraged to develop an individual collaborative clinical practice algorithm for the monitoring and management of physical co-morbidity in the seriously mentally ill in their individual clinical practices.

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**4026 Teaching future health professionals: Clients' impressions and experiences**

Leslie Matheson (IWK Health Centre) Sandy Wells (Dalhousie University) Susan Nasser () Anne Godden-Webster

Client-centred, collaborative health care must be taught before it can be enacted. A novel program at Dalhousie University seeks to prepare students in 17 health professional programs for this kind of practice by placing them in collaborative learning teams with a community volunteer living with a chronic health condition. Initial impressions of the Dalhousie Health Mentors Program (HMP) will be described as they relate to the contributions of community volunteers living with chronic mental health conditions.

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**4027 Collaborative Triage and Case Conferencing as essential elements of a model for delivering appropriate psychiatric and mental health/ substance use services in rural family practice settings**

Sharman Naicker, MBChB, FRCPC (Clinical Lead for Mental Health and Substance Use, Kootenay-Boundary HSA, Interior Health), Jim Fenning, MSW (interior health authority)

This presentation illustrates the effectiveness of implementing a triage system within rural family practice clinics to manager referrals to mental health and psychiatry. Clients benefit from quick access to Psychiatric Assessment and Case Management Services (within 2 weeks) and move through Triage to a full range of services including CBT Based Group Therapy. Tri-directional knowledge exchange refines the triage process. Factors behind improved access for previously difficult to engage clients are discussed.

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**4028 What can physicians do to reduce stigma related to mental illness?**

Maura Ricketts (Canadian Medical Association ) Ann Chénier (Canadian Medical Association) Richard Chénier (Chénier Consulting) Marie Adèle Davis (Canadian Paediatric Society ) Francine Lemire (College of Family Physicians of Canada) Alex Saunders (Canadian Psychiatric Association ) Manon Charbonneau (Canadian Psychiatric Association ) Philippa Moss (Canadian Psychiatric Association)

The Canadian Medical Association, the Canadian Psychiatric Association, the Canadian Paediatric Society and the College of Family Physicians of Canada held a workshop to build a shared understanding about the sources of stigma in the health care system experienced by persons with a mental illness, and to develop recommendations for action to reduce stigma and discrimination. Participants included physicians from various specialties, consumer, the Mood Disorders Society of Canada, and the Mental Health Commission of Canada.

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**4030 Rise UP: Alberta and Ontario Approaches to Treating Patients Affected by Depression**

Crystal Degenhardt (Edmonton Southside Primary Care Network) Kimbereley Welte (Edmonton Southside Primary Care Network) Leslie Born (Hamilton Family Health Team) Jackie Bootsma (Hamilton Family Health Team)

Rise UP, a brief treatment for depression focused on behavioural activation and antidepressant skill development, has been run in group format in primary care settings in Edmonton, Alberta and in Hamilton, Ontario. In this interactive workshop, co-facilitated by staff from the Edmonton Southside Primary Care Network (Alberta) and the Hamilton Family Health Team (Ontario), we will discuss East and West variations of Rise UP groups and results from groups in both cities.

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**4037 Introducing SMHC in Northwestern Ontario: Influencing Utilization and Growing Efficiency**

Christine Hettrick (St. Joseph's Care Group), John Haggarty (St. Joseph's Care Group) Janelle Jarva (St. Joseph's Care Group) Sacha Dubois (St. Joseph's Care Group)

This presentation is a continuation of previous studies examining the impact of the introduction of shared mental health care services on the wait times for existing mental health services and examination of the clinical path of mental health patients. The present study examines the differences in utilization between provider groups, and how efficiency of service may be enhanced through the use of co-located collaborative care models.



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4039 **The Child Welfare and Hamilton Family Health Team Community Partnership Project**  
Brenda Mills (Co-ordinator, Child & Youth Mental Health, Hamilton Family Health Team), Peggy Carter-Arrowsmith, NP (The Hamilton Family Health Team) Vicki Peirce (Hamilton Children's Aid Society) Marsha Kooiman (Catholic Children's Aid Society)

This interactive workshop will present the findings of the 15 month partnership between child welfare services and the Hamilton Family Health Team. There are many lessons learned and insights to share that illustrate how this partnership has reduced barriers and increased community linkages resulting in family centered care for children and families.

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4042 **Pandora’s Box—The Descent into Depression and the Healing Return Journey**  
An art exhibition and talk by artist Gillian McCulloch

This presentation takes the viewer on a very personal visual journey into depression, and then brings them back through healing to the light again.

