



EARLY PSYCHOSIS INTERVENTION  
ONTARIO NETWORK

CONFERENCE | November 19-20, 2019  
*Chelsea Hotel, Toronto*

# Partners in Practice and Progress

[epionevents.ca](http://epionevents.ca)



# Join us for our bi-annual two-day conference

The EPION conference will highlight and explore innovative and promising practices in early psychosis intervention. We will also recognize and honour the clinical, research and peer initiatives of our EPI programs as well as the ongoing work of EPION itself.

This bi-annual conference provides opportunity for those involved in Early Psychosis Intervention (EPI) in Ontario to:



Share, learn and network together as clinicians, researchers, peer support workers, program managers, program evaluators, persons with lived experience and family members



Understand the latest data and evidence on EPI and what it means for clinical practice



Hear about the various initiatives undertaken by EPION through the EPION standing Working Groups and time-limited task groups



Find out about the innovations and learnings from programs that have implemented new practices

## QUESTIONS?

**Carole Lem**  
Conference Registrar

[registrar@epionevents.ca](mailto:registrar@epionevents.ca)

# Registration

As with previous practice, financial support (program subsidies and client bursaries) will be available to help offset costs for staff/individuals affiliated with programs receiving Ministry of Health funding for EPI services. Details about the availability of this support and the registration process will be available to EPION member programs in early May 2019.

We welcome guests from outside of EPION to register and participate in this exciting conference.

**REGISTER**

<http://epion2019.eventbrite.ca>

## EARLY BIRD

May 6 – September 10

\$395

## STANDARD

September 11 – November 5

\$425

## One Day Only

May 6 – November 5

\$225

# Accommodations

A group rate has been arranged at the conference hotel. **This group rate is available until October 18, 2019.** Guests may book their rooms and let the hotel know you are part of the “**Early Psychosis Intervention Ontario Network (EPION)**” **group room block.**

**CHELSEA**  
*Hotel*  
TORONTO

**BOOK ONLINE**

<http://bit.ly/epion2019hotelblock>

BOOK BY CALLING TOLL FREE  
**1-800-CHELSEA**

( 2 4 3 - 5 7 3 2 )

**NOTE:** *Guests attending on a bursary/subsidy should check with the registrar prior to booking accommodations, as their hotel may be included with the bursary/subsidy > [registrar@epionevents.ca](mailto:registrar@epionevents.ca)*

# Day 1

TUESDAY | November 19

10:00 am Registration Opens

11:00 am Welcome and Opening Remarks

11:15 am Video Postcards: Sharing our Story: Part 1  
*A series of Lived Experience narratives from across the Province. Curated by Angela Yip.*

11:30 am **PLENARY | Amy Willans**

**Community Education Presenter and Peer Support Worker**  
*Schizophrenia Society of Alberta (SSA)*

### From the ice to the page: A story of hope



Sometimes we don't get to choose the path life will take us. At 22, I was diagnosed with schizoaffective disorder. I lost my friends, my chance at education, my spot on the Canadian Precision Skating Team. I lost everything. And the reality of the stigma surrounding mental illness became very clear. In this darkness, I felt called to write, and I listened. And all the sensations of life—smell, touch, taste, sound, sight—came alive again. I learned the power of words. It is these precious words that inspire that shining light of hope. This is my journey.

12:30 pm Lunch

1:30 pm Video Postcards: Sharing our Story: Part 2  
*A series of Lived Experience narratives from across the Province. Curated by Angela Yip.*

1:45 pm **KEYNOTE | Dr. Chiachen Cheng**

**Child & Adolescent, Adult Psychiatrist; Physician Researcher**  
*St. Joseph's Care Group*  
**Assistant Professor**  
*Northern Ontario School of Medicine*  
**VP North America**  
*IEPA Network*



### Partners in Practice and Progress: Improving EPI practice through community collaboration

EPI standards encourage community partnerships to ensure holistic care for youth and families experiencing psychosis, but this may be difficult to operationalize or put into practice. This presentation will explore some of the ways that Dr. Chiachen Cheng embraces community collaboration, multi-stakeholder and lived experience perspectives, and the impacts these partnerships have had on clinical practice, youth engagement, and health policy.

