

SITI CONFERENCE 2010

March 3 and 4

Mental Health and Wellness

A two-day training conference
for community social service workers

PROGRAM

Program at a Glance

Wednesday, March 3, 2010		
9:00am - 10:30am	Keynote: Dr. Steve Mathias	Queenswood Chapel
10:30am - 10:45am	Break	
10:45am - 12:45pm	Concurrent Workshops 1-5	
12:45pm - 2:00pm	Lunch	
2:00pm - 4:00pm	Concurrent Workshops 6-10	

Thursday, March 4, 2010		
9:00am - 10:30am	Keynote: Dr. Thomas Sexton	Queenswood Chapel
10:30am - 10:45am	Break	
10:45am - 12:45pm	Concurrent Workshops 11-15	
12:45pm - 2:00pm	Lunch	
2:00pm - 4:00pm	Concurrent Workshops 16-20	

Wednesday, March 3, 2010

9:00am -
10:30am

Keynote

Dr. Steve Mathias Psychiatrist and co-founder of Vancouver's Inner City Youth Mental Health Program



Taking it to the Streets

There are an estimated 700 homeless youth living on the streets of Vancouver, many of them struggling with addiction. Two thirds of these young people have been through foster care and as many as half of them have mental health issues. Dr. Steve Mathias is a co-founder of the Inner City Youth Mental Health Program, a program created to take mental health and psychiatric services to this population and treat transient youth with co-occurring substance use disorders. Begun in 2007 as a pilot project that linked psychiatrists from Vancouver's St. Paul's Hospital and youth at the Covenant House – a non-profit organization that provides shelter and a wide range of services for homeless youth – it's now a formalized program that includes eight psychiatrists, a social worker and a coordinator. Dr. Mathias will open the 2010 SITI conference with a presentation on his work with the Program, the population he serves, their service delivery model, context, outcomes and reflections on the key ingredients that make this work.

10:30am -
10:45am

Break

10:45am -
12:45pm

Concurrent Workshops 1-5

Workshop 1:

Steve Mathias, Psychiatrist and co-founder of Vancouver's Inner City Youth Mental Health Program;
Tracy Brown, Mental Health Clinician, Covenant House;
and **Penny Acton**, Program Coordinator, Inner City Youth Mental Health Program



Youth with Trauma Experiences: Consequences for Attachment and Outcome

Tracy Brown, Steve Mathias and Penny Acton will review Attachment Theory and the BC Ministry of Child and Family Development's Connect Parent Group's Attachment Principles. They will discuss how these principles can be applied to a complex youth population, such as street-involved youth.

Workshop 2:

Aesha Faux Lawyer, Brown Henderson Melbye

Preparation for Testimony in Court

Join Victoria Lawyer Aesha Faux for an overview of how to prepare for testimony in court. In this workshop Aesha will cover: file maintenance and pre-court preparation; connection with clients; note keeping; preparation for court; how to review your notes/documents; questions to ask your lawyer for preparation; how to watch court; testimony in court; decorum/dress; documents to bring with you – and more.



10:45am -
12:45pm

Workshop 3:

Dr. Jim Tanaka Professor of Psychology, Co-director of the Brain & Cognition Lab at the University of Victoria

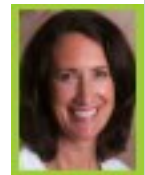


Let's Face It!: Teaching face processing skills to children with special needs

Jim's research examines the effects of experience and learning on the cognitive and neural mechanisms of face recognition. With collaborators at the Yale Child Study Centre, he developed the Let's Face It! program, a computer-based intervention intended to enhance the face and emotional skills of children diagnosed with Autism Spectrum Disorder. A recent clinical trial indicates that 20 hours of the Let's Face It! program was sufficient to improve the face processing skills of children with ASD relative to a baseline control group. At the workshop, Jim will demonstrate the Let's Face It! software and accompanying hands-on materials. The software and hands-on materials can be downloaded for FREE at: <http://web.uvic.ca/~jtanaka/letsfaceit>. Jim will be joined by the Let's Face It! Outreach Team - Magali Segers, Lia Best, Breanne Aesie and Jenna Hatter - recent graduates from the psychology program at the University of Victoria, currently active in the field of autism intervention.

