WHO SHOULD ATTEND
Interprofessional/intersectoral teams, family physicians and other primary care providers, mental health care providers, psychiatrists and psychologists, administrators and policy makers, other health disciplines working with primary care and/or community care, consumers and family members, educators and their students, and researchers.

SPECIAL PRESENTATION
Clara Hughes - Six-Time Olympic Medalist | Mental Health Advocate

KEYNOTE PRESENTERS
Dr. Roderick McCormick (Kanienkehaka) BC
Government endowed Research Chair in Aboriginal Child and Maternal Health, Thompson Rivers University

Dr. Kathleen Pajer, Chief of Psychiatry at the Children’s Hospital of Eastern Ontario

Dr. Nick Kates, Chair, Department of Psychiatry and Behavioural Neurosciences, MacMaster University

Dr. Matthew Burkey, Child and youth psychiatrist and public health researcher, Williams Lake, BC
0700  Breakfast & Registration

0745  Opening Remarks & Welcome

0815  Keynote: Sharing Mental Health Care with Family Doctors: Time for a Change?
- List a brief history of efforts to build shared care systems.
- Identify three ways in which primary care and mental health care differ.
- List two shared care programs that have been shown to be effective.

0900  Welcome by the Canadian Mental Health Commission CEO

0905  Keynote: Mental Health Collaboration with First Nations: Who is Steering The Canoe?
This presentation will explore the relationship between mental health service providers and Indigenous peoples of Canada. The strengths and challenges of this relationship will be discussed as well as some suggestions for making the journey together more successful.

0950  Break, Posters

1015  Concurrent Sessions—choose one stream:

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<tr>
<td>School-Based Wellness - A Collaborative Primary Care Model Of Health Delivery</td>
<td>Interactive Workshop Demonstrating Child And Youth Mental Health Toolkits In Primary Care</td>
<td>The 3 C’S Of Integration: Cooperation, Coordination, And Collaboration Amongst Primary Care And Mental Health And Substance Use Service Providers</td>
<td>Mental Wellness In Urban Indigenous Adults: A Collaborative Approach To Wellness Research</td>
<td>An Algorithm To Manage Depression In Primary Care</td>
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<td>Innovating To Improve Child And Youth Mental Health And Substance Use Care In A Small BC Town</td>
<td>Collaboration In Discharge Planning For Mental Health Patients</td>
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<td>Tasirvik: Towards Holding Hands For Inuit Child Mental Health And Family Wellbeing In Nunavik.</td>
<td>Web Of Culture: Building Culturally Relevant Online Mental Health Resources For Aboriginal Youth Living In Northern British Columbia</td>
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<td>Family Physician And Family Counseling Collaboration In The Primary Care Office Setting</td>
<td>Strategies And Impacts Of Service User And Family Involvement In Collaborative Mental Health Care: A Realist Review</td>
<td></td>
<td>Counsellors, Interns, Doctors, First Nations, Youth And Community Agencies - A Stone Soup Story Of Building A Youth Health Centre</td>
<td>Implementing Cognitive Behavioural Therapy (CBT) Skills Group Medical Visits Within Primary Care</td>
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1015  Time to Move Rooms

1115  Time to Move Rooms

1130  Concurrent Sessions- choose one stream:

|---------------|---------------------|---------------------|---------------------|---------------------|

1230  Lunch & Posters available for viewing

*Agenda is subject to change*
Concurrent Sessions—choose one stream:

**Child Stream A**
The CHEO Post-Discharge Psychopharmacology Clinic: Supporting Primary Care Physicians To Enhance Continuity Of Care

**Child Wksp Stream B**
Link - Connecting Vulnerable Children And Youth In Crisis, With Appropriate Community Resources

**Innovative Stream C**
From Disneyland To Depression Care: Using A Person-Centred Pathway To Guide Best Care For Depression In Primary Care

**Indigenous Stream D**
The First Nations Mental Wellness Continuum Framework (FNMWC): A Coordinated, Comprehensive Approach To Mental Health And Addictions Programs And Services

**Pot Pourri Stream E**
7BC

**Time to Move Rooms**

Concurrent Sessions—choose one stream:

**Child Stream A**
Family Environment, Immigration, Poverty And Youth Mental Health: Understanding How Collaborative Youth Mental Health Care Can Address These Factors

**Child Wksp Stream B**
Child And Youth Mental Health In Primary Care: The Hamilton Family Health Team's Journey To Addressing The Mental Health Needs Of Paediatric Populations Through Its Groups Programming

**Innovative Stream C**
An Emotional Debut: The Ottawa Shared Care Team Introduces A New 12 Wk. Group, Developed In Collaboration With The TOH Outpatient Department

**Indigenous Stream D**
The Koorie Men's Health Day- A Community Mental Health Service Model For Aboriginal Men In Rural Victoria

**Pot Pourri Stream E**
Developing A Trauma-Informed Treatment Option Within Primary Care: A Skills-Based Model For Patients With Adverse Childhood Experiences

