



CACAP

39th Annual Canadian Academy of Child & Adolescent Psychiatry Conference

**September 15 to 17, 2019
Hilton Quebec, Quebec City**

www.cacap-acpea.org

Questions?

Email: cpd@toh.ca

Phone: 613-761-4480

39th Canadian Academy of Child & Adolescent Psychiatry Conference

Conference Fees	Early Bird Full Conference Rates	Standard Full Conference Rate	One Day Early Bird Rate	One Day Standard Rate	Institute Registration
	On or before August 16, 2019	After August 16, 2019	On or before August 16, 2019	After August 16, 2019	
CACAP Members & Presenters	\$540	\$740	\$260/day	\$350/day	\$160
Non-Member (PhD/MD)	\$875	\$995	\$375/day	\$470/day	\$235
Other Healthcare Professionals	\$315	\$385	\$150/day	\$190/day	\$140
Resident/Graduate Students	\$210	\$280	\$115/day	\$155/day	\$140
Medical Students	\$0	\$0	\$0	\$0	\$0
Sponsor Representatives	\$500	\$500	\$500	\$500	n/a

Register Online! Visit <https://uottawacpd.eventsair.com/cacap2019/eng>

Apply for membership and register now at member rates! Visit: cacap-acpea.org today!

Terms and Conditions: A complimentary e-syllabus will be distributed to all delegates during the conference. A printed course syllabus is available for purchase at a rate of \$20 per booklet. 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 Quebec City. By registering for this event, you agree to the outlined terms and conditions. No registration form will be processed without the full registration fee included. Post-dated cheques are not accepted. Refunds less \$75 administrative charge will be issued for cancellations received in writing by August 16, 2019. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event date. Space is limited, register early to secure your spot!

NEW THIS YEAR!—CACAP Institute (Saturday September 14, 2019 from 1:00pm to 5:00pm)

At our 2019 annual meeting, we will launch the CACAP Institute series: a pre-conference event devoted to examining key topics in child and youth mental health in more depth than what is possible during the main conference. Our inaugural Institute will focus on Psychopharmacology, with a special emphasis on the pharmacological treatments of ADHD and Psychosis, using a combination of lectures and workshop approaches. Drs. Sabina Abidi and Daniel Gorman have prepared a superb program, detailing their approaches in designing and implementing pharmacological treatment plans for patients with these disorders. They will review the latest data on these topics, balancing risks and benefits of different approaches in treating youth. Learning objectives for the 2019 CACAP Institute are as follows:

Dr. Sabina Abidi; *Child/Adolescent Psychiatrist, Associate Professor, Dalhousie University; Associate Chief, Division of Child/Adolescent Psychiatry; Physician Co-lead, Division of Outpatient Services; Head, IWK Youth Psychosis Program, IWK Mental Health & Addictions Program.*

Title: “Psychosis and Psychopharm”: complexities in treating youth with psychotic disorders

Objectives (lecture and workshop):

- 1) To review psychopharmacological principles and guidelines for treatment of youth with psychotic spectrum disorders;
- 2) To discuss and apply an approach to psychopharmacological treatment of complex cases of psychosis and comorbid psychiatric illness.

Dr. Daniel Gorman; *Staff Psychiatrist, The Hospital for Sick Children; Associate Professor and Director of Postgraduate Education for the Division of Child and Youth Mental Health, Department of Psychiatry, University of Toronto.*

Title: Psychopharmacology for ADHD: Comorbidity, Complexity, and Controversy

Objectives (lecture and workshop):

- 1) To describe an approach to the management of comorbidity and other complex presentations of ADHD, with reference to the current evidence base;
- 2) To discuss and apply an approach to psychopharmacological treatment of complex cases of ADHD and comorbid psychiatric illness.

We invite all CACAP attendees to consider joining us for this ticketed event!

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Institute Accreditation

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **3.5 hours** (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **3.5 Mainpro+ credits**.

Conference Theme and Learning Objectives

This year's conference theme is **"Transitions in Child Psychiatry: pathways from risk factors to disease manifestation"**. Our keynote speakers will present new ideas on the developmental trajectories of distinct psychiatric presentations and how to prevent negative outcomes.

At the conclusion of our conference, we expect that participants will be able to:

- describe the latest evidence on risk factors and their correlations with disease manifestation in child and youth mental health;
- discuss up-to-date hypotheses on developmental trajectories of psychopathology .

Accreditation

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **15.75 hours** (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **15.75 Mainpro+ credits**.

Thank You to the 39th Annual CACAP Conference Keynote Speakers

- **Dr. Roger Zemek**; Professor, Dept of Pediatrics and Emergency Medicine; Senior Scientist and Clinical Research Chair in Pediatric Concussion, University of Ottawa; Director, Clinical Research Unit, Children's Hospital of Eastern Ontario; Vice-chair, Pediatric Emergency Research Canada (PERC).
- **Dr. Rudolf Uher**; Canada Research Chair in Early Interventions, Department of Psychiatry, Dalhousie University.
- **Dr. Evelyn Stewart**; Child and Adolescent Psychiatrist at BC Children's Hospital and an Associate Professor in the Department of Psychiatry at the University of British Columbia. She leads the Brain, Behavior & Development theme at BCCH Research Institute and is Research Director for Child, Youth and Reproductive Mental Health at BCCH. Dr. Stewart is the founding Medical Director of the Provincial OCD Clinic and Research Program at BCCH.
- **Dr. Kristin Cleverley**; CAMH Chair Mental Health Nursing Research; Senior Scientist, Centre for Addiction and Mental Health; Assistant Professor, Lawrence S Bloomberg Faculty of Nursing, Department of Psychiatry, Faculty of Medicine, University of Toronto.
- **Dr. Cécile Rousseau**; Professor of the Division of Social and Cultural Psychiatry at McGill University. She has worked extensively with immigrant and refugee communities, developing specific school based interventions and leading policy oriented research. Presently her research focuses on intervention and prevention programs to address violent radicalization. She directs the Research and Action Team on Social Polarizations which has the mandate to develop intervention and prevention programs for the province of Québec.
- **Dr. Boris Birmaher**; MD. Professor of Psychiatry, Endowed Chair in Pediatric Bipolar Disorder, Director of the Child and Adolescent Bipolar Disorder Clinic, University of Pittsburgh Medical Center, Western Psychiatric Institute, Pittsburgh, Pennsylvania, USA.

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Travel and Accommodations

ACCOMMODATIONS

Book your accommodations today by visiting <https://book.passkey.com/e/49325802>

The Canadian Academy of Child and Adolescent Psychiatry's 39th Annual Meeting will be hosted at the Hilton Quebec in Quebec City, Quebec. A block of rooms has been set aside with rates starting at \$239/night (plus applicable taxes). Rooms must be booked prior to August 19, 2019 to ensure that you receive the quoted rate. *Extend your stay! The group rate is available 2 days before and after the conference (pending hotel availability).*

TRAVEL

Book with **Air Canada** and save 10% off your flight costs (some conditions apply) Book your travel to Quebec City, (YQB) by visiting www.aircanada.com and entering in the promotