



THREE CONFERENCES IN ONE

# Child and Youth Mental Health Matters

First National Family Mental Health Conference

First International Young Carers Congress

Third International World Congress on Children of Parents with Mental Illness



May 6 to 8, 2012

The Coast Plaza Hotel and Suites  
1763 Comox Street, Vancouver  
British Columbia, Canada

image: morquefile.com

*Sponsored by*



Conference Information Online: [interprofessional.ubc.ca](http://interprofessional.ubc.ca)

**Description**

This conference brings together an interdisciplinary group of professionals working in the field of mental health with young people and parents and other stakeholders to share knowledge and experiences related to child and youth mental health. There are three themes woven through the conferences: **Family Mental Health, Children of Parents with Mental Illness and Young Carers**. This first ever gathering of this nature will provide a forum for focusing on the needs of young people and families as they struggle with issues related to mental health concerns across the generations. The overall goal of the concurrent conferences is to help us develop a common language and understanding of the needs of young people and families. By bringing together people from diverse backgrounds we hope to enrich our collective knowledge of mental health strategies, best practices and the latest research in order to improve outcomes for young people and families. Our goal is to create at the conference a community of practice that spans the three themes where we can each share our knowledge and support while we discuss areas of mutual interest and concern.

**Objectives**

- To improve our understanding of mental health needs across the generations
- To examine how to engage professionals, young people and families in the development and implementation of prevention, early intervention and treatment strategies
- To examine what supports, activities and policies are needed to ensure that young people, families and professionals are supported in their struggles and challenges
- To provide a forum for networking and collaborating among mental health, health, criminal justice, education and child welfare practitioners, educators, researchers, policy makers, students, young people, families and other stakeholders with an interest in mental health issues across the generations
- To establish "Canadian communities of practice" for each theme area

**Who Should Attend**

This conference is interdisciplinary and international in scope. The aim is to bring together professionals working in the field of mental health with young people, family members and other stakeholders in the area of child and youth mental health. Interested disciplines will include: Psychology, Social Work, Medicine; Nursing; Education, Occupational Therapy, Sciences, Pharmacy and other health disciplines.

**Location and Hotel Information****Hotel Information:**

The Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver, BC, Canada V6G 1P6

Reserve today to avoid disappointment by calling toll free: 1-800-716-6199 or local: 604-688-5934 or online: <http://www.coastpromos.com/xn8>. Let hotel reservations know that you are booking under the Child and Youth Mental Health Matters Conference room block to receive the reduced rate of \$139 (double occupancy). The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

**Registration**

**Online:** Secure, fast, online registration is available for Visa and Mastercard holders at the conference organizer's website: [interprofessional.ubc.ca](http://interprofessional.ubc.ca).

**By Fax:** Fax completed registration form to: +1-604-822-4835

**Charge-by-phone (please have Mastercard or Visa ready):** Toll free within North America: 1-855-827-3112; Other callers: +1-604-827-3112

**Mail:** Send the registration form with cheque to:

IN 9571 REGISTRATION, Interprofessional Continuing Education, The University of British Columbia, Room 105-2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3, Canada.

**Participants paying by credit card outside of North America:** Please inform your credit card company of the transaction as some banks put a block on credit card payments made outside your country.

**Tuition Fees**

Please see registration form (on back of brochure) for details. To receive the reduced early-bird rates, you must register by **Wednesday, March 21, 2012**. The tuition fee includes all conference materials, certificate of attendance, coffee breaks, and a reception. Pre-registration prior to April 6, 2012 is strongly recommended to ensure you receive all conference materials.

**Refund and Cancellation Policy**

Refunds will be made (less a \$50 processing fee) if written notice of withdrawal is received by April 6, 2012. No refunds will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund will be issued.

**Exhibitors**

Health associations and/or community organizations wanting to exhibit at this conference, please contact the organizers at +1-604-822-2801 or by email: [jo.ipce@ubc.ca](mailto:jo.ipce@ubc.ca).

**Professional Credits**

A Certificate of Attendance will be issued to all participants listing pre-approved continuing education credits. For updates regarding credits, see our website: [interprofessional.ubc.ca](http://interprofessional.ubc.ca).

**Contact Information**

For questions regarding the conference program, registration or other matters, please contact Interprofessional Continuing Education at +1-604-827-3112, Fax: +1-604-822-4835 or email: [ian.ipce@ubc.ca](mailto:ian.ipce@ubc.ca).

**Bursary**

There are currently no bursaries available but we hope to secure funding towards partial tuition fee bursaries for parents and young people. Please see [interprofessional.ubc.ca](http://interprofessional.ubc.ca) for updates.

**Sunday May 6, 2012**

- 12:00 – 1:30 Registration  
(participants on their own for lunch)
- 1:30 – 3:00 Conference Opening and Panel Presentation  
Panellists: Dr. Ian Manion, Dr. Stephen Hinshaw and Professor Saul Becker
- 3:00 – 3:30 Break  
(coffee & tea served)
- 3:30 – 5:30 Practice Meeting
- 5:30 – 6:30 Reception / Mingle

**Monday May 7, 2012**

- 8:00 – 8:30 Registration  
(coffee & tea served – participants on their own for breakfast)
- 8:30 – 10:00 Concurrent Sessions A
- 10:00 – 10:30 Break – coffee & tea served
- 10:30 – 12:00 Concurrent Sessions B
- 12:00 – 1:00 Lunch  
(participants on their own)
- 1:00 – 2:30 Concurrent Sessions C
- 2:30 – 3:00 Break
- 3:00 – 4:30 Concurrent Sessions D
- 4:30 – 6:00 Poster Session, Reception and Child and Youth Mental Health Day Celebration  
(Cash bar)

**Tuesday May 8, 2012**

- 8:30 – 10:00 Concurrent Sessions E
- 10:00 – 10:30 Break
- 10:30 – 12:00 Concurrent Sessions F
- 12:00 – 1:00 Lunch  
(participants on their own)
- 1:00 – 2:30 Concurrent Sessions G
- 2:30 – 3:00 Break
- 3:00 – 4:30 Large Group Discussion and Closing
- 4:30 Adjourn

## PLANNING COMMITTEE

**Keli C Anderson, Co-Chair**

Executive Director, The F.O.R.C.E. Society for Kid's Mental Health, Vancouver, BC

**Dr. Grant Charles, Co-Chair**

Associate Professor, School of Social Work, University of British Columbia, Vancouver, BC

**Dr. Connie Coniglio**

Director, Health Literacy, BC Mental Health and Addiction Services and Clinical Director, Provincial Specialized Eating Disorders for Children and Adolescents, BC Children's Hospital, Vancouver, BC

**Dr Adrian Falkov**

Senior Staff Specialist, Child Youth & Family Mental Health Service, Sydney West Area Health Service, Sydney, NSW, Australia

**Dr. Wendy Hall**

Professor, School of Nursing, University of British Columbia, Vancouver, BC

**Kristina Hiemstra**

Director, Interprofessional Continuing Education, University of British Columbia, Vancouver, BC

**Dr. Anne Junker**

Associate Professor, Department of Pediatrics; Director Clinical Immunology Service, BC Children's Hospital; Director, Clinical & Population Studies, Child & Family Research Institute; Director, Maternal Infant Child Youth Research Network of Canada, Vancouver, BC

**Dr. Robert Lees**

R.Psych, Practice Analyst, Fraser Region, Ministry for Children and Family Development, Government of BC; Associate Clinical Team Leader, Child and Youth Mental Health Team, Chilliwack, BC

**Dr. Ian Manion**

Executive Director, Ontario Centre of Excellence for Child and Youth Mental Health, Clinical Professor, School of Psychology, University of Ottawa, Ottawa, ON

**Dr. Darryl Maybery**

Associate Director, Department of Rural and Indigenous Health, Monash University and Associate Professor, Monash University, Victoria, Australia

**Dr. Louise Nasmith**

Principal, College of Health Disciplines; Professor, Department of Family Practice, University of British Columbia, Vancouver, BC

## ACKNOWLEDGEMENTS

We would like to acknowledge with great appreciation the financial contributions from the following organizations:

