

# Westin Prince Hotel, Toronto

## October 24th, 2014



This forum is being held immediately after the **6th Annual Mental Health Forum: Becoming a Recovery Organization** hosted by Ontario Shores to be held Thursday, October 23rd at the Westin Prince Hotel. Plan to attend both for a combination package registration fee.



### 2014 Ontario Regional Symposium

## “Promoting Safety & Managing Risk While Transitioning To Community Care”



### Cheryl Forchuk RN, PhD

Dr. Forchuk is a Distinguished University Professor and Associate Director of Nursing Research at the Arthur Labatt Family School of Nursing, Faculty of Health Sciences, with a cross appointment to the Department of Psychiatry, Schulich School of Medicine & Dentistry, University of Western Ontario. She is a Scientist and Assistant Director at Lawson Health Research Institute, London, Ontario. Dr. Forchuk is also currently Group Leader, Mental Health/ Health Outcomes Research.



*Special Partnership Discount*

CFMHN Symposium Attendees are encouraged to also register for the Ontario Shores "Mental Health Forum" on Thursday, October, 23rd at a reduced price.



***The Westin Prince Hotel, 900 York Mills Road, Toronto***

The Westin Prince features 15 acres of inspiring parkland while maintaining easy access to all Toronto has to offer. Their exquisite north Toronto hotel has been a CAA/AAA 4 Diamond Award winner for 39 consecutive years and is ideal for business or pleasure with their convenient location near North York, Markham, Richmond Hill and Scarborough.

***To make a reservation call 1-416-444-2511 and ask for the Mental Health Forum***

Single/Double Accommodations are **\$169.00** plus appropriate taxes per night if you book by **October 1, 2014** (Deadline for this guaranteed rate and room availability).

## The Canadian Federation of Mental Health Nurses THE NATIONAL VOICE OF MENTAL HEALTH NURSING

### CFMHN FALL SYMPOSIUM PLANNING COMMITTEE

#### CONFERENCE CHAIRS:

**Margaret Gehrs,**  
RN, MScN, CPMHN(C),  
*Centre for Addiction and Mental Health*

**Lisa Crawley,**  
RN, MSN, CPMHN(C)  
*Ontario Shores Centre for Mental Health Sciences*

**Capt Jim Quinn,**  
CD, RN, BNSc, CPMHN(C)  
*Canadian Armed Forces*

**Robin Bowerman,**  
RN, BScN, CPMHN (C)  
*Ontario Shores Centre for Mental Health Sciences*

**Carmen Rodrigue,**  
RN, MSc, CPMHN(C)  
*Bruyere Continuing Care*

**CONFERENCE PLANNERS:**  
**Sue Munro, RN, MHSc, CHE**  
*First Stage Enterprises*

**Doug Rosser**  
*First Stage Enterprises*

*For Additional information*  
**CFMHN 2014 SYMPOSIUM**  
c/o First Stage Enterprise  
1 Concorde Gate, Suite 109, Box 26  
Toronto, Ontario, M3C 3N6

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[www.cfmhn.ca](http://www.cfmhn.ca)



Conference Consultants  
[www.firststageinc.com](http://www.firststageinc.com)

Pre Symposium Workshop

8:30– 16:30



**Ontario Shores Mental Health Forum – Becoming a Recovery Organization (full Day).** [Click Here](#) for program at a glance.

CFMHN and Ontario Shores have partnered to place both the Symposium and Forum together at the same hotel to facilitate attendance at both events. CFMHN attendees will receive a 20% discount if they wish to also register for the full day Mental Health Forum. To register for both please [Click Here](#) and select the combination ticket. By selecting the combination ticket you will be registered for both conferences.