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4044 **The IWK Collaborative Mental Health Care Program: Navigating by the Stars**  
Sabina Abidi (IWK Health Centre, Dalhousie University Department of Psychiatry) Heather Dooks (IWK Mental Health and Addictions Program) Joan Rankin (IWK Mental Health and Addictions Program) Bonnie Warren (IWK Mental Health and Addictions Program)

The IWK Collaborative Mental Health Care Program aims to foster better collaboration with community partners and has a threefold mandate: 1) to assist in building capacity for community physicians and clinicians to recognize and manage care for youth with mental health concerns; 2) to collaborate with community partners to help youth in need; and 3) to assist youth and their families in navigating the IWK.

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4048 **Does It Really Work?: Evaluation and Policy Support for a State/Province-wide Integrated Care Initiative**  
Becky Hayes Boober, PhD (Maine Health Access Foundation) Barbara Leonard, MPH (Maine Health Access Foundation)

This highly-interactive workshop will be a practical, hands-on look at evaluating collaborative/integrated behavioral health and primary care programs at the clinical, systems, and population-based health levels. Proven tools will be distributed to assist integrated sites in patient engagement and quality improvement efforts, using site-specific data. Ideas will be shared on how to use experiences and data of integrated care sites to inform and shape public policy to sustain integrated care and to enhance health outcomes.

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4051 **Peer Services: Working with the Experts. Exploration of the Multi-level Involvement of Consumers in the Recovery Model**  
Peer Educator Michelle Knox, Recreation Therapist, Cross Level Services and Supports, Addiction and Mental Health, Alberta Health Services, Faith Paul

Our program employs a range of best practice, peer based services, including contracted peer educators trained in BRIDGES (Building Recovery of Individual Dreams and Goals through Education and Support) and contracted facilitators delivering WRAP (Wellness Recovery Action Planning). As peers have taken on a greater role in service delivery, we have recognized the depth and value of their unique contributions. This inspired us to expand our range of peer services, thereby enhancing the overall service provision to our clients. Moving forward, peers working within our program are now being asked share their knowledge outside of our program, to inform changes within the larger mental health system.

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4052 **Exploring Core Competencies for Mental Health and Addictions Work within a Family Health Team Model**  
Al Cudmore (Centre for Addiction and Mental Health) Catherine McPherson-Doe (Hamilton Family Health Team)

This paper presentation will review the findings of this project and the resulting recommendations which address both current practice and service needs in family health teams, as well as potential next steps in defining core competencies for mental health and substance use across the members of a primary care health team.

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4055 **Exploring the leisure experiences of women who care for people harmfully involved with alcohol, drugs and/or gambling**

Stephanie Wood, MA, CTRS ()

Caregivers of people harmfully involved with alcohol, drugs and gambling (PHI) are likely to experience health related problems. Leisure has the potential to ameliorate health problems by providing venues for healthy physical activity, stress relief and social support. This study explored how Nova Scotian women caring for PHIs shape their leisure. Findings revealed the complexity of their relationships, burden they carried and negotiation of self-care.

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4057 **Screening and Monitoring Depression - Utilization of the PHQ-9 in the Family Practice Setting**

Douglas Green (Ottawa Hospital) Katherine Gillis (Ottawa Hospital) Claudia Hampel (Ottawa Hospital)

Depression is under-recognized and under-treated in primary care settings. Depression rating tools have been recommended as part of an overall strategy to improve depression care. This workshop will describe a widely utilized tool, the PHQ-9, and will demonstrate its advantages in terms of diagnosis and treatment of depression and improved opportunities for collaboration, and will show how to use it. Challenges and successes in implementing this tool in a primary care setting will be discussed.

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4059 **Partners in Care Committee: Sharing an Example of a Collaborative Approach to Better Mental Health Care**

Asraa Al-Mosawie (Dalhousie University) and other Partners in Care Committee members (IWK Health Centre, Dalhousie University, and Laing House)

Our poster/story board represents a reflection on the work of a partners in care committee, an inpatient psychiatry hospital (IWK Health Centre) committee that was established in 2007. Members of this hospital committee include staff, health care professionals, family members, educators, and youth/consumers. We hope that through sharing our committee's work and experience we can inspire other mental health programs to establish a similar mental health "partners in care" committee in their hospital and/or programs.

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4060 **Pediatric Psychopharmacological Training Needs of Primary Care Physicians**

Clare Gray (University of Ottawa) Katherine Young (University of Ottawa) Cloutier Paula (Children's Hospital of Eastern Ontario)

Research into the psychopharmacological training needs of Primary Care Physicians (PCPs) will allow the development of more effective training methods and benefit patient mental health outcomes by furthering collaboration between Psychiatry and PCPs. This presentation will describe best practice training methods identified by the literature coupled with data collected from PCPs indicating their learning needs regarding the use of stimulants, antidepressants, and atypical antipsychotics in youth. The resulting training program(s) will be presented.

