

2010 National Summer Institute on Addictions

# BUILDING BRIDGES:

## JUSTICE, ADDICTIONS AND MENTAL HEALTH

July 12–15, 2010 | Stanhope Beach Resort, Prince Edward Island

### PROGRAM GUIDE



Canadian Centre on Substance Abuse



# Canadian Centre on Substance Abuse

... working to reduce alcohol- and drug-related harm



The Canadian Centre on Substance Abuse (CCSA) has a legislated mandate to provide national leadership and evidence-informed analysis and advice to mobilize collaborative efforts to reduce alcohol- and other drug-related harms.

Three strategic directions guide our activities:

**Leadership:** Providing leadership that allows for the development, implementation and monitoring of national priorities

**Knowledge Translation:** Fostering a knowledge translation environment where evidence informs policy, practice and action

**Partnerships:** Creating, sustaining and leveraging partnerships that maximize individual and collective efforts

CCSA provides access to a range of information and analysis relating to substance abuse issues, and connects you with a broad spectrum of networks and activities in the field.

Visit us at [www.ccsa.ca](http://www.ccsa.ca) to learn more.



Canadian Centre on Substance Abuse  
75 Albert Street, Suite 500  
Ottawa, ON K1P 5E7

Tel.: 613-235-4048  
Fax: 613-235-8101  
Web: [www.ccsa.ca](http://www.ccsa.ca)

## canadian network of substance abuse and allied professionals



**The Canadian Network of Substance Abuse and Allied Professionals** is the first national website developed specifically for Canada's substance abuse workforce.

Created by the Canadian Centre on Substance Abuse (CCSA), Canada's national addictions organization, the Canadian Network is a valuable and current resource for everyone working in the substance abuse field and in allied professions.

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

Here are some of the unique features you can find at the Canadian Network site:

- > National, provincial and territorial updates on key initiatives related to the substance abuse workforce;
- > Access to evidence-informed professional resources;
- > A comprehensive listing of professional development opportunities across Canada;
- > Best practices for recruitment and retention;
- > News from across the country with critical implications for the substance abuse workforce; and
- > Rotating practitioner profiles and success stories from the field.



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



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# Welcome to NSI 2010

## Welcome to the 2010 National Summer Institute on Addictions

*Stanhope, Prince Edward Island*

On behalf of the Canadian Centre on Substance Abuse and the Correctional Service of Canada, it is our privilege to welcome you to the sixth National Summer Institute on Addictions. An ongoing collaboration between our organizations, this event aims to provide information on topics ranging from the latest research and evidence-informed approaches to service integration and knowledge exchange. Through plenary sessions and workshops, participants will have opportunities to consider application and implementation issues at both service and systems levels.

The theme for the 2010 National Summer Institute on Addictions—*Building Bridges: Justice, Addictions and Mental Health*—will explore assessment, treatment and aftercare with offenders, women, First Nations and those with concurrent disorders. The aim of this event is to support those working in substance abuse, health, mental health, social services, criminal justice and corrections fields to be more responsive to the needs of special populations and to ‘build the needed bridges’ for these people.

We have brought together an exceptional faculty to provide us with leading-edge thinking on service partnerships and collaborations regarding addictions interventions and approaches. As well, we are certain that much of the richness of this learning experience will stem from the insights and ideas shared by you and your colleagues throughout the Institute’s hands-on workshops.

We hope that throughout the next few days you will use every opportunity to connect with your peers and exchange information, best practices and new ideas. It is our sincere hope that this Institute proves to be a meaningful learning opportunity for you, and that it contributes to excellence in addictions treatment in Canada as we work to build more effective bridges for those in care.

Thank you for attending the 2010 National Summer Institute on Addictions.



John Weekes, Ph.D.  
A/SeniorDirector  
Addictions Research Centre



Rita Notarandrea  
Deputy Chief Executive Officer  
Canadian Centre On Substance Abuse



## Registration and Information Desk

The Registration and Information Desk is located in the Parlour off the Lobby of the Stanhope Beach Resort. Staff will be available to answer any questions about registration and the conference program, and will also provide general assistance to conference delegates. Tourism PEI has information available about tourist sites and special events.

Staff will be available during the following hours:

**Sun., July 11:** 4:00–7:00 p.m.

**Mon., July 12:** 7:30–9:00 a.m., during breaks and lunch, and 4:30–5:00 p.m.

**Tues., July 13:** 8:00–8:30 a.m., during breaks and lunch, and 4:30–5:00 p.m.

**Wed., July 14:** 8:00–8:30 a.m., during breaks and lunch, and 4:30–5:00 p.m.

**Thurs., July 15:** 8:00–8:30 a.m. and during break and lunch

NSI staff will be clearly identified by the yellow stripe on their conference badges.