BC Government and Service Employees' Union  
BC Mental Health and Addictions Services  
BC Nurses' Union  
BC Representative for Children and Youth  
Douglas College, Child, Family & Community Studies  
Health Sciences Association of BC

National Institute of Families for Child and Youth Mental Health  
Professional Employees Association  
RBC Children's Mental Health Project  
UBC College of Health Disciplines  
UBC Department of Adolescent Medicine  
UBC School of Social Work

SUNDAY, MAY 6

**12:00 – 1:30 Registration**  
(participants on their own for lunch)

**1:30 – 5:30 Opening Plenary: Making Sure that Child and Youth Mental Health Matters: Panel Presentation**

Panellists:

**Family Mental Health:** Dr. Ian Manion is the Executive Director of the Ontario Centre of Excellence for Child and Youth Mental Health and Clinical Professor in the School of Psychology at the University of Ottawa

**Children of Parents with Mental Illness:** Dr. Stephen Hinshaw is Professor and Chair of the Department of Psychology at the University of California (Berkeley)

**Young Carers:** Professor Saul Becker is Head of the School of Sociology and Social Policy and Professor of Social Policy and Social Care at The University of Nottingham

It is our intention to provide opportunities throughout the conference for people to come together to learn from each other and to discuss issues related to the overall topic of child and youth mental health as well as the three component themes. Each of the plenary speakers will provide an address at the opening plenary about their particular area of expertise to the collective group of participants. This will be followed by a large group discussion. Following the large group discussion people will have the chance to gather in a theme area of their choosing to have more specific dialogue with others in facilitated sessions with the plenary speakers.

**5:30 – 6:30 Reception (cash bar)**

MONDAY, MAY 7

**8:00 – 8:30 Registration (coffee & tea served – participants on their own for breakfast )**

**8:30 – 10:00 Concurrent Sessions A (90 minute sessions)**

Sessions A1 to A3 will be comprised of two 45-minute presentations, which will be 30 minutes in length followed by 15 minutes of discussion. Session A4 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session A5 will be comprised of one 90-minute workshop. Session A6 will be comprised of two 45-minute workshops.

**A1 2 Presentations**

**Multi-Site Implementation of the ON FIRE Peer Support Program: Perspectives of Program Workers**

**Kim N Foster**, RN, DipAppSc, BN, MA, PhD, Associate Professor, Mental Health Nursing, University of Sydney, Sydney, NSW, Australia

**Breaking the Silence: A Visitor's Use of a Website Specifically Designed to Support the Offspring of Mentally Ill Parents**

**Louisa M. Drost**, M.Sc., Clinical Psychologist and Psychotherapist, Indigo Drenthe, Assen, Drenthe, Netherlands

**Petra M.A. Windmeijer**, M.Sc., Psychologist, COPMI Specialist., Indigo Drenthe, Assen, Drenthe, Netherlands

**A2 2 Presentations**

**Adopting a Right-Based Approach with Children of Parents with Mental Illness**

**Christophe Bedeaux**, M.ing; BA (in last year), Student and Research Assistant, Concordia University, Montreal, QC, Montreal, QC

**Child Welfare Involvement When There is Parental Mental Illness**

**Nozomi Kido**, MEd, Graduate Student, University of Victoria, Victoria, BC

**Gord Miller**, PhD, Assistant Professor, University of Victoria, Victoria, BC

**Ashley Frerichs**, Youth Advocate, Ministry of Children and Family Development, Victoria, BC



## A3 2 Presentations

**Conceptualizing Readiness to Change in Relationship-Focused Mental Health and Parenting Intervention for Mothers with Substance Use Disorders: A Mixed Method Approach**

Jessica Jeihyun Jeong, Graduate Student, York University, Toronto, ON

**Mindfulness for Families: Research, Benefits and Applications**

Catherine L. Phillips, MD, FRCP(C), Assistant Clinical Professor, Department of Psychiatry, University of Alberta; Founder and Consultant, The MindfulnessInstitute.ca Inc., Edmonton, AB

## A4 3 Presentations

**"We Need a Group for Us!" – Mental Health Consumer Parents' Recommendations for Peer-led Parenting Psychoeducation**

Joanne Riebschleger, Ph.D., MSW, Social Worker and Educator, Michigan State University, East Lansing, MI

**Not About Us Without Us: Keeping the Lived Experience in Mind and Promoting Child Inclusive Practice**

Nerrelle M. Goad, Child Advocate, ACTION (Adult Children Taking Implementation On Now), Adelaide, South Australia, Australia

Paola U Mason, Carer Consultant and Child Advocate, Adelaide Metropolitan Mental Health Directorate and ACTION (Adult Children Taking Implementation On Now), Adelaide, South Australia, Australia

**FaPMI (Families where a Parent has a Mental Illness) Practice Within the Victorian Mental Health System**

Rose Cuff, Dip C. OT, Grad Cert FT, Occupational Therapist – The Bouverie Centre, La Trobe University, Melbourne, Victoria, Australia

Melinda J Goodyear, BBSoc (Hons.), M.BSc, Researcher, La Trobe University/Monash University, Melbourne, Victoria, Australia

Helen Carter, Coordinator, FaPMI, Victoria, Australia

## A5 90-Minute Workshop

**Ending the Silence: Youth Caregivers Project**

Dan J Vaillancourt, M.Ed., Educator, Cowichan Family Caregivers Support Society, Shawnigan Lake, BC

Through film and discussion workshop participants will have their eyes opened to the needs of young people who are caregiving with little to no support. It is our hope that they will be inspired and equipped to take action to change this situation.

Learning Objectives:

1. Gain insight into needs of caregiving youth in Cowichan Region, BC, Canada
2. Share strategies for engaging youth and adults/professionals
3. Share strategies for developing support for youth caregivers
4. Explore working with a First Nations Community

## A6 2 45-Minute Workshops

**Creatively Enhancing Parents' Motivation and Confidence to Help their Children with Eating Disorders: The Role of Analogies and Metaphors**

Karin Jasper, Ph.D., M.Ed., Clinical Mental Health Specialist, Southlake Regional Health Centre, Newmarket, ON

Ahmed Boachie, MD, MRCPsych, FRCP(C), Director, Eating Disorder Program, Southlake Regional Health Centre, Newmarket, ON

This workshop demonstrates how analogies and metaphors may be used systematically to crystallize an understanding of eating disorders and crucial aspects of their treatment. Used with parents and children in family treatment for eating disorders, they help family members ally themselves with treatment rather than with the eating disorder.

Learning Objectives: Participants will be able to:

1. Explain difficult concepts in eating disorders and their treatment when doing family based therapy
2. Apply these explanations to their family therapy sessions in a way that activates parents to help their children with eating disorders
3. Integrate analogies and metaphors into family therapy sessions to help sustain parental motivation throughout the treatment process

**Family Centred Care: How Family Involvement has Increased at the BC Children's Eating Disorders Program**

Tom Bauslaugh, MA (Psych), Youth and Family Counsellor, Provincial Specialized Eating Disorders Program for Children and Adolescents, BC Children's Hospital, Vancouver, BC

Kit Standish, MA, Nursing, Provincial Specialized Eating Disorders Program for Children and Adolescents, BC Children's Hospital, Vancouver, BC

The treatment of eating disorders for children and adolescents in BC is currently undergoing a significant change in philosophy. Treatment is moving away from patient-focused care toward a more family-centered model of care. In this workshop we will be discussing how this philosophy is being implemented through new educational programs and increasing parental involvement in our process of change.

Learning Objectives:

1. To demonstrate the principles involved in family-centered care
2. To demonstrate how parents can be involved in program changes
3. To demonstrate a new parent education tool

**10:00 – 10:30 Break – coffee & tea served****10:30 – 12:00 Concurrent Sessions B (90 minute sessions)**

Sessions B1 to B4 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session B5 will be comprised of one 90-minute workshop. Session B6 will be comprised of two 45-minute workshops.