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4061 **The Power of Peer-Led Education Programs in Building a Culture of Inclusion**

Malkia Maisha Newman (Community Network Services Anti-Stigma Program) Amy Yashinsky (Community Network Services Anti-Stigma Program)

The role of Peers Support specialists in Community Mental Health is ever-growing. At Community Network Services, a team of peers developed, and continue to lead, the nationally award-winning Anti Stigma Team. Through the use of interactive dialogue, we express the trials, tribulations, and triumphs of people in recovery. Join us for a workshop that explains how we created our program, as well as provides guidance to others on how to build and sustain similar endeavors.

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4062 **Finding Allies: A Mental Health Consumer's Journey**

Troy Sanders

The presentation recalls a first-person journey toward mental health. The spirit of collaboration will be examined using a parallel in the legal system called Restorative Justice. This example will illuminate shared challenges and hidden potential involved in any such effort at broad-based collaboration. Specific allies – professional and otherwise – will also be examined including the consequences of openness when discrimination and ignorance transform a potential partner into the greatest challenge to mental wellness.

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#### 4063 **Core Competencies in Mental Health for All Physicians in Canada: Environmental Scan**

Francine Lemire (College of Family Physicians of Canada) Danielle Frechette (Royal College of Physicians and Surgeons of Canada) Garey Mazowita (College of Family Physicians of Canada) Alex Saunders (Canadian Psychiatric Association)

An environmental scan of the current status regarding core competencies in mental health for health providers is presented. A framework exists for those involved in this patient care area, but no framework applicable to all physicians/other providers is reported. Next steps: 1. development of a needs assessment of medical students and physicians; 2. development of core competencies in mental health for all physicians. The importance of values and attitudes to address issues of stigma and of interprofessional education is considered essential. Disclosure Statement: The conduct of this environmental scan was funded by the organizations represented.

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#### 4064 **The Inclusion of Peer Support Specialists in Assertive Community Treatment Teams: Barriers to Compliance**

Patricia Wakefield (McMaster University) Glen Randall (McMaster University)

This presentation reports on the extent to which ACT programs in Ontario, Canada complied with the requirement to incorporate a peer support specialist as part of the service delivery team. Results indicate an extremely low level of compliance with the standard requiring each ACT team to have a peer specialist. Barriers to full compliance and implications for policymakers and consumers are identified, and recommendations for future research are provided.

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#### 4066 **Transfer into Primary Care - The Ottawa Experience (TIP-TOE)**

Colleen MacPhee (The Ottawa Hospital) McGreggor Deborah (Bruyere Academic Family Health Team) Gillis Katharine (The Ottawa Hospital) Green Douglas (The Ottawa Hospital) Hampel Claudia (The Ottawa Hospital)

The outpatient psychiatry department (Ottawa Hospital) has received access for 10 patients from the psychiatric out-patient clinic for transfer to a multidisciplinary family health care team which includes a shared mental health care team. A transfer protocol (based on TIPP and CLIPP models) has been developed by the shared mental health care program. The team has received Research and Ethics Board approval to evaluate the patient's experience and satisfaction with this transition in the first year.

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#### 4068 **Tradition in the Modern Context: Combining Western and Aboriginal Approaches in Mental Health Delivery Services**

Veronica Moonstream WolfEagle, RSW, MSW, BFNAC, Mental Wellness Team Project Coordinator ( ) Theresa Bartlett - Chase, RNA, BA, BN, RN, Mental Health Nurse ( )

This presentation will provide details on methods used to improve Aboriginal client care in mental health and addictions programming. Activities such as Circle of Life Teachings (Medicine Wheel) and the combination of Traditional and Western approaches will be discussed as part of the development of a Mental Wellness Team in collaboration with the Regional Mental Health and Addiction Services. The presentation is highlighted by the education and experiences of a Traditionalist facilitating Sacred Ceremonies including Pipe Ceremonies, Sweat Lodges, Vision Quests, Talking Circles and counselling.

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#### 4073 **The Child and Adolescent Toolkit Project: One Year Later**

Helen Spenser (University of Ottawa and Children's Hospital of Eastern Ontario) Brenda Mills (Hamilton Family Health Team) Peter Kondra (Hamilton Family Health Team and McMaster University ) Blair Ritchie (Foothills Hospital and University of Calgary) Sari Ackerman (Hamilton Family Health Team)

This interactive workshop will review and illustrate the Hamilton/Ottawa Child & Youth Mental Health Toolkit in its current form. We have continued to update the toolkit in accordance with participant feedback, some of which will be discussed today. Case examples from both the audience and our own practices will be presented in order to demonstrate use of the toolkit.

