

Canadian Academy of Child and Adolescent Psychiatry 35th Annual Conference



October 4-6, 2015 (Sun-Tue)
Hilton Quebec Hotel, Quebec City, QC



Who Should Attend?

Psychiatrists, Allied Health Professionals, Residents, Students

2015 Theme

Evidence-Based Child Psychiatry in the Electronic Age

Learning Objectives

- To describe evidence-based approaches to the assessment and treatment of child psychiatric disorders.
- To appreciate developmental and pathological influences of electronic media at different stages of child and adolescent development.
- To discuss the role of electronic media in the assessment and treatment of child psychiatric disorders, the delivery of care and education.

Keynote Speakers

Mario Alvarez-Jimenez, PhD, D.Clin.Psy, Associate Professor, The National Centre Of Excellence in Youth Mental Health, University of Melbourne

Erin L. Belfort, MD, Assistant Clinical Professor of Psychiatry, Tufts University School of Medicine

Samuele Cortese, PhD, University of Nottingham, UK and New York University

Phil Kendall, PhD, ABPP, Distinguished University Professor, Laura H. Carnell Professor of Psychology, Temple University

Paul Weigle, MD, Associate Medical Director of Natchaug Hospital, an affiliate of Hartford Healthcare

Canadian Academy of Child and
Adolescent Psychiatry

Académie canadienne de psychiatrie
de l'enfant et de l'adolescent

Conference services
and accreditation provided by:



www.cacap-acpea.org

Message from the President

Dear Colleagues,

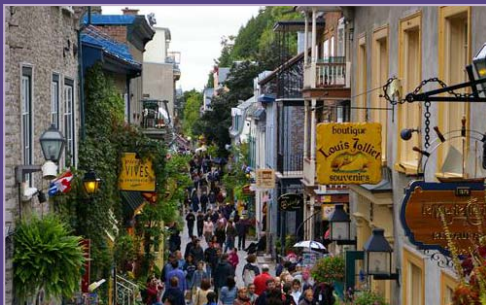
It is with great pleasure that I welcome you to the 35th Annual Conference of the Canadian Academy of Child and Adolescent Psychiatry here in the beautiful city of Quebec.

I would like to express sincere appreciation to Drs. Ashley Wazana and Kathleen Pajer, Chair and Vice Chair of the Research and Scientific Program Committee, for their dedication and hard work in preparing such an outstanding program. This year's theme, "Evidenced based Child Psychiatry in the Electronic Age" has enabled them to put together a superb selection of invited speakers and an exciting program for all attendees. I would also like to thank CACAP's Local Arrangements Committee and its chair Dr. Marie-Claude Potvin-Girard who have created a wonderful play therapy guide to make your visit entertaining and educational, as well as Michelle Baysan, Lindsay Callan, and UBC CPD for their great efforts in ensuring the logistics of the meeting run smoothly.

Our meeting is a wonderful opportunity to network, exchange exciting ideas, learn about the latest developments in Child and Adolescent Psychiatry, and to reconnect with friends and colleagues.

I look forward to seeing you all!

Dr. Chris Wilkes
President 2014-2016
Canadian Academy of Child and Adolescent Psychiatry



Industry Sponsored Satellite Symposia at CACAP

In past years our annual conference has scheduled breakfast and lunch symposia sponsored by industry. However, in keeping with changing accreditation conditions and to maintain clear professional boundaries, CACAP will no longer offer such symposia. While this will mean that food and beverage offerings will be reduced at our conference, our local arrangements team will provide listings of the many local dining options nearby.

Oct 3, 2015 (Sat)

PRE-CONFERENCE MEETINGS

0800-1230	Royal College of Physicians and Surgeons of Canada, Child and Adolescent Psychiatry, Subspecialty Committee
1300-1730	CACAP Board of Directors (<i>dinner to follow</i>)
1500-1700	CAP COPE
1800	Association of Professors of Child and Adolescent Psychiatry of Canada (<i>with dinner</i>)
1800-1930	Early Registration

Oct 4, 2015 (Sun)