**B1 3 Presentations**

**Design of an Internet-Based (Economic) Evaluation of a Preventive Group Intervention for Children of Addicted or Mentally Ill Parents**

**Marla Woolderink**, M.Sc, PhD-Researcher, Maastricht University, Maastricht, Limburg, Netherlands

**Promoting Better Mental Health Outcomes in Australia for Children of Parents with a Mental Illness – Where Ottawa and Oz Connect**

**Vicki Cowling**, BSW, MA, Psychologist/Social Worker, Child and Adolescent Mental Health Service, Hunter New England Local Health District, Charlestown, New South Wales, Australia

**Angela Obradovic**, BSW, BEd, Chief Social Worker, Northern Area Mental Health Service, Preston South, Victoria, Australia

**The ‘Keeping In Touch With Your Children’ Menu – Reducing the Impact of Hospitalisation on the Parent-Child Relationship**

**Angela Obradovic**, BSW, BEd, Chief Social Worker, Northern Area Mental Health Service, Preston South, Victoria, Australia

**B2 3 Presentations**

**Challenges in Program Implementation for Parents with Mental Illnesses and their Families**

**Chip Wilder**, LICSW, Director, Family Initiatives, Employment Options Inc., Marlborough, MA

**The CATCH-IT Intervention: Parental Symptoms and Teen Intervention Response**

**Tracy R.G Gladstone**, PhD, Research Psychologist, Wellesley Centers for Women, Wellesley College/Children’s Hospital, Boston, Wellesley, MA

**William R. Beardslee**, MD, Director, Baer Prevention Initiatives, Children’s Hospital Boston/Judge Baker Children’s Center, Boston, MA

**Prospects for the Prevention of Depression in Families with Parental Depression**

**William R. Beardslee**, MD, Director, Baer Prevention Initiatives, Children’s Hospital Boston/Judge Baker Children’s Center, Boston, MA

**Tracy R.G Gladstone**, PhD, Research Psychologist, Wellesley Centers for Women, Wellesley College/Children’s Hospital, Boston, Wellesley, MA

**B3 3 Presentations**

**Supporting Families of Children and Youth with Mental Health Challenges: Peer Support Through the Parent and Youth in Residence in BC**

**Hing Tse**, MSW, Manager, Kelty Mental Health Resource Centre, Vancouver, BC  
**Jeannie Rohr**, Director of Family Support, Learning & Development, The F.O.R.C.E. Society for Kids’ Mental Health, Port Coquitlam, BC

**Parental Acculturation and Adolescent Mental Health Among Immigrant Chinese Canadian Families**

**Lauren J Chance**, M.Sc., Doctoral student, University of Victoria, Victoria, BC

**Review of Anxiety Management Program “Little Champions”: Becoming Worry Warriors**

**Danielle Kavin**, MA, RCC, Mental Health Clinician, Child and Youth Mental Health, MCFD, Mission, BC

**B4 3 Presentations**

**The British Columbia Young Carers Study**

**Grant Charles**, Ph.D., Associate Professor, School of Social Work, University of British Columbia, Vancouver, BC

**Perspectives on the Issues and Needs of Young Caregivers: Edmonton Study**

**Earle Waugh**, PhD, Director, CCSHH, University of Alberta, Edmonton, AB  
**Olga Szafran**, MHSA, Associate Director (Research), University of Alberta, Edmonton, AB

**The Experiences of Young Carers in Uganda: Voicing their Support Needs**

**Lena Gilbert**, B.Sc., BSW, MSW, Social Worker, RSW, Wings of Courage Orphan Outreach Society, North Vancouver, BC

**B5** 90-Minute Workshop**The Impact of Parental Mental Illness On A Young Child's Developing Brain**

**Karen L. Serrett**, Ph.D., Psychologist, Alberta Health Services, Calgary, AB  
**Evelyn Wotherspoon**, MSW, Social Worker, Private Practice, Calgary, AB

This workshop will discuss how parental mental illness, which can impede a parent's ability to be sensitive and responsive to their young child's needs, has the potential to impact the child's cognitive growth, emotional regulation,... and the child's own mental health. Interventions to minimize the negative impact will also be reviewed.

Participants in this workshop will learn:

1. The impact of a healthy/non-healthy caregiver on very young children
2. The manner in which parental mental illness impacts the child's learning, emotional regulation, and mental health
3. Interventions to minimize the impact of parental mental illness on a young child's early development

**B6** 2 45-Minute Workshops**Screening In: The Richmond Model for Supporting Families with Parental Mental Illness and/or Addictions**

**Rosalie Walls**, Project Coordinator, Vancouver, BC  
**Sarah Dryden**, Social Worker, Ministry of Children and Family Development, Richmond, BC  
**Richard Dubras**, Executive Director, Richmond Addiction Services, Richmond, BC  
**Tina Lee**, Intake Clinician, Child and Adolescent Program, Richmond, BC  
**Kristina Dixon**, Child and Youth Coordinator, Canadian Mental Health Association Vancouver Burnaby Branch, Vancouver, BC

In 2008, families living in Richmond, British Columbia, either parenting with a mental illness or with loved ones with mental illness, were asked what they felt would make a difference to parenting and family wellness. Over 50 parents gave feedback, which led to developing a three year plan focused on supporting families living with a mental illness.

Learning Objectives:

Workshop participants will learn how the Supporting Families with Parental Mental Illness and/or Addictions group formed a working committee (including Ministry of Children Family Development, non profit agencies and mental health and addiction services) to ensure that different parts of the mental health support system worked together, the roles of each of these participants, and how they work together.

Workshop participants will learn how Supporting Families living with Mental Illness and/or Addictions group encouraged collaboration and inclusiveness between families and facilitators, becoming "champions" in the Children with Parents with a Mental Illness and Resilient Kids area.

**Use of Clinical Parenting Capacity Model (CPCM) with Vulnerable Mother-Infant/Child Dyads**

**Pratibha Reebye**, MBBS, DPM, MRC, FRCPC, Child Psychiatrist, Clinical Director, BC Children's and Women's Health Center, Vancouver, BC  
**Stacy Tzoumakis**, M.Sc., PhD Candidate, School of Criminology, SFU, Burnaby, BC  
**Irena Stikarovska**, MD, FRCPC, Child Psychiatrist, Fellow in Infant Psychiatry, BC Children's and Women's Health Center, Vancouver, BC

This session will provide a comprehensive way of assessing parenting capacity of emotionally vulnerable mothers. The CPCM (Clinical Parenting Capacity Model) is based on clinical experience respecting the mother-child relationship.

Learning Objectives:

1. Introduce essentials of parenting capacity assessments in emotionally vulnerable dyads
2. Discuss dyadic socio-emotional functioning and attachment experiences using the CPCM
3. Learn hands-on coding of selected items of the CPCM in an interactive milieu

**12:00-1:00 Lunch (participants on their own)****1:00 – 2:30 Concurrent Sessions C (90 minute sessions)**

Session C1 will be comprised of two 45-minute presentations, which will be 30 minutes in length followed by 15 minutes of discussion. Sessions C2, C4, and C5 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session C3 will be comprised of two presentations, first of which will be a 45-minute presentation (30-minute in length followed by 15 minutes of discussion) and the second will be a 30-minute presentation (20 minutes in length followed by 10 minutes of discussion).