## NSI Badges

Badges must be worn at all times during the NSI. Admittance will not be granted to the sessions or evening events without an NSI badge. Participants can be further identified by the colour of the stripe at the bottom of their badge:

Full Participant:	Red
One-Day Participant:	White
Faculty:	Green
Staff:	Yellow

## A full participant badge entitles you to:

- Unlimited access to all plenary sessions and concurrent workshops
- Opening reception on Sunday, July 11
- Lunch and two breaks on Monday, Tuesday and Wednesday, and lunch and morning break on Thursday
- Daily NSI News, available every morning

## A one-day participant badge entitles you to:

- Dr. DiClemente's presentations
- Morning break and lunch on Monday, July 12

## Concurrent Workshop Seating

Please note that pre-registration for concurrent workshops is not available. Seating has been provided for the best estimate of the number of attendees for each session. If your first choice of workshop is full, please select another one to attend.

## NSI Presentations

All participants will receive copies of NSI slide presentations on a USB key provided at the time of registration. These presentations have been shared with the explicit approval of the author or presenter. In certain instances where the author did not provide approval, those presentations are NOT included. Please note that after the Institute, all outlines and slides (provided in advance or during NSI) will be posted on [www.cnsaap.ca](http://www.cnsaap.ca).

## Alcohol Service

It is the intent of the NSI organizers to provide an environment that respects the rights and religious and personal beliefs of all of its participants. The Steering Committee recognizes that the use or non-use of alcoholic beverages by those of legal age is a matter of personal choice. After careful consideration, the Steering Committee decided that the sale of alcohol will be limited to one cash-bar event: the opening reception on Sunday.

## General Information

Alcohol will not be available free of charge and will not be marketed for the purposes of sale. Those wishing to purchase alcoholic beverages can do so at the Stanhope Beach Resort's Little Boat Bar.

### Reception

All full participants are invited to attend the opening reception on Sunday, July 11, from 7:00 to 9:00 p.m. in the Garden View room Hors d'oeuvres and non-alcoholic beverages will be served.

### Dress/Attire

Attire for all NSI events is business casual.

### Smoking

Smoking is not permitted at any NSI functions or indoors at the resort. Smoking is permitted outside the buildings. We ask that you respect the personal environments of your fellow attendees and refrain from smoking near any entrance or exit to the facility. Stanhope Beach Resort will bill anyone smoking in their rooms for cleaning services.

### Meals

Breakfast is provided with your accommodation courtesy of the Stanhope Beach Resort. Breaks and lunches are provided at NSI and are paid by your registration fee. Dinner can be obtained at the Red Dory Fish House at the resort or at other nearby facilities.

### Evaluation of NSI

In the next week or two, you will be invited to evaluate the 2010 National Summer Institute electronically. Look for an email linking you to FluidSurvey. Your feedback is important and will influence the upcoming NSIs tentatively planned for Ontario in 2012 and in the Far North in 2014.

### Continuing Education Credits

Full participants have an opportunity to apply for continuing education credits from the Canadian Addiction Counsellor Certification Federation (CACCF) and McMaster University. CACCF members will receive a certificate for 20 core hours of continuing education towards their recertification. Individuals interested in receiving credit toward McMaster's Addiction Careworker Diploma or Addiction Studies Certificate can register at the University. A certificate of attendance is available at the end of NSI at the registration desk. Please note that only one copy will be provided per individual.

### Simultaneous Interpretation

Simultaneous interpretation (English/French) will be available for all plenary sessions, which will be held in the Bay View Room. All concurrent workshops will be presented in English; in addition, one workshop per day will have simultaneous interpretation and be held in the Bay View Room (this will be clearly identified in the workshop description). Unfortunately, sign language interpretation is not available.

### Security Procedures

The resort provides general site security; however, for your own protection, do not leave valuables unattended. Unattended items, including laptop computers, briefcases and other packages, will be turned over to security. If you misplace any of your personal belongings, please check first with the NSI Registration Desk and then at the Resort Information Desk.

### Parking Information

There is public parking at the resort.

### Transportation

Contact City Taxi at 902-892-6567 for all your transportation needs.

**NSI 2010 is presented by:**



Addictions Research Centre  
Correctional Service Canada



Canadian Centre on Substance Abuse

**With support from the following sponsors:**

- **Canadian Executive Council on Addictions**  
(Faculty Sponsor)
- **Paul Burke Training and Consulting Group**  
(Meeting Room Sponsor)

# Program at a Glance

This section provides an overview of the plenary and concurrent workshops for NSI 2010. For a detailed summary of all concurrent workshops, please refer to the Concurrent Workshops section on page 12.