0700	Registration/Exhibits with Coffee & Snacks
0845	Welcome and Opening Remarks <i>Dr. Chris Wilkes</i>
0900	Award Presentation
0905	Keynote: Evidence Base for the Pharmacological and Non-Pharmacological Treatments for ADHD <i>Dr. Samuele Cortese</i>
1000	Question Period
1015	Refreshment Break/Exhibits
1035	Award Presentation
1040	Keynote: Internet Gaming Disorder: A Virtual Addiction <i>Dr. Paul Weigle</i>
1135	Question Period
1150	Lunch on Own/Exhibits (<i>1 hr 30 min break time</i>)
1200	Editorial Board Committee
1215	Global Psychiatry Committee
1215	The CPA Section on Developmental Disabilities
1320	Return to Venue for Concurrent Sessions

1330	CONCURRENT SESSIONS A-D (<i>Discussion period follows each presentation</i>)
SESSION A:	Research Symposium: Developmental Psychopathology in Offspring of Parents with Severe Mental Illness <i>Co-Chairs: Dr. Kathleen Pajer and Dr. Rudolf Uher</i>
SESSION B:	Academic Perspectives: Stories of Child and Adolescent Psychiatry (CAP) Subspecialty Training Experiences <i>Chair: Dr. Ruth Russell</i>
SESSION C:	Workshop: Providing Young People Access to Personalized Primary Mental Health Care through Accessible Technology: Sandbox Project <i>Chair: Dr. Nasreen Roberts</i>
SESSION D:	Workshop: Building and Growing a Comprehensive Telepsychiatry Program <i>Chair: Dr. Tony Pignatiello</i>
1500	Refreshment Break/Exhibits
1530	CONCURRENT SESSIONS E-H (<i>Discussion period follows each presentation</i>)
SESSION E:	Research Symposium: Youth Concurrent Disorders: Development, Screening, and Youth and Family Interventions <i>Chair: Dr. Joseph Beitchman</i>
SESSION F:	Academic Perspectives: Critical Reflections on Fetal Alcohol Spectrum Disorders and Child Psychiatry <i>Co-Chairs: Dr. John D. McLennan and Dr. Ellen Lipman</i>
SESSION G:	Workshop: How Do We Disconnect from Technology and Connect with Each Other? <i>Co-Chairs: Dr. Hazen Gandy and Dr. Michael Cheng</i>
SESSION H:	Special Interest Study Group: Somatic Symptom Disorders and Conversion Disorder <i>Chair: Dr. Claire De Souza</i>

1700 Resident and Faculty Cinq-à-sept

Oct 5, 2015 (Mon)

0700	Registration/Exhibits with Coffee & Snacks
0730	Constitution Committee
0730	Professional Standards Committee
0845	Welcome and Opening Remarks
0900	Award Presentation
0905	Keynote: Treating Anxiety in Youth: Computer-Assisted and Web-Based Programs <i>Dr. Phil Kendall</i>
1000	Question Period
1015	Refreshment Break/Exhibits
1035	Award Presentation
1040	Keynote: Texting, Tweeting and Cyberbullying: Clinical Implications of Adolescent Social Media Use <i>Dr. Erin L. Belfort</i>
1135	Question Period
1200	Luncheon Roundtable Discussion on "Developing a Vision for CACAP's Future" <i>Come and share your insights! A complimentary lunch will be served.</i>
1320	Return to Venue for Concurrent Sessions

1330	CONCURRENT SESSIONS I-L (<i>Discussion period follows each presentation</i>)
SESSION I:	Research Symposium: Preclinical Staging of Children-Adolescents at Risk of Adult Major Psychoses <i>Co-Chairs: Dr. Michel Maziade and Dr. Peter Szatmari</i>
SESSION J:	Academic Perspectives: Best Practices in Transitioning Youth with Mental Illness: From Research to Practice <i>Co-Chairs: Dr. Simon Davidson and Dr. Kristin Cleverley</i>
SESSION K:	Workshop: La Technologie au Service d'une Communauté de Pratique en Santé Mentale Jeunesse (A Technology-Assisted Community of Practice for Youth Mental Health) <i>Co-Chairs: Dr. Lucie Nadeau and Dr. Annie Pontbriand</i> <i>NB: This presentation will be delivered in French. Discussion will take place in French and English.</i>
SESSION L:	Workshop: Mindfulness Interventions for Teens: Challenges, Tools and Clinical Applications <i>Co-Chairs: Dr. Audrey Gagnon-Mc Mahon and Dr. Éveline Perrier-Ménard</i>
1500	Refreshment Break/Exhibits
1530	CONCURRENT SESSIONS M-P (<i>Discussion period follows each presentation</i>)
SESSION M:	Research Symposium: Research Studies on Effects of Psychosocial Treatments in ADHD <i>Chair: Dr. Lily Hechtman</i>
SESSION N:	Academic Perspectives: Benefits and Challenges of Designing Mental Health Websites: Lessons Learned <i>Chair: Dr. Wendy Spettigue</i>
SESSION O:	Workshop: Enseigner la Gestion (Teaching Leadership) <i>Chair: Dr. Nathalie Gingras</i> <i>NB: This presentation will be delivered in French. Discussion will take place in French and English.</i>
SESSION P:	Special Interest Study Group: Youth Suicide Prevention <i>Co-Chairs: Dr. Daphne Korczak, Dr. Clare Gray, and Dr. Kathryn Bennett</i>