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#### 4074 **Communities Addressing Suicide Together**

Angela Davis (Canadian Mental Health Association Nova Scotia Division)

This presentation will provide information on collaboration around suicide prevention, intervention and postvention in the context of the Communities Addressing Suicide Together (CAST), an initiative of the CMHA-NS. CAST focuses on bringing communities of Nova Scotia together to form Coalitions to Address Suicide, in part through the provision of the Communities Addressing Suicide Together Tool Kit. This presentation will explain the process of forming Coalitions, explore challenges and successes of this model, as well as the resources the CAST Tool Kit offers to address suicide using a community development approach.

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**4075 Coping with Mental Health Issues - A Survivor's Guide**

Heather McNally (Personal)

Through a brief account of her personal story, Dr. Heather McNally describes surviving a Traumatic Brain Injury (TBI) in a serious car accident. She has also coped with Bi-Polar Mood Disorder (BMD). The severe TBI physical effects have measurably improved through rehabilitation and time. The mental health effects of BMD require ongoing personal effort, family support, and medical care. In her presentation she will review the coping strategies that have enabled her to survive and thrive.

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**4076 Mental Health Strategy for Canada**

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**4077 SELF – Empowering patients to self-manage and direct their health care needs**

Julie Brown, M.S.W. (Clinical Program Specialist – Guelph Family Health Team)

SELF is a brief but intense course centered on the use of a dynamic multi-disciplinary self-assessment tool. The self-evaluative process of the course guides patients to clearly identify areas of mental and/or physical health concerns, define personal care plans, while providing education regarding stress and change management. SELF promotes the patients’ abilities to be the “driver of the bus” in primary care settings and life in general. From a clinical perspective SELF takes collaborative care to a higher level; providing a foundation for undefined therapeutic settings & interventions (collaborative primary care) and answers the question “HOW do we work together”?

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**4080 Knowledge Exchange in Collaborative Care: it sounds boring, but it's actually not**

Sapna Mahajan (Mental Health Commission of Canada) Dr. Elliot Goldner (Simon Fraser University and Centre for Applied Research in Mental Health and Addiction) Dan Bilsker (Simon Fraser University and Centre for Applied Research in Mental Health and Addiction) Geoff Couldrey (Vice President of Knowledge and Innovation)

The effectiveness of collaborative care depends vitally upon the exchange of dynamic knowledge among key participants: patients, primary care providers, family members, researchers and decision-makers. In this presentation, collaborative care will be examined as a form of knowledge exchange, using the Activated Knowledge Exchange framework developed by the Mental Health Commission of Canada. Activated Knowledge Exchange is built around 4 key components: units of dynamic knowledge, participants in conversations, types of knowledge & activating strategies. In order to demonstrate its practical usefulness, Activated Knowledge Exchange will be applied to a specific collaborative practice: supported self-management for depression. Barriers to knowledge exchange in collaborative care will be highlighted and solutions will be suggested.

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**4081 Clinical Neglect and Nicotine: Time to Wake Up Health Care Professionals?**

Charl Els (School of Public Health, University of Alberta) D. Kunyk (Faculty of Nursing, University of Alberta) D. Wilson (Faculty of Nursing, University of Alberta)

This presentation outlines current evidence-based smoking cessation interventions, the legal duty for all healthcare professionals to treat smoking as a chronic illness that requires treatment, and the impact of smoke-free facility policies. A single algorithmic approach to the treatment of nicotine withdrawal and tobacco addiction, applicable to both inpatient and outpatient settings, aimed at interdisciplinary collaboration and bridging levels of care will be presented. This guide addresses urgent, global concerns regarding neuropsychiatric events (e.g. depression, suicide) by incorporating increased vigilance to mood monitoring through the cycle of smoking, abstaining, and relapse. This guide for safe and effective treatment delivery may be particularly appropriate in resource-scarce settings. The authors postulate that Canadian healthcare professionals may need to "wake up" to the reality of legal action over alleged neglect of individuals with tobacco addiction. This wake up could also impact governments that have been able to collect tobacco taxes while ignoring the human and social cost of tobacco addiction.