## Sunday, July 11

● Timing	● Topic	● Location
4:00–7:00 p.m.	Registration	Parlour (off Lobby)
7:00–9:00 p.m.	Reception (casual)	GardenView

## Monday, July 12

8:30–9:30 a.m.	<b>Welcoming Remarks</b>	Bay View
9:30–10:30 a.m.	<b>Keynote Plenary: The Change Process in Addictions and Mental Health</b> Dr. Carlo DiClemente	Bay View
10:30–11:00 a.m.	Health break	Foyer
11:00 a.m.–12:00 p.m.	<b>Plenary: Screening and Assessment</b> Dr. Carlo DiClemente	Bay View
12:00–1:00 p.m.	Lunch (option to eat outside)	Red Dory Fish House
1:00–2:15 p.m.	<b>Plenary: The Complexity of Assessment, Treatment and Aftercare</b> Dr. Carlo DiClemente	Bay View
2:15–2:45 p.m.	Health break	Foyer
2:45–4:30 p.m.	<b>Concurrent Workshops</b> <ol style="list-style-type: none"> <li>1. Offenders and Assessment (simultaneous translation provided)</li> <li>2. Gender Considerations in Assessment</li> <li>3. Concurrent Disorders and Assessment</li> <li>4. Cultural Considerations in Assessment</li> </ol>	Bay View Sunset Ocean View Garden View

## Tuesday, July 13

● Timing	● Topic	● Location
8:30–10:00 a.m.	<b>Spirituality Panel: The Role of Spirituality in the Recovery Journey</b> Elder Tobasonakwut Kinew, Imam Abdul Hai Patel and Chaplain Rick Burk	Bay View
10:00–10:30 a.m.	Health break	Foyer
10:30 a.m.–12:00 p.m.	<b>Plenary: Meta Concepts and Holistic Approaches to Treatment</b> Wayne Skinner and David Varis	Bay View
12:00–1:00 p.m.	Lunch (option to eat outside)	Red Dory Fish House
1:00–2:15 p.m.	<b>Concurrent Workshops</b> <ul style="list-style-type: none"> <li>5. Community Reinforcement Approaches (simultaneous translation provided)</li> <li>6. Cognitive-Behavioural Interventions: Theory and Practice</li> <li>7. Motivational Techniques</li> <li>8. Pharmacology: How Do Drugs Affect the Mind/Body/Spirit?</li> </ul>	Bay View I Bay View II Sunset Ocean View
2:15–2:45 p.m.	Health break	Foyer
2:45–4:30 p.m.	<b>Workshops continue</b>	As above

## Wednesday, July 14

8:30–10:00 a.m.	<b>Plenary: Aftercare in the Holistic Continuum of Care</b> Dr. Louise Nadeau	Bay View
10:00–10:30 a.m.	Health break	Foyer
10:30 a.m.–12:00 p.m.	<b>Plenary: Navigating the System</b> Wayne Skinner	Bay View
12:00–1:00 p.m.	Lunch (option to eat outside)	Red Dory Fish House
1:00–2:30 p.m.	<b>Concurrent Workshops</b> <ul style="list-style-type: none"> <li>9. First Nations and Aftercare</li> <li>10. Concurrent Disorders and Aftercare</li> <li>11. Offenders and Aftercare (simultaneous translation available)</li> <li>12. Women and Aftercare</li> </ul>	Garden View Ocean Bay View Sunset
2:30–3:00 p.m.	Health break	Foyer
3:00–4:30 p.m.	<b>Workshops continue</b>	As above

## Program at a Glance

Thursday, July 15

● **Timing**

8:30–10:00 a.m.

10:00–10:30 a.m.

10:30 a.m.–12:00 p.m.

12:00–1:00 p.m.

● **Topic**

**Closing Plenary Panel: Promising Practices**

Dr. Louise Nadeau, Rebecca Jesseman and Dr. John Weekes

Health break

**Last One Standing: The Game Show**

Hosted by Greg Purvis, Elva Keip and John Weekes

Closing lunch

● **Location**

Bay View

Foyer

Bay View

Red Dory Fish House

# Motivational Interviewing

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and all about how we do it.*

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resources on MI in corrections and  
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### Keynote Addresses

Monday, July 12, 9:30 a.m.–2:15 p.m. (Bay View Room)

This year's keynote speaker is **Dr. Carlo DiClemente**, co-developer of the transtheoretical model of behaviour change with Dr. James Prochaska. He is the author of numerous scientific articles and book chapters on motivation and behaviour change, as well as the application of this model to a variety of health and addictive behaviours. Dr. DiClemente has co-authored a self-help book based on this model of change, *Changing for Good*, in addition to several professional books, including *The Transtheoretical Model*, *Substance Abuse Treatment and the Stages of Change*, and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual*. His latest book, *Addiction and Change: How Addictions Develop and Addicted People Recover*, is published by Guilford Press.