1700	Conference Sessions End
1730	President's Reception and Open Posters <i>*Everyone Welcome*</i>

Message from the Chair and Vice-Chair of the Research and Scientific Program Committee

We are delighted to welcome you to historic Quebec for the 35th Annual Conference of the Canadian Academy of Child and Adolescent Psychiatry.

Screen time exposure to televisions, computers, electronic games and telephones has become a prominent feature of children's home environments. Three and four year-olds spend an estimated 4.5 hours per day watching television at home and in day care settings. Playing computer games on tablets has become a common early childhood pastime. In late elementary school, screen time exposure expands to include social media and networking, which have dramatically changed the nature and the effects of peer relationships on experience and development. Although there are positive aspects to this near constant contact with peers, there are also marked negative consequences, such as the far-reaching damage from cyber-bullying.

Such widespread use and interactive capabilities of electronic media has also led to new opportunities for their use in health interventions. Successful e-tools for health promotion and management of acute and chronic mental health conditions are now increasingly used to support or treat children and adolescents. It is therefore timely that the overall theme for this year's conference is "Evidence-based Child Psychiatry in the Electronic Age."

We have an outstanding line-up of keynote speakers and presenters who will focus on electronic media at multiple levels, from how children's development is influenced from videogame and television exposure, to how to advise parents in the social media use of their children. They will discuss approaches to identifying, treating and monitoring psychopathology with computer and telephone based applications and the use of videoconferencing in education and clinical care. As always, the program also includes excellent submitted presentations on a wide variety of additional topics in child and adolescent psychiatry. We are also looking forward once again to popular social events such as the Resident and Faculty Cinq-à-sept and the President's Reception. Why not add us to your network!

Dr. Ashley Wazana, Chair, Research and Scientific Program Committee

Dr. Kathleen Pajer, Vice-Chair, Research and Scientific Program Committee

Message from the Local Arrangements Team

Dear colleagues,

It is a pleasure to welcome you to charming Quebec City for the 35th annual conference of the Canadian Academy of Child and Adolescent Psychiatry and its theme of "Evidence-Based Child Psychiatry in the Electronic Age". The conference will be held from October 4-6, 2015.

Quebec City should make this learning and sharing experience very pleasant. The Hilton hotel is in the heart of Quebec, a city of history, culture, gastronomy and nature. The provincial capital is the host of many governmental institutions, such as the Parliament which is located right next to the hotel. Founded in 1608, Kebec (Algonquin word meaning "where the river gets smaller") is one of the oldest cities in North America. Old Quebec has been on UNESCO's list of world heritage sites since 1985. It is the only fortified city north of Mexico.

Quebec City will charm you with its French accent and the large selection of activities and places to discover, for all ages and tastes. The "Play Therapy Guide" will be able to guide you to make this trip an unforgettable experience.

I hope to see you smiling, relaxed and interested during this annual event in a city painted with fall colors ready to welcome you.

Dr. Marie-Claude Potvin-Girard
Member of the Local Planning Committee
Province of Quebec Representative
Canadian Academy of Child and Adolescent Psychiatry

Conference Venue and Accommodation

Hilton Quebec Hotel
1100 Boulevard René-Lévesque Est
Quebec QC



Discounted rates start at \$195.00 per night, plus taxes. Parking is not included. Rates are available until September 2, 2015. Rooms are based on availability.