**C1 2 Presentations****Youth Matters in London: Homelessness, Mental Health and Addiction**

**Cheryl Forchuk**, RN, PhD, Associate Director, Scientist, Lawson Health Research Institute, London, ON

**Making Ends Meet: The Provisioning Contributions of Older Children Living in Low-Income Households from the Perspective of Lone Mothers**

**Maria Liegghio**, Ph.D. Candidate, Social Work, Faculty of Social Work, Wilfrid Laurier University, Kitchener, ON

**C2 3 Presentations****Effectiveness of Preventive Support Groups for Children (8-12) of Mentally Ill or Addicted Parents**

**Floor van Santvoort**, MA, Researcher, Radboud University Nijmegen, Nijmegen, Gelderland, Netherlands

**Karin T.M. van Doesum**, PhD, Senior researcher / Prevention Psychologist, Radboud University Nijmegen, Nijmegen, Gelderland, Netherlands

**COPMI Group Work/Peer Support with 3-6 Year Old Children**

**Kajsa Wevel**, BSW, GrDip (Counselling), Senior Social Work, Wanslea, Mandurah East, WA, Australia

**Abigail Booth**, Senior Family Care Worker, Wanslea, Mandurah East, WA, Australia

**Children's Perspectives on the Impact of Parental Mental Illnesses on Daily Life: How They Cope with Their Experiences and Understand Mental Illness**

**Brenda M. Gladstone**, PhD, Researcher, The Hospital for Sick Children, Toronto, ON

**C3 2 Presentations**

(45-minute presentation)

**Concerning Children of Parents with Depression – Denmark 2010-2013 – “Stories From the Families – An Interview Investigation”**

**Kirsten Hansen**, MHH, PhD Student, Occupational Therapist, Herning, Denmark

(30-minute presentation)

**Timing of First Exposure to Maternal Depression and Adolescent Emotional Disorder in a National Canadian Cohort**

**Maeve Wickham**, BSc, Masters Student, School of Public Health, University of Alberta, Edmonton, AB

**C4 3 Presentations****The Impact of Autism Spectrum Disorders on Parental Stress and Marital Satisfaction**

**Oren Shtayermman**, PhD, Social Work, New York Institute of Technology, School of Health Professions, Old Westbury, NY

**Secrets, Scars, Shame: Recognizing and Understanding Your Child's Self Injurious Behaviors**

**Kristen Vandenberg**, RN, DNP, FNP-BC, PMHNP-BC, Assistant Professor, University of North Florida, Jacksonville, FL

**Study The Effects of Burnout on the Parents' Self Esteem and Mental Health**

**Hamideh Jahangiri**, M.Sc, Psychologist, Payame Noor University, Tehran, Iran  
**Alireza Norouzi**, B.S.C, Engineer, AZAD University, Tehran, Iran

**C5 3 Presentations****Key Components to Successful Mental Health Service Provision with Aboriginal Populations**

**Lori Pruce**, MA, Regional Consultant, Ministry of Children and Family Development, Kamloops, BC

**Shannon Stewart**, MSW, RSW, Mental Health Clinician, Oooknakane Friendship Centre, Penticton, BC

**The Effect of Parental Skills Training on the Improvement of Parent - Child Relationship**

**Shahnaz Tabatabaei**, PhD, Psychology, Health, Safety and Environment Faculty, Shahid Beheshti University of Medical Sciences, Tehran, Iran

**Raheleh Tarani**, PhD, Clinician, Milestones Program, McMan Youth, Family & Community Services, Calgary, AB

**The Family Focused Mental Health Practice Questionnaire: Development, Psychometrics and Applications**

**Darryl Maybery**, PhD, Academic, School of Rural Health, Moe, Victoria, Australia



2:30 – 3:00 Break

## 3:00 – 4:30 Concurrent Sessions D (90 minute sessions)

Sessions D1, D2, and D4 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Sessions D3 will be comprised of two 45-minute presentations, which will be 30 minutes in length followed by 15 minutes of discussion. Session D5 will be comprised of one 90-minute workshop.

## D1 3 Presentations

**What Does Resilience Mean to Families When a Parent has a Mental Illness?**

**Melinda J Goodyear**, BSc (Hons.), M.B.Sc., Researcher, La Trobe University/ Monash University, Melbourne, Victoria, Australia

**Preventive Basic Care Management for Parents with a Mental Illness**

**Henny Wansink**, M.Sc., Psychologist Researcher, Parnassia Bavo Group: Context Mental Health Promotion and Prevention, The Hague, Zuidholland, Holland

**The Chicken and the Egg: A Perspective on Mental Illness in a Family**

**Judy Dunn**, MA, RCC, EMDRIA Certified Therapist, Child and Family Therapist, CYMH Mental Health Clinician, Squamish, BC

## D2 3 Presentations

**Perceptions of Children Living with a Parent with a Mental Illness**

**Elaine Mordoch**, RN, PhD, Assistant Professor, Faculty of Nursing, University of Manitoba, Winnipeg, MB

**Parents' Perceptions of Parenting with a Mental Illness**

**Elaine Mordoch**, RN, PhD, Assistant Professor, Faculty of Nursing, University of Manitoba, Winnipeg, MB

**Knowing Ourselves; Knowing the Impact. Parental Mental Illness Changes Lives**

**Elaine L Jameson**, B.Health Sc/RPN, Psych Nursing, Ministry of Children and Family Development, Vernon, BC

## D3 2 Presentations

**Mindful Parenting: A New Holistic Approach**

**Lida Izadi**, MA, Counsellor/Educator, Vancouver, BC

**Sheila K. Boyce**, M.A., Counsellor/Parent Coach, North Vancouver, BC

**Mimi Hudson**, M.A., Director of Community Programs, Family Services of the North Shore, North Vancouver, BC

**'No One Gets Left Behind': Preliminary Results of a Study Using PAR to Work with Youth Diagnosed with Mental Health Issues as Collaborators in Research About Self and Family Stigma**

**Maria Liegghio**, Ph.D. Candidate, Social Work, Faculty of Social Work, Wilfrid Laurier University, Kitchener, ON

## D4 3 Presentations

**Don't Judge by What You See, Hear Our Stories First!**

**Leanne Mitchell**, Coordinator – South West Carer & Respite Services Network, SHANKS Young Carers Program, Warrnambool, Victoria, Australia

**Peter McMahon**, Manager – Aspire-Sage Hill Carers Service, South West Carer & Respite Services Network, Warrnambool, Victoria, Australia

**Jacob Bates**, Young Carer, Southwest Victoria, Australia

**Jayke Dorey**, Young Carer, Southwest Victoria, Australia

**Eloise Tindall**, Young Carer, Southwest Victoria, Australia

**Jakob Stennett**, Young Carer, Southwest Victoria, Australia

**Identification and Measurement of Service Use Data for Youth in Need of Mental Health Care (Existing Problems and Hurdles)**

**Marla Woolderink**, M.Sc, PhD-Researcher, Maastricht University, Maastricht, Limburg, Netherlands

**Let "Kids be Kids": The Challenges of Serving Young Carers and their Families in Both Urban and Rural Environments**

**Angela Arsenio**, BA, Manager, Powerhouse Project—Young Carers Initiative, Port Colborne, ON

**Nicole Soble**, BA, Coordinator, Powerhouse Project—Young Carers Initiative, Port Colborne, ON

**AnnMarie Arsenault**, Project Lead Program Coordinator, Powerhouse Project—Young Carers Initiative, Port Colborne, ON

## D5 90-Minute Workshop

**A Model for Understanding and Working with Parent, Child, and Professional Reactions to Stressful Situations: Building on the Experiences of Families Coping with Chronic Childhood Illness**

**Ruth Slater**, Psychologist, The Hospital for Sick Children, Toronto, ON

This workshop will allow participants to work with a model designed to understand the way parents, children and/or professionals themselves react to difficult clinical situations. Incorporating features from CBT, Social Cognitive Theory and Stages of Change, the model illustrates when different interventions (e.g., Motivational Interviewing) may be most effective.

Learning Objectives:

1. The development of skills in translating and integrating features from multiple theoretical perspectives into relevant, practical applications that can assist in becoming "unstuck" in difficult clinical situations.
2. A renewed appreciation of the value of adopting a framework that encourages curiosity, rather than judgment, towards human behaviour, as one's own and other's assumptions are explored and the timing and nature of interventions are considered in a social context.

**4:30 – 6:00 Poster Session, Reception and Child and Youth Mental Health Day Celebration (Cash bar)****Monday Evening Reception Presentation  
Family Matters: A Framework for Family Mental Health in BC**

**Keli C Anderson**, Executive Director, The F.O.R.C.E. Society for Kids' Mental Health, Vancouver, BC  
**Mark Littlefield**, MA, Consultant, Littlefield & Associates, Mission, BC

What do families experiencing mental illness need to achieve the best possible mental health? Family Matters: A Framework for Family Mental Health in BC tries to answer that question. Family Matters is a planning resource for families, advocates, policy makers and service providers.