### Canadian Executive Council on Addictions Conseil exécutif canadien sur les toxicomanies

The Canadian Executive Council on Addictions (CECA) is a national, non-governmental organization established in 2002 to inform public policy on substance use through partnerships, advocacy and capacity building.

#### The CECA Strategic Priorities:

1. National Treatment Strategy Tier Development – Jurisdictional Readiness
2. Addiction and Mental Health Integration
3. International Drug Policy

#### Members:

Addiction Foundation of Manitoba  
Alberta Health Services  
BC Mental Health and Addictions  
Canadian Centre on Substance Abuse  
Centre for Addiction and Mental Health  
National Native Addiction Partnership Foundation  
Newfoundland and Labrador Dept. of Health and Community Services  
Nova Scotia Department of Health  
Nunavut Department of Health and Social Services  
Prince Albert Parkland Health Region Saskatchewan  
Prince Edward Island Department of Health

# Concurrent Workshops

## **Workshop 1: Offenders and Assessment**

**Dr. John Weekes**

Many intake assessments are not empirically based. Further, assessments do not lead to the development of individualized treatment or care plans. Substance abuse problems are wide ranging (in terms of severity, chronicity, etc.) and severity is a potent, treatment-relevant dimension. A range of treatment options are needed—with variety in intensity, duration and content/type, as well as in the range of treatment modalities and techniques employed. Not everyone has a severe problem; the majority of people have low severity problems and we must reserve the most intensive, long-term and expensive options for those who really need these services. The choice of treatment option should be based on assessed need (valid screening and assessment measures exist for alcohol and other drugs). Then assessment should guide the development of relatively individualized treatment plans (frequently it is the reverse), with treatment plans and options available that reflect the assessment findings.

## **Workshop 2: Gender Considerations in Assessments**

**Gloria Chaim**

Research indicates that substance abuse issues are significantly different for women than they are for men. In this workshop we will discuss the key differences, using the case study to shape discussions. Participants will discuss developing an assessment plan, determining appropriate tools and asking assessment questions. The workshop will also explore the application of a sex and gender lens to screening and assessment, with particular attention to respect, inclusivity and the right questions.

## **Workshop 3: Concurrent Disorders and Assessment**

**Dr. Raju Hajela**

Substance-related and addiction-related problems often present as mental health problems and physical/medical complications. As much as primary psychiatric disorders can occur concurrently with addiction, proper screening and assessment are essential prior to initiating treatment. This assessment clarifies whether the psychiatric disorder is a complication of substance/addiction-related problems or a primary entity in itself. Assessment needs to include any medical complications that may exist concurrently and any medication-related complications that may be present. Current screening and assessment tools and practices will be discussed in terms of their utility and effectiveness. The spectrum of treatment interventions—from harm reduction to definitive treatment—will be addressed to highlight the importance of client/patient-centred care. Partnership amongst care providers with interdisciplinary teams will be emphasized. Case studies will illustrate practice points. Participants will be encouraged to share case histories from their own practices to highlight challenges and successes.

## **Workshop 4: Cultural Consideration in Assessments**

**Tobasonakwut Kinew**

Information not available.

### **Workshop 5: Community Reinforcement Approach**

**Greg Purvis**

Practitioners who have come to practice should consider attending this therapy skills boot camp. The focus will be on learning the three core therapeutic tools used in both CRA and CRAFT. The 'Functional Analysis', 'Happiness Scale' and 'Goals of Counselling' assist the client in self-discovery and treatment planning, and comprise the therapeutic backbone for both CRA and CRAFT. After a brief introduction to CRA and CRAFT, we will demonstrate each of the techniques before separating into small practice groups to begin attaining and refining these valuable behavioural treatment tools. Large group discussion will follow each practice session to ensure the entire group can benefit from lessons learned. Multiple training techniques will be used to ensure an entertaining and meaningful learning environment—and of course, lots of humour. CRA has been consistently listed in the top five of meta-analysis research on substance use disorder treatment and is listed in Health Canada's *Best Practice Guide to Substance Abuse and Rehabilitation* (1999). CRAFT is a well-regarded emerging practice for the treatment of concerned significant others with a strong base of multisite, multistudy randomized clinical trial research supporting its continued practice and development. Join me as we have fun learning the 'Big Three'.