BOOK YOUR RESERVATION NOW:

W: <http://bit.ly/hiltoncacap2015>
T: 418-647-2411

Oct 6, 2015 (Tue)

0700	Registration/Exhibits with Coffee & Snacks
0700	Research & Scientific Program Committee
0700	Education Committee
0730	Advocacy Committee
0730	Credentials Committee

0845 CONCURRENT SESSIONS Q-T <i>(Discussion period follows each presentation)</i>	
SESSION Q:	Symposium: Enhancing Mental Health Care through Technology: International Innovations <i>Chair: Dr. Kathleen Pajer</i>
SESSION R:	Academic Perspectives: Teaching Child & Adolescent Psychiatry in an Electronic Age <i>Chair: Dr. Chetana Kulkarni</i>
SESSION S:	Workshop: Managing 'Big Fears' in Little Kids with Evidence-based CBT <i>Co-Chairs: Dr. Diane Benoit and Ms. Brittany Rosenbloom</i>
SESSION T:	Special Interest Study Group: DBT for Adolescents: Towards a National Community of Practice <i>Co-Chairs: Dr. Marjorie Robb and Dr. Khrista Boylan</i>

1045	General Assembly & Awards (Lunch Provided)
1205	Keynote: Towards Long-Term Recovery in Early Psychosis: Novel Social Media and Mobile Based Interventions for Young People <i>Dr. Mario Alvarez-Jimenez</i>
1315	Question Period
1330	End of Conference Have a Safe Journey Home!

ACCREDITATION

The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians.

This program has been reviewed and approved by the UBC Division of Continuing Professional Development. This program is an Accredited Group Learning Activity eligible for up to **14.25 MOC Section 1** credits as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

35TH ANNUAL CONFERENCE OF THE CANADIAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY (CACAP)

Oct 4-6, 2015

Hilton Quebec Hotel, Quebec City, QC

CONTACT DETAILS

Dr. Mr. Ms. Urban Rural

Last Name _____ Given Name(s) _____

Address _____

City _____ Prov/State _____ Postal Code _____

Telephone _____ Fax _____

Email (required) _____

CONFERENCE FEES

Save \$10 by registering online! By Sept 14, 2015 After Sept 14 & Onsite

I will attend all three days (full conference)

CACAP Members and Presenters	\$475	\$650
Non Members (PhD/MD)	\$715	\$905
Other Allied Health Professions	\$180	\$245
Residents/Graduate Students	\$180	\$245
Medical Students	\$0	\$0
Industry	\$715	\$905

I will attend the following day(s): Sunday Monday Tuesday

CACAP Members and Presenters	\$225/day	\$300/day
Non Members (PhD/MD)	\$325/day	\$400/day
Other Allied Health Professions	\$100/day	\$135/day
Residents/Graduate Students	\$100/day	\$135/day
Industry	\$325/day	\$400/day

I would like to purchase a paper copy of the conference syllabus (\$20) English French

- Complimentary e-syllabus (electronic copies of the presentations and abstracts) will be distributed to all delegates during the conference. For your convenience, free WiFi will be provided in the meeting rooms.
- Meals will be primarily on your own. Some beverages and snacks will be provided during the day with excellent suggestions nearby for your meals in downtown Quebec City.
- If you are interested in becoming a Monitor for this conference please send an email to: michelle.b@ubc.ca before July 31, 2015. *Monitors receive complimentary registration to the conference.

DIETARY REQUIREMENTS / ALLERGIES:

Severity: HIGH or LOW, foods can be in the same room, but well labeled

PAYMENT

\$ _____ VISA MC

TOTAL AMOUNT ENCLOSED _____

Name of Cardholder _____ Signature _____

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Register



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855 W 10th Ave
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I am a:

- Family Physician/General Practitioner
- Specialist
- Other

Are you a fellow of the Royal College of Physicians and Surgeons of Canada (RCPSC)?

- Yes
- No

If yes, please list your specialty:

Personal Information is collected on this registration form pursuant to section 26 of the Freedom of Information and Protection of Privacy Act, RSBC 1996 c. 165. Information is used for the purposes of facilitating the conference and collecting aggregate statistics.

UBC CPD publishes a participant list for the course that includes the participant's name and city. Please check the box below if you DO NOT wish to have your information included on the participant list:

- I DO NOT CONSENT to being on the participant list

All participants registered for UBC CPD courses are included on the contact list for future programs. If you DO NOT wish to be on the contact list, please indicate below.

- I DO NOT wish to be on the UBC CPD contact list

Do not email this form. No refunds or transfers unless you cancel by September 14, 2015, in which case a \$50 fee applies.