

# 59<sup>th</sup> Annual Institute on Addiction Studies

## Who Should Attend:

Addiction Workers

Problem Gambling  
Prevention Workers

Substance Abuse  
Prevention Workers

Medical & Health  
Care  
Professionals

Police, Fire, EMS &  
Corrections Workers

Employee  
Assistance  
Providers

First Nations  
Support  
Workers

Social Workers

Educators

Clergy & Spiritual  
Counsellors

Human Resource  
Professionals

**July 8<sup>th</sup> - July 12<sup>th</sup>, 2018**  
**Ivey Spencer Leadership Centre**  
**London, Ontario, Canada**

***59 years of Personal and  
Professional Development***

**Addiction Studies Forum Inc.**

**Box 322**

**Virgil, Ontario L0S 1T0**

**1-866-278-3568 (toll free)**

**info@addictionstudies.ca**

**www.addictionstudies.ca**



*Proudly Canadian*



# Welcome to the 59th Annual Institute on Addiction Studies.

On behalf of the Planning Committee and Board of Directors of the Addiction Studies Forum Inc., I am pleased to officially welcome you to the 59th Annual Institute on Addiction Studies. Whether you are a returning delegate or if this is your first time attending, I'm confident you will not be disappointed. As opposed to today's modern learning options that offer online courses, webinars and distance learning, nothing can replace the value of face to face human interaction and networking that our conference offers.

We pride ourselves on providing a conference with high standards that we have learned over the years is what you the delegate asks for. Combined with our new venue of choice, the Ivey Spencer Leadership Centre with its premium accommodations and delicious meals, we offer a unique conference with the added component of rest and self-care that is best described by our slogan, Personal and Professional Development.

Welcome, relax and enjoy.

Tom Gabriel  
President  
Addiction Studies Forum Inc.

# Keynote Address

## Sunday, July 8th - 7:00 pm



**Frank O'Dea o.c. LL.D**  
*"The Power of Hope, Vision and Action"*

With hope – all things become possible. With hope, one has the courage to change the present into a very different future. With hope, dreams are possible; with hope one has the persistence to follow the dream and with hope one can – and will – become much more than you ever dreamed possible. Frank demonstrates this power of hope by using his own story and experiences of hope, courage, change and persistence. Humble yet powerful, Frank relates how he went from the bowery, panhandling for nickels and dimes not so many years ago, to the successes he has achieved today. This is truly a motivational story. Audiences from all walks of life identify with this very real story of achievement, and Frank's warm style convinces his audiences that he is speaking directly to them. Despite the many obstacles over the decades, dedicated organizations, professionals and members of our communities, have stood up and advocated for people with these illnesses. Through these efforts, progress has been made, many have been helped, but we still have a long way to go. We are now entering a pivotal time in our history, with mounting evidence and heightened public awareness of the vast impact of addiction and mental illness. This session will discuss current system issues and opportunities, and the potential to create real change for the future.

*As a young man, Frank O'Dea was a homeless person, living on the streets, panhandling for nickels and dimes. Today, he is a celebrated business person. Best known as a founder of The Second Cup, he also was involved in founding a number of other successful international businesses and not-for-profits. These include Proshred Security, War Child Canada, Street Kids International and the Canadian Landmine Foundation. He has been appointed an Officer of the Order of Canada and two Canadian universities have awarded him honorary degrees. This is an inspiring story of resilience and triumph in the face of adversity, which is also recounted in his best-selling book "When All You Have is Hope". Mr. O'Dea's most recent projects include YP-IT Data Inc, a remarkable social enterprise that taps into Canada's widely under-employed youth workforce. He is also founding Chair of "My Idea of Canada" a nationwide initiative that will engage Canadian youth on the occasion of Canada's 150th Anniversary.*

### Course Ratings

-  **1 Level 1 - Entry Level**  
Entry level courses for those who have little or limited experience in the addictions or helping field.
-  **2 Level 2 - Intermediate**  
Entry level to advanced. For those with some experience or knowledge in the addictions or helping field.
-  **3 Level 3 - Advanced**  
For those with substantial experience in the addictions or helping field. Some material is at the clinical level of learning and is suitable for those with post secondary to university level education.

NOTE: Ratings are determined on course content and the course presenters input. Addiction Studies Forum Inc. reserves the right to make the final determination of a course rating level.



All courses and presentations have been pre-approved for Continuing Educational Units (CEUs) by the Canadian Addiction Counsellors Certification Federation.

# Plenary Address

Thursday, July 12th - 9:30 am



## Chris D. Lewis

*"Only the Resilient Will Survive"*

All of us pass through a series of ebbs and flows in terms of our optimism in life – both personally and professionally. But it is critical that we remain resilient on a personal level and continuously make every effort humanly possible to maintain resilient professionally. You can't have one without the other and the success of the organization as it's people labour to deliver to a demanding customer base, completely depends on it. The rapid and growing state of flux that most or all public and private sector organizations have been in for the past decade or more has had a significant impact on the resilience of the leaders and on organizations as a whole. The cycle of ongoing change is here to stay – resulting in an even greater demand for leadership and organizational resiliency.

Chris D. Lewis became Commissioner of the Ontario Provincial Police (OPP) on August 1, 2010, assuming leadership of one of North America's largest deployed police services. During almost 36 years as a police officer and leader, he amassed a wealth of operational policing experience, particularly in front-line service delivery, various investigative disciplines and tactical operations. As Commissioner, he oversaw front-line policing, traffic and marine operations, emergency response and specialized and multi-jurisdictional investigations throughout the Province of Ontario, delivered through over 9,000 OPP personnel. He was a supervisor, senior officer and executive for 28 years of his career. Although he retired from the OPP on March 31st, 2014, he continues to lecture on leadership and policing issues, including First Nations policing challenges, across North America. He has also written a book on leadership, entitled: *Never Stop on a Hill* (all of the profits from his book is donated to the Special Olympics). Lewis' leadership experience is wide and varied, including tenures as Deputy Commissioner of OPP Field Operations; Commander of the Investigations Bureau; the Information Technologies Bureau; and the Emergency Management Bureau; as well as the Director of the Criminal Intelligence Service Ontario at the then Ontario Ministry of Solicitor General. He was Regional Commander of the OPP's East Region; served as Director of the Criminal Investigation Branch; and worked with the Royal Canadian Mounted Police to establish and lead the Cornwall Regional Task Force.