Workshop 4:

Dr. Allison Rees Parent Educator, Living in Families Effectively (LIFE) Seminars



Parenting Beyond Punishment

Assisting parents to deal with difficult children is most effective when we help parents understand their own fears and triggers. Discipline is so much more than behaviour modification and true teaching comes from the voice of a calm, grounded individual. Assisting parents to express their concerns with emotional safety in mind, to understand and manage their feelings and to see past the behaviour of their children is assistance that will go the extra mile. Join Allison as she takes you through this practical presentation on parenting a difficult child.

Workshop 5:

Judy Simonett and Lori Rock



Concurrent Disorders: Practical Training in Assessment, Treatment and Integration (Part 1)

The goal of this workshop will be to focus on practical experience, learning how to assess the stage the client is at in the model of change, and how to treat the client at the various stages of change. There will also be an emphasis on using best practice for Concurrent Disorders through the integration of mental health and addiction. Both need to be addressed and treated at the same time. Stages of change and motivational interviewing and relapse will be presented. Included will be sample questions usable for interviewing as well as a clinician self-assessment report. Attendees will learn how mood-altering substances can mimic mental health. Area resources will be shared.

12:45pm -
2:00pm

Lunch

Concurrent Workshops 6-10

Workshop 6:

Aesha Faux Lawyer, Brown Henderson Melbye

The Canadian Mosaic: Supporting Clients with Varied Cultural Backgrounds

How do we best support clients with varied cultural backgrounds and a limited grounding in the English language? Join Victoria lawyer Aesha Faux for an exploration of how we recognize vulnerabilities in Canadian society, introduce Canadian legal concepts to clients, understand the realities of fear about the legal system; how to engage with the legal system and supporting agencies; and how best to deal with the government as a client.

Aesha will also look at information and privacy: what information does the Ministry of Children and Family Development require and what are they entitled to? What are the parameters of Duty to Disclose? And what are client and agency requirements of disclosure under the Freedom of information and Privacy Act?



Workshop 7:

Dr. Mia Korn Psychiatrist, Urgent and Short Term Assessment Team (USTAT), Vancouver Island Health Authority

The Mentally Ill Parent: Supporting Health and Wellbeing

Dr. Mia Korn will begin with a review of basic symptoms of affective disorders, including Major Depression and Bipolar Disorder and anxiety disorders such as Panic Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder and Generalized Anxiety Disorder. The bulk of the session will be devoted to a question-answer session with attendees to discuss situations they have encountered in working with families involving parents who have mental health disorders.



Workshop 8:

Dr. Cathy Richardson Professor, University of Victoria School of Social Work and Co-founder, Centre for Response-Based Practice

Response-Based Therapy and the Importance of Human Dignity in the Helping Professions

Cathy Richardson has worked extensively as a family therapist with various groups of people including Metis Community Services, Citizens' Counselling, and with people harmed by violence in the Yukon and the Northwest Territories. She has presented to the United Nations on "Nation State Responses to Violence Against Aboriginal Women in Canada." In this presentation, Metis family therapist Cathy Richardson will present her integration of response-based therapy in practices that promote decolonization, social justice, recovery from violence and well-being for families and communities. These therapeutic ideas are set in a framework for understanding violence, resistance and social responses to those who have been harmed. She will discuss the importance of accurately representing events with clear language. The presentation will address the following components:

1. Creating conditions of violence or safety? The four operations of language.
2. The importance of dignity in redressing social wounds.
3. A brief look at response-based practice (a framework, crucial differences between effects and responses).
4. Eliciting responses and resistance, re-aligning with client agency and activity.



This presentation will clarify some of the key relationships between mistreatment, social justice, and the use of language that perpetuates suffering and marginalization or promotes recovery and well-being.

Workshop 9:

Katherine Paxton Counsellor, Katherine Paxton Counselling Services

It's Not the Way YOU Think: Autism Spectrum Disorder Thinking - What do we do with what we know so far?

People with autism share differences in the way they think and how their brains process information and learn – as if they run on different “operating systems”. This workshop takes the understanding of “working with the ASD operating system” to the next level by providing the strategies and tools that are effective in supporting and teaching people who have an autism spectrum disorder based on their physiological differences.



Workshop 10:

Judy Simonett and Lori Rock

Concurrent Disorders: Practical Training in Assessment, Treatment and Integration (Part 2)

* Please note, enrolment for Part 2 is reserved for those who have taken Part 1 (Workshop 5) or who have experience in Concurrent Disorders



Continuing from the morning session, this workshop will focus on mental health assessment and engagement and treatment planning. Case scenarios will be used to practice assessment, treatment planning and integration of mental health and addictions. Registration for Part 2 is reserved for those who have taken Part 1 or have experience in Concurrent Disorders.