### **Workshop 6: Cognitive-Behavioural Interventions: Theory and Practice**

**Dr. Guy Bourgon**

Cognitive-behavioural interventions are arguably the most commonly used therapeutic techniques in today's treatment programs. In this workshop, we will explore what a cognitive-behavioural model really means and how this can be translated into everyday practice. We will explore what the characteristics of good cognitive-behavioural interventions are, the steps required to engage in such interventions, and the 'how to' of actually doing this work with the clients. Participants will learn how to illustrate and bring to life the key assumptions for their clients through 'Spot the Dog', the 'Behaviour Sequence', and 'Tapes and Counters'. In addition, through hands-on exercises, participants will learn how to concretely use the Behaviour Sequence to engage clients in recognizing, taking responsibility for and changing their risky attitudes, cognitions and behaviours across a wide range of clinical situations commonly faced when dealing with substance abusing clients.

### **Workshop 7: Motivational Techniques**

**Wayne Skinner**

This workshop will offer a template for approaching issues in treatment delivery that challenge practitioners drawing on Motivational Interviewing. These will be applied to clinical scenarios that the participants will identify. The goal will be share a collaborative experience where we can try out motivational approaches and strategies to helping get beyond clinical roadblocks related to engagement, compliance, retention and change maintenance.

While Motivational Interviewing (MI) is evolving into an increasingly formalized and particular set of skills, methods and techniques, this workshop will not be focused on MI as a method. Instead, we will employ MI concepts and skills to look at the motivational issues that emerge in working with people whose behaviours are producing negative consequences and who could benefit from healthy behaviour change.

## Concurrent Workshops

We will look at the spirit of MI, which is characterized by the concepts of autonomy, collaboration and evocation (ACE). We will operationalize these by employing four skillful practices: open questions/statements, affirmations, reflective listening, and summarizing (OARS). We will apply these towards helping evoke “Change Talk” in the client, as evidence by statements related to desire, ability, reasons and need for change, leading to client talk about commitment, activation and taking steps to change, all remembered by the mnemonic DARN CAT.

While the scenarios participants will present for exploration will remind us of the dimensions of, disadvantage, stigma, trauma, and suffering that shape the lives of too many people struggling with addiction, we will aim to cultivate and draw on MI spirit and skills in ways that turn even brief interactional moments into effective motivational encounters, as well as helping us stay positively engaged on the long journey of accompanying people on processes of extended change, where there will be periods of relapse, demoralization and disengagement.

### **Workshop 8: Pharmacology: How Do Drugs Affect the Mind/Body/Spirit?**

**Dr. Raju Hajela**

This workshop will review the broad categories of psychoactive drugs that people abuse—stimulants, depressants, opioids, hallucinogens and organic solvents—together with the means of bringing them into the body—ingestion, inhalation, intranasal, intravenous and intradermal. The physiological effects, both short term and long term, will be reviewed from the perspectives of harm reduction and providing definitive treatment for substance abuse and addiction. Medications that can become part of the problem in people with mental health and addiction problems, as well as those that are part of the solution, will be discussed in detail. The effects on biological function will be balanced with the effects on psychological and social functioning, together with the effects on a person’s spirituality.

### **Workshop 9: First Nations and Aftercare**

**Tobasonakwut Kinew**

Information not available.

### **Workshop 10: Concurrent Disorders and Aftercare**

**Dr. Raju Hajela**

Concurrent disorders treatment needs to recognize the difference between the complications and truly concurrent conditions that require simultaneous treatment. The order of treatment modalities for various conditions (e.g., post-traumatic stress disorder, bipolar disorder) will be discussed to optimize outcomes and support ongoing recovery. Issues related to medications as part of the problem and part of the solution will be discussed in depth. The term ‘aftercare’ is often used by providers to denote the care provided after someone has completed residential treatment, but it can mean different things to different people. This workshop will highlight the importance of ‘continuing care’ in a chronic disease framework, recognizing that the level and intensity of care can vary depending on the severity of problems and level of interest/engagement on the part of the affected individual. The role of family and friends will be reviewed from the perspective of early intervention to supporting recovery throughout the individual’s life journey. The mental health, addiction and other medical illness management along the biological, psychological, social and spiritual dimensions will be explored in terms of utilization of any or all opportunities that may be available, regardless of the stage of change that the individual may be in.

## **Workshop 11: Offenders and Aftercare**

**Dr. John Weekes**

In many respects, aftercare is the most important phase of the treatment/change process. For offenders, aftercare equals community—and the community constitutes a potent high-risk context for slips, lapses and relapses. Both the U.K. and Canada have developed an accreditation framework that attempts to maximize treatment effectiveness by focusing on the use of empirically rigorous and sound interventions. Aftercare and the community provide the context for important opportunities to develop key skills. ‘Ancillary’ factors are more important than one might think when considering the treatment process; these include housing, employment, education, childcare and transportation to treatment, to name a few. Outcome research indicates that interventions with solid theoretical and empirical bases, coupled with financial and management support, are effective in contributing to significant positive behaviour change. The best option? Evidence-based treatment (with significant skill development) in addition to aftercare that logically links with base treatment and processes real-time experiences. Aftercare provides important opportunities for offenders to develop, practice and master relapse prevention skills.