## Learning Objectives:

1. To demonstrate that all members of families are affected by another family member's mental health challenge or illness
2. To promote strategies that enable all family members to achieve and sustain mental health
3. To increase understanding of the diverse needs of families experiencing a range of mental health challenges and mental illnesses.

## TUESDAY, MAY 8

**8:30 – 10:00 Concurrent Sessions E (90 minute sessions)**

Session E1 will be comprised of two 45-minute presentations, which will be 30 minutes in length followed by 15 minutes of discussion. Sessions E2 to E4 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session E5 will be comprised of two 45-minute workshops. Session E6 will be comprised of one 90-minute workshop.

**E1** 2 Presentations**Contemporary Attachment Research in Practice:  
Mentalizing with Adolescents whose Caregivers Suffer  
from Mental Illness**

**Joachim Sehrbrock**, PhD, Psychologist - Child and Family Mental Health, Vancouver Coastal Health, Vancouver, BC

**Supporting Family Mental Health Through Youth Focused  
Resources**

**Stan P Kutcher**, MD, FRCPC, Psychiatrist/Sun Life Financial Chair in Adolescent Mental Health, IWK Health, Dalhousie University, Halifax, NS

**E2** 3 Presentations**Reconceptualizing Patients as Parents: Developing Policies  
to Support Mothers and Fathers Diagnosed with Severe  
Mental Illnesses**

**Daryn H. David**, PhD, Clinical Psychologist and Postdoctoral Fellow, Yale Program for Recovery and Community Health, New Haven, CT

**Reweaving a Self and World Through Mothering  
Following a History of Childhood Violence Experiences:  
The Power of 'Single Stories'**

**Nicole Pitre**, RN, PhD, Nursing, University of Alberta, Edmonton, AB

**Information for Fathers When Parental Mental Illness Is a  
Part of Family Life**

**Darryl Maybery**, PhD, BSc., BA, Psychologist, Monash University, Moe, Victoria, Australia

**E3** 3 Presentations**H.O.P.E. (Helping Ourselves Parent Effectively): A Group  
for Parents with Mental Illness**

**Seema Woollaston**, MSW (Applied), Social Worker, Kari Centre, Auckland District Health Board, Auckland, North Island, New Zealand

**"Parent Peer Support Worker" How Lived Experience  
Helps Recovery**

**Margaret Cook**, Trainer Educator, Advocate, Program Developer and Advisor, COMIC WA (Children of Mentally Ill Consumers and their Parents), Perth, Western Australia, Australia

**Immigrant and Refugee Women's Voices: Exploring  
Postpartum Depression Help-Seeking Experiences and  
Access to Mental Health Care**

**Joyce M O'Mahony**, RN PhD, Nursing, Faculty of Nursing, University of Calgary, Calgary, AB

**E4** 3 Presentations**"Young Carers" and the Mental Health Care System**

**Katherine L Schleicher**, MSW, Social Worker, Sarnia, ON

**Parents' Perspectives of Their Child's Resiliency as a  
Young Carer**

**Heather Chalmers**, PhD, Associate Professor, Brock University, St. Catharines, ON

**Young Caregiver: Is it who I am or what I do?**

**Lauren Lucyk**, BA, Environmentalist, St. Catharines, ON

**Heather Chalmers**, PhD, Professor, Brock University, St. Catharines, ON

## E5 2 45-Minute Workshops

**Collaborative Research with Youth Caregivers and Stakeholders: Techniques, Methods and Lessons Learned**

**Sara Plachta Elliott**, MA, Researcher, Brandeis University, Waltham, MA

This workshop offers methodological techniques and lessons learned from a participatory case study of the Caregiving Youth Project of Palm Beach County (CYP), the first intervention of its kind in the United States to offer resources and supports to youth caregivers (aka young carers) and their families.

Learning objectives for this workshop include exploring with participants methods for:

1. Creatively engaging youth and other stakeholders in collecting and interpreting data on youth and family interventions to increase knowledge and understanding
2. Using the knowledge generated to increase support and recognition of, in this case, youth caregivers through action planning

**Young Carers Program: Demonstrating the Application of an International Model for Supporting Young Caregivers in Canada**

**Larisa MacSween**, MSW, RSW, Social Work, Hospice Toronto, Toronto, ON

**Natalie Wilson**, MA, Child Development, Hospice Toronto, Toronto, ON

This workshop engages a high level discussion surrounding the progress of the first urban young carers demonstration project in Canada that will result in a toolkit for replication nationally. Program successes and challenges will be discussed to increase knowledge and ability to apply best practices for young carers and their families.

By the end of this workshop participants will:

1. Have an understanding of the various components involved in establishing a young carers program
2. Have a broader knowledge of Canadian young carers, their specific needs and challenges and the importance of supporting them
3. Know which partnerships and formal/informal resources are needed to build a young carers program

## E6 90-Minute Workshop

**Social Media for System Change: Use of Social Media and Web-based Resources by Daughters and Sons who have a Parent with Mental Illness to Build a Social Movement that Supports Research and Creates Peer Support Across Countries and Continents**

**Maggie A Jarry**, M.S., Nonprofit Management & Community Organizing, The Daughters and Sons Initiative, Brooklyn, NY

**Joanne Nicholson**, PhD, Professor of Psychiatry, Dartmouth College, Lebanon, NH

**Joanne Riebschleger**, Ph.D, LMSW, Associate Professor, Social Work, Michigan State University, East Lansing, MI

**Nerelle Goad**, Co-Convenors, COMIC (Children of Mentally Ill Parents) Australia, Black Forest, Adelaide, South Australia, Australia

**Paola Mason**, Co-Convenors, COMIC (Children of Mentally Ill Parents) Australia, Black Forest, Adelaide, South Australia, Australia

**Christophe Bedeaux**, Student, Concordia Univ, Student, Social Media Organizer, Founder, Children of Parents with Mental Illness Facebook Community, Montreal, QC

**Melisande Randall Stewart**, Founder, Adult Children of Parents with Schizoaffective and Other Mood Disorders Facebook Community; Blogger: The Crooked House.Org, Los Angeles, CA

**Stefania Buoni**, Founder, Facebook Community: Figlie e Figli di Pazienti Psichiatrici; Blogger: Mia Madre E' Bipolare Figlie e Figli di Pazienti Psichiatrici Facebook Community; Mia Madre E' Bipolare Blog, Rome, Italy

For over a decade, people with lived experience of having a parent with mental illness have joined researchers, through internet and social media, to build social movements that advocate for system change across continents and countries. Workshop participants will learn the history, current status, and technical components of these efforts.

Learning Objectives:

1. To share the history and current status of these social movements
2. To provide information and technical assistance regarding the use of the internet and social media to build awareness and political will for larger social system change in our various countries
3. To encourage effective methods for researchers to share the outcomes of their work with broad audiences that bridge from professionals to family members, all of whom can advocate for system change

**10:00 – 10:30 Break****10:30 – 12:00 Concurrent Sessions F (90 minute sessions)**

Sessions F1 and F2 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session F3 will be comprised of two 45-minute presentations, which will be 30 minutes in length followed by 15 minutes of discussion. Session F4 will be comprised of two presentations, first of which will be a 45-minute presentation (30-minute in length followed by 15 minutes of discussion) and the second will be a 30-minute presentation (20 minutes in length followed by 10 minutes of discussion). Session F5 and F6 will be comprised of two 45-minute workshops.