12:00 – 13:00

Registration for the CFMHN Symposium

13:00 – 16:00

***Recognizing Trauma in Mental Health:  
Trauma-Informed Responses with Youth, Women and People with Psychosis***

This interactive pre-symposium workshop will be facilitated by advanced practice staff (nurse and social workers) from the Centre for Addiction and Mental Health (CAMH). CAMH has developed a practice model of care where being trauma informed is a core value. As such, advanced practice nurses and clinicians work with interprofessional teams to support the implementation of this model into everyday practice with a variety of populations. The Canadian Standards for Psychiatric-Mental Health Nursing (March, 2014) highlights the importance of using a trauma-informed approach when helping clients manage crises leading to self-harm, aggressive behaviours and rapidly changing situations.

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

1. Recognize the features of PTSD and Complex PTSD
2. Describe potentially traumatic events
3. Delineate the symptoms of trauma and how behaviours are reflected in different populations (children/youth, women, people with psychosis)
4. Describe a stage-oriented approach to treatment
5. Apply the principles discussed to your own practice.

**Debbie Ernest, MSW, RSW**, Advanced Practice Clinician – Complex Mental Illness Program, CAMH



**Sandra Cushing, MSW, RSW**, Advanced Practice Clinician, Complex Mental Illness Program, CAMH






**Cheryl Rolin-Gilman, RN, MN, CPMHN(C)**, Advanced Practice Nurse, Ambulatory Care and Structured Treatments Program, CAMH




**Robert Bancroft, MSW, RSW**, Advanced Practice Clinician with the Child, Youth and Family Services (within the Underserved Populations Program), CAMH



7:30	Registration / Poster Set / Continental Breakfast	
8:30 – 8:40		<p><b>Welcome – CFMHN President, Lorelei Faulkner-Gibson, RN, BSN, MN, CPMHN(C),</b> Professional Practice Leader, Nursing, Children's &amp; Women's Health Centres Vancouver, BC</p>
	<p><b>Greetings – MHNIG, President, Kamini Kalia, RN, MScN,</b> Discipline Chief of Nursing, Professional Practice, Centre for Addiction and Mental Health, Toronto</p>	
8:40 – 9:30		<p><b>Opening Keynote – Cheryl Forchuk, PhD</b> <i>Something old, something new.....transitions in mental health care</i></p> <p>Dr. Forchuk has published on many topics in relation to mental health and mental illness including: therapeutic relationships, transitional discharge, housing/homelessness, peer support and nursing theory. She has published a book through Sage on Peplau's interpersonal theory of nursing, and a book through Canadian Scholar's press on housing and homeless issues for psychiatric survivors. Her current research includes exploring issues related to poverty and social inclusion for psychiatric survivors, housing/homeless issues, the implementation of the Transitional Discharge Model for the transition from hospital to community and the use of new technologies to improve mental health, including addiction services. Dr. Forchuk will reflect on the mental health care innovations from past and how they continue to evolve over time into new ideas, collaborations, practices, and technologies to improve client experiences with care transitions.</p>
9:30 – 9:45	Break	