**Time for Evaluations & Closing Remarks**

Special Presentation  **“Open Heart, Open Mind”**
From one of Canada’s most decorated Olympians comes a raw but life-affirming story of one woman’s struggle with depression. In a world where winning meant everything, her biggest competitor was herself. While most professional athletes devote their entire lives to training, Clara spent her teenage years using drugs and drinking to escape the stifling home life her alcoholic father had created. She was headed nowhere fast when, at sixteen, she watched transfixed in her living room as gold medal speed skater Gaétan Boucher effortlessly raced in the 1988 Calgary Olympics. Dreaming of one day competing herself, Clara channeled her anger, frustration and raw ambition into the endurance sports of speed skating and cycling. By 2010, she had become a six-time Olympic medalist. Told with honesty and passion, Open Heart, Open Mind is Clara’s personal journey through physical and mental pain to a life where love and understanding can thrive. This revelatory and inspiring story will touch the hearts of all Canadians.

*Clara Hughes*

**Agenda is subject to change**
0700  Breakfast, Registration

0745  Opening Remarks & Welcome

0815  Keynote: Early Lessons From The Application Of A Collaborative Model For Child Mental Health Care in Rural BC
   Dr. Matthew Burkey

0915  Concurrent Sessions– choose one stream:


   Reaching Consensus on Emerging Adult Mental Health in Canada: Exploring Authentic Engagement in the Policy Making Process
   In Sync & On Track: Enhancing Executive Function To Promote Self-Regulation In Young Children
   The Da Vinci Project: Depression And Alcoholism - Validation Of An Integrated Care Initiative
   Results Of Randomized Control Trial Evaluating The Replication Of The British Columbia Adult Mental Health Physician Support Program In Nova Scotia

1015  Refreshment Break & Room Change

1030  Concurrent Sessions– choose one stream:


   Life Is A Twitch: Insight Into Childhood Tics
   Doing Better Together - DBT And DBT-informed Care For Adolescents As A Range Of Treatments In Collaborative Care
   Use Of Interdisciplinary Rounds To Help Marginalized Patients Effectively Navigate Our Local Health Care System
   Learning From Traditional Health Care Practices And Research: A Culturally Relevant Approach To Mental Healthcare In Urban Aboriginal Settings
   A Psychiatric Clinic at Sts’ailes, A BC First Nation: Description Of Service Development And First 18 Months Of Operations

1130  Lunch & Posters available for viewing

1230  Concurrent Sessions—choose one stream:


   BC Integrated Youth Services Initiative (BC-IYSI)
   Waiting For Service: Evidence-Based Planning To Improve Access For Children And Youth
   Trends in Collaborative (integrated) Care In USA and Canada
   Culture In The Clinic: CBITS Indigenous Approach - Weaving Cultural Competency and CBT In Primary Mental Health Care
   PART 2: A Psychiatric Clinic at Sts’ailes, A BC First Nation: Description Of Service Development And First 18 Months Of Operations

1345  Concurrent Sessions—choose one stream:


   Sprockids “Pedaling for Well-Being”
   Child And Adolescent Mental Health Training In Primary Care In Canada: Where Have We Been And Where Can We Go?
   Addressing ADHD In Homeless Or Precariously Housed Populations
   Capacity Building Strategies In Anishnawbe Mushkiki Clinics In Thunder Bay: A View From The Nurse Practitioner And Psychiatrist
   The Ottawa Depression Algorithm: How to Use it (continued from stream E on Friday @ 1015AM ‘An Algorithm To Manage Depression In Primary Care’)

Agenda is subject to change
**CONFERENCE VENUE & ACCOMMODATION**

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KEYNOTE PRESENTERS

Clara Hughes - Six-Time Olympic Medalist | Mental Health Advocate
“Being a champion is not just about winning,” says six-time Olympic medalist Clara Hughes. Believing that actions off the track define us as much as those on it, Hughes inspires people toward success in all areas of their lives. Her candid, personal talks range from how she believes sports can change lives to her struggle with depression—fully embodying the idea that each of us can overcome challenges to become the champions we’re meant to be. Before retiring as an Olympian, in 2014, Hughes yet again figured prominently in the eyes of Canadians as the national spokesperson for Bell Let’s Talk, a campaign designed to end the stigma of mental health issues. Undertaking “Clara’s Big Ride,” Hughes completed a 110-day national bicycle tour through every province and territory in Canada. As part of the ride, she covered more than 11,000km and visited 105 communities along the way. Hughes is also the author of the bestselling and acclaimed memoir, Open Heart, Open Mind. Over the course of her distinguished career, Hughes has won countless awards and accolades. She was named Female Athlete of the Year by Speed Skating Canada; she received the International Olympic Committee’s Sport and Community Trophy; she was honored with a star on Canada’s Walk of Fame; she was inducted into Canada’s Sports Hall of Fame; and she was named an Officer of the Order of Canada. Hughes sits on the International Board of Directors for Right To Play, a global organization that uses the transformative power of play to educate and empower children facing adversity. She holds honorary doctorates from the University of Manitoba, the University of British Columbia, and the University of Alberta.

