

# CAPA 2<sup>ND</sup> International Conference 2023

The Choice & Partnership Approach for Child and Youth Mental Health



**February 22 - 23, 2023**

**9:30 - 11:00 AST | 13:30 - 15:00 AST | 18:30 - 20:00 AST**

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

- Share experiences and best practices from mental health teams using CAPA;
- Describe how using the core components and philosophy of the Choice and Partnership Approach (CAPA) can impact the delivery of mental health services;
- Listen and respond to the lived experience of CAPA from clients, families, and caregivers and consider how these experiences can inform practice.



<p><b>09:30 - 09:40 AST</b> 13:30 - 13:40 GMT 02:30 - 02:40 (Feb 23) NZDT</p>	<p><b>Welcome to the 2<sup>nd</sup> CAPA International Conference!</b> <i>Sharon Clark   Halifax, Canada</i></p>
<p><b>09:40 - 09:50 AST</b> 13:40 - 13:50 GMT 02:40 - 02:50 (Feb 23) NZDT</p>	<p><b>CAPA Overview</b> <i>Sharon Clark   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Provide an overview of CAPA philosophy and components.</li> </ul>
<p><b>09:50 - 09:55 AST</b> 13:50 - 13:55 GMT 02:50 - 02:55 (Feb 23) NZDT</p>	<p><b>Blindfolded Cliff Jumping:</b> <b>Does Norway's first CAPA service offer Choice Appointments where families get involved and engaged?</b> <i>Yngvild Arnesen   Tromsø, Norway</i></p> <ul style="list-style-type: none"> <li>• Outline families initial feedback on Choice appointments in Norway;</li> <li>• Have insights on the importance of evaluating service change initiatives.</li> </ul>
<p><b>MORNING CONCURRENT SESSIONS: FIRST SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.</b></p>	
<p><b>09:55 - 10:00 AST</b> 13:55 - 14:00 GMT 02:55 - 03:00 (Feb 23) NZDT</p> <p><b>TRANSITION TIME TO FIRST SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.</b></p>	
<p><b>10:00 - 10:30 AST</b> 14:00 - 14:30 GMT 03:00 - 03:30 (Feb 23) NZDT</p>	<p><b>Getting it right for families, right away without further ado? How we use Choice to get rid of waiting time in Northern Norway.</b> <i>Kjetil Heggelund   Sjøvegan, Norway &amp; Yngvild Arnesen   Tromsø, Norway</i></p> <ul style="list-style-type: none"> <li>• Describe how small changes can have big impact using a real life example.</li> </ul>
	<p><b>Knowledge Translation through Lived Experience: Understanding CAPA through an Accessible lens</b> <i>Jaime Blenus   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Broaden a prospective on Accessibility;</li> <li>• Identify and acknowledge invisible barriers in CAPA practice and the impact on client.</li> </ul>
	<p><b>How to Use technology to support the CAPA Key Component of "Full Booking to Partnership": The journey of our CAPA New Partnership Calendar</b> <i>Olivia Macleod &amp; Michel Poirier   Ottawa, Canada</i></p> <ul style="list-style-type: none"> <li>• Explain the importance of CAPA key component "full booking to partnership" and why this is an essential element of CAPA;</li> <li>• Describe how an electronic calendar system, can support and expand options for clinicians to book directly into partnership;</li> <li>• Outline ways in which electronic calendar systems can be adapted for virtual/in-person hybrid clinics.</li> </ul>
	<p><b>What Makes a Choice Appointment a Choice Appointment?</b> <i>Emily Wildeboer, Sharon Clark &amp; Jill Chorney   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Describe the Delphi study process and present results of each round, as well as key pieces of feedback from participants;</li> <li>• Identify the main structure and stance components of a Choice appointment according to results of the study;</li> <li>• Share plans for and invite discussion about the next steps of this research.</li> </ul>



