MAY 14-16, 2018

Holiday Inn Barrie Hotel & Conference Centre
Barrie, ON
http://www.hibarrie.ca/

Keynote Speakers

Maureen Dobbins
McMaster University
HealthEvidence
National Collaborating Centre for Methods and Tools

Andrew Szeto
University of Calgary
Mental Health Commission of Canada

Conference Themes

- Health Promotion
- Strategic Communication
- Collaborations & Partnerships
- Knowledge Mobilization / Translation
- Implementation Science
- Emerging & Inspiring Research

Package Includes the Following Conference Information:

- Pre-Conference Workshops
- Conference Program
- Registration
- Accommodations
- Directions

For more information go to our website: https://goo.gl/ytSzRQ

#BuildMomentum
#WRI 2018
As in many other public sectors, Mental Health and Addictions services are increasingly being asked to demonstrate that they are providing evidence-based services for their patients/clients. This conference will be aimed at exploring this issue, some of the challenges that we face in meeting this goal, strategies to overcome the challenges, and successes we can all learn from.

This conference will feature diverse topics, both academic and applied, on knowledge translation/mobilization, implementation science, and quality and/or systems improvement in mental health and addictions, and at the interface between mental health and other related systems (e.g., education, corrections). Attendees will have access to workshops, panel discussions, posters as well as traditional academic paper presentations.

The target audience for this conference is anyone with an interest in implementation science, and issues relating to evidence-based practices in mental health and addictions. The focus is inter-disciplinary, and will be of interest to:

- Hospital or community-based clinicians
- Project managers
- Students
- Leaders and policy-makers in mental health and addictions
- Researchers and academics
- Consumers/Survivors
- Persons in recovery

**REGISTRATION**

To register for this conference, please go to: https://goo.gl/bzZGNR

**Registrant** | **Early Bird - March 7 to April 1** | **Regular - April 2 to May 2**
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Attendee (May 15-16) | $425 + HST | $475 + HST
Waypoint Staff** (May 15-16) | $300 + HST | $350 + HST
Student* (May 15-16) | $250 + HST | $275 + HST
Presenter*** (May 15-16) | $250 + HST | $275 + HST

**Pre-Conference Workshops May 14 ONLY - Space is Limited**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Registration Fee</th>
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<tr>
<td>PCW1 - Trauma in the Workplace (May 14)</td>
<td>$25 + HST</td>
<td>$25 + HST</td>
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<tr>
<td>PCW2 - Psychosis Educational Series (May 14)</td>
<td>$50 + HST</td>
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* Students must send proof of student status by fax 705-549-5238 or email researchevents@waypointcentre.ca.
** Waypoint Staff are required to have their manager’s approval.
*** Due to the discounted rate given to presenters and students, an adjustment cannot be made if you can only attend one day of the conference. However, if you can only attend one day, then you can send a delegate in your place for the 2nd day. Please email researchevents@waypointcentre.ca to make arrangements for a delegate.

If you have any questions, please contact Jessica Caston at researchevents@waypointcentre.ca
Waypoint Research Institute 6th Annual Conference
Momentum: Research Realized

DIRECTIONS

The conference is located at:
Holiday Inn Barrie Hotel & Conference Centre
20 Fairview Rd
Barrie, ON

Click on the image to get driving directions.

For GO Train users, the venue is closest to Allendale Waterfront GO Station.

Simcoe County Airport Service
http://www.simcoecountyairportservice.ca/
1-800-461-7529

Taxi Services in Barrie
Barrie Taxi Ltd
http://www.barrietaxi.com/
705-721-7777

Deluxe Taxi
http://www.deluxtaxi.ca/
705-728-4444

ACCOMMODATIONS

There are many hotels in the area that can be booked for your stay. A block of rooms has been reserved at the Holiday Inn Barrie Hotel & Conference Centre (20 Fairview Rd, Barrie), under “Waypoint Conference”. This block of rooms will be held until April 11th. These special rates will still be available until May 13th based on room availability.

The rates are as follows:

- Standard room (2-double bed or 1 king with pull-out sofa) — $127.99/night
- Executive King or Executive Queen — $147.99/night

Reservations can be made online at: http://www.hibarrie.ca/, or by calling:
- Central Reservations: 1-877-728-6191
- Hotel Direct: 705-728-6191
Monday, May 14, 2018—Pre-Conference Workshops

7:45 – 8:45 am  Main Floor Hallway
Registration
Exhibitor Set-Up

8:45 – 9:00 am  Churchill Ballroom
Opening Remarks

9:00 am – 4:00pm  Churchill Ballroom
Workshop #1

**Trauma Among Psychiatric Workers—Building the Bigger Picture Together**

This workshop is the first consultation event for the *Trauma in the Workplace Project*, a research and knowledge translation project based at Waypoint Centre for Mental Health Care and The Royal Ottawa Health Care Group.