**CONCURRENT SESSION A**

9:45 – 10:45	<p><b>A1 Innovations Through Collaboration: The Forensic Transitional Housing Program</b> <b>Mark Rice</b>, Administrative Director, Forensic Program, Ontario Shores Centre for Mental Health Sciences, Whitby, <b>Rob Adams</b>, Executive Director, Durham Mental Health Services, Whitby, <b>Andrew Paton, BA (Hons)</b>, Forensic Case Manager, TRHP Team, Canadian Mental Health Association- Durham, Oshawa</p> <p>Forensic clients who transition from highly structured inpatient settings to community life require effective and coordinated support, particularly if they have been institutionalized by years, sometimes decades, of inpatient life. Durham Region's Transitional Rehabilitation Housing Program (TRHP) offers high- and medium-support housing options to help forensic clients successfully navigate the transition to community life. Collaboration between three partner organizations – Ontario Shores for Mental Health Sciences, Canadian Mental Health Association Durham and Durham Mental Health Services – TRHP provides safe housing and recovery-oriented support to forensic clients. Some TRHP clients have high-risk index offenses. Others have lower-risk offenses but experience significant mental, emotional or behavioural challenges. Depending on their needs, TRHP clients can be supported in independent units with intermittent staff support (2-3 hours daily) or in congregate dwellings with 24/7 housing support plus an assigned Forensic Transitional Case Manager. TRHP promotes both client recovery and community safety. Daily staff contact helps clients meet their goals and enables early intervention to restore client health as needed. Durham Region's Transitional Rehabilitation Housing offers a model for other jurisdictions that face similar challenges.</p>	
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9:45 – 10:45		<p><b>A2 Health Sciences North Crisis Intervention Program</b> <b>Thomas Smith</b>, Clinical Manager, Crisis Intervention Program, Mental Health and Addictions Centre, Health Sciences North, Sudbury</p> <p>This presentation will focus on the innovations and lessons learned with the relocation of the program to a community based location which was developed and implemented to operate a 24/7/365 program. The features of the program will be shared including 24 hour Live Voice, a Mobile Crisis Team, and a 7 day per week Community Based Main Office Location. The outcomes to date will be shared including the impact on diversions from the Emergency Department; the coordinated work with local police and several tools that have been developed including a Risk Triage Rating Scale, which incorporates the CTAS, Police screening form for Emotionally Disturbed Persons, as well as the Risk Level Screening Tool used by our local Child and Family Centre Program. Also some of the specific aspects of training and assessment including cultural awareness encompassing Traditional, Beliefs and Practices that aid in the clinical intervention and enhanced Contract for Safety agreements will be discussed.</p>
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10:45 – 11:45

**Guided Poster Viewing Session**

You will have an opportunity for both a formal and informal viewing of all the Posters and network with colleagues while learning about innovative programs and services.



11:45 – 12:45

**Lunch (Provided)**

**CONCURRENT SESSION B**

12:45 – 13:45

**B1 Innovations in Community Mental Health Care: Leveraging Technology to Promote Safe and Successful Community Integration**

**Jeff Reed, RN, MScN(C)**, London Health Sciences Centre, Arthur Labatt Family School of Nursing, Western University, London



Growing bodies of evidence suggest that prevention, early-intervention and ongoing support are the most effective and sustainable ways of promoting mental wellness in the community. However, the fragmentation of community health services has made it difficult for those with mental illness to navigate their way through the system and receive the support they need. The advent of innovative technologies has created an opportunity to augment our current approach to community mental health care. You are invited to explore how technology has been used to aggregate health information across various communities agencies, how smart phones have promoted successful community integration, and how electronic health maintenance tools have supported healthy living and mental wellness among youth and adults.

In this session you will:

- Learn how technology is being used to mitigate risk and promote safety in community mental health care
- Explore how technology has optimized current mental health outpatient services
- Learn about some of the research findings extrapolated from current and past studies
- Discuss issues and concerns surrounding technology, privacy, and patient care
- See a live demonstration of some of the innovations and tools being used in London, ON and the surrounding area

12:45 – 13:45

**B2 Community Collaboration: Supporting Transitions and Integration for the Elderly Population**

**Melanie Kelly, RN BScN GNC(C) CPMHN(C)**, Clinical Manager, Geriatric Dementia Unit, Geriatric Psychiatry Unit, Geriatric and Neuropsychiatry Program, Ontario Shores Centre for Mental Health Sciences, Whitby



Transitions can be difficult for the elderly population. This is complicated when there is an underlying mental health illness and /or history. The key to successful transitions is clear communication and the ability to collaborate as a system to ensure that the needs of this special population are met. This presentation will highlight the collaboration the Geriatric and Neuropsychiatry Program at Ontario Shores have developed to help support our community partners in providing the care needed while maintaining the person in the community.