**What do these symbols mean?**



**Quick-Talk**  
Telling a story



**Presentation**  
Sharing our stories






**Panel**  
Conversation from multiple perspectives



**Workshop**  
Teaching and practicing


**MORNING CONCURRENT SESSIONS: SECOND SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**


<p><b>10:30 - 10:35 AST</b> 14:30 - 14:35 GMT 03:30 - 03:35 (Feb 23) NZDT</p>	<p><b>TRANSITION TIME TO SECOND SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.</b></p>
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<p><b>10:35 - 11:05 AST</b> 14:35 - 15:05 GMT 03:35 - 04:05 (Feb 23) NZDT</p>	<p><b>The Magic of Parent Carer Peer Support</b> <i>Wendy Minhinnett &amp; Kathryn Pugh   Reading, United Kingdom</i></p> <ul style="list-style-type: none"> <li>• Understand parent carer peer support, including informal and formal, and the difference it can make to individuals on their journey and the service offer;</li> <li>• Appreciate how a lived experience led, professionally supported model of parent carer peer support complements CAPA by providing a choice based partnership service throughout the pathway;</li> <li>• Appreciate the good, the bad and the ugly of co production.</li> </ul>	
	<p><b>Hope as an Active Ingredient</b> <i>Stephanie Snow &amp; Llayton Blackburn   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Elaborate on the concept of hope in the context of psychotherapy;</li> <li>• Reflect on ways to support access to hope in psychotherapy in clients and clinicians.</li> </ul>	
	<p><b>Planning to Plan: Predicting when job planning needs to happen</b> <i>Aimée Coulombe &amp; Amos Hundert   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Review one potential solution to using available data in predicting when best to job plan;</li> <li>• Consider how this solution relates to their own processes and solutions;</li> <li>• Share reflections on the above.</li> </ul>	

**BREAK: 11:05 - 13:25 AST | 15:05 - 17:25 GMT | 04:05 - 06:25 NZDT**

<p><b>13:25 - 13:30 AST</b> 17:25 - 17:30 GMT 06:25 - 06:30 (Feb 23) NZDT</p>	<p><b>TRANSITION TO KEY NOTE</b></p>
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<p><b>13:30 - 14:30 AST</b> 17:30 - 18:30 GMT 06:30 - 07:30 (Feb 23) NZDT</p>	<p><b>CAPA 20 minus 1: What's in the cupboard?</b> <i>Ann York   London, England</i></p> <ul style="list-style-type: none"> <li>• Reflect on how CAPA has evolved over time;</li> <li>• Through the metaphor of cooking, describe how to experiment with recipes;</li> <li>• Explore how a set of 'store cupboard staples' helps manage delightful, but unexpected, 'visitors'.</li> </ul>	
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<p><b>14:30 - 15:00 AST</b> 18:30 - 19:00 GMT 07:30 - 08:00 (Feb 23) NZDT</p>	<p><b>Reflection Panel</b> <i>Ann York &amp; Sofia Eggleton   London, England, Bronwyn Dunnachie   Christchurch, New Zealand &amp; Kathleen Martin   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Reflect on how CAPA has evolved over time;</li> <li>• Identify how CAPA and its latest developments can be incorporated into practice.</li> </ul>	
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<p><b>15:00 - 15:30 AST</b> 19:00 - 19:30 GMT 08:00 - 08:30 (Feb 23) NZDT</p>	<p><b>CONNECT WITH CONFERENCE COLLEAGUES—MEET OTHERS AND SHARE EXPERIENCES</b></p>
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**BREAK: 15:30 - 18:25 AST | 19:30 - 22:25 GMT | 08:30 - 11:25 NZDT**

**EVENING CONCURRENT SESSIONS: FIRST SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**

<p><b>18:25 - 18:30 AST</b> 22:25 - 22:30 GMT 11:25 - 11:30 (Feb 23) NZDT</p>	<p><b>TRANSITION TIME TO FIRST SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.</b></p>
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<p><b>18:30 - 19:10 AST</b> 22:30 - 23:10 GMT 11:30 - 12:10 (Feb 23) NZDT</p>	<p><b>Working with Goals – finding a direction for ways of working together.</b> <i>Sharon Clark, Jill Chorney &amp; Debbie Emberly   Halifax, Canada &amp; Duncan Law   London, England</i></p> <ul style="list-style-type: none"> <li>• Describe how working with goals is different from goal setting;</li> <li>• Relate one system's experience of working with goals to your own goals practice;</li> <li>• Adapt ideas about working with goals to your practice context.</li> </ul>	
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	<p><b>CHOICE Module</b> <i>Stacey Limmer   Christchurch, New Zealand, Fiona Anderson &amp; Stacey Porter   Auckland, New Zealand</i></p> <ul style="list-style-type: none"> <li>• Describe how to make an online learning module.</li> </ul>	
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<p><b>18:30 - 20:00 AST</b> 22:30 - 24:00 GMT 11:30 - 13:00 (Feb 23) NZDT</p>	<p><b>Choice Stance: Meeting people where they are at and making friends with the elephant in the room</b> <i>Aimée Coulombe, Jeff Thoms, Jaime Blenus &amp; Brian Parris   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Identify the concept of stance in CAPA;</li> <li>• Construct a definition of person stance that is reflective of one's practice;</li> <li>• Compare ways in which stance shows up intentional and unintentionally interactions with clients and team members.</li> </ul>	
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**FEBRUARY 22, 2023**