**F1** 3 Presentations**Psychoeducation for Children with a Parent with a Mental Illness: Consumer Parent Recommendations**

**Joanne Riebschleger**, Ph.D., MSW, Social Worker and Educator, Michigan State University, East Lansing, MI

**Experiences of Adult Offspring of Parents with a Mental Illness**

**Andrea Harstone**, BSW, MSW, Registered Social Worker, Social Work, BC Centre for Ability, Vancouver, BC

**The Family-Based Approach to Mental Health Treatment for Preschool Children and Families**

**Brad Uhing**, PhD, Research Scientist, Avera Research Institute, Avera McKennan, Sioux Falls, SD

**F2** 3 Presentations**Getting to Family Smart**

**Keli C Anderson**, Executive Director, National Institute of Families for Child & Youth Mental Health, Vancouver, BC

**Jana Davidson**, MD, FRCP (C), Founding Director, National Institute of Families for Child & Youth Mental Health, Vancouver, BC

**Implementation of the “Let’s Talk About Children” Intervention in Australia**

**Melinda J Goodyear**, BBS (Hons.), M.B.Sc., Researcher, La Trobe University/ Monash University, Melbourne, Victoria, Australia

**Rose Cuff**, Dip C. OT, Grad Cert FT, Occupational Therapist - The Bouverie Centre, La Trobe University, Melbourne, Victoria, Australia

**Angela Obradovic**, BSW, BEd, Chief Social Worker, Northern Area Mental Health Service, Preston South, Victoria, Australia

**Healthy Young Minds: Debunking Mental Illness Stigma in High School Students**

**Sally R. Ke**, B.Sc., Medical Student, UBC Faculty of Medicine, Burnaby, BC

**Joshua J. Lai**, B.Sc., Medical Student, UBC Faculty of Medicine, Vancouver, BC

**Terri Sun**, BSc, Medical Student, UBC Faculty of Medicine, Vancouver, BC

**Jay C. Wang**, B.H.Sc., Medical Student, UBC Faculty of Medicine, Vancouver, BC

**Michael M.H. Yang**, B.Sc., M.Biotech., Medical Student, UBC Faculty of Medicine, Richmond, BC

**F3** 2 Presentations**Emotional Intelligence and its Relevance in Nursing**

**Helen Hedges**, RN, Master of Nursing, Registered Nurse, The Sydney Children’s Hospital Network- (Westmead Campus), Sydney, New South Wales, Australia

**Improving Parental Mental Health with an Intervention for Parents with Infants with Behavioral Sleep Problems: The Rocky Sleep Trial**

**Wendy Anne Hall**, RN, PhD, Professor, School of Nursing, University of British Columbia, Vancouver, BC

**F4** 2 Presentations

(45-minute presentation)

**Home Alone: What Do Children Do and Why Does it Matter**

**Mónica Ruiz-Casares**, PhD, Assistant Professor, Division of Social and Cultural Psychiatry Centre for Research on Children and Families, McGill University and Santé Mentale Jeunesse, CSSS de la Montagne, Montreal, QC

(30-minute presentation)

**Croc Shops: Young Carers in the NT**

**Kate Marie Francis**, Young Carer Advisor, Carers NT, Bayview, NT

## F5 2 45-Minute Workshops

**Helping Children (and Parents) Learn to Manage Stress: Tools for Lifelong Mental Health and Resiliency**

**Cindy Andrew**, Program Consultant, Psychology Foundation of Canada, Victoria, BC

This presentation focuses on how parents, ECEs, teachers, and caregivers can become more aware of and attuned to the signs and symptoms of stress in children and provides practical examples of techniques and approaches that have been shown to be effective in reducing and helping children learn to manage stress.

Learning Objectives:

1. To help participants recognize and identify the impact of stress on young children and how to help address it
2. To highlight the importance of relationships with attuned, caring adults in helping children learn to manage stress and support healthy social and emotional development
3. To provide practical tools and strategies participants can share with others or use directly with children

**Handle with Care: How Families can Promote the Mental Health of Young Children Every Day**

**Leona Corniere**, BA, Dip. Ed., MC, Registered Psychologist, Child Development Centre, Whitehorse, YK

**Sherri Armstrong**, B.P.E., Supervisor, Family and Children's Services, Health and Social Services, Whitehorse, YK

**Laurie McPherson**, RPN BA Hons, Mental Health Promotion Coordinator, Winnipeg Regional Health Authority, Winnipeg, MB

This workshop will introduce participants to the significance of early childhood mental health promotion through the Handle with Care program: a Public Health Agency of Canada funded and Hincks-Dellcrest Centre operated project that engages parents and caregivers in promoting the mental health of young children in their lives through interactive activities and discussions.

Learning Objectives:

1. To gain knowledge on the importance of early childhood mental health promotion interventions and their potential impacts
2. To gain exposure to the Handle with Care program objectives, concepts and strategies
3. To participate in sample mental health promotion strategy activities from the Handle with Care program

## F6 2 45-Minute Workshops

**Rap, Tap-Open the Door! – Engaging Parents with Mental Health Issues Whose Children are in Trouble with the Law & Fire Authorities**

**Wendy F. Acton**, MSW, Social Work, Vanier Children's Services, London, ON

Rap, Tap-Open the Door! Engaging parents with mental health issues whose children are in trouble with the police and fire authorities. Key ingredients for success: assertive outreach engagement strategies, a range of clinic and in home services with treatment targeting both child and parent issues, multidisciplinary approach, and evaluation measures that track mental health and behavioural changes.

At the end of this workshop, participants will be able to:

1. Identify the effective services and the areas where this program has effectively improved the lives of high risk children of parents with mental health issues
2. Describe the engagement strategies of "hot pursuit" (assertive engagement)
3. Describe the concurrent groups for children and their parents who have mental health issues and know how to obtain the treatment manual

**Family Connections: Protecting Children Living with Parental Depression**

**Deborah Bell**, PhD, Psychologist, Sand Story Psychology Services, Vancouver, BC

This intermediate level presentation will discuss the ways in which children might cope with a parent's depression, as well as review how parental responses may impact the attachment relationship. In addition, ideas about how to work with parents living with depression to act protectively in ways that enrich the attachment relationship between them and their child will be discussed.

Learning Objectives:

1. Predict children's coping responses to parental depression
2. Recognize disruptive behaviour patterns to the attachment relationship in parents living with depression
3. Discuss the benefits and challenges of intervening at the level of the attachment relationship to support children whose parents are living with depression



**12:00-1:00 Lunch (participants on their own)****1:00 – 2:30 Concurrent Sessions G (90 minute sessions)**

Session G1 will be comprised of two presentations, first of which will be a 45-minute presentation (30-minute in length followed by 15 minutes of discussion) and the second will be a 30-minute presentation (20 minutes in length followed by 10 minutes of discussion). Sessions G2 and G3 will be comprised of three 30-minute presentations, which will be 20 minutes in length followed by 10 minutes of discussion. Session G4 will be comprised of one 90-minute workshop. Sessions G5 and G6 will be comprised of two 45-minute workshops.

**G1 2 Presentations**

(45-minute presentation)

**All in the Same Boat: An Analysis of a Support Group for Children of Parents with Mental Illnesses**

**Brenda M. Gladstone**, PhD, Researcher, The Hospital for Sick Children, Toronto, ON

(30-minute presentation)

**Community Support for Children and Families Living with a Family Member with Mental Illness**

**Vicki R. Cowling**, BA, BSW, MA, Social Worker, Psychologist, Hamilton, New South Wales, Australia

**G2 3 Presentations****A Ten Year Strategic Approach to Meeting the Needs of Children of Parents with a Mental Illness in Western Australia**

**Warwick Smith**, Chair - The Western Australia COPMI Committee: Pathways to Resilience, Operations Manager, Peel and Rockingham Kwinana Mental Health Service, South Metropolitan Area Health Service, Department of Health Western Australia, Rockingham, Western Australia, Australia

**Mental Health Promotion for Vulnerable Children and Families in Community-Based Programs**

**Jennette Toews**, Manager-Maternal and Child Health Policy and Programs, Public Health Agency of Canada, Ottawa, ON

**Adolescent Mental Health Promotion: Developing and Testing a Framework for Supporting Parents**

**Mónica Ruiz-Casares**, PhD, Assistant Professor, Division of Social and Cultural Psychiatry Centre for Research on Children and Families, McGill University and Santé Mentale Jeunesse, CSSS de la Montagne, Montreal, QC

**Lucyna Lach**, PhD, Associate Professor, School of Social Work, McGill University, Montreal, QC

**Richard Sullivan**, PhD, Associate Professor, School of Social Work, University of British Columbia, Vancouver, BC

**G3 3 Presentations****Ulysses Agreements: A Process for Collaborative Advanced Planning**

**Mark Littlefield**, MA, Child and Youth Care Practitioner, British Columbia Schizophrenia Society, Mission, BC

**COPMI Policy to Practice – The Non-Science of Implementation**

**Adrian Falkov**, FRCPsych, FRANZCP, Child & Adolescent Psychiatrist, Psychiatry, Redbank House & Westmead Hospital, Sydney, NSW, Australia