Cancellation Policy:

- Until **February 10**, registrations can be cancelled with a full refund minus a \$20 cancellation/administrative fee
- After **February 10**, registrations are fully transferrable but no refund will issued. Changes to workshop selections can be made, space permitting; and
- After **February 22**, no changes will be permitted to workshop selections.

9:00am - 10:30am

Keynote

Dr. Thomas Sexton Professor and Director, Center for Adolescent and Family Studies, Indiana University-Bloomington; President, Society for Family Psychology, American Psychological Assoc.



Using the Principles of Functional Family Therapy to engage, motivate and empower at risk youth and their families

The youth in the juvenile justice, mental health, and child welfare systems often have high rates of behavior problems, diverse mental health disorders, criminal behavior, and other “at risk” behaviors (e. g. school truancy, family conflict etc.). Because of the family’s important role in the initiation and escalation of adolescent problem behaviors, family-based interventions have been of great interest to treatment researchers and community practitioners. In fact, the results of a decade of systematic studies and a number of qualitative and quantitative research reviews leave little doubt that family-based treatment approaches can engage adolescents and families in treatment and significantly reduce adolescent problem behaviors. The most effective of those interventions focus on engagement and motivation as primary early goals when working with at risk youth. Functional Family Therapy (FFT) is a useful example of how an evidence-based systematic intervention program might inform the broader question of how to successfully engage, motivate, and empower youth and families. FFT is a traditional family therapy that is theoretically integrated and a clinically-based approach firmly rooted in science, theory, and clinical practice. The clinical utility of FFT, however, is in its clinical practice, where it provides practitioners with a relational map to follow and practical interventions and skills to be used to guide their way through the difficult powerful emotional and behavioral experiences of youth and families “in the room.” All those who work with at-risk youth can apply the principles and specific techniques of FFT in a wide range of settings. Dr. Sexton's plenary talk will focus on the specific techniques that can be integrated into daily practice that take advantage of the successful clinical practices of FFT.

10:30am - 10:45am

Break

10:45am - 12:45pm

Concurrent Workshops 11-15

Workshop 11:

Dr. Thomas Sexton Professor and Director, Center for Adolescent and Family Studies, Indiana University-Bloomington; President, Society for Family Psychology, American Psychological Association



Functional Family Therapy: An Evidence-Based Approach for working with at risk adolescents and their families (Part 1)

Adolescents with behavior problems represent one of the largest and most challenging client populations for human services professionals. The problems these youth and their families bring into the treatment room are complex, often involving acting out behavior, school, legal, mental health, and drug abuse problems. By the time these youth enter treatment, both they and their families are often unmotivated, angry, and with a long history of treatment providers and treatment experiences. These families provide a challenge to engage and help promote positive changes for even the most experienced clinicians. Functional Family Therapy (FFT) is

a short-term, research-based clinical model to guide practitioners in helping adolescents with behavior difficulties and their families find positive and functional outcomes for the behavioral, relational, and emotional lives of the family. This workshop will introduce participants to the clinically rich, theoretically integrative, and systematic nature of the FFT model as it has been implemented across the United States and internationally (Netherlands, Ireland, Norway and Sweden). The focus of the workshop is on the clinical practice of FFT. Using videotape examples of “real” clinical cases Dr. Sexton will guide participants through the phase-based steps of FFT, moving from successful engagement and motivation to specific behavior change, and generalization and maintenance of treatment gains.

Workshop 12:

Sister Dorothy Bob Sister of Saint Ann

The Medicine Wheel

The Medicine Wheel is a millennia-old First Nations tool for self awareness and development. Based on the importance of storytelling in Native oral cultures, the Medicine Wheel challenges us to seek out and tell our life stories as a way to deepen our own self-understanding. A Medicine Wheel is a diagram of a series of circuits within a circle. Each circuit represents ways in which we can interpret and understand our life story. Nature and the environment are important concepts in the Medicine Wheel as symbols of our life journey, and our state of wholeness, balance, and healing. Through his or her own life experience, every First Nations elder develops his or her own Medicine Wheel model, which is passed down to younger generations. In keeping with this tradition, Sister Dorothy, a First Nations elder, shares the wisdom of the Medicine Wheel within the context of her own story in keeping with the oral traditions of her teacher – her grandmother. She also invites participants to share about their lived stories through the use of the Medicine Wheel. Participants go away from this experience enriched with new insights for their own personal healing.