**Detailed Agenda**


**EVENING CONCURRENT SESSIONS: SECOND SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**

<p><b>19:10 - 19:20 AST</b> 23:10 - 23:20 GMT 12:10 - 12:20 (Feb 23) NZDT</p>	<p><b>TRANSITION TIME</b></p>	
<p><b>19:20 - 20:00 AST</b> 23:20 - 24:00 GMT 12:20 - 13:00 (Feb 23) NZDT</p>	<p><b>Implementing CAPA - our experience of the challenges and key learnings</b> <i>Fiona Anderson   Auckland, New Zealand</i></p> <ul style="list-style-type: none"> <li>Identify some of the challenges to expect when implementing CAPA;</li> <li>Recognize how flexible CAPA can be.</li> </ul>	
	<p><b>Why CAPA?: A mother's perspective</b> <i>Kathleen Martin   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>Understand key issues facing some parents functioning within the CAPA system;</li> <li>Gain a deeper appreciation for how each part of the CAPA team (clinicians, support staff) contributes to the well being of families.</li> </ul>	

**FEBRUARY 23, 2023**

**Welcome to Day Two of the 2<sup>nd</sup> CAPA International Conference!**

*Dasa Farthing | Ottawa, Canada*

<p><b>09:30 - 09:40 AST</b> 13:30 - 13:40 GMT 02:30 - 02:40 (Feb 24) NZDT</p>	<p><b>TRANSITION TIME</b></p>	
<p><b>09:40 - 09:45 AST</b> 13:40 - 13:45 GMT 02:40 - 02:45 (Feb 24) NZDT</p>	<p><b>The art of the scheduling swap: A quick talk about how administrative staff working on the front-line may help implement CAPA in a meaningful way.</b> <i>Sylvia Euale   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>Share ideas to mentor front line staff to respond to short notice cancellations while maintaining job planning objectives;</li> <li>Discuss a method of swapping appointments to allow for both management of wait times and scheduling flexibility.</li> </ul>	

**MORNING CONCURRENT SESSIONS: FIRST SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**

**TRANSITION TIME TO FIRST SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.**

<p><b>09:45 - 09:50 AST</b> 13:45 - 13:50 GMT 02:45 - 02:50 (Feb 24) NZDT</p>	<p><b>TRANSITION TIME TO FIRST SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.</b></p>	
<p><b>09:50 - 10:20 AST</b> 13:50 - 14:20 GMT 02:50 - 03:20 (Feb 24) NZDT</p>	<p><b>Staff Mentoring Sessions: Bringing Connect to Life</b> <i>Natasha Wright Deveau, Peter Turnbull, Joe Williams &amp; Jason Finney   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>Describe an example of a continuous learning model of care;</li> <li>Identify a method to build stronger teams;</li> <li>Demonstrate an appreciation of the relationship being the catalyst for growth and change;</li> <li>Implement and nurture a culture of curiosity and care.</li> </ul>	
	<p><b>Patient Generated Goals in Mental Health: Better Outcomes?</b> <i>Amanda Helleman &amp; Kathleen Pajer   Ottawa, Canada</i></p> <ul style="list-style-type: none"> <li>Gain a better understanding of Goal-Based Outcomes (GBO) as a patient reported outcomes measure (PROMs);</li> <li>Identify the research and clinical implications of using Goal-Based Outcomes (GBO) within a pediatric mental health outpatient setting.</li> </ul>	
	<p><b>The paradox of mental health care systems – a view through the CAPA lens.</b> <i>Sabina Abidi &amp; Sharon Clark   Halifax, Canada; Ann York   London, England</i></p> <ul style="list-style-type: none"> <li>Discuss the tensions that exist providing personalized care within a system that is focused on the needs of a community.</li> <li>Identify common tension points in mental health service delivery.</li> <li>Reflect on ways to work with the tension that is inherent in systems of care.</li> </ul>	
<p><b>09:50 - 11:20 AST</b> 13:50 - 15:20 GMT 02:50 - 04:20 (Feb 24) NZDT</p>	<p><b>The problems we're trying to solve</b> <i>Aimée Coulombe   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>Learn a collaborative problem-solving methodology that can support continuous improvement in CAPA settings;</li> <li>Practice using this methodology by identifying a problem to solve and characteristics of potential solutions within participants' services or teams;</li> <li>Use this methodology to stimulate discussion about unique and shared problems facing workshop participants and the identification of potential solutions.</li> </ul>	
<p><b>10:20 - 10:30 AST</b> 14:20 - 14:30 GMT 03:20 - 03:30 (Feb 24) NZDT</p>	<p><b>TRANSITION TIME</b></p>	