## **Workshop 12: Women and Aftercare**

**Gloria Chaim**

This workshop focuses on women’s issues after treatment. Discussions will centre on developing an aftercare plan and goals, identifying and dealing with strengths and challenges, and determining appropriate agencies and other resources that could be helpful to women at this stage of the recovery journey. The complexities of a woman’s life will be discussed in the context of their impact on her success in reaching her goals. Participants will also explore ‘what-if’ scenarios such as pregnancy, family violence, rural/remote location, First Nation/Inuit/Métis and older age.

# Plenary Speakers, Workshop Leaders and Panellists

## Guy Bourgon

Guy Bourgon, Ph.D. (University of Ottawa), is a clinical psychologist with a specialization in correctional and criminal justice psychology. He has more than 25 years clinical experience in the assessment and treatment of adults and youths involved in the criminal justice system. In addition, he has been involved in the development of various effective correctional programs, and has extensive experience in the training and supervision of various front-line professionals.

Presently a Senior Researcher for Public Safety Canada, Guy conducts research on effective correctional services and practices. As the co-lead on the Strategic Training Initiative in Community Supervision, he played a significant role in the development of its community supervision model, the training of probation officers and their clinical supervision, as well as the evaluation of the 'Risk-Need-Responsivity' approach to offender supervision. He has published articles on effective correctional treatment across a range of offender populations and programs, risk assessment, research methodology and effective knowledge transfer to everyday practice. Guy maintains a private practice, is an adjunct professor at Carleton University and is a member of the Editorial Board on *Criminal Justice and Behavior*.

## Rick Burk

The Reverend Richard (Rick) Burk, BA, ThB, MDiv, has engaged in volunteer, part-time and full-time ministry experience beginning at age 21. He has served in rural, suburban and urban settings. From 1995 to 1997, he was director of an inner-city mission in Winnipeg, working with addictions, poverty, homelessness, food security and gang-related issues. In 1997, Rick began working as institutional chaplain for Correctional Service Canada (CSC) at Saskatchewan Penitentiary and served in minimum, medium, maximum and Special Handling Unit environments. He began serving as Regional Chaplain of Prairie Region in 2000. In 2003, he was appointed as Associate to the Director General – Chaplaincy at CSC's national headquarters in Ottawa. Currently, Rick is Interim Director General – Chaplaincy at CSC.

## Gloria Chaim

Gloria Chaim is the Deputy Clinical Director in the Child, Youth and Family Program at the Centre for Addiction and Mental Health in Toronto. She is also Assistant Professor at the Department of Psychiatry and Factor-Inwentash Faculty of Social Work at the University of Toronto. Gloria's main interest is in the development of service capacity for underserved populations, in particular women, children, youth and families where concurrent disorders are a concern. To foster opportunity for innovation, her focus most recently has been on the development of cross-sectoral networks and collaborations that provide a forum for knowledge exchange and joint service and research initiatives.

## Carlo DiClemente

Carlo DiClemente, Ph.D., received his MA in Psychology at the New School for Social Research and his Doctorate in Psychology at the University of Rhode Island. For the past 25 years, he has conducted funded research in health and addictive behaviours. He has directed an outpatient alcoholism treatment program, served as a consultant to private and public treatment and prevention programs, and has lectured nationally and internationally.

The co-developer of the transtheoretical model of behaviour change with Dr. James Prochaska, Carlo is the author of numerous scientific articles and book chapters on motivation and behaviour change, as well as the application of this model to a variety of health and addictive behaviours. He has co-authored a self-help book based on this model of change, *Changing for Good*, in addition to several professional books, including *The Transtheoretical Model*, *Substance Abuse Treatment and the Stages of Change*, and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual*. His latest book, *Addiction and Change: How Addictions Develop and Addicted People Recover*, is published by Guilford Press.

## Plenary Speakers, Workshop Leaders and Panellists

For his work in addictions, Carlo was given the Innovators Combating Substance Abuse award by the Robert Wood Johnson Foundation and the John P. McGovern Award from the American Society on Addiction Medicine, as well as a Distinguished Contribution to Scientific Psychology award by the Maryland Psychological Association and the American Psychological Association (APA) Division on Addictions. He has served as president of the APA Division on Addictions and is a Fellow of both the APA and the Association for Psychological Science. In 2007, he was named the first Lipitz Professor of Arts, Humanities and Social Sciences at UMBC.