2:45 pm Refreshment Break

3:00 pm Concurrent Oral Presentations

4:15 pm Poster Session, Welcome Reception and Concurrent Reception for individuals and families with lived experience

5:30 pm Day One Ends

## Oral Presentations

**Training Executive Functioning in Psychosis: Effects on Neurophysiology, Neurocognition, and Functional Recovery.**

*(M. Best, C. Bowie)*

**Delusion: the film.**

*(K. De Vos, Z. Patton)*

**Technology-Enabled Collaborative Care for Youth (TECC-Y): A Feasibility Study.**

*(I. Ashfaq, P. Selby, O. Melamed, L. Lachance, R. Carriere, R. Dragonetti, G. Amirthavasari, E. Dettmer, G. Foussias, S. Grewal, M. Hahn, J. Haltigan, S. Kidd, S. Ahola Kohut, D. Korczak, B. Mulsant, A. Perivolaris, T. Tulloch, A. Voineskos, I. Zenlea)*

**Identity in the context of early psychosis: A narrative review of recent research.**

*(S. Ben-David, D. Kealy)*

**Exploring the Link: Youth voice and perspectives on cannabis and psychosis.**

*(C. Willinsky)*

**Heeding the call: a longitudinal qualitative examination of positive change and growth following a first episode of psychosis.**

*(G. Jordan, A. Malla, S.N. Iyer)*

**Cannabis and psychosis: lessons from a 19<sup>th</sup> century national study of “Indian Hemp and Insanity”.**

*(O. Ayonrinde)*

## Symposia

**Part 1- Early Psychosis Intervention-Spreading Evidence-based Treatment (EPI-SET): Collaboration with patient and family members to implement and evaluate community based care.**

*(A. Voineskos, J. Durbin, M. Barwick, N. Kozloff, P. Kurdyak, A. Ampofo, L. Duda)*

## Posters

**What the (?!@#) Happened? Creative Strategies to Engage Youth in a First Episode Program: Interactive Psychosis Workbook.**

*(J. Swan-Merrison, H. Khan, M. MacKinley)*

**Advocacy and Education: Knowledge Translation Activities in Response to Cannabis Legalization.**

*(H. Hobbs, S. Archie, S. Bromley, C. Cheng, C. Lem)*

**Reducing Adverse Safety events in Community Based Recreation and Leisure Groups within an Early Psychosis Intervention Program.**

*(E. Sadeh, C. Morris, C. Des Lauriers)*

**Impact of a drop in, open ended, psychoeducational group on client engagement in an Early Psychosis Intervention Program.**

*(E. Sadeh, C. Morris, G. MacMillan, S. Robertson)*

**Examining Caregiver Burden in First Episode Psychosis.**

*(J. Jomy, E. Gardizi, E. Cole, J. Fowler)*

**Growing Minds-Indoor Therapeutic Micro-Gardening Program.**

*(A. Gosney, J. Swan-Merrison)*

**Post-Secondary Students with Symptoms of Psychosis: A Mixed-Methods Systematic Review.**

*(V. Sanderson, A. Vandyk, J-D. Jacob, S. Lightfoot, L. Sikora, M. Murawsky, I. Graham)*

**The Cannabis Contemplation Circle: a motivational assessment and enhancement tool.**

*(O. Ayonrinde)*

# Day 2

WEDNESDAY | November 20

- 7:00 am Yoga with Gord (optional)
- 7:30 am Breakfast and Registration
- 8:30 am Opening Remarks
- 8:45 am Video Postcards: Sharing our Story: Part 3  
*A series of Lived Experience narratives from across the Province. Curated by Angela Yip.*

## 9:00 am PLENARY | Dr. Martin Lepage

**James McGill Professor of Psychiatry**  
*McGill University*

**Research Chair in Cognitive Neuroscience of Psychosis**  
*FRQ-S*

**Deputy Scientific Director**  
*Douglas Mental Health University Institute*

**Clinical Coordinator of Psychological Services, Psychosis Continuum Program**  
*CIUSSS-ODIM*



### Recent (and not so recent) advances in psychological treatments in early psychosis

This presentation will provide a brief review of the literature on psychological interventions for young persons with first episode of psychosis. Emphasis will be on cognitive behavioral therapy (CBT) and cognitive remediation therapy (CRT), including their limitations and challenges to implementation. Recent findings from Dr. Lepage's group on the development of novel therapies for young people with psychosis targeting specific problems (e.g. social anxiety, romantic relationship) will be presented. The use of technologies (e.g. web-based) to deliver interventions will also be discussed.

- 10:00 am Poster Session and Caversham Book Sale
- 10:30 am Refreshment Break
- 11:00 am Concurrent Oral Presentations
- 12:10 pm Lunch

## 1:15 pm PLENARY | Dr. Sean Kidd

**Clinical Psychologist, Senior Scientist, Division Chief-Psychology**  
*Centre for Addiction and Mental Health*

**Associate Professor of Psychiatry**  
*University of Toronto*



### Technology-Driven Supports for people with Psychosis

The past decade has seen a burgeoning interest in the opportunities that technology represents for clinical interventions and illness self-management for people with psychosis. This presentation will summarize some of the major technological advancements in this area, particularly mobile health approaches. The presentation will address both the significant challenges facing digital health strategies for psychosis populations as well as some of the more promising paths forward.