**MORNING CONCURRENT SESSIONS: SECOND SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**

**10:30 - 11:00 AST**  
 14:30 - 15:00 GMT  
 03:30 - 04:00 (Feb 24) NZDT

**Clinical practice take-aways from the most recent research on goal setting and tracking with young people**  
*Jenna Jacob & Gigi Smuraglia | London, England*

- Describe under what circumstances and for whom goal setting is more and least facilitative for therapeutic relationships;
- Recall the research evidence that underpins the practical application of goal setting and tracking;
- Understand the implications of the applied learning that can be taken forward into practice.



**Evaluating our way of working feedback-oriented treatment: Patients 6 to 18 years old experience with using Feedback Informed Treatment (FIT) in routine care in a Norwegian Child and Adolescent Mental Health Services: Information about an on-going study.**

*Linda Svorken | Tromsø, Norway*

- Increase awareness of the lack of research and qualitative experiences on working feedback oriented with children and adolescents in therapy;
- Learn something from what young people have shared in the interviews so far in this study, to take some of this back to your own practice or clinics;
- Hopefully... motivate others to evaluate and be curious on what patients think about our way of working.



**BREAK: 11:20 - 13:25 AST | 15:20 - 17:25 GMT | 04:20 - 06:25 NZDT**

**AFTERNOON CONCURRENT SESSIONS: PLEASE MAKE ONE SELECTION**

**13:25 - 13:30 AST**  
 17:25 - 17:30 GMT  
 06:25 - 06:30 (Feb 23) NZDT

**JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS**

**13:30 - 14:30 AST**  
 17:30 - 18:30 GMT  
 06:30 - 07:30 (Feb 24) NZDT

**CAPA in an Acute Care Hospital Setting**

*Olivia Macleod, Marjorie Robb, Michel Poirier & Dasa Farthing | Ottawa, Canada*

- Describe the unique challenges associated with CAPA in a Tertiary Care setting;
- Outline different levels of urgency within tertiary care and how this fits within the CAPA model;
- Explain how to expand access to CAPA programs while ensuring all referrals start with a choice appointment.



**Deliberate Practice and Goal Setting Principles to Support Clinician Morale and Practice Enhancement**

*Stephanie Snow & Aimée Coulombe | Halifax, Canada*

- Set deliberate practice goals for themselves aimed at supporting them to enhance their clinical practice.



**To what degree does CAPA “work”, for whom, and under what circumstances?**

**The intersection of wait time pressures, leadership, data, client, family, and system needs**

*Leslie Anne Campbell, Debbie Emberly & Sharon Clark | Halifax, Canada; Ann York | London, England; Yngvild Arnesen | Tromsø, Norway*

- Identify ways that context may support or hinder the implementation of CAPA;
- Discuss opportunities to strengthen the implementation and evaluation of CAPA;
- Apply research findings regarding the implementation of CAPA to your local setting;
- Identify what has been learned to date with CAPA and describe next steps for implementation (where we need to go from here).



**14:30 - 14:35 AST**  
 18:30 - 18:35 GMT  
 07:30 - 07:35 (Feb 24) NZDT

**TRANSITION TIME**

**14:35 - 15:05 AST**  
 18:35 - 19:05 GMT  
 07:35 - 08:05 (Feb 24) NZDT

**CAPA2023 Reflection Panel**

*Ann York & Duncan Law | London, England*

- Recall the commonalities of practice across mental health services across teams, and on different continents;
- Outline ways to move into the future informed by youth and parent perspectives joining together with service providers to collaborate and invest in meaningful service delivery methods;
- Describe opportunities for learning gained from the conference can impact how we work together informed by a CAPA philosophy of care.