## SEMINARS . . .

SUNDAY, JULY 8th - 1:30pm - 4:30pm

CHOOSE **ONE** of the following . . .

**A1**

### **Stages of Change: What is it and how can it help us with our work?**

**Corrie McIvreen CCAC**

This workshop will explore the history of the stages of change, emphasize the importance of understanding this model and how to identify where clients are at within the stages. Additionally, this workshop will identify challenges encountered by both clients and practitioners when trying to match a client with the appropriate stage of change. Specifically, this workshop hopes to clarify the discrepancy surrounding assessing what stage a client is in, their readiness for change and subsequently supporting them through the process.

Corrie McIvreen is a graduate of the Concurrent Disorders Certificate program and has been working with hard to serve populations for over 7 years. She is now an Addictions Worker for the Alternative Justice Programs at Mission Services of Hamilton and has her CCAC Certification through the CACCF.

**1**

**A2**

### **Positive Psychology: The Science of Happiness**

**Angela Rolleman MSW, RSW**

Positive psychology (dubbed "the science of happiness") is the scientific study of optimal human functioning and the conditions that lead to this. While traditional psychology has focused on discovering the causes and effective treatments of mental illness, and has made great advances to this end, positive psychology posits that we can do more. Angela will explain the fundamental concepts of positive psychology and how practitioners can use these evidence-based interventions to help clients not only move past depression but to find happiness and fulfillment.

Angela Rolleman is a registered social worker, speaker & trainer. Currently Angela has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; and she is the Director of Mission: Empowerment!, a company that provides personal and professional development seminars and events. Angela has been a speaker at several conferences on topics including addiction, Motivational Interviewing, self-esteem, overcoming limiting beliefs, and positive psychology. Recently, Angela has been offering "Happiness: 101" groups for clients, based on the principles of positive psychology.

**2**

**A3**

### **Trauma Assessment and Treatment**

**Barbara Rowe**

This workshop will look at many aspects of trauma assessment and treatment. Topics will include general trauma assessment, Seeing the Child through a Trauma Lens, Interview Components, Understanding the child's Perception, Components of Trauma Assessment, Cultural Sensitivity and Competence, Approaches For Interventions, Symptom Reduction.

Barbara Rowe is Ojibway (Anishinabe) from Mississauga of the New Credit First Nation (South-Western Ontario) and has been employed with Six Nations of the Grand River Child and Family Services since 2005. Barbara is the supervisor of the Kanikonriio (Good Minds) Youth Life Promotion and Aboriginal Children's Mental Health and Addiction Programs. She was a Family Support Worker for 8 years and a Children's Mental Health and Addiction Worker for five years. Prior to this work Barbara worked in the field of Prenatal and Midwifery for nine years. Barbara has also worked in palliative care and a relief worker in various youth group homes.

Barbara has extensive education and training in various backgrounds. She graduated from the Native Community Care Counselling and Development Program at Mohawk College in 1995 and went on to complete more training and certification in Counselling and Trauma work. Barbara is a certified Trainer of the ASIST and SafeTALK. Barbara has completed the following certifications: Trauma Assessment and Treatment, Trauma Treatment Intervention with Geraldine Crisci and Associates, Cognitive Behaviour Therapy Program at McMaster University, Addiction Certificate at Laurier University, Mental Health Law Certificate at Osgoode Hall Law School of York University. Barbara is also trained in Mental Health First Aid, Multidisciplinary Violence Threat Risk Assessment and Grief Recovery Specialist.

**1**

**AA & NA meetings  
(Sunday Night)**

**Discussion Groups**

**Daily Networking**

**Silent Auction**

**Evening Activities**

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**Monday, July 9 . . . Choose one full day session or two half day sessions**

**B1** (full day session) **3**  
**Using Group Work to Help Clients Recover and Heal**  
**Dennis Kimberley BA, MSW, PhD, RSW**

The success of mutual aid movements such as A.A. are based on the acceptance that few can address addictions alone, as human beings are fundamentally interdependent. Paradoxes of group practices in treatment and in addictions include that strengths and healthy independence are supported and enhanced by enabling interdependent influences of group structures, processes, social spaces, and client-centered contents, to all work in dynamic interaction. Expected group treatment effects are fundamentally movements away from dependence to healthy interdependence and optimized healthy independence. This workshop addresses a range of pathways and purposes in applying the power of diverse group strategies to achieve positive treatment effects while avoiding damaging group dynamics.

*Dr. Dennis Kimberley has over 50 years experience in working in the addictions field with a wide range of populations and age groups. He has undertaken advanced group practices training and has undertaken group work since 1965, with over 50,000 hours of direct practice experience, with about 20% of that being group work and group therapy. As well, he has designed group services programming in addictions, corrections, youth services, and mental health. Dr. Kimberley has been a leader in promoting women only groups, men only groups, and integrated groups. His group work experiences have included services for sex offenders and the sexually addicted. His group practice experience has included large community groups involved in conflict and war. He has conducted training sessions and taught advanced group practices for over 20 years.*

**B2** (morning session) **1**  
**Supporting the Bereaved: A Workshop for Caregivers**  
**K. Paul MacKenzie CTR, CTSS**

This half day workshop will improve your ability to support the grief experience of someone bereaved through death, suicide, or any other type of loss. Workshop Content includes personal response to loss, examination of personal beliefs and feelings about loss, the relevance of self awareness about loss in working with the bereaved, bereavement theory, fundamentals of bereavement, information about complicated grief and suicide bereavement. Also discussed will be caregiver strategies for self care when working with the bereaved.