The Mental Health Commission of Canada has identified workplace mental health as a strategic priority. Although some attention is starting to be directed at understanding trauma-related disorders among police, firefighters, and public safety personnel, even less is known about the risks faced by people who work with psychiatric inpatients. The *Trauma in the Workplace Project* uses surveys, focus groups, and interviews with psychiatric staff to study what helps this population stay mentally healthy, what barriers they face and the supports they find when seeking help. Our knowledge translation involves an integrated knowledge user approach to identifying best avenues for supporting psychological health among psychiatric workers.

Join us to:
- **Consult**: Be among the first to learn more about the research on trauma among psychiatric workers project, see early results, and give input on our next steps
- **Connect**: Meet members of the project team, formal partners and other researchers, practitioners and workplace leaders interested in psychological injuries at work
- **Create**: Help define the research questions, policy directions, and stakeholders needed to develop ideas and actions to prevent and mitigate effects of workplace trauma among mental health care providers and other first responders

**Special Presentation by Dr. Rose Ricciardelli**
We’re pleased to announce that this workshop will include a presentation by special guest Dr. Rose Ricciardelli, Associate Professor and Criminology Certification Coordinator at Memorial University, and an Associate Director of the Canadian Institute of Public Safety Research and Treatment (CIPSRT). Dr. Ricciardelli will speak on the Canadian Survey to Assess Operational Stress Injuries and Symptoms for Canadian First Responders and other Public Safety Personnel.

The remainder of the workshop will combine presentations on the *Trauma in the Workplace Project* with roundtable discussions about future directions and communications for this project and building understanding of how it aligns with work on occupational stress among first responders. Participants will be invited to identify themselves as potential collaborators in future research and connection activities.

*This research is supported with funds from WorkSafeBC, the Workers’ Compensation Board of British Columbia, and Ontario’s Workplace Safety and Insurance Board. The views, findings, opinions and conclusions expressed herein do not represent the views of WorkSafeBC or WSIB.*
### Workshop #2

**Churchill Ballroom**

**Psychosis Educational Series—Featuring Dr. David J Robinson**

** Each session is an opportunity to self-submit for Section 3 credits - Royal College of Physicians and Surgeons of Canada**

#### Antipsychotic Polypharmacy: What Are We Treating?

**Learning Objectives:**

1. To achieve a better understanding of the prevalence, correlates, reasons and consequences associated with antipsychotic polypharmacy.

2. To review the evidence for efficacy and tolerability associated with antipsychotic polypharmacy.

3. Using the gained knowledge, develop a rational strategy to reduce antipsychotic polypharmacy: through patient cases, peer-to-peer discussion and share back.

#### Psychosis and Substance Use: What Can We Do?

**Learning Objectives:**

1. Have a better understanding of comorbid substance use in first episode psychosis.

2. Discuss the impact of drug misuse on symptomatic functional and service use outcomes.

3. Discuss treatment strategies and challenges in patients with comorbid substance use and first episode psychosis.

4. To apply the learning through patient cases, peer-to-peer discussion and share back, as well as implementation of pragmatic tools in clinical practice.

#### Management of Schizophrenia With Comorbid Physical Health Conditions

**Learning Objectives:**

1. To appreciate the interaction between mental health and physical health problems in people with schizophrenia.

2. To review the different reasons for increased cardiovascular burden and mortality in people with schizophrenia.

3. To apply evidence-based practices for the appropriate monitoring and management of the physical health conditions in people living with schizophrenia.

4. To apply the learning through patient cases, peer-to-peer discussion and share back, as well as implementation of pragmatic tools in clinical practice.