Dr. Kathleen Pajer
Dr. Pajer is the Chief of Psychiatry at the Children’s Hospital of Eastern Ontario (CHEO). Dr. Pajer received her medical degree from the University of South Alabama College of Medicine and did her residency in Psychiatry at Dartmouth-Hitchcock Medical Center and at Yale University School of Medicine. She was a Robert Wood Johnson Clinical Scholar at Yale and also received her Master’s of Public Health from the Yale School of Public Health. Dr. Pajer has been on medical faculties of the University of Pittsburgh, The Ohio State University, and Dalhousie University before joining the University of Ottawa as Professor of Psychiatry. Her administrative interest is in care system transformation and her research focuses on the psychoneuroendocrinologic aspects of antisocial behaviors in girls and on developing a gene expression biomarker for early onset depression. Her work has been funded by the U.S. National Institutes of Health and a number of foundations.

Dr. Roderick McCormick
Dr. McCormick (Kanienkehaka) is a senior Professor and BC Government endowed Research Chair in Aboriginal Child and Maternal Health in the Faculty of Human, Social, and Educational Development at Thompson Rivers University. Before moving back to his partner’s home on the Tk’emlups Indian Reserve, Rod was a psychologist and counseling psychology professor at the University of British Columbia for 18 years. Rod has also been a therapist and clinical consultant/supervisor for the last 27 years. As a researcher, Rod been a Principal Investigator or Co-Investigator on 30 million dollars worth of federal or internationally funded research studies in Aboriginal health. Rod has published over 50 book chapters, journal articles, and numerous government research reports on Aboriginal health and mental health. One of his publications-Guiding Circles has sold over 75,000 copies worldwide. Rod has also been a keynote presenter or conference presenter at over 100 national and international conferences and is frequently called upon by the media to comment on Aboriginal mental health issues. Rod serves on numerous National committees/boards such as the Advisory Council of the Mental Health Commission of Canada and on the board of the CIHR Institute of Aboriginal Peoples Health.

Dr. Matthew Burkey
MD, PhD, is a child and youth psychiatrist and public health researcher. He completed his training at Johns Hopkins School of Medicine and conducted research as a faculty member in the Department of Psychiatry. His primary research interest is in improving access to effective, culturally compelling mental health services in underserved communities globally and in North America. He recently moved to Williams Lake, BC where he practices psychiatry at the Cariboo Chilcotin Child Development Centre. He is also involved in the BC Child and Youth Mental Health and Substance Use Collaborative, a multi-disciplinary local and provincial effort aimed at improving access to family-centered child mental health services.

Dr. Nick Kates
MD FRCP (Hon.) Chair, Department of Psychiatry and Behavioural Neurosciences, Faculty of Health Sciences, McMaster University.
He also has an associate membership in the Department of Family Medicine of the Michael G. DeGroote School of Medicine.
He has also been a Principal investigator or Co-Investigator on over 30 million dollars worth of federal or internationally funded research studies in Aboriginal health. Rod has also been a professor and BC Government endowed Research Chair in Aboriginal Child and Maternal Health in the Faculty of Human, Social, and Educational Development at the University of British Columbia. Prior to joining the University of Ottawa as Professor of Psychiatry at Dartmouth-Hitchcock Medical Center and at Yale University School of Medicine. She was a Robert Wood Johnson Clinical Scholar at Yale and also received her Master’s of Public Health from the Yale School of Public Health. Dr. Pajer has been on medical faculties of the University of Pittsburgh, The Ohio State University, and Dalhousie University before joining the University of Ottawa as Professor of Psychiatry. Her administrative interest is in care system transformation and her research focuses on the psychoneuroendocrinologic aspects of antisocial behaviors in girls and on developing a gene expression biomarker for early onset depression. Her work has been funded by the U.S. National Institutes of Health and a number of foundations.

SCIENTIFIC CHAIRS

Dr. Terry Isomura & Dr. David Smith

SCIENTIFIC COMMITTEE

Dr. Ellen Anderson
Dr. Michel Gervais
Dr. Marie Hayes
Dr. Terry Isomura
Dr. Nick Kates
Dr. Jim Ketch
Mr. Jamie Marshall
Dr. Sharmar Nancker
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Dr. Helen Spenser
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CONTACT DETAILS
- Dr.  Mr.  Ms.  
- Urban  Rural

Last Name  Given Name(s)
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CONFERENCE FEES
Course materials, breakfasts, refreshments & lunches

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Regular Delegate | $485 | $560 | $585 |
Patients and Family Members | $135 | $135 | $145 |
Students and Residents | $135 | $135 | $145 |
I will attend one day only:  
Friday  Saturday
Regular Delegate | $310 | $335 | $360 |

Daily rates are not available to patients, family members, students and residents.

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Severity:  
- HIGH  or  LOW, foods can be in the same room, but well labeled

STREAM INTERESTS
Which stream do you think you are most interested in? Please add your order of preference from 1 = most interested to 5 = least interested.

You are not required to only attend one stream, we encourage you to move room to room, we only ask that you not leave a room midway or join a room midway through a session time to reduce disruptions.

Child
Child Workshops (Wksp)
Innovative
Indigenous
Pot Pourri

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