*K. Paul MacKenzie of the Mi'kmaq First Nation, Warrior of the Wolf Clan, is a former Halifax Regional Police Officer (Rtd), having served in Patrol Division, Mounted Division and as the Employee and Family Assistance Program Coordinator. Paul is presently the Firefighters and Family Assistance Program Manager for the Halifax Regional Fire and Emergency. Paul has also worked with the Native Community in the Maritimes as the liaison officer between the Regional Police and the Native Community. He continues to work with the Native Community across Canada. As well, he has served on the Atlantic First Nations Task Force on HIV/AIDS, former healing consultant for Teachings of the Sweet Grass Braid Society (survivors of residential school), a facilitator of the teachings of the Medicine Wheel and an associate counselor for the Eagles' Nest Recovery House. Paul is the former Director of the Spirit of the Eagles' Feather Society. Paul is a past member of the Board of Directors for the Canadian Traumatic Stress Network. He is also currently a member in good standing with the International Critical Incident Stress Foundation, the Association of Traumatic Stress Specialists, the Canadian Association of Suicide Prevention, the Suicide Information & Education Centre, and the former Nova Scotia EAP Association (Past President). Paul is past Vice Chair of the Executive Board of Directors for Alcure Place, an addictions recovery house located in Halifax, NS and recently served as the Atlantic Regional Director on the National Board of Directors for MADD Canada. He is presently serving as a Peer Support Special Advisor with the Mood Disorders of Canada Board.*

**B3** (morning session) **2**  
**Creating Person Centered Accommodations: An Introduction to the Neurobehavioural Model (for FASD & other Neurobehavioral conditions)**  
**Nancy Hall BA**

Fetal Alcohol Spectrum Disorder and other Neurobehavioral conditions (FA/NB) encompass the spectrum of brain-based conditions and a wide range of neurobehavioral symptoms. This three-hour session introduces a research-informed conceptual foundation linking brain function with behaviors and outlines an evidence-based emerging best practices approach to developing appropriate and effective person-specific strategies for support, in all settings. It suggests a common language for participants to enhance ongoing collaboration and networking among those working with people with FASD and other brain based physical conditions in all systems.

*Nancy Hall has been a FASD community development facilitator, educator and consultant for the past 13 years, as well as, a member of the FASD Ontario Network of Expertise (FASD ONE) for 8 years. Nancy also co-authored a research paper on Effective Service provision for people impacted by FASD, in 2009. And most recently, Nancy has been mentored by FASD expert Diane Malbin for the last four years. This has resulted in Nancy becoming a part time Program Director FASCETS, in Portland, Oregon and the creation of the satellite agency FASCETS Canada.*

**B4** (morning session) **2**  
**Substance Use during the Life Cycle of Sexual Violence**  
**Leah Marshall, MSW, RSW**  
**Lauren Bloom, MSW, LGSW**

With 1 in 5 women being directly impacted by sexual assault, and the secondary effects impacting family, friends, and community, the prevalence of sexual assault is a public health concern (Black et al, 2011). This presentation will focus in on the relationship between substance use and sexual violence. How does substance use weave deeply into experiences of sexual violence from perpetration to coping with the impact of trauma? This workshop will provide information on: the cultural context that contributes to sexual violence, societal messaging that surrounds the relationship between substance use and sexual violence, coping strategies used by survivors, and how clinicians can work with survivors using a trauma informed practice.

*Leah Marshall completed her BSW and MSW degrees at King's University College in London, Ontario. Her work within the field of social work has focused on advocacy, system navigation and providing trauma informed interventions to survivors of sexual violence. She works with survivors on a college campus, and provides trauma informed counselling in a hospital based sexual assault and domestic violence treatment program. For the past two and a half years Leah has also worked as a harm reduction/housing first focused street outreach worker. In this role she has witnessed firsthand the impact of mental health, addiction and poverty on the lives of many in her community.*

*Lauren Bloom holds a Master's of Social Work from the University of Maryland, Baltimore with an emphasis on behavioral health and Employee Assistance Programs. Her clinical internship experience focused on assisting sexual assault survivors on a university campus and working with employees facing workplace issues including substance use at an internal Employee Assistance Program. She has completed a 200 hour Registered Yoga Training (RYT) and has worked with survivors of sexual trauma on mindfulness practices to assist in their healing journey.*

**B5** (afternoon session) **1**  
**Drugs and the Brain: An Introduction on How Psychoactive Substances Actually Change You**  
**Rick Csiernik PhD, RSW, CCAC**

This workshop will examine what psychoactive drugs actually do to the brain and how this creates physical dependency and impacts the process of addiction and recovery. The workshop will explore how each specific family of drugs (depressants, opioids, stimulants, hallucinogens) alters the brain and how this influences a person's behaviour. The workshop will conclude with an examination of how drugs alter the sleep cycle and your dream state and we will discuss the implications of this on physical and mental health.

*Rick Csiernik is Professor, School of Social Work, King's University College at Western University. He has written several books related to addiction including Just Say Know: A Counsellor's Guide to Psychoactive Drugs, and many peer reviewed articles including one with Linda Hood examining the UFCW EAP. He has had the pleasure and privilege to present at the Institute on Addiction studies several times so he hopes he has not worn out his welcome just yet.*

**B6** (afternoon session) **2**  
**Sobriety as a Value: A Practical Approach to Helping Clients Value Sobriety and other Healthy Behaviours**  
**Barb Robinson**  
**B.Ed, B.M.Sc., ICADC, LSC**

As a counsellor, value clarification abilities can be of great assistance to your clients. Once a person is helped to see that their behaviours do not match a value they perceive themselves to hold, this discrepancy can be a tremendous motivator to effect change. If their counsellor can help them to discover the discrepancies between their value and their behaviour, and to help them to see their choices, the next step toward goal-setting becomes easier. Of course, a risk exists that the person will instead choose to change the value to match the behaviour, and the skilled counsellor will be prepared to protect their client against destructive choices. Value clarification can be a powerful agent of change, and a tool to direct that change, both for an individual, and for someone in a helping role to others. This tool for the skilled helper can assist the client to be able to define what values that person is made of, and to become the person they want to be. In this workshop you will practice steps of a value clarification process and several additional values clarification techniques that can be used with mental health and addicted clients and their families.