### **Raju Hajela**

Raju received his MD from Dalhousie University in 1982 and his Master of Public Health from the Harvard School of Public Health in 1988. He is a Certificant of the College of Family Physicians of Canada, as well as the Canadian, American and International Societies of Addiction Medicine. He is also a Certified Medical Review Officer and a Diplomate of the American Board of Addiction Medicine (ABAM).

Raju served in the Canadian Forces from 1979–1995, where his assignments included Field Medical Officer, Flight Surgeon, Staff Officer-Occupational Health/Surgeon General's Office and Director of the Addiction Rehabilitation Centre in Kingston, Ontario. In addition, he has held faculty appointments in Family Medicine and Psychiatry at Queen's University (1992–2001) and has taught medical students and residents at the University of Toronto, Queen's University and the University of Calgary. Raju has held leadership positions in national and international medical organizations and has received numerous honours and awards for his leadership and community work. He routinely provides training for health care professionals and does presentations for corporations, government and the general public.

### **Rebecca Jesseman**

Rebecca Jesseman has been a Research and Policy Analyst with the Canadian Centre on Substance Abuse (CCSA) since August 2006. During this time, she has primarily been involved with the development and implementation of *A Systems Approach to Substance Use in Canada: Recommendations for a National Treatment Strategy*. Rebecca has a Masters degree in Criminology from the University of Ottawa, where she continues as a sessional professor. Prior to joining CCSA, Rebecca worked for the federal government on files including firearms, corrections research and controlled substances.

### **Tobasonakwut Kinew**

No information available

### **Louise Nadeau**

Louise Nadeau is Professor in the Department of Psychology at the Université de Montréal, Scientific Director of the Centre Dollard-Cormier at the University Institute on Dependencies, and Associate Researcher at the Douglas Mental Health University Institute. Her work focuses on alcohol and gambling; in particular, on co-occurring disorders, driving under the influence of alcohol and the epidemiology of gambling. Louise is Chair of the Board of Éduc'alcool and the first Chairperson of the Board of the Canadian Foundation on Foetal Alcohol Research. She served as Vice-chair of the Canadian Institutes of Health Research Governing Council (2000–2006) and was awarded the 2006 prix Marcel-Vincent for her work in the social sciences by ACFAS (the Francophone Association for Knowledge).

# Plenary Speakers, Workshop Leaders and Panellists

## Abdul Hai Patel

Imam Abdul Hai Patel has served as Imam and community leader for 40 years in Canada. He is the immediate past Coordinator of Canadian Council of Imams and is currently Director of Inter-Faith Relations. He is a Muslim Chaplain at the University of Toronto, for the York Regional Police, and at the Centre for Addiction and Mental Health, and has served as Chaplain at Whitby Mental Hospital and as Chaplaincy Consultant to other hospitals and correctional facilities. He has also served as a Commissioner of the Ontario Human Rights Commission from 1999–2005 and in various capacities on boards of hospitals, social services and community legal clinics, as well as international development and relief organizations. The recipient of Governor General and Ontario Government awards for community service, Abdul has spoken at several national and international conferences.

## Greg Purvis

Greg Purvis is the Director of Addiction Services for three District Health Authorities (Colchester/East Hants, Cumberland and Pictou Counties) in Nova Scotia. He received his Master's in Clinical Psychology in 1991 and has since worked in federal penitentiaries, provided gambling treatment therapy and psychology services at a mental health clinic, and served as supervisor of treatment services and acting director of mental health services. In addition to his work as Director of Addiction Services, Greg also maintains a small private practice. He is one of six people certified internationally as a trainer in the Community Reinforcement Approach (CRA). He is also a frequent speaker at regional, national and international conferences. In addition, Greg is a registered clinical psychologist with the Nova Scotia Board of Examiners in Psychology. Currently, he is chair of the Atlantic Canadian Counsel on Addictions.

## Wayne Skinner

W.J. Wayne Skinner, MSW, RSW, is Deputy Clinical Director in the Addictions Program at the Centre for Addiction and Mental Health (CAMH). Since 1998, he has played a lead role in concurrent disorders at CAMH, where he also co-leads the newly formed Problem Gambling Institute of Ontario. Prior to CAMH, he worked at the Addiction Research Foundation for more than twenty years as a clinician, program director, consultant, research collaborator and educator. Wayne is currently involved in research on supporting families affected by concurrent disorders, communities of practice and recovery processes through mutual aid fellowship and peer support. He is a member of the Motivational Interviewing Network of Trainers (MINT) and an active MI trainer.

Wayne edited *Treating Concurrent Disorders: A Guide For Counsellors*, which was published in 2005. *A Family Guide to Concurrent Disorders*, which he co-authored with Caroline O'Grady, was published in 2007. He is Associate Editor (Canada) for the journal *Mental Health and Substance Use: Dual Diagnosis*. With Marilyn Herie, he co-authored *Substance Abuse in Canada*, published by Oxford University Press in 2010. Wayne is also an Assistant Professor in the Department of Psychiatry and Adjunct Senior Lecturer in the Faculty of Social Work at the University of Toronto.