**BREAK: 15:05 - 18:25 AST | 19:05 - 22:25 GMT | 08:05 - 11:25 NZDT**

**EVENING CONCURRENT SESSIONS: FIRST SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.**

<p><b>18:25 - 18:30 AST</b> 22:25 - 22:30 GMT 11:25 - 11:30 (Feb 24) NZDT</p>	<p><b>TRANSITION TO FIRST SELECTED CONCURRENT SESSION. JOIN YOUR SESSION AND INTRODUCE YOURSELF TO OTHERS.</b></p>
<p><b>18:30 - 19:00 AST</b> 22:30 - 23:00 GMT 11:30 - 12:00 (Feb 24) NZDT</p>	<p><b>Teaching and Learning in Psychiatry Residency Education: the intersection of the Choice and Partnership Approach and Competency-Based Medical Education</b> <i>Alexandra Manning, Jennifer Cumming, LeAnne Revell &amp; Alison Toron   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Define competency-based medical education;</li> <li>• Explain CAPA model and how psychiatry is accessed through this model;</li> <li>• Discuss enablers and barriers to residents accessing required training opportunities;</li> <li>• Identify unique opportunities that CAPA offers to post-graduate training;</li> <li>• Propose a plan to harness the CAPA model to support postgraduate residents in their training.</li> </ul> <p><b>Working together for better outcomes for Youth and Families</b> <i>Clare Couch   Lower Hutt, New Zealand</i></p> <ul style="list-style-type: none"> <li>• Describe a joint working partnership across a primary and secondary mental health service;</li> <li>• Identify processes that help collaborative practice;</li> <li>• Identify processes that reduce wait times for Youth and Families.</li> </ul> <p><b>Supporting our team to be AWESOME</b> <i>Stacey Limmer &amp; Alex Gosteva   Christchurch, New Zealand</i></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of some common links between organizational change and uncertainty and employee health and wellbeing;</li> <li>• Recognize and normalize some common reactions to stressful situations in the context of a workplace;</li> <li>• Consider some practical strategies to use to foster realistic expectations, practice self-compassion and support wellbeing during uncertain times.</li> </ul>
<p><b>18:30 - 19:30 AST</b> 22:30 - 23:30 GMT 11:30 - 12:30 (Feb 24) NZDT</p>	<p><b>Complexity clinic: Supporting each other when the pathways aren't clear</b> <i>Aimée Coulombe, Stephanie Snow &amp; David Clinton   Halifax, Canada</i></p> <ul style="list-style-type: none"> <li>• Reflect on clinical complexity and how it shows up in our clinical settings and within CAPA frameworks;</li> <li>• Consider ways to support clinicians in their complexity-related practice.</li> </ul>
<p><b>19:00- 19:05 AST</b> 23:00 - 23:05 GMT 12:00 - 12:05 (Feb 24) NZDT</p>	<p><b>TRANSITION TIME</b></p>
<p><b>EVENING CONCURRENT SESSIONS: SECOND SELECTION. PLEASE CHOOSE ONE FROM EACH TIME BLOCK.</b></p>	
<p><b>19:05 - 19:35 AST</b> 23:05 - 23:35 GMT 12:05 - 12:35 (Feb 24) NZDT</p>	<p><b>Creative Participatory Methods for Youth Engagement</b> <i>Romy Lee &amp; Abigail McDonald   Auckland, New Zealand</i></p> <ul style="list-style-type: none"> <li>• Explain our creative participatory methods of youth engagement;</li> <li>• Outline how and why they are successful with young people in Aotearoa New Zealand;</li> <li>• Elaborate on how they may be integrated into clinical practice;</li> <li>• Provide a full workable example with script.</li> </ul>
<p><b>19:35 - 19:40 AST</b> 23:35 - 23:40 (Feb 24) GMT 12:35 - 12:40 (Feb 24) NZDT</p>	<p><b>Development and Implementation of an Infant and Early Childhood Mental Health Pathway within CAPA</b> <i>Katherine Matheson, Genevieve Brabant &amp; Dasa Farthing   Ottawa, Canada</i></p> <ul style="list-style-type: none"> <li>• Examine how to incorporate an under-6 care bundle within an existing CAPA model;</li> <li>• Elaborate on the importance of keeping service pathways consistent with the 11 core components of CAPA.</li> </ul>
<p><b>19:40 - 20:00 AST</b> 23:40 - 24:00 (Feb 24) GMT 12:40 - 13:00 (Feb 24) NZDT</p>	<p><b>CAPA2023 Evening Reflection &amp; Wrap Up - What's Next??</b> <i>Ann York &amp; Duncan Law   London, England</i></p> <ul style="list-style-type: none"> <li>• Recall the commonalities of practice across mental health services across teams, and on different continents;</li> <li>• Outline ways to move into the future informed by youth and parent perspectives joining together with service providers to collaborate and invest in meaningful service delivery methods;</li> <li>• Describe opportunities for learning gained from the conference can impact how we work together informed by a CAPA philosophy of care.</li> </ul>