*Barb Robinson is the Program Head/Instructor at the Saskatchewan Polytechnic Addictions Counselling Program. By blending the traditional teachings and formal training, Barb has been actively involved in developing and delivering training for addictions professionals, community developers, group facilitation and community and addictions counselling for over 32 years. Besides being the current program head and instructor for the Addictions Counselling Program, Barb was instrumental in designing and delivering the first First Nations on-line training program for the front line Mental Health and Addictions Worker program integrating mental health, addictions and First Nations philosophy including the role of traditional medicine in assessment and recovery into an entire program. Barb is a Board Member for the Canadian Addiction Counsellors Certification Federation (CACCF), co-chair of the CACCF Curricula review committee, an item writer for international and Canadian certification examinations and specializes in developing addictions certification/leadership standards blending traditional First Nations philosophy and techniques with non-native techniques.*

**B7** (afternoon session) **1**  
**Residential Schools**  
**Ida Martin M.Ed**

This session will consist of the history of Residential School, Settlement Agreement, Independent Assessment Process, Impacts and legacy of Residential School and brief overview of the Truth and Reconciliation Commission.

*Ida Martin was born and raised on the Six Nations of the Grand River Reserve and is a Mohawk of the Wolf clan. She earned her Masters of Education and Counselling from Niagara University New York. She is also certified in Cognitive Behaviour Therapy and a Registered Social Worker. Her various employment experiences include: a Supply Teacher on Six Nations Reserve, Children's Aid Society Front Line Protection Worker, Drug and Alcohol Counsellor, Educational Technician at Mohawk College, and as a Clinical Worker at Social Services and Resolution Health Support for the Ontario Residential School Survivors Society. Her current position as Health Support is to offer emotional support, guidance and information on the Independent Assessment Process to claimants attending the Hearings. These Hearings are part of the Settlement Agreement for Residential School Survivors who suffered abuses and may be financially compensated.*

**Special Evening Session back by Demand!**

**B8** (7:00 PM - 9:30 PM) **1**  
**S.C.A.R. of the Feather Healing through Song**  
**Corene Cheeseman CAG II, CGC, SSW**  
**H. Neil Monague**

S.C.A.R. (Spirit, Culture, Attitude, Responsibilities) is a workshop that includes information on the losses and changes experienced by Native Nations since the arrival of other Non-Native Nations. Topics will include residential schools and the changes that have occurred to the various Nations over 500 years. This interactive workshop will also engage participants in a journey of healing through native song. This is an excellent opportunity to gain the cultural knowledge and background of Native Nations when working with native clients who are suffering from addiction.

*H. Neil Monague is of the Beausoleil First Nation and has been on a spiritual journey for 26 years in which he has gathered much of his traditional teachings from his teachers and surroundings. Dealing with his own spirit has given him the opportunity to embark on a road in helping others to strengthen their own spirit by way of song, drum, and smudge. H. Neil also works in the aboriginal community as an alcohol and drug counsellor.*

*Corene Cheeseman of the Mohawk Nation, Turtle Clan was born and raised on Six Nations in a family of 10 children. A college graduate and Certified Addictions Counsellor, Corene's background has been in the addictions field for the last 21 years. She presently is an Aboriginal Alcohol and Drug worker at the Hamilton Regional Indian Centre in Ontario.*



**Faculty of Social Work**  
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**Tuesday, July 10 . . . Choose one full day session or two half day sessions**

**C1 (Full day session) 1**  
**Adult Attachment and Addiction**  
**Annette Kussin MSW, RSW**

Adult Attachment forms by the combination of early childhood experiences with caregivers and later relationship experiences. Children who do not have positive experiences with their caregivers tend to develop Insecure Attachments which continue into adulthood. Similar to children, adults long to feel safe, secure and nurtured in their adult relationships but will replicate their negative early relationships without understanding the effect of these on their development. This workshop will describe the Categories of Adult Attachment and offer a treatment model based on Adult Attachment Theory. The treatment model will focus on helping clients understand their Attachment Classification and how it influences their present self-perception, their behavior in close relationships and addiction issues. Change occurs through the client developing a trusting relationship with the therapist, self-awareness, mourning their losses and longings and risking change in everyday life.

Annette Kussin has a Masters in Social work and is a Registered Marriage and Family Therapist and advanced Attachment Focused Therapist. She has worked in children's mental health for over 40 years as a therapist, supervisor, manager and clinical director. She was the owner/director of the Leaside Therapy Centre, a multi-discipline clinic in Toronto. She has a private practice where she specializes in Attachment Focused Therapy. Annette has received advanced training in Attachment Focused Therapy and the use of the Adult Attachment Interview. She offers consultation to Mental Health agencies and individual professionals. She provides trainings to organizations throughout Ontario in the area of Attachment, Trauma and Brain Development.

**C2 (morning session) 3**  
**Addiction Treatment: What Do We Know and What We Can Do With it**  
**Gabriela Novotna MSW, PhD**

This workshop will focus on viewing the implementation and use of Evidence Informed Practice (EIP) as an individual activity closely related to the attributes of service providers as well as the importance of organizational context such as organizational culture, leadership, and capacity building. The main objective of this workshop is to provide participants with knowledge and tools to gain better understanding and critical awareness of the values, ethics, and beliefs that inform the formalization of EIP and the issues related to the implementation and outcomes of EIP. Specifically, the workshop will address the following questions: 1) What counts (or should count) as knowledge/evidence in addiction treatment services?; 2) What is the role and value of other sources of evidence (e.g. lived experience of recovery, traditional or non-Western models of knowledge and wisdom, clinical practice skills) in informing practice-related decisions in addiction treatment agencies?; and, 3) What are the stages and key components of adoption, implementation and sustainability of EIP in addiction treatment agencies? The workshop will conclude with hand-on activities focused on the application of some core principles of implementation process, identification of acceptable or unacceptable adaptations of EIPs to local contexts, identification of our blind spots when it comes to different type of evidence, as well as discussion of the implications of this on service delivery.