## David Varis

David Varis received a Master of Applied Criminology from the University of Ottawa (1984). He holds the position of Associate Director, Operations, at the Addictions Research Centre and is responsible for administrative and project management services, infrastructure, security and equipment, and knowledge management. Previously, while in the role of Project Manager, he managed a number of national initiatives, including the Intensive Support Unit research project, research and development of the Aboriginal Offender Substance Abuse Program, and the National Summer Institute on Addictions. He has a vast array of experience in the field of corrections both at the federal and provincial level. Since joining the Correctional Service of Canada, he has held various positions such as

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Parole Officer, Program Administrator and Unit Manager. David is also a part-time university lecturer, having taught at Saint Thomas University for six years and is now in his seventh year of teaching at the University of Prince Edward Island.

### **John Weekes**

Dr. John Weekes is the Acting Senior Director of the Addictions Research Centre, Correctional Service Canada in Montague, Prince Edward Island. He is also Adjunct Research Professor of Forensic Psychology and Addictions at Carleton University in Ottawa, Ontario, where he teaches classes in forensic psychology and addictions and supervises students in forensic addictions. John has consulted widely with correctional jurisdictions and agencies in Canada as well as internationally, including England, Ireland, Scandinavia and the U.S. He is a member of the Atlantic Canada Council on Addictions, and is a past member and Chair of the American Correctional Association's Substance Abuse Committee and Best Practices Coordinating Council. He is also a permanent member of the European Association for the Treatment of Addictions Accreditation Committee.

Recently, John was profiled as an "influential Canadian researcher in forensic psychology" in the textbook *Psychology of Criminal Behaviour* by Serin et al. From 2003–2006, he was Senior Researcher and Acting Director of Policy and Research for the Canadian Centre on Substance Abuse, Canada's national non-governmental social policy and research organization on substance abuse. John has published and presented extensively on a range of issues and areas in substance abuse, forensic psychology and assessment, psychopathology and treatment-outcome research. He is a graduate of Carleton University and Ohio University.

# NSI Committees

## **NSI Steering Committee**

Elva Keip, National Priority Advisor, Canadian Centre on Substance Abuse

Amanda Brazil, Project Manager, Addiction Research Centre, Correctional Service Canada

Andrea Moser, Associate Director Research, Addiction Research Centre, Correctional Service Canada

Rod Olfert, Knowledge Broker, Canadian Centre on Substance Abuse

Darlene Peters, Administrative Assistant, Addiction Research Centre, Correctional Service Canada

John Weekes, Associate Director, Addiction Research Centre, Correctional Service Canada

## **NSI Program Committee**

The Steering Committee, plus:

Rachel Dutton-Gowryluk, National Priority Advisor, Canadian Centre on Substance Abuse

Benedikt Fischer, Professor, Simon Fraser University

Ron Hector, Director, Addiction Foundation of Manitoba

Rebecca Jesseman, Research and Policy Analyst, Canadian Centre on Substance Abuse

Greg Purvis, Director, Addiction Services, NS Health

Wayne Skinner, Deputy Clinical Director, Centre for Addiction and Mental Health

## **NSI Promotions Committee**

Amanda Brazil, Project Manager, Addiction Research Centre, Correctional Service Canada

Elva Keip, National Priority Advisor, Canadian Centre on Substance Abuse

Jessica Sims, Communications Advisor, Canadian Centre on Substance Abuse

## *Addictions Research Centre*

A Division of the Research Branch, Correctional Service Canada  
Located in Montague, Prince Edward Island

### *Mandate*

The primary role of the Addictions Research Centre is to contribute to public safety by assisting and advancing the management of addictions and related issues within the criminal justice system through the production and dissemination of relevant addictions research. In support of this role, the Centre is committed to enhancing corrections policy, programming and management practices on substance abuse through the creation and dissemination of knowledge and expertise.

### *Goals*

1. To meet the applied research needs of the Correctional Service of Canada in policy setting, programming and management practices in the area of addictions.
2. To develop new knowledge through research on addictions and corrections.
3. To contribute to the mobilization and dissemination of research results and information to decision-makers and consumers in order to promote the full understanding of the importance, impact, application, and operational relevance of research results.
4. To facilitate partnerships with various NHQ sectors, CSC regions, provincial and municipal governmental departments, non-governmental agencies and the academic community.

### *Contact Us*

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2010 National Summer Institute on Addictions

# **BUILDING BRIDGES:** **JUSTICE, ADDICTIONS AND MENTAL HEALTH**