13:45 – 14:00

**Break**

## Friday, October 24<sup>th</sup>, 2014 Poster Viewing

14:00 – 15:15

### Panel Presentation

#### Engaging Clients and Families: Partners in Safe Care Transitions



**Moderators: Margaret Gehrs, RN, MScN, CPMHN(C)**, Director Interprofessional Practice, Professional Practice, CAMH

Safe and effective care coordination is important for clients with high risk mental health issues when they experience a change in health status, care needs, health-care providers or location (within, between or across settings). Collaboration with clients and family members is a critical ingredient in safe care transitions (Care Transitions Clinical Best Practice Guidelines, RNAO, 2014). This panel presentation will explore the role of clients and families in supporting mental health care transitions from a best practice perspective. Various stakeholder viewpoints will be presented (e.g., nursing leadership, health care providers, consumers, peer support workers and family members). Symposium participants will have an opportunity to engage with the stakeholder panelists in a discussion of issues impacting safe transitions in mental health care.

**Brenda Dusek, RN**, Program Manager, International Affairs and Best Practice Guideline Centre (IABPG), RNAO  
Care Transitions Guideline Development Lead, RNAO



**Christine Holland**, Family Council Member,  
Ontario Shores Centre for Mental Health Sciences



**Gord Singer**, Peer Support Specialist, St. Michael's Hospital  
Community Mental Health



**Kamini Kalia, RN, MScN**, Discipline Chief of Nursing,  
Professional Practice,  
Centre for Addiction and Mental Health



15:15 – 15:30

### Closing

CFMHN President - Lorelei Faulkner-Gibson

### CFMHN Mission

An associate group of the Canadian Nurses' Association (CNA), we are a national voice for psychiatric and mental health (PMH) nursing.

CFMHN is by psychiatric and mental health nurses for psychiatric and mental health nurses and strives to ensure a national voice in matters relevant to psychiatric and mental health nursing.

*Thank you for attending*



# Registration & Fees

**REGISTER ONLINE!**

**www.cfmhn.ca**

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Title/Position \_\_\_\_\_

Organization \_\_\_\_\_

**Work Address** \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Work # ( ) \_\_\_\_\_

Fax # ( ) \_\_\_\_\_

**Preferred Mailing Address**  Work  Home

**Home Address** \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Home # ( ) \_\_\_\_\_

CFMHN Member? Yes  No

**Note: Please note Ontario Mental Health Nurses Interest Group (MHNIG) members are automatically members of CFMHN.**

Do you have any Special Needs (eg Dietary, other)? Indicate below

Delegate registration lists (business information only) will be shared at the symposium to encourage post-symposium networking with your specific approval.

I give permission to list my contact information in the registration materials for networking purposes.

## CANCELLATION POLICY

All cancellations must be confirmed in writing. A refund levy of \$50.00 will be applied to every cancellation received up to and including **October 3rd, 2014**. No refunds will be made for cancellations received after that date. Substitutions are permitted.

## CONFERENCE FEES

	Cost	+ GST	= Total
<b>Friday Symposium</b>			
<input type="checkbox"/> CFMHN /MHNIG Member	\$150.00	+ \$19.50	= \$169.50
<input type="checkbox"/> Non-Member	\$165.00	+ \$21.45	= \$186.45
<input type="checkbox"/> Full Time Student	\$100.00	+ \$13.00	= \$113.00

Students must provide proof of full time registration

### Pre-Symposium Workshop (Thursday)

Afternoon Workshop \$60.00 + \$7.80 = \$67.80



CFMHN Symposium Attendees are encouraged to also attend the Ontario Shores "Mental Health Forum" on Thursday, October 23rd at a reduced price.

### Thursday/Friday Combination Package

Full Day Thursday (Ontario Shores "Mental Health Forum") + Full Day Friday (CFMHN Symposium). Total Value \$400.00 with 20% discount.

Combination Package \$320.00 + \$41.60 = \$361.60

**Total Value**

CFMHN HST # 86189-1422

## PAYMENT

Payment may be made by personal or institutional cheque or money order. Make payable to: CFMHN **CFMHN Conference** or use your credit card:

Mastercard  Visa  American Express

Name on Card \_\_\_\_\_

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Expiry \_\_\_\_\_ Signature \_\_\_\_\_

MAIL, FAX OR EMAIL TO:

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