Gabriela Novotna is an Associated Professor at the Faculty of Social Work, University of Regina and a Researcher with Saskatchewan Population Health and Evaluation Research Unit (SPHERU). During her doctoral and postdoctoral studies in Waterloo (Wilfrid Laurier University) and Hamilton (McMaster University), she has established research relationships with the Centre of Addiction and Mental Health (CAMH) in Toronto and the CIHR-funded research program Connections at McMaster University. Her research focused on organizational delivery of problem gambling treatment has been supported by the Alberta Gambling Research Institute (2015-2018). She is currently a Co-Principal Investigator of inter-provincial multiple case studies conducted in Alberta, Saskatchewan

and Ontario. The most recent research award from Saskatchewan Health Research Fund (SHRF, 2017-2019) will support Dr. Novotna's analysis of the development of professional identity and the components of practice-related decision making in addiction professionals who are themselves in recovery. Her research collaboration in the Prairies has included contributing to the ongoing research project on Contingency Management for substance abuse treatment with Canadian Research Initiative in Substance Misuse (CRISM), The Prairie Node. At the national level, Dr. Novotna participated as one of the seven subject matter experts in the creation of the new Canadian Addictions Counselors Certification Federation Examination (October, 2016).

**C3 (morning session) 2**  
**PTSD & Substance Use: Medicine or Menace?**  
**Wendi Woo MA, C.Psych. Associate**  
**Harry Vedelago MSc, MD, FCFP, ABAM**

The rate of co-occurrence between Addiction and PTSD is high, with some studies finding a 50% or higher co-occurrence rate between the two. Some cite the use of substances including alcohol and cannabis as being beneficial to the PTSD sufferer while others highlight the dangers. This session will look at the effects substances have on the brain and the differences between use, abuse, dependence and addiction. The interplay between PTSD and Addiction will be examined, along with implications for assessment, diagnosis, symptom presentation and course of treatment. Therapy skills focused on Addiction, PTSD, and co-occurring presentations will also be addressed.

Wendi Woo is a Clinical Psychological Associate with a practice in both psychotherapy and psychodiagnosis. Much of her career has focused on the areas of post traumatic stress disorder and on addictions. She has co-authored papers and presented at conferences on both these topics. She was with the Program for Traumatic Stress Recovery at the Homewood Health Centre for many years before moving over to the Addiction Medicine Service in 2009, and was the clinical manager of the Addiction Medicine service for almost four years. She currently runs her own addiction and mental health private practice as a member of the Wellness Collaborative in Guelph Ontario where she maintains a special interest in working with First Responders.

Dr. Harry Vedelago practiced as a Family Physician for many years before joining the Homewood Health Centre in the Addiction Medicine Service in 2003. In 2012 he became Chief of the service. In 2004 he was certified by the American Society of Addiction Medicine, was granted Diplomate status by the American Board of Addiction Medicine in 2009 and was successfully re-certified in 2014. In 2016 he resigned his position at Homewood. He currently practices out-patient addiction medicine in Hamilton, Ontario. He has published papers in the area of addiction medicine, and continues to be sought out to give presentations and interviews in news print, television and radio media

**C4 (morning session) 1**  
**Get to know your Inner Child**  
**Liana Sullivan MS, ICADC, CCCS**

The inner child is real, not literally or physically but figuratively, metaphorically real. The inner child includes all that we learned and experienced as children, before puberty. The inner child denotes a semi-independent entity subordinate to the waking conscious mind where we have buried the experiences that shaped who our inner child became. No matter how big or small, almost all of us experienced some kind of trauma as children. These traumas could vary from having your favorite stuffed toy thrown in the trash, to being abandoned by your best childhood friend, to being physically or emotionally abused by your parents. Working with your inner child is an important step toward recovery and healing from a difficult childhood. As a child, you could't process an angry adult's intentions. At that time, you didn't have the capacity to protect yourself and assert your needs. As adults, we wonder why we behave the way we do when we do not receive the reaction we expect from others. We could lash out, be angry, withdraw within ourselves, or abandon others. We run. It's

time to stop running. In this workshop we will learn to spend time with, and speak to our inner child. We will embrace the needs of our inner self. The workshop will use activities, videos, and discussion to look at this topic and explore ways to help ourselves and our clients heal.

Liana Sullivan has earned a Master's degree in Psychology and has been working in the addiction and mental health field for 25 years. She has been working at MacKay Manor Inc. since 2011, as Lead Case Manager of the Renfrew County ASH Program and Clinical Supervisor for MacKay Manor Inc. Over the course of the next year she will be moving into the role of Executive Director of MacKay Manor Inc. In addition, Liana also teaches part time at Algonquin College, Pembroke Campus, in the SSW program. Inner Child work has been an area that can be the most challenging but most rewarding to assist clients to work through. There is no one way or activity that works and Liana appreciates the freedom that this work brings to the clients she works with.

**C5 (afternoon session) 2**  
**Managing Clients with Borderline Personality**  
**Beth Reade MD, FRCPC**

In this workshop we will review: The facts and myths about Borderline Personality Disorder (BPD). The connections between BPD and other mental illnesses including addictions, Theories of what causes BPD and evidence-based treatments for BPD and the effects of stigma against clients with BPD. In this workshop we will practice: Identifying signs of BPD, Screening for BPD in a respectful way, Providing clients hopeful information about BPD and Creating and using an effective management plan for BPD clients.

Dr. Elizabeth Reade is a psychiatrist with 25 plus years' experience with a special interest in treating patients with Concurrent Disorders. She has worked as the consultant in an inpatient addiction treatment program for over 10 years, is a professor at McMaster University's Dept of Psychiatry and an enthusiastic teacher.