**Audit of Community MH Staff Use of Structured Clinical Documentation to Identify the Needs of Parents / Carers with Mental Illness & Their Children Before and After Receiving “Crossing Bridges NSW” Training**

**Adrian Falkov**, FRCPsych, FRANZCP, Child & Adolescent Psychiatrist, Psychiatry, Redbank House & Westmead Hospital, Sydney, NSW, Australia

**G4 90 minute workshop****Making the Right Connections: Promoting the Mental Health of Youth in British Columbia**

**Elizabeth Saewyc**, PhD, RN, FSAHM, CIHR/PHAC Chair in Applied Public Health Research; Professor, School of Nursing & Division of Adolescent Health and Medicine; Lead Investigator, Stigma and Resilience Among Vulnerable Youth Consortium and Research Director, McCreary Centre Society, Vancouver, BC

**Annie Smith**, Executive Director, The McCreary Centre Society, Vancouver, BC

The presentation will offer qualitative and quantitative findings from the recent McCreary report “Making the right connections: Promoting positive mental health among BC youth”. Youth’s response to the results and their suggestions to improve mental health and mental health services in their schools and communities will be highlighted.

Learning Objective:

To gain an overview of the mental health picture of BC youth (aged 12 - 19) including risk and protective factors for developing positive mental health.

## G5 2 45-Minute Workshops

**When Death Darkens the Door: Supporting Children When a Parent is Dying**

**Andrea L Warnick**, RN, MA, Children's Grief Counsellor, Max and Beatrice Wolfe Children's Centre, Toronto, ON

This workshop will identify ways of supporting the mental health of children who are experiencing or have experienced the death of a parent. Interventions to support children's abilities to understand what is happening, to creatively express their feelings and worries, and to grieve in ways that are healthy and meaningful will also be explored.

Learning Objectives:

1. Dispel myths and misconceptions regarding talking to children and youth about dying and death
2. Provide an overview of the current research on children and death
3. Offer innovative and practical tips for supporting youth and children who are grieving

**I Didn't Do My Homework: Children and Youth Caring for the Dying**

**Andrea L Warnick**, RN, MA, Children's Grief Counsellor, Max and Beatrice Wolfe Children's Centre, Toronto, ON

This interactive presentation will explore supporting children and youth through the death of a loved one, including navigating the challenges of taking on caregiving roles greater than those of their peers. We will discuss strategies to provide psycho-education for caregivers, as well as strategies to support caregivers' communication with children.

Learning Objectives: at the conclusion of this presentation, participants will have/be able to:

1. Increased understanding of child and adolescent caregiving experiences and perspectives when a loved one is dying or has died
2. Recognize children and adolescents' extraordinary capacities to understand, and live with issues related to dying and death
3. Identify strategies and interventions to support children and adolescents' abilities

## G6 2 45-Minute Workshops

**Parenting as a Context for Recovery for Women with Mental Illnesses**

**Elizabeth Carpenter-Song**, PhD, Research Assistant Professor, Dartmouth Psychiatric Research Center, Lebanon, NH

**Joanne Nicholson**, PhD, Professor of Psychiatry, Dartmouth College, Lebanon, NH

This presentation aims to raise awareness of parenting as an important aspect of recovery from mental illness for adults by identifying five specific ways in which parenting offers a context for recovery among women with mental illnesses.

Learning Objectives:

1. To raise awareness of parenting as an important aspect of recovery from mental illness
2. To identify five specific ways in which parenting offers a context for recovery from mental illness
3. To promote understanding of the clinical implications of parenting for recovery-oriented mental health services

**An International Perspective on Parenting with Mental Illnesses: A Review of Paternal Depression and Role of the Fathers in Case of Maternal Postpartum Depression**

**Karin van Doesum**, PhD, Senior researcher / Prevention Psychologist, Radboud University Nijmegen/ Dimece, Nijmegen, Gelderland, Netherlands

**Floor van Santvoort**, MA, Researcher, Radboud University Nijmegen, Nijmegen, Gelderland, Netherlands

Information about the parenting role of the father (as a partner and as the parent with mental illness) is lacking. An overview will be given of studies about paternal depression and the role of the father in case of maternal postpartum depression and the implications for COPMI interventions.

Learning Objectives:

1. Learn about what is known about the parenting role of the depressed fathers or fathers with a depressed partner and the impact on children
2. Discuss the need of new COPMI interventions focused at fathers

**2:30 – 3:00**     **Break**

**3:00 – 4:30**     **Closing Session: Bringing It All Together**

The last session of the conference will bring together all of the participants for a final opportunity to share thoughts and issues that have arisen for them throughout the conference. Recommendations that come out of this facilitated large group discussion will be used as the core of a 'next steps' report that will be produced subsequent to the conference. It is hoped that this document will be helpful as an advocacy tool for people to use to create system change when they return to their communities.

**4:30**             **Adjourn**

Posters will be available for viewing during the Reception and Child and Youth Mental Health Day Celebration on  
**Monday, May 7, 2012 4:30pm – 6:00pm**

All poster presenters will be available at their posters for Q&A during this time.

### **Researching Parental Mental Health: Challenges of Testing an Intervention for Families Living with Parental Mental Illness**

**Kathleen Biebel**, PhD, Assistant Professor of Psychiatry, University of Massachusetts Medical School, Worcester, MA

**Joanne Nicholson**, PhD, Professor of Psychiatry, Dartmouth College, Lebanon, NH

**Toni Wolf**, Executive Director, Employment Options, Inc., Marlborough, MA

### **“When Two Worlds Collide”: Intergenerational Mental Illness and Its Effect**

**Margaret Cook**, COMIC WA Convenor (Children of Mentally Ill Consumers) and MIFWA (Mental Illness Fellowship Western Australia), Perth, Western Australia, Australia

### **Resilient Kids Group – A Retrospective Glance**

**Timothy D. Darvell**, M.Ed., RCC, Mental Health Clinician, VCH, Vancouver, BC

### **My Child, My Life: Experiences of Parents of Children with Autism Spectrum Disorders**

**Doris Dong**, BN, RN, Nursing, University of Manitoba, Winnipeg, MB

**Beverley Temple**, BScN, MN, PhD, Nursing, University of Manitoba/ St. Amant Research Centre, Winnipeg, MB

### **Parenting for the Promotion of Adolescent Mental Health: Findings From a Review of the Literature**

**Jennifer (J.D.) A Drummond**, MSW, Research, Center for Research on Children and Families, McGill University, Montreal, QC

**Irene Beeman**, BSW, Research, Center for Research on Children and Families, McGill University, Montreal, QC

### **An Ecological Perspective on Children’s Mental Health: Long-Term Effects of Neighborhood Quality, Parental Depression and Parenting on Children’s Externalizing and Internalizing Problems**

**Elena Gallitto**, BA (Hons), MA (Candidate), Carleton University, Ottawa, ON

### **Study the Effects of Cognitive Therapy on Students’ Depression**

**Hamideh Jahangiri**, M.Sc, Psychologist, Payame Noor University, Tehran, Iran

### **Narrative Mind-Mindedness: Counterintuitive Findings and their Implications for Measuring Mind-Mindedness in at Risk Mothers with Young Children**

**Allison Jessee**, MA, Doctoral Candidate, University of Illinois at Urbana-Champaign, Champaign, IL

### **Promoting Good Mental Health in Children of Mentally Ill Parents; Workforce Barriers and Resistance in Including a Child Perspective in the Treatment of Mentally Ill Parents**

