



2018 Mental Health Update: The Troubled Adolescent

Friday, June 8, 2018

The Ottawa Hospital Civic Campus Amphitheatre

Program Brochure

COURSE DESCRIPTION

The University of Ottawa, Office of Continuing Professional Development (CPD) and the Department of Psychiatry are proud to present this 1-day course designed to provide family physicians and other primary health care professionals with relevant and up-to-date information about practical Mental Health topics related to troubled adolescents. This conference will allow participants to meet, dialogue and network with mental health specialists through plenary sessions and interactive short presentations.

OVERALL LEARNING OBJECTIVES

By the end of the conference, participants will be able to:

- Discuss relevant up-to-date topics of adolescents' mental health in primary care;
- Provide information on access to community resources for primary care providers and families.

ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the **Royal College of Physicians and Surgeons of Canada**, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **7.0 hours** (credits are automatically calculated).

This Group Learning program meets the certification criteria of the **College of Family Physicians of Canada** and has been certified by the Office of Continuing Professional Development for up to **7.0 Mainpro+ credits**.

PLANNING COMMITTEE

Special thanks to the following committee members who participated in the planning of this event:

Dr. Andrew Wiens, Chair
Dr. Judy Chow
Dr. Paul Hendry
Dr. Gloria Manzig
Dr. Laura Muldoon
Dr. Eoghan O'Shea
Dr. Parisa Rezaiefar
Dr. Jakov Shlik

REGISTRATION

Conference Registration Fees (fees are in CAD and inclusive of taxes)	Early Bird Online Rate On or before May 11	Regular Online Rate After May 11	Onsite Rate At the conference
Physician	\$249	\$299	\$309
Other Healthcare Professional	\$199	\$249	\$259
Resident	\$199	\$249	\$259
Student	\$49	\$74	\$84

[Click here to register online today!](#)

Cancellation Policy: Refunds less \$75 administrative charge will be issued in writing by **May 11, 2018**. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

COURSE PRESENTATIONS

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

Further information: cpd@toh.ca | 613-761-4480 ext. 1 | [link tbc](#)

PROGRAM AT A GLANCE

07:00	Registration & Networking Breakfast	
07:50	Welcome Remarks	<i>Dr. Andrew Wiens</i>
08:00	ADHD in Adolescents and Emerging Adults By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Select appropriate pharmacotherapy options and manage adverse effects; • Manage issues unique to the 16-24 year-old with ADHD (e.g. driving, accidental death, substance abuse, risky behaviour). 	<i>Dr. Philippe Robaey</i>
08:45	Adolescent Addictions: Alcohol/Substance Abuse By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Describe approaches to assess and manage adolescent patients and their families who need referral to specialized community support services; • List factors that may identify patients at high risk to addiction. 	<i>Dr. Sinthuja Suntharalingam</i>
09:30	Managing Adolescent Patients with Eating Disorders By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Identify disordered eating early; • Select appropriate interventions that can be done in primary care. 	<i>Dr. Clare Roscoe</i>
10:15	Resource Rapid Refresher: The Dave Smith Youth Treatment Centre By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Locate and summarize resources available in Ottawa for health care professionals and their patients. 	<i>Mr. Mike Beauchesne</i>
10:25	Refreshment Break & Networking with Exhibitors	
10:45	Major Depression in the 16- to 24-year-old By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Recognize and evaluate the beginning of mood disorders, differential diagnosis for first onset of depression, subtleties to watch for in adolescents; • Select appropriate pharmacotherapy and other treatment options (e.g. online options). 	<i>Dr. Katharine Gillis</i>
11:15	Helping Youths Manage Self-Harm By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Describe the spectrum of self-harm; • Discuss local support and available resources. 	<i>Dr. Kathleen Pajer</i>
11:45	Suicide: Assessing and Supporting the Family By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Ask the questions that will help you to assess risk; • Review and discuss difficult issues with parents; • Locate and recommend resources available to parents and families of a child who self-harms. 	<i>Dr. Allison Kennedy</i>
12:15	Resource Rapid Refresher: Youth Services Bureau By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Locate and summarize resources available in Ottawa for health care professionals and their patients. 	<i>Ms. Francine Gravelle & Mr. Ted Charette</i>
12:25	Lunch	
13:00	Technology: Overuse, Cyberbullying By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Distinguish between overuse and addiction, when does it become a problem and what do you do about it • How technology can be helpful in this age group; • Counsel families and patients around cyberbullying. 	<i>Dr. Hazen Gandy</i>
13:45	Teenage Angst, Anxiety Attachment, Adjustment: New Perspectives from Interpersonal Neurobiology (INB) By the end of this session, participants will be able to: <ul style="list-style-type: none"> • List predisposing factors for anxiety and distress that can be preventive points of intervention in primary care; • View anxiety from a neurodevelopmental, neurosequential perspective informed by interpersonal neurobiology (INB); • Recommend different interventions that work at different levels of brain function such as neocortical ("rational brain" and subcortical levels ("attachment", "emotional" and "survival brain"). 	<i>Dr. Michael Cheng</i>

PROGRAM AT A GLANCE

14:15	Resource Rapid Refresher: Rideauwood Addiction & Family Services By the end of this session, participants will be able to: <ul style="list-style-type: none">• Locate and summarize resources available in Ottawa for health care professionals and their patients.	<i>Mr. Andrew Mendes</i>
14:25	Refreshment Break	
14:45	Cannabis and the Teenage Brain By the end of this session, participants will be able to: <ul style="list-style-type: none">• Recognize cannabis addiction and describe principles and guidelines in managing patients with cannabis addiction;• Communicate guidelines and information about cannabis use patterns to patients;• Distinguish between cannabis myths and facts.	<i>Dr. Robert Milin</i>
15:30	Adolescent Sexuality By the end of this session, participants will be able to: <ul style="list-style-type: none">• Review current trends in teen sexual behavior in Canada;• Provide an approach to sexual history taking with an adolescent-focus;• Differentiate between sexuality and gender identity.	<i>Dr. Amy Robinson & Dr. Megan Harrison</i>
16:15	Closing Remarks	<i>Dr. Andrew Wiens</i>