Workshop 13:

Marc Storms Director and Senior Advisor, GMG Consulting

Good Medicine: Personal and Client Wellness Planning

The session will engage participants in fun and lively and active, hands-on “Wellness Planning” training through the development of a personalized multi-faceted wellness planning tool with the following benefits:



- can be used for clients and practitioners themselves – train the trainer for use with clients and practitioner wellness;
- provides a process for developing “wellness plans” that are strength-based (identification of personal strengths through reflection, contemplation and action-oriented planning towards positive change);
- involves a natural process of identifying family, friend and community strengths and other informal networks of support, to move away from “formal” supports;
- fits in with many organizational/client reporting criteria/needs, and planning with clients;
- can be used as part of employee performance planning in that it sets forth a plan for wellness and the needs of workers to address/meet those needs; and
- is based on universal indigenous principals of holistic health including such areas as:
 - Physical health
 - Mental Health
 - Spiritual Health
 - Emotional Health

The Session deliverable is a tangible personalized wellness tool, much like a strategic plan for an organization; including goals, measurable outcomes, stressor-management strategies, risk reduction plans, etc. By having created their own tool, participants will be able to facilitate this tool with clients.

Workshop 14:

Marion Little Executive Director, Threshold Housing Society

Nonviolent Communication - Ruby Red Shoes & The Yellow Brick Road: a clear brain, a full heart, a fierce courage



Nonviolent Communication is a model for conflict resolution that can successfully facilitate honesty, empathy, self-compassion, mutually satisfying solutions, genuine apology and reconciliation. Conflict outcomes tend to be rooted in what matters most to those involved. This workshop will introduce the foundational components of Nonviolent Communication (Rosenberg, 2003) as well as practical applications for groups, individual youth clients, colleagues, personal life, and leadership roles. Participants will exercise concrete skills that enrich communication and conflict resolution. This workshop will include brief lectures, small group discussion, interactive role-play, applied demonstration and a question/answer session. Key topic areas that will be covered during the workshop include: balancing honesty with empathy, self-care, transforming anger, a unique approach to apology and forgiveness, and restorative conflict resolution. The workshop will support a deeper understanding and further skill development for participants already familiar with Nonviolent Communication.

Workshop 15:

Andrea Paquette Founding Director, the Bipolar Disorder Society of British Columbia

Bipolar Babe: An Intimate View of the World of Mental Health



As the spokesperson for the 'Bipolar Babe' project, Andrea Paquette facilitates thought provoking stigma-free conversations about mental health. Stigma reinforces false stereotypes of people with a mental illness and this affects how we conduct ourselves around the topic of mental health in our personal and professional lives. She will encourage you to assess your own views and explore your knowledge on mental illness challenging you to explore the topic of stigma in a comfortable and open environment.

A significant portion of the workshop includes Andrea sharing her intimate personal story about being diagnosed with bipolar disorder, the impacting events preceding and following the event and her experiences that led up to her recovery. She also possesses an insider's view of the mental health system and she will share the reality of being a mental health consumer in Victoria, BC. Andrea encourages curiosity and questions, so she is able to provide you with the tools that you require to best assist someone with a mental illness on their successful path to recovery. Andrea's workshop aims to be thought provoking, interactive and most of all valuable.

12:45pm -
2:00pm

Lunch

2:00pm -
4:00pm

Concurrent Workshops 16-20

Workshop 16:

Dr. Thomas Sexton Professor and Director, Center for Adolescent and Family Studies, Indiana University-Bloomington; President, Society for Family Psychology, American Psychological Assoc.



Functional Family Therapy: An Evidence-Based Approach for working with at risk adolescents and their families (Part 2)

* Please note, if you are selecting this workshop we encourage you to enrol in Part 1 (Workshop 11) as well.