Back by popular demand, Dr Beth Reade is presenting 2 new practical and interactive workshops (see course number D3).

**C6 (afternoon session) 1**  
**Family and Addictions**  
**Brian Janes RP, ICADC, CSAT**  
**Marie Lloyd RP, ICADC, CCAC**

This workshop focuses on the impact of addiction on family members. Addiction hurts all members of the family unit. Family member's adaptive behaviour develops over time and can include threatening, controlling, manipulating, investigating, raging, shaming, pleading and enabling. They often feel that that they are on high alert due to their fear of the addicted person using. Often they can question their own reality due to the addicted person's dishonesty and denial. Family members have trouble focusing on their needs and their boundaries. This workshop explores these behaviours and identifies ways that the therapist can support the family to detach from the addict's behaviour and focus on their own needs, boundaries and behaviours.

Brian Janes is a Registered Psychotherapist in private practice in Stoney Creek, ON. He specializes in working with those seeking recovery from substance and process addictions and their family members. He is a certified sex addiction therapist (CSAT) and an Internationally Certified Alcohol and Drug Addiction Counsellor (ICADC). He also enjoys working with couples and youths. He is a former counsellor and program manager at De Novo Treatment Centre.

Marie Lloyd is the Executive Director of De Novo Treatment Centre, a position she has held since 2012. Prior to this, Marie was the Program Manager at De Novo. From 2004 to 2010 Marie was the Executive Director of Addiction Outreach Muskoka Parry Sound. In Marie's mid 30's she returned to school. Marie attended Ryerson College taking the Social Worker program and then went to McMaster University in Hamilton for Drug and Alcohol studies. Marie is certified internationally, as a drug and alcohol counsellor (ICADC), and a clinical supervisor (CCCS) and holds the designation Registered Psychotherapist (RP). Marie has received a number of awards for her work in the field of

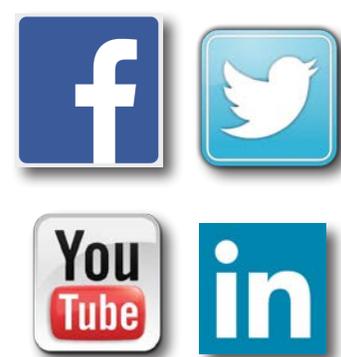
addiction, some are the following; Central Ontario Mental Health and Addiction award for contributions to this field (2009), Peter Armstrong Community award of Excellence (2016), and the Jeff Wilbee award for work in Addictions and Mental Health (2017). Marie has sat on numerous Boards that includes the Burks Falls Hospital, Employment North, and the Ecumenical Catholic Church of Christ. Marie is an active member in many community groups.

**C7 (afternoon session) 1**  
**Yoga for Recovery and Wellness**  
**Evonne Sullivan BA, CHRL, RYT 200**

Through theory and demonstration, participants will learn about yoga, mindfulness and meditation for mental health and addiction recovery. The benefits of utilizing the mind-body connection will be addressed; including as a relapse prevention tool and a positive addition to a well-rounded, sustainable health plan. Tying together specialized trainings and lived-experience, Evonne will provide take away-tools and share her personal journey. Focusing on the relationship between mood management and the mind-body connection, sessions offer a combination of breathing, mindfulness, movement, music and meditation. The physical, mental, emotional and spiritual benefits of a yoga practice will be explored. For all levels: beginners to regular practitioners. Improving the mental, psychological and cognitive well-being in both adults and adolescents, yoga is gaining popularity as part of an effective treatment plan for various conditions and disorders, including stress, anxiety, depression, trauma and addiction.

Evonne Sullivan is a Registered Yoga Teacher specializing in yoga and mindfulness for mental health and addiction recovery. With lived experience, her regular yoga practice is fundamental in her ability to overcome struggles with anxiety, depression and substance-use-disorder. She facilitates independent wellness and recovery groups through her 'Yoga for Wellness & Recovery' program and EvonneSullivan.com, as well as working with a variety of clients, organizations, businesses, educational institutions, conferences and special events. Evonne credits her health, wellness and sobriety to living consciously and in touch with the mind-body connection.

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# Seminars

Wednesday, July 11 . . . . . Choose **one** full day session or **two** half day sessions

**D1** (Full day session)   
**The Counter-Transference 'Trap' within the Therapeutic Process of Addictions and Mental Health**  
**Ian Robertson MSW, RSW**

Historically, the work we do within addictions and mental health tends to focus more on symptoms rather than causation. Clients who seek out our services from these populations present with a significantly higher prevalence of trauma. The real architect of the intervention for our clients who are trauma implicated is the 'worker.' Our personal wellness, insight and healthy attachment to our clients truly matter in their process of recovery. As clinical workers, who are wanting to be trauma informed, we must reflect on our component of what we bring to the therapeutic experience. As our clients are triggered and react and re-enact historical trauma within our session, so are we as clinicians. Our history and experiences can be helpful, but also can be harmful to the therapeutic work. Our histories, especially when we are not aware, do enter into the work with our clients. Having insight to our counter-transference reactions is critical to a 'do no harm' approach, for the highly vulnerable populations we service. This one day workshop will explore: 'Use of self' was an approach and yet the challenges and even risks for 'use of self', The historical evolution to the understanding of counter-transference as a concept, Overview of transference reactions and its potential risks, Overview of Counter-Transference Reactions - Type 1 & 2, The benefits of empathy and the messiness of empathy in the clinical work, Empathic Strain including withdrawal, repression, enmeshment, disequilibrium and over identification, Power of health clinical attachment, Trauma Reenactment Syndrome and an overview of strategies for the helping professional to recognize, contain & heal event counter-transferences.

