SESSION #1

Dr. G. Kernaghan: The Role of Cultural Dynamics and Leadership in Organizational Change and Innovation

This session explores how effective leadership and cultural dynamics intersect to drive organizational change and foster innovation. Key topics include managing cultural challenges during mergers, leadership qualities such as vision and adaptability, and strategies for creating a culture that supports continuous improvement and innovation.

Knowledge:
·Understanding how cultural dynamics and leadership influence organizational change.
·Recognizing cultural challenges during mergers and their impact on progress.
·Identifying leadership qualities like vision and adaptability to manage transitions.
·Learning how to foster a culture of innovation and continuous improvement.

Skills:
·Overcoming cultural challenges during change and mergers.
·Leading teams through transitions and managing organizational shifts.
·Inspiring teams and building resilience during change.
·Creating a culture that embraces new ideas and innovation.
Attitudes:
·Embracing continuous improvement and innovation.
·Adopting an adaptable mindset toward organizational change.
·Valuing cultural dynamics in leadership for organizational success.
·Prioritizing resilience and proactive leadership during transitions.

Practice:
·Applying leadership strategies to overcome cultural barriers in change processes.
·Developing leadership styles that inspire teams and drive innovation.
·Building a resilient culture that supports continuous improvement.
Fostering an environment where change and innovation thrive.

SESSION #2

Heather Carter and Hoshana Calliste, School Mental Health Ontario: Mental Health Promotion, Prevention and Early Intervention in Schools:

This session highlights the key role of schools in the Multi-Tiered System of Supports (MTSS) and their contribution to the continuum of care. It will discuss initiatives such as the Mental Health literacy modules aimed at increasing awareness, and evidence-informed, culturally responsive protocols for Tier 2 supports that are scalable and sustainable. The Right Time, Right Care (RTRC) framework will be covered as a core aspect of the work, and the role of Implementation Support coaching will be explored, focusing on how it helps schools implement and sustain these strategies effectively, in line with relevant policies and the RTRC framework.

Knowledge:
Understand the role of schools in MTSS and mental health literacy.
Learn about evidence-based, culturally responsive protocols for Tier 2 support.
Understand the RTRC framework and its relevance to MTSS.

Skills:
Implement mental health literacy modules in schools.
Use culturally responsive protocols for Tier 2 interventions.
Apply the RTRC framework for timely care.
Support school staff through coaching for MTSS implementation.

Attitudes:
Embrace evidence-based and culturally responsive practices.
Value mental health awareness in schools.
Promote proactive, sustainable, and scalable support strategies.
Foster collaboration for ongoing professional development.

Practice:
Apply mental health literacy and protocols in schools.
Use the RTRC framework for effective intervention.
Practice coaching to support MTSS implementation.
Integrate MTSS principles into school-wide care practices.

SESSION #3

Jasmine Zhang, Ph.D. Candidate Clinical Psychology: Digital Media and Adolescent Mental Health

This presentation explores how digital media use impacts adolescent mental health, focusing on research priorities and innovative practices to improve findings. It will also discuss how new technologies can support mental health for youth.

Knowledge:
·Understanding the link between digital media use and adolescent mental health.
·Familiarity with current research priorities in this area.
·Learning innovative practices to improve research on digital media and mental health.
·Exploring how new technologies can support mental health in youth.

Skills:
·Analyzing the impact of digital media on adolescent well-being.
·Applying innovative research methods to study technology's effects.
·Evaluating and implementing digital tools for youth mental health.
·Enhancing skills in integrating technology into psychological practices.

Attitudes:
·Adopting an open-minded approach to technology's role in mental health.
·Developing a proactive attitude toward addressing challenges posed by digital media.
·Focusing on the potential benefits of technology for youth mental health.
·Staying current with technological advancements in psychological practice.

Practice:
·Applying research methods to understand digital media's effects on adolescents.
·Integrating innovative practices to improve research and outcomes.
·Using new technologies in mental health interventions for youth.
·Developing strategies to leverage technology for supporting youth mental health.