Adolescents with behavior problems represent one of the largest and most challenging client populations for human services professionals. The problems these youth and their families bring into the treatment room are complex, often involving acting out behavior, school, legal, mental health, and drug abuse problems. By the time these youth enter treatment, both they and their families are often unmotivated, angry, and with a long history of treatment providers and treatment experiences. These families provide a challenge to engage and help promote positive changes for even the most experienced clinicians. Functional Family Therapy (FFT) is a short-term, research-based clinical model to guide practitioners in helping adolescents with behavior difficulties and their families find positive and functional outcomes for the behavioral, relational, and emotional lives of the family. This workshop will introduce participants to the clinically rich, theoretically integrative, and systematic nature of the FFT model as it has been implemented across the United States and internationally (Netherlands, Ireland, Norway and Sweden). The focus of the workshop is on the clinical practice of FFT. Using videotape examples of “real” clinical cases Dr. Sexton will guide participants through the phase-based steps of FFT, moving from successful engagement and motivation to specific behavior change, and generalization and maintenance of treatment gains.

Workshop 17:

Dr. Cathy Richardson Professor, University of Victoria School of Social Work and Co-founder, Centre for Response-Based Practice



Orchestrating Positive Social Responses to People Who Have Experienced Violence and/or Mistreatment

In this presentation, Dr. Cathy Richardson will discuss the importance of dignity in the counsellor-client interaction and the importance of orchestrating positive social responses amongst professionals. She will discuss the influence of recent research on social responses to victims, the relevance of focusing on responses to violence and social responses, and specific practices that accord and restore dignity to the client in the counselling session. Cathy will talk about the Islands of Safety model as an integration of Metis cultural knowledge, and response-based interviewing as a process for creating safety and harmony in family relationships in ways that transcend the focus on the individual and move into ecological and systemic thinking.

Workshop 18:

Lynda Monk Founder, Creative Wellness



Remembering YOU: The Art of Caring for Yourself

Do you ever feel like you are disconnected from yourself? Does most of your energy and focus go towards caring for others including your clients, colleagues, family and friends? Or perhaps there are times when you feel your own needs get neglected in the midst of it all? This workshop is a mini retreat where you will creatively explore what it means to bring your whole self (mind, body, heart and spirit) to your whole life (health, work, relationships, etc.). Through the use of reflective writing, guided meditation, self assessment and group discussion you will have the opportunity to replenish and re-connect with what is

important to you about caring for yourself. This is not just another talk on the importance of self-care but rather an inspiring, holistic, compassionate invitation to look closely into the heart of self-care, self-love and self-acceptance as pathways to both personal and professional satisfaction and well-being through mindfully Remembering YOU.

Workshop 19:

Marion Little Executive Director for Threshold Housing Society

Nonviolent Communication - Ruby Red Shoes & The Yellow Brick Road: a clear brain, a full heart, a fierce courage



Nonviolent Communication is a model for conflict resolution that can successfully facilitate honesty, empathy, self-compassion, mutually satisfying solutions, genuine apology and reconciliation. Conflict outcomes tend to be rooted in what matters most to those involved. This workshop will introduce the foundational components of Nonviolent Communication (Rosenberg, 2003) as well as practical applications for groups, individual youth clients, colleagues, personal life, and leadership roles. Participants will exercise concrete skills that enrich communication and conflict resolution. This workshop will include brief lectures, small group discussion, interactive role-play, applied demonstration and a question/answer session. Key topic areas that will be covered during the workshop include: balancing honesty with empathy, self-care, transforming anger, a unique approach to apology and forgiveness, and restorative conflict resolution. The workshop will support a deeper understanding and further skill development for participants already familiar with Nonviolent Communication.

Workshop 20:

Susan Thackeray and **Penny Fenske** Youth and Family Counsellors, Spectrum Community School and The Link @ Burnside

Family-focused Practice During Changing Times



- What are families currently facing in their homes, schools, and communities?
- What is an evidence-based philosophy of practice?
- How do we engage families ... moving from the inside out?
- What are the barriers to serving families?

While a variety of theories and strategies exist and are used when working with families, this workshop will focus on using a strength-based approach, while utilizing the integration of solution-focused, attachment, and narrative theories. Supports, interventions and the power of resilience in the promotion of positive ways of shifting family patterns when difficulties are presented will be examined. Penny and Susan will be inviting you into a conversation to explore specific issues facing families today and the development of a practice framework that honors the complexity and diversity of family issues and the value of collaborative practice.

Hosted by the South Island Training Initiative (SITI)
at the Queenswood retreat centre, 2494 Arbutus Road, in Saanich, BC

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Boys & Girls Club Services
of Greater Victoria



Child and Family
Counselling Association



Hulitan Social
Services Society



Pacific Centre
Family Services



Phoenix Human
Services Association



Victoria Youth
Empowerment Society



YMCA-YWCA
Greater Victoria