**Camilla Lauritzen**, Master of Education, Research Fellow/PhD student, University of Troms, Troms, Troms, Norway

### **Parental Mental Health and Coping: An Exploratory Study in a Children’s Mental Health Clinic**

**Robert Lees**, Ed.D Psychology, Practice Analyst, Mental Health, Fraser Region, MCFD, Chilliwack, BC

**Michael Gallo**, PsyD Candidate, Clinical Psychology, MCFD Chilliwack, Chilliwack, BC

**Lisa Baker**, MA Counseling Psychology, Mental Health Clinician, MCFD Chilliwack, Chilliwack, BC

### **The Effect of Anger Management Training on Aggression of Male Students 12-15 Years Old**

**Sedigheh Maleki**, M.sc, Mental Health Nurse, Psychiatric, Islamic Azad University Tehran Medical Branch, Theran, Iran

### **Family-Directed Structural Therapy: Enhancing Functioning of All Family Members**

**Tara McLendon**, PhD, Social Work, Northern Kentucky University, Highland Heights, KY

### **BC Council for Families**

**Pilar Onatra**, Program Coordinator, BC Council for Families, Vancouver, BC

### **A Familial Study of Risk Factors and Comorbidities in Attention Deficit and Hyperactivity Disorders**

**Hélène Poissant**, PhD, Professor, UQAM, Montréal, QC

**Lucile Rapin**, PhD, PostDoctorate, UQAM, Montréal, QC

### **Pathways of Suicide Behavior Among Adolescents (Qualitative Study)**

**Mohammad Rafi Bazrafshan**, Faculty Member of Nursing School, Shiraz-Nursing School, Shiraz, Iran

**Forutani Mohamma Reza**, Faculty Member of Nursing School, Shiraz-Nursing School, Shiraz, Iran

**Mansouri Amir**, Faculty Member of Nursing School, Shiraz-Nursing School, Shiraz, Iran

### **BC FRIENDS for Life Parent Programs**

**Jeannie Rohr**, Director, Family Support & Learning Development, The FORCE Society for Kids’ Mental Health, Port Coquitlam, BC

### **Parenting Programs for the Promotion of Adolescent Mental Health Across Ethno-culturally Diverse Communities in Canada: An Environmental Scan**

**Mónica Ruiz-Casares**, PhD, Assistant Professor, Division of Social and Cultural Psychiatry Centre for Research on Children and Families, McGill University and Santé Mentale Jeunesse, CSSS de la Montagne, Montreal, QC

### **Do Bereaved Children Grow Into Nonbereaved Adults?: The Impact of Childhood Parental Loss on Adulthood**

**Laura J. Shapiro**, MA, Doctoral Student, Adelphi University, New York, NY

### **The Relationship Between Maternal Characteristics and Children’s Behavioral Problems**

**Karineh Tahmassian**, PhD, Family Research Institute, Shahid Beheshti University, Evin, Tehran, Iran

**Fear From Society, Solation at Home and Conflict of Life**

**Ahmad Tajfar**, Physician, Besat Hospital, Hamedan, Iran

**Ending the Silence: Youth Caregivers Project**

**Dan J Vaillancourt**, M. Ed., Educator, Cowichan Family Caregivers Support Society, Shawnigan Lake, BC

**Pregnant and Then? Prevention Program for Pregnant Women with Mental Illness**

**Karin T.M. van Doesum**, PhD, Senior Researcher / Prevention Psychologist, Radboud University Nijmegen, Nijmegen, Gelderland, Netherlands

**Clemens MH Hosman**, PhD, Professor, Radboud University Nijmegen / Maastricht University, Nijmegen, Gelderland, Netherlands

**Psychological Dysfunctions of Adolescent COPMI: Risk Factors, Protective Factors, and Transmission Mechanisms**

**Linda M.A van Loon**, MSc., PhD-student, Radboud University Nijmegen, Nijmegen, Gelderland, Netherlands

**Bibliotherapy: Understanding Parental Mental Illness Through Children's Literature**

**Sharon O. Van Volkingburgh**, MSW, Social Work, Vancouver Community Mental Health Service, Vancouver, BC

# REGISTRATION FORM IN 9571

**PLEASE WRITE IN BLOCK LETTERS:**

One registration form per person. Please photocopy if more are needed.

Ms.  Mrs.  Miss  Mr.  Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov / State Postal Code

\_\_\_\_\_  
Daytime Telephone Number / Local

\_\_\_\_\_  
E-Mail

## Affiliation/Profession:

Please indicate which Affiliation(s) / Profession(s) best describes you:

- Administrator / Manager
- Behaviour Therapist
- Caregiver
- Case Manager/Planner
- Counselor
- Educator
- Family
- Mental Health Therapist
- Nurse
- Other: \_\_\_\_\_
- Occupational Therapist
- Pharmacist
- Physician
- Psychiatrist
- Psychologist
- Researcher
- Service Recipient
- Social Worker

## Concurrent Session Choices:

Please refer to the program for session descriptions. Please specify which concurrent sessions that you plan to attend so we may allocate appropriate rooms. Some sessions may fill up quickly, in this case you will be registered in your second choice.

Example shown in grey:      1<sup>st</sup> Choice      2<sup>nd</sup> Choice  
 Example:        A 1          A 4  

Session A:      \_\_\_\_\_      \_\_\_\_\_  
 Session B:      \_\_\_\_\_      \_\_\_\_\_  
 Session C:      \_\_\_\_\_      \_\_\_\_\_  
 Session D:      \_\_\_\_\_      \_\_\_\_\_  
 Session E:      \_\_\_\_\_      \_\_\_\_\_  
 Session F:      \_\_\_\_\_      \_\_\_\_\_  
 Session G:      \_\_\_\_\_      \_\_\_\_\_

Please visit our website for updates and to register online:

[interprofessional.ubc.ca](http://interprofessional.ubc.ca)

## Tuition Fees:

Pre-registration prior to April 6, 2012 is strongly recommended to ensure you receive all conference materials. All rates are quoted in \$CAD and the tuition fee includes 12% HST. Please use one registration form per person. The registration fee includes conference material, refreshment breaks, and a certificate of attendance.

**\*EARLY BIRD RATE, BEFORE/ON MARCH 21, 2012**

**Main Conference – Full Program (Sunday to Tuesday)**       **\$495** (\$442 + HST)

**RATE AFTER MARCH 21, 2012**

**Main Conference Full Program (Sunday to Tuesday)**       **\$580** (\$517.86 + HST)

**Main Conference – Individual Day Rates**

- Sunday, May 6 only       **\$125** (\$111.61 + HST)
- Monday, May 7 only       **\$195** (\$174 + HST)
- Tuesday, May 8 only       **\$195** (\$174 + HST)

**Student Rate**

Full Program (Before March 21, 2012)       **\$300** (\$267.86 + HST)

\*A copy of valid student photo ID must be sent with student registrations. If you register online, please e-mail a scanned copy to [ian.ipce@ubc.ca](mailto:ian.ipce@ubc.ca).

## Method of Payment

**Payment by Credit Card**

1. Complete the full registration online at [interprofessional.ubc.ca](http://interprofessional.ubc.ca) with your Visa or MasterCard
2. Fax the registration form to +1 604-822-4835 and indicate that you would like to pay with Visa or MasterCard. We will send you the secure on-line link to enter your credit card information  
\*PLEASE DO NOT FAX CREDIT CARD INFORMATION\*
3. Register and pay over the phone: Local/International:  
+1-604-827-3112 or toll free within Canada/USA:  
1-855-827-3112 (VISA or MasterCard)

**Payment by Cheque:** Please make your cheque payable to the **University of British Columbia** and send it along with complete registration form to: Interprofessional Continuing Education, The University of British Columbia, Room 105 – 2194 Health Sciences Mall, Vancouver, BC V6T 1Z3

**Alternative Payment Methods**

Mail or fax complete registration form along with one of the following:

1. Signed purchase order (PO)
2. Letter of Authorization (LOA) from the manager on the organization's letterhead stating that they will be paying the registration fees. The letter should include the amount of registration fees, name and contact information of the manager.

Please Indicate Below How You Would Like to Pay

- Credit Card:** Please e-mail me a secure on-line link to enter my credit card number
- Cheque:** Payment is enclosed with mailed registration form
- PO/LOA/ChReq:** Purchase order/letter of authorization/cheque requisition form is enclosed with faxed/mailed registration form