SESSION #4

Children's Mental Health Treatment Simulation
This simulation focuses on key aspects of children's mental health care. Participants take on roles such as mental health professionals, parents, school officials, and policymakers, working together to find solutions for improving mental health services for children.

Knowledge:
·Understanding the key components and stakeholders in children's mental health care.
·Gaining insight into the roles of mental health professionals, parents, school officials, and policymakers.
·Learning about challenges and opportunities within the system.

Skills:
·Collaborating effectively with different stakeholders.
·Enhancing communication and negotiation skills to discuss solutions.
·Practicing problem-solving and teamwork to improve mental health services.
·Gaining experience in role-playing and understanding various perspectives.

Attitudes:
·Cultivating a collaborative mindset that values input from all stakeholders.
·Developing empathy for the challenges faced by children, families, and professionals.
·Embracing a proactive approach to improving children's mental health services.
·Fostering openness to different perspectives on mental health care.

Practice:
·Applying knowledge and skills to real-world scenarios in children's mental health care.
·Engaging in collaborative decision-making with diverse stakeholders.
·Role-playing interactions to better understand the treatment system.
·Practicing advocacy and communication to present solutions for better care.

SESSION #5

Dr. Jay Kothari MD: Ketamine in Treating Depression and Suicidality
Ketamine, originally developed as an anesthetic in the 1960s, has shown promise in treating depression and suicidality since the 1990s. While popular in the US, its global adoption, particularly in Canada, has been limited. This talk aims to raise awareness of its healing properties and encourage broader use in psychiatric treatment.

Knowledge:
·Understanding ketamine's history, development, and use in treating depression.
·Gaining insight into its pharmacology as an NMDA receptor antagonist.
·Learning about research on ketamine's effectiveness for treatment-resistant depression.
·Recognizing barriers to its global adoption, especially in Canada.

Skills:
·Evaluating research on ketamine for severe depression and suicidality.
·Advocating for the inclusion of innovative treatments like ketamine in psychiatric care.
·Communicating the benefits and limitations of ketamine in mental health settings.

Attitudes:
·Adopting an open-minded approach to alternative treatments for treatment-resistant depression.
·Cultivating curiosity about new treatments that may improve mental health outcomes.
·Embracing innovation and challenging traditional approaches to psychiatric care.

Practice:
·Applying ketamine research findings in clinical settings for severe depression and suicidality.
·Promoting discussions to increase ketamine adoption in psychiatric facilities.
·Advocating for greater access to ketamine treatments in Canada and beyond.

SESSION #6

Kate Scott MSW, RSW, Ph.D. Candidate Social Work: Supporting Youth with Concurrent Disorders
This presentation explores the complex intersection of substance use and mental health in youth, offering strategies for supporting young people with concurrent disorders. It covers emerging substance use trends, the impact of the toxic drug supply, and integrated treatment approaches, emphasizing harm reduction, trauma-informed care, and collaborative treatment planning.

Knowledge:
·Understanding the relationship between substance use and mental health in youth.
·Gaining insight into emerging trends and the toxic drug supply's impact.
·Learning about integrated approaches to treat both mental health and substance use.
·Familiarity with system-level considerations for improving concurrent disorder services.

Skills:
·Engaging and supporting youth with concurrent disorders.
·Applying harm reduction, trauma-informed care, and collaborative treatment strategies.
·Building therapeutic alliances and navigating complex service systems.
·Implementing integrated interventions for substance use and mental health.

Attitudes:
·Cultivating an empathetic, non-judgmental approach to youth with concurrent disorders.
·Embracing evidence-based strategies like harm reduction and trauma-informed care.
·Adopting a holistic mindset that sees the link between mental health and substance use.
·Appreciating the complexity of providing services for youth with concurrent disorders.