Ian Robertson currently works as the Regional Clinical Supervisor for Addictions and Mental Health at the Niagara Health System. Previously, Ian has worked as a substance abuse counsellor at the Niagara Withdrawal Management Centre, the New Port Centre, as a clinical therapist for Mental Health Services, Regional Facilitator and Trainer for Mental Health, and also consultant for several community organizations. He is certified as a Clinical Traumatologist, Compassion Fatigue Specialist, and Substance Abuse Counsellor. He is trained in Trauma Incident Reduction (TIR), Level 1 & 2 of EMDR, Threat Assessment, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Cognitive Process Therapy and Motivational Interviewing. Ian has been a speaker at international, national, provincial and regional conferences and an organizational trainer on topics such as substance abuse, trauma, concurrent disorders, mental health, youth at risk, youth threat assessment, Motivational Interviewing, Stages of Change, Organizational Trauma-informed Practices. He recently completed, in 2014, his Advanced Certification as a Clinical Supervisor from Smith College, School of Social Work in MA, USA. Ian also owns and operates a private practice in Niagara.

**D2** (morning session)   
**The rise of Mackay Manor Inc. An Integrated Treatment Program for Alcohol, Drugs and Tobacco**  
**Tom Carroll ICADC**

The story of the evolution and rise of Mackay Manor to become a fully integrated treatment program for all addictions. The treatment of Tobacco addiction has long been the "Elephant in the Living room" for our field, even though the leading cause of death for clients with Alcohol and Drug problems who smoke is smoking related illness. We will share our 8 year journey to become an innovative program treating Tobacco Addiction with the respect it deserves, and talk about all the positives that have been realized.

Tom Carroll has been the Executive Director at Mackay Manor for 15 years. During his tenure he has brought forth many innovative measures to assist the healing process for his clients and the people of Renfrew county. He is recognized as a leader in the fight to combat Tobacco Addiction and offer meaningful options for his clientele.

**D3** (morning session)   
**Suicide Awareness**  
**Beth Reade MD, FRCPC**

In this workshop we will review: The facts and myths about suicide prevalence, risk factors, and protective factors, Warning signs of suicide, Three stages of suicide prevention, Psychotherapies shown to reduce suicide risk, Psychiatric medications shown to reduce suicide risk, The effects of alcohol/drug use on suicide risk, Resources for suicidal clients, and the impacts of culture on suicidality, using Inuit youth in Nunavut as a case example. We will practise: Assessing suicide risk in clients, Documenting this assessment and the support of healthy grieving in survivors of suicide loss.

Dr. Elizabeth Reade is a psychiatrist with 25 plus years' experience with a special interest in treating patients with Concurrent Disorders. She has worked as the consultant in an inpatient addiction treatment program for over 10 years, is a professor at McMaster University's Dept of Psychiatry and an enthusiastic teacher.

Back by popular demand, Dr Beth Reade is presenting 2 new practical and interactive workshops (see course number C5).

**D4** (morning session)   
**Blanket Exercise**  
**Bernadette Arthur**  
**Nicky Bomber**

A teaching tool to share the historic and contemporary relationship between Indigenous and non-Indigenous people in Canada. Blanket Exercise participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance. They are directed by facilitators representing a narrator (or narrators) and the European colonizers. Participants are drawn into the experience by reading scrolls and carrying cards which ultimately determine their outcomes.

NOTE: Participants are asked to bring their own blanket with an expectation it will be shared by others. An older blanket is suggested.

Bernadette Arthur is a Race Relations Advocate for the Office of Race Relations for the Christian Reformed Church in North America. She is a facilitator, trainer and coach in the areas of anti-racism, reconciliation and diversity and

inclusion. Her educational background is in Psychology and Child and Youth care. Bernadette is passionate about practicing "beloved community" and living life abundantly.

Nicky Bomber works at the Hamilton Regional Indian Centre as the Healing and Wellness Coordinator. She has worked in the Violence Against Women sector in Hamilton for 17 years. She is from the Six Nations of the Grand River, Seneca Nation and Turtle Clan.

**D5** (afternoon session)   
**Transgender Issues in Treatment**  
**Jayne Carver**  
**Audrey Aarssen BA, ICADC, CCAC**  
**Mike Hannon (Dipl.)ACW, CCAC**  
**Victor Feunekes BSW**

This interactive session will be in two parts. The first part will look at the challenges faced by Trans identified people accessing services. We will look at the social determinants of health care for the Trans identified client and the barriers they face. The second part of the session will consist of the shared experience of providing treatment to Trans identified people from the perspectives of both the care provider and the client.

Jayne Carver is the co-founder and Executive Director of Windsor-Essex Transgender and Allied Support. Ms. Carver, along with a carefully chosen team of like-minded community activists, is working to enhance and sustain the health and well-being of transgender, gender queer, two spirited, gender non-binary, and gender questioning communities and their families. Through evidence-based activities, programs and services that create community on a platform of empowerment, Ms. Carver focuses on the provision of essential resources and advocacy work that recognizes and honours the important of peer-led programming. With a focus on human rights, Ms. Carver embraces, promotes and supports the diversity of a marginalized population. These contributions are bringing about a reduction in isolation of Trans individuals, creating community and visibility of Trans individuals, and providing tailored supports in our community from a person-centered perspective that relies on strong partnerships with other community agencies.

Audrey Aarssen is a Supportive Housing Caseworker with the House of Sophrosyne. She works primarily with women in recovery to secure stable housing and provide addiction counselling, supporting them on an ongoing basis. Prior to this, Audrey was an Addiction Counsellor at Westover Treatment Centre for 10 years, where she developed her counselling skills and recovery wisdom, not only from her peers, but also the clients she worked with. Audrey holds a Bachelor of Arts degree in Psychology from Brock University. Audrey is a Certified Addictions Counsellor in good standing with the Canadian Addictions Counsellors Certification Federation (CACCF) since 2011. She currently holds Certification as a Canadian Certified Addiction Counsellor and Certification as an International Certified Alcohol and Drug Counsellor.

Mike Hannon has his Addiction Careworker diploma through McMaster University and is C.C.A.C. certified through CACCF. Mike has been involved in the addictions field for over 30 years through a variety of community based committees and advisory groups. Mike has been involved in a volunteer capacity with Westover Treatment Centre since its inception in 1986. He was hired on staff in 2003 as a counsellor. Mike has held a few positions at Westover during his tenure and is currently the Director of the Chemical Program at Westover Treatment Centre.