### Schedule

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 am– 4:00pm</td>
<td>Workshop #2</td>
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<tr>
<td><strong>Psychosis Educational Series—Featuring Dr. David J Robinson</strong></td>
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<td>Break and Exhibitor Viewing</td>
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<td>Lunch - Buffet Ballroom</td>
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Tuesday, May 15, 2018

7:45 – 8:45 am  
Main Floor Hallway
Registration
Exhibitor Set-Up

8:45 – 9:00 am  
Churchill Ballroom
Opening Remarks

9:00 – 4:30 pm  
Churchill Ballroom
Poster Viewing

Board 1
Amplifying the Voice of Caregivers: Customizing the Ontario Perception of Care Tool for Mental Health and Addictions to Better Meet the Needs of Caregivers
Brian Rush, Kim Baker, Leslie Wells, Cynthia Clark

Examining Mental Health and Addictions System Results from the Ontario Perception of Care Tool
Renée Behrooz, Kim Baker

Board 2
The Effectiveness of Addictions Interventions Among the Concurrent Disorders Population within Correctional and Forensic Psychiatry Systems
Jasneet Kaur Dhaliwal, Gary Chaimowitz

Renfrew County: Addictions and Mental Health Agencies Working Collaboratively with Concurrent Disorder Clients
Alice Hutton, Lise Laframboise, Mireille Delorm, Kim McLeod, Liana Sullivan, Tom Carroll

Board 3
Evaluation of an Outpatient Metabolic Syndrome Treatment Program in a Mental Health Population
Stephanie Hill

Board 4
Youth Mental Health Resources: From Community Need to Community Collaboration
Michelle Hunter, Michael Lisi

Trauma in the Workplace
Zoe Hilton, Elke Ham, Rebecca Harris
9:00 – 10:00 am  Keynote  Churchill Ballroom

**Evidence-Informed Decision Making: Navigating the Challenges and Opportunities**

Maureen Dobbins

Health professionals, policy-makers, and researchers are increasingly expected to utilize the best available evidence to inform their practice, policies and research. But what exactly does evidence-informed decision making (EIDM) look like to health professionals, policy-makers and researchers?

During this interactive presentation, terms such as evidence and evidence-informed decision making will be defined and discussed, as well as a seven step process of evidence-informed decision making. Examples of the programs and services available from the National Collaborating Centre for Methods and Tools that seek to support evidence-informed public health decision making as well as evaluation data will be highlighted. In addition, the challenges of measuring the impact of KT strategies will be discussed along with tips for overcoming them. The presentation will wrap up with some examples of evidence-informed practice in Canada, as well as a discussion of the variety of ways in which we can all contribute to EIDM, no matter what our position.

10:00 – 10:15 am  Break and Exhibitor Viewing

10:15 – 11:15 am  Concurrent Session A1  Churchill Ballroom

**Workshop**

Responding to Sharing Together: An evidence priority agenda for Ontario’s mental health, substance use and addictions system

Angela Yip, Alexandra Harrison

10:15 – 11:15 am  Concurrent Session A2  Essa/Oro Room

**Oral Paper Session—Employee Wellness in the Workplace**

Sleep, Anger and Quality of Life in Mental Health Shift-Working Nurses

Liam E. Marshall, Lauren Wright, Athina Bisback

What’s the Deal with Workplace Harassment? Examining and Explaining Problematic Workplace Behaviours from Diverse Perspectives in Canada

Anneliese Poetz

10:15 – 11:15 am  Concurrent Session A3  Innisfil Room

**Oral Paper Session—Assessment**

Patient Sexual Health Initiative

Zoe Hilton, Glenn Robitaille, Waypoint Sexual Health Initiative Pilot Team

What Does the Presence or Absence of Suicidal Ideation Really Tell Us About Future Suicide?

Matthew Large
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<thead>
<tr>
<th>Time</th>
<th>Session Name</th>
<th>Location</th>
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<tr>
<td>11:15 am</td>
<td>Concurrent Session B1</td>
<td>Churchill Ballroom</td>
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<td>11:15 am</td>
<td>Concurrent Session B2</td>
<td>Essa/Oro Room</td>
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**Workshop cont’d**

Responding to Sharing Together: An Evidence Priority Agenda for Ontario’s Mental Health, Substance Use and Addictions System (Networking Portion)

Angela Yip, Alexandra Harrison

**Workshop**

Care of Serious Mental Illness in Rural Settings: Challenges and Opportunities

Katherine McKay, Abraham Rudnick, Jessica Ariss

**Oral Paper Session—Safewards Model**

Safewards at CAMH: Piloting the Safewards Model in a Forensic Mental Health Inpatient Setting

Aileen Sprott, Julia Duzdevic, Kiran Patel, Patti Socha, Stephen Canning, Emily Johnstone

A Bridge to Recovery: Staff’s Experiences with Implementing the Safewards Model

Emma Adams, Lisa Marshall

**Oral Paper Session—Suicide**

Closer to the Truth: Admission to Multiple Psychiatric Facilities and an Inaccurate History of Hospitalization are Strongly Associate with Inpatient Suicide