- 2:20 pm Concurrent Oral Presentations
- 3:30 pm Closing Remarks and Conference Draw
- 4:00 pm Conference Ends

## Oral Presentations

**By youth, for youth: discussing the implications of NorthBEAT's youth engagement strategy for early psychosis advocacy in Ontario.**

*(D. Eddington, C. Lem, H. Zachozy, B. Cooper, C. Cheng)*

**Raising our FLAG: an invitation to share perspectives and new ideas for NorthBEAT's Family & Lived Experience Advisory Group (FLAG).**

*(D. Eddington, C. Lem, H. Zachozy, C. Cheng)*

**#northbeatlearning: development of NorthBEAT's eLearning strategy to decrease barriers to EPI in Northwestern Ontario.**

*(A. Van Barneveld, C. Cheng, D. Eddington, C. Lem, H. Zachozy)*

**Family Education and Support: Essential Conversations.**

*(J. Hamilton Wilson, H. Hobbs)*

**Exercise Prescription in EPI: "The Heads Up and Feet Down Experience".**

*(J. Jackson, S. Streight)*

**Families Helping Families: Launching a Volunteer-Based Family Peer Support Program.**

*(A. Haufler, J. McKinley, S. Bettridge, K. Boyd, D. Friesen, J. Friesen)*

**Collaborative Care and the Family.** *(N. Schulz)*

**Resourcing Family Members of First Episode Psychosis Patients with Self-Compassion Training. Pilot project findings and simple techniques**

*(J. Beaulac, E. Sadeh)*

**Metabolic Monitoring and Intervention in Psychoses: How Are We Doing?**

*(L. Riggan, C. Collins, P. Subramanian)*

**Fidelity Assessments: From Standards Adherence to Quality Improvement.**

*(G. Langill, A. Selick, J. Durbin)*

**Basic Income and Psychosis: How Current Charity Models Impact Recovery in Mental Health.**

*(A. Comeau)*

**EPION Transitions in Care Consultation.**

*(M. Alexander, B. Cooper)*

**Using the Ontario Common Assessment of Need to inform quality improvement: Stories from the front-line.**

*(J. Durbin, G. Langill, J. Rowsell, A. Selick, M. Dunn)*

**Bridging the Gap: Would a partnership between health care and social services address the barriers to implementing Individualized Placement & Support in EPI programs across Ontario?**

*(K. Tanner)*

## Posters

**Evaluation of the impact of long-acting antipsychotic use in a Canadian First Episode Psychosis Clinic: A mirror study.**

*(E. Sadeh, A. Blackwood, S. Robertson)*

**Alternatives to Face to Face Psychiatry.**

*(S. Orchard, B. Dickson)*

**Prescribing Pathways to Clozapine Co-Therapy with Antipsychotics.**

*(A. Baines, L. Young, C. Robertson, D. Attwood)*

**Need of cultural competence in treating Ethno-specific Psychosis clients.**

*(A. Sallh)*

**“Yes, and...” - Improv of an EPIS program to meet the needs of a rural health region.**

*(S. Lukin, N. Gagnon)*

**The Reliability & Validity of Outcome Measures for Assessing Psychosis in Adolescents.**

*(M. Munroe, N. Browne, S. Archie, E. Gardizi)*

**Cross-cultural similarities and differences in perceiving qualities of treatment team in early psychosis intervention services – a multi-care model analysis.**

*(H. Martin, A. Taksal, N. Pawliuk, S. Iyer)*

**Reducing Diagnostic Uncertainty in First-Episode Psychosis: A Neuropsychological Approach to Differentiating between Cannabis-Induced and Primary Psychotic Disorders.**

*(S. Woolridge, C. Wood-Ross, R. Voleti, G.W. Harrison, V. Berisha, C.R. Bowie)*

## Symposia

**Part 1- PART 2 - Early Psychosis Intervention-Spreading Evidence-based Treatment (EPI-SET): Training and early implementation of NAVIGATE in Ontario across diverse service settings.**

*(S. Bromley, A. Jaouich, G. Foussias, J. Morin, K. Whittard, S. Gallagher, S. Sockalingam)*

**Engagement in early psychosis intervention services across stages of recovery.**

*(N. Kozloff, S. Kidd, M. Grossman, S. Archie)*

**Use of Outcome Measures by Early Psychosis Intervention (EPI) Programs in Ontario.**

*(S. Archie, E. Sadeh, C. Bowie, E. Cole, E. Gardizi, O. Ayondrine, S. Bromley, H. Smith, M. Munroe, N. Brown)*





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## Connect with us!



[info@epion.ca](mailto:info@epion.ca)



[help4psychosis.ca](http://help4psychosis.ca)



[@help4psychosis](https://twitter.com/help4psychosis)