Victor Feunekes is a Sexual Health Educator by day and Musician by night. He attended King's University College, graduated with a Bachelor of Social Work in 2015, and now has a working knowledge of 12 Step addiction recovery with Transgender people. Victor has facilitated groups specifically for Trans people, and is personally well-connected with the Trans community in London. Having experienced addiction and 12 step recovery, they are here to speak about some of the difficulties that Trans people specifically may experience in addiction and recovery of any sort, with a focus on 12 step recovery.

**D6** (afternoon session)   
**@socialmediaaddiction #mentalhealth**  
**Chelsea Romualdi BA, MA, CPGC**  
**Janay Warren BSW, RSW, GIS, CCAC**

This presentation will explore the online identity/identities we present to our audience when utilizing social media platforms. The possibility of constantly reinventing and altering our online identity is at our fingertips, which is partially responsible for the addictive appeal. When creating our "online identity" there are a number of sociocultural factors that are considered. Questions around whether to post certain photos, how we describe ourselves, likes and dislikes, and feelings we feed/do not feed to our audience. How do we navigate and represent gender, race, ethnicity, creed, nationality, etc. online? How do we compare ourselves to the online identity of others? Does social media render us more social? Does it force us to box ourselves into fillable content platforms and make it even more difficult to disconnect from the screen? These questions and more will be addressed during this interactive presentation on social media addiction and mental health.

Chelsea Romualdi is a former Youth Outreach Worker for the YMCA of Windsor. She has facilitated a number of presentations and workshops on the topic of digital dependency and online identity throughout the province. Her graduate studies utilized a media analysis to examine identity politics and health behaviours. Chelsea is currently a Gambling Counsellor at Problem Gambling Services at Hôtel-Dieu Grace Healthcare in Windsor, Ontario, specializing in youth gambling/gaming/internet dependency. Aside from her counselling duties she helps lead outreach initiatives and informs the video game and internet dependency treatment program.

Janay Warren has been working in the field of addictions since 2005. She has worked in various roles, including relief counsellor at a women's treatment facility for substance use, counsellor at a withdrawal management centre and support staff in a residential treatment program for problem gambling and digital dependence. Janay is currently a Gambling Counsellor at Problem Gambling Services at Hôtel-Dieu Grace Healthcare in Windsor, Ontario. In addition to her counselling role, Janay has had the opportunity to help create and partake in numerous presentations and workshops throughout her community.

**D7** (afternoon session)   
**Cognitive Processing Therapy for Trauma: Applying Cognitive Behavior Therapy to the Treatment of Trauma**  
**Sherry Van Blyderveen PhD**

One evidence-based approach for treating trauma is Cognitive Processing Therapy (CPT), a manualized Cognitive Behavioral Therapy approach to treating trauma. This session will first briefly review the literature on the co-occurrence of trauma and substance use, as well as evidence regarding effective treatment approaches. The remaining presentation will focus on the application of Cognitive Processing Therapy for Trauma (CPT). Participants will learn i) how to prepare for CPT (e.g. selecting appropriate clients, deciding on format option), ii) the theory and specific interventions of CPT (e.g. Socratic dialogue), and iii) how to administer the session-by-session CPT protocol. The presentation will conclude with common challenges and special considerations in administering CPT.

Dr Sherry Van Blyderveen is a psychologist and the Program Director for the Eating Disorders Program at Homewood Health Centre in Guelph. She is an Assistant Professor (Part-time) in the Department of Pediatrics at McMaster University. Her previous experiences include a variety of hospital, community mental health, private practice and correctional settings.



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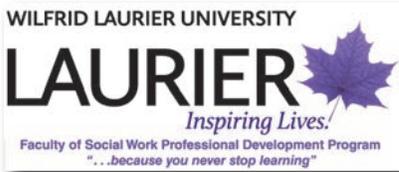
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### Conference Highlights

This conference continues with the tradition of meeting the educational needs of our delegates while providing the opportunity of participating in self care and rejuvenation. In addition to enjoying the serene environment and the delicious meals, we invite you to join in any of the following activities to enhance your experience and to network with delegates from across Canada and the USA.

- Morning Ceremonies • AA & NA Open Meetings •
- Fireside Outside Lounge • Music • Evening Activities •



Delegates attending the 59th Annual Institute on Addiction Studies can earn up to **26.5 hours** of Continuing Educational Units (CEUs). All CEUs have been approved by the Canadian Addiction Counsellors Certification Federation. CACCF standards often meet or exceed other governing agencies requirements for CEUs (nurses, ATSS, CPGC, etc.) It is the responsibility of the delegate to check with their particular agency for criteria requirements.

### Special Thanks

We would like to thank the following members of our planning committee for their combined personal knowledge and experience to develop and make this conference possible.

- |                         |  |
|-------------------------|--|
| <b>Corene Cheeseman</b> | Aboriginal Alcohol and Drug Worker, Hamilton Regional Indian Centre                        |
| <b>Rick Csiernik</b>    | Professor, Kings College, University of Western Ontario and McMaster University            |
| <b>Tom Gabriel</b>      | EFAP Consultant, Crisis & Addiction Counsellor, Toronto Police Association                 |
| <b>Marie Duff</b>       | Employee Family Assistance Program / Addictions Coordinator, Peel Regional Police Service  |
| <b>Mike Hannon</b>      | Westover Treatment Centre, Director of Chemical Dependence Program                         |
| <b>Linda Hood</b>       | Director, UFCW Local 12R24 Members Assistance Program, ATSS Board of Directors             |
| <b>Jim McIlveen</b>     | Ministry of Community Safety and Correctional Services, Recruitment Unit                   |
| <b>Corrie McIlveen</b>  | Addictions Counsellor, Hamilton Drug Treatment Court Support, Mission Services of Hamilton |
| <b>Jeff Ramackers</b>   | EFAP and Addictions Representative, Unifor Local 88  |

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