Bob Bruer, Marissa Rodway-Norman, Matthew Large

Managing Suicide Risk for a Concurrent Disorders Inpatient Population

Holly Raymond

How Good is Risk Assessment for Suicide in Prospective Studies

Matthew Large

**Oral Paper Session—Evidence-Informed Decision Making**

Engaging Youth in Mental Health and Addictions System Transformation

Samantha Docherty

From the Ground Up: Embracing Co-creation to Support Meaningful Change in a Local Mental Health and Addiction System in Northeastern Ontario

Alexandra Harrison, Mary Hanna, Rheanon Funnell

Collaboration for Supporting Evidence-Informed Decision Making in E-Mental Health Services

Tarama Rader, Eftyhia Helis
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<tr>
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<td>1:15 – 2:45 pm</td>
<td>Concurrent Session C3</td>
<td>Innisfil Room</td>
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<tr>
<td>Oral Paper Session—Patient Education and Peer Support</td>
<td>Addressing Mental Health and Addiction Care Needs via Engaged Scholarship and Strong Democracy</td>
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<td></td>
<td>Kevin Willison</td>
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<td>Improving Patients’ Understanding of their Rights Under the Mental Health Act in BC</td>
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<td>Iva Cheung, Andrew Woods, Jessica Wang, Vanessa Bland, Laura Johnston, Kimberly Miller, Erin Michalak</td>
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<td></td>
<td>Flourishing Mental Health Peer Support Programs in Canada: What Makes Them Thrive?</td>
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<td>Andriana Vinnitchok, Simon Coulombe, Shaleen Jones, Other Members of the Virtual Research Community</td>
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<td>2:45 – 3:00 pm</td>
<td>Break and Exhibitor Viewing</td>
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<td>3:00 – 4:15 pm</td>
<td>Concurrent Session D1</td>
<td>Churchill Ballroom</td>
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<td>Discussion Session</td>
<td>Marijuana Medicalization and Legalization: A Panel Discussion on the Implications for Mental Health &amp; Well-being of Our Community</td>
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<td>Kathleen Askland, Sandi Plant, Ali Wagg</td>
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<td>3:00 – 4:15 pm</td>
<td>Concurrent Session D2</td>
<td>Essa/Oro Room</td>
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<td>Workshop</td>
<td>Making Implementation Science Practical: An Implementation Primer for Practitioners</td>
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<td>Shusmita Rashid, Julia Moore, Sobia Khan, Melissa Courvoisier</td>
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<td>3:00 – 4:15 pm</td>
<td>Concurrent Session D3</td>
<td>Innisfil Room</td>
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<td>Oral Paper Session—Dementia</td>
<td>Music Therapy Works: Ten Years After the Fact</td>
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<td>Bob Bruer, Heidi Flynn</td>
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<td>4:15 – 4:30 pm</td>
<td>Closing Remarks</td>
<td>Churchill Ballroom</td>
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Wednesday, May 16, 2018

8:30 – 8:45 am  Main Floor Hallway
Exhibitor Set-Up

8:45 – 9:00 am  Churchill Ballroom
Opening Remarks

9:00 am – 1:15 pm  Churchill Ballroom
Poster Viewing

**Board 1**
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Brian Rush, Kim Baker, Leslie Wells, Cynthia Clark

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Jasneet Kaur Dhaliwal, Gary Chaimowitz

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Alice Hutton, Lise Laframboise, Mireille Delorm, Kim McLeod, Liana Sullivan, Tom Carroll

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Stephanie Hill

**Board 4**
Youth Mental Health Resources: From Community Need to Community Collaboration
Michelle Hunter, Michael Lisi

Trauma in the Workplace
Zoe Hilton, Elke Ham, Rebecca Harris
9:00 – 10:00 am  Keynote  Churchill Ballroom

**Changing the Culture on Mental Health: The University of Calgary Case Study**
Andrew Szeto

In December 2015, the University of Calgary made a commitment to change the culture around mental health by launching a Campus Mental Health Strategy. The Strategy contains twenty-eight recommendations that align with six strategic focus areas and is built around a socio-ecological approach. Within this approach, the Strategy was developed with the whole campus community (that is students, staff, faculty, and post-doctoral scholars) in mind. As well, the Strategy addresses mental health at multiple levels, from the individual level to the program level to the institutional/organizational level.