Practice:
·Applying strategies to support youth with both substance use and mental health challenges.
·Practicing harm reduction and trauma-informed care with youth populations.
·Implementing integrated treatment approaches in coordinated care settings.
·Collaborating with service providers to create youth-focused treatment plans

SESSION #7

Sarena Daljeet, Ph.D. Candidate Clinical Psychology: Dyadic Emotion-Focused Therapy for Youth
This presentation discusses the preliminary trial of Dyadic Emotion-Focused Therapy for Youth, an intervention designed to enhance the parent-child relationship and improve youth well-being. It also explores the value of examining multiple perspectives (youth, caregiver, and therapist) in therapy involving a caregiver.

Knowledge:
·Understanding Dyadic Emotion-Focused Therapy and its role in improving youth well-being.
·Gaining insight into the parent-child relationship's impact on emotional outcomes for youth.
·Familiarity with preliminary trial results for this therapy.
·Recognizing the importance of multiple perspectives in the therapeutic alliance.

Skills:
·Applying Dyadic Emotion-Focused Therapy techniques to improve the parent-child relationship.
·Evaluating therapeutic alliances from the perspectives of youth, caregiver, and therapist.
·Strengthening the caregiver's role in therapy.
·Analyzing trial data to assess therapy effectiveness.

Attitudes:
·Appreciating the importance of the parent-child relationship in youth therapy.
·Embracing a holistic approach to family-based therapy.
·Valuing caregiver involvement to enhance therapy outcomes.
·Fostering curiosity about innovative therapeutic approaches like Dyadic Emotion-Focused Therapy.

Practice:
·Practicing Dyadic Emotion-Focused Therapy in improving parent-child dynamics.
·Assessing and enhancing therapeutic alliances from multiple perspectives.
Involving caregivers effectively in the therapy process.

SESSION #8

Constable Jason Gamble, Waterloo Regional Police Services: Youth and Community Engagement
Constable Jason Gamble focuses on supporting at-risk youth and promoting mental health awareness through proactive policing. His work with the Community and Youth Engagement Unit and the Waterloo Region Connectivity Table helps connect youth to mental health resources, preventing crises and fostering recovery. Jason shares stories of early intervention and community collaboration in youth mental health support.

Knowledge:
·Proactive policing's role in supporting at-risk youth and mental health awareness.
·Initiatives like the Community and Youth Engagement Unit and the Waterloo Region Connectivity Table.
·The intersection of policing and mental health support for youth.
·The importance of early intervention and community collaboration in preventing crises.

Skills:
·Engaging with at-risk youth and identifying early mental health signs.
·Connecting youth to mental health resources.
·Practicing community collaboration for youth support.
·Delivering compassionate, proactive mental health support in policing.

Attitudes:
·Cultivating compassion for at-risk youth, prioritizing care over enforcement.
·Valuing mental health support in youth engagement.
·Embracing collaboration with mental health professionals and communities.
·Believing in the positive impact of early intervention.

Practice:
·Proactively engaging youth to address mental health issues early.
·Strengthening youth support systems through community collaboration.
·Using real-life examples to refine mental health intervention approaches.
Implementing compassionate, person-centered policing.

SESSION #9

Panel Discussion: Innovations in Child and Adolescent Mental Health
This panel will explore new approaches in child and adolescent mental health, featuring experts discussing therapeutic interventions, crisis management, family engagement, and creative therapies like music. The session includes panelist insights, audience Q&A, and key takeaways on the future of mental health care for youth.

Knowledge:
·Insights into the latest innovations in child and adolescent mental health.
·Understanding the challenges mental health professionals face in this field.
·Learning about new therapies, crisis management, and family engagement.
·Exploring creative therapies in mental health treatment.

Skills:
·Applying new solutions to interventions and crisis management.
·Enhancing family engagement in the treatment process.
·Integrating creative therapies into traditional care.
·Strengthening communication through panel discussion.

Attitudes:
·Openness to innovative approaches in mental health care.
·A collaborative attitude towards sharing ideas across disciplines.
·Appreciation for creative and non-traditional treatments.
·Optimism about the future of child and adolescent mental health care.

Practice:
·Applying insights to real-world youth mental health care practices.
·Discussing strategies to overcome challenges in mental health care.
·Integrating creative therapies into treatment approaches.
Refining family engagement and crisis management strategies.