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**4083 Mindfulness Based Resiliency Skills (MBRS): Cultivating Teen Mind Power**

Stephen Paquette (South West Health)

This interactive workshop will include an overview of the Mindfulness Based Resiliency Skills (MBRS) framework for mental health promotion. MBRS forms the nucleus of Mind Power, a school-based collaborative mental health promotion program for teens living with mental illness. Participants will experience various mindfulness based practices and participate in a discussion around applying mindfulness to everyday mental stress.

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**4084 A Third Year Program in Psychiatry for Family Doctors**

Jon Davine (McMaster University)

There will be a didactic power point presentation of a PGY-3 program in psychiatry for family doctors at McMaster University. The participants will be encouraged to share their experiences in this field and to give feedback on the presented program.

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**5000 Building Collaboration and Learning about Youth Needs through a Cross-Sectoral Network Screening Project**

Joanna Henderson, Ph.D., CPsych (University of Toronto), Gloria Chaim, MSW RSW(University of Toronto)

Findings and implications of a 6 month, collaborative 10 agency cross-sectoral youth concurrent disorders screening project will be presented. An evidence-based brief concurrent disorders screening tool was administered to over 400 Toronto youth. Information about youth needs, provider and youth opinions and perspectives, building cross-sectoral collaboration, and knowledge exchange strategies will be shared. The initiation of a Health Canada funded replication in 10 diverse communities across the country will also be described.

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**5001 Examining the Transitional Needs of Adults who Experience Mental Illness and Developmental Disability**

Dr. David Nicholas, Associate Professor, Faculty of Social Work, University of Calgary; Tom Shand, Executive Director, Alberta Division, Canadian Mental Health Association; and Chair, Alberta Alliance on Mental Illness and Mental Health

The presentation will identify preliminary findings emerging from this study. Learning objectives will be achieved through examination of transitional challenges, community-based support and service needs, and perceived means for effective transitional and community care. We will identify issues of similarity and difference across study sites (Edmonton, Red Deer, High Level, Peace River, and Grande Prairie regions). We will further examine a holistic view of the issues related to working with individuals dually diagnosed with a developmental disability and mental illness, and potential models from other geographic regions that may shed light on capacity development.

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**5002 Development and Preliminary Evaluation of a Canadian Database Focusing on Schizophrenia and Epidemiology**

Tom Shand, Executive Director, Alberta Division, Canadian Mental Health Association; and Chair, Alberta Alliance on Mental Illness and Mental Health; Dr. David Nicholas, Associate Professor, Faculty of Social Work, University of Calgary

We will present the database and identify preliminary findings from this evaluation. Both outcome and process findings will be presented. We will offer reflections for future database development and accessible capacity building relative to community mental health.

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**"When Helping Hurts": Addressing Compassion Fatigue**

**Abstract:**

In traditional Native American teaching it is said that, "each time you heal someone you give away a piece of yourself until, at some point, you will require healing."(Stebnicki, 2008). The health of care providers is critical to the sustainability of our workforce and to assuring the quality of patient/client care. This combined didactic and interactive session will outline the development, implementation and evaluation of a program undertaken to address compassion fatigue among health care professionals. Through the sharing of findings from various research studies and by engaging in reflective exercises, participants will gain an enhanced understanding of compassion fatigue and the practical strategies that can be employed to address it.

**Presenter:**

Leslie McLean, RN, MScN, is an Advanced Practice Nurse and Project Manager with the Capital Health Cancer Care Program, Coordinator of Capital Health's Clinical Ethics Consultation service, and an Adjunct Professor with the Dalhousie University School of Nursing in Halifax, N.S. Leslie has worked for over 25 years in a variety of areas and roles in health care, both within Canada and abroad, and is passionate about helping to create healthy work environments for health care providers.

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## **“Integrative Spirituality: New Models of Energetic Health”**

Rapid developments in our understanding of the interface between spirituality, biology and energy have created a new paradigm of health and wholeness. Beyond traditional religious expression, scientists and spiritual leaders are now exploring the powerful role intention, compassion and mindfulness play in shaping the individual and healing communities. Rev. David Maginley will be sharing the latest developments in our understanding of the nature of mind and spirit. The conclusions are nothing new, but presented in a new light, these ancient truths take on a fresh energy and urgency, compelling us to take on our role as agents of change wherever we are in our life.

### **Presenter:**

Rev. David Maginley is the interfaith staff chaplain for the cancer program at the QEII Health Sciences centre in Halifax. He received his BA in comparative religion and philosophy at the University of Saskatchewan, and masters of Divinity at Lutheran Theological Seminary, Saskatoon. David lectures throughout Canada, conducting workshops with healthcare staff and the public on spirituality, cancer, grief and compassion fatigue, and aspects of emergent and integrative spirituality.

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