It has been over 2 years since the launch of the Campus Mental Health Strategy at the University of Calgary. All twenty-eight recommendations are in progress with various programs, projects, and initiatives planned for the future. Although there is general support for the Strategy and its implementation, a large project like this does come with its unique challenges. In this interactive session, participants will learn about the development and implementation of the University of Calgary’s Campus Mental Health Strategy. Participants will examine the barriers that may accompany shifting culture in a large organization. By examining the University of Calgary in a case study context, participants will be able to take the lessons learned and apply it to their own organization to shift their mental health culture.

10:00 – 10:15 am  Break and Exhibitor Viewing

10:15 – 11:15 am  Concurrent Session A1  Churchill Ballroom

**Discussion Session—Forensics**
A Look at the Forensic Population in Ontario’s Mental Health Hospitals
*Su-Bin Park*

10:15 am – 11:15 am  Concurrent Session A2  Essa/Oro Room

**Workshop**
Campus-Community Connection: Providing Coordinated Care to Post-secondary Students
*Pearlyn Ng, Marija Padjen*
Wednesday, May 16, 2018 - Continued

10:15 am – 11:15 am  Concurrent Session A3  Innisfil Room

Oral Paper Session—Underserved Populations
Bridging International Mental Health Professionals to Practice Effectively in Ontario—Best Practices of a Unique Educational Program
Nava Israel

What do you Mean ‘the System Needs to Change’? Mapping the System Toward an Effective Approach for Responding to Stakeholder Needs
Anneliese Poetz

11:15 am – 12:15 pm  Concurrent Session B1  Churchill Ballroom

Oral Paper Session—Forensics
Forensic Recovery: What Have We Learned and What Are The Challenges? A 30 Year Retrospective

11:15 am – 12:15 pm  Concurrent Session B2  Essa/Oro Room

Workshop
What Makes a Good Researcher? Is Having a Great Idea Enough?
Della Saunders

11:15 am – 12:15 pm  Concurrent Session B3  Innisfil Room

Oral Paper Session—Addictions & Concurrent Disorders
Knowledge Mobilization to Promote Canada’s Lower - Risk Cannabis Use Guidelines (LRCUG)
Farihah Ali, Alexandra Harrison

Management of Illicit Substances in Hospital
Holly Raymond

12:15 – 1:15 pm  Lunch - Buffet Ballroom

1:15 – 2:45 pm  Concurrent Session C1  Churchill Ballroom

Oral Paper Session—Mental Health and the Justice System
Addressing the Mental Health Needs of Female Offenders
Kiren Sandhu, Roland Jones, Kiran Patel, Alexander Simpson, Tanya Connors, Nina Flora

An In-depth Look at Community Collaborations in the Development and Implementation of a Youth Justice Early Intervention Program
Laurissa Watson, Jessica Elgie

Assessment of Need for Hospital Treatment among Female Prisoners in Ontario using DUNDRUM-1 and DUNDRUM-2 Structured Professional Judgement Tools
Roland Jones, Kiran Patel, Alexander Simpson
Wednesday, May 16, 2018 - Continued

1:15 – 2:45 pm  Concurrent Session C2  Essa/Oro Room

Workshop
Lights, Camera, Action! Applying a KT Lens to Communicating Research through Film
Rachel Gerow, Gary N. Bold, Laura C. Ball, Jennifer L. Bazar

1:15 – 2:45 pm  Concurrent Session C3  Innisfil Room

Oral Paper Session—Gender, Culture & Sexuality
Regional Mental Health Hospitalizations by Perinatal Women 2009-2014: Just the (RAI-MH) Facts
Jaime Charlebois, Bob Bruer

Building Psychosocial Support Through Self-Disclosure: Understanding the Quality of IVF Patient and Peer Relationships
Natalie Montgomery, Jenepher Lennox-Terrion

Ontario Mental Health Hospitalizations by Person with Gender Dysphoria 2008-2015: Reality from Both Sides of the Gurney
Marissa Rodway-Norman, Bob Bruer

2:45 – 3:00 pm  Break and Exhibitor Viewing

3:00 – 4:00 pm  Concurrent Session D1  Churchill Ballroom

Discussion Session—Cultural Safety
TITLE AND PARTICIPANTS TBD

3:00-4:00pm  Concurrent Session D2  Essa/Oro Room

Oral Paper Session—Psychotherapy
Mental Health System Change-The Structured Psychotherapy Project
Heather Bullock, Alexandra Hall

Untangling the effects from Dialectic Behaviour Therapy provided by a non-urban community mental health service for clients struggling with Borderline Personality Disorder
Joanne Jermey, Stacey Stanton

4:00 – 4:30 pm  Churchill Ballroom

Closing Remarks & Prizes
For questions please contact our Conference Committee at:

researchevents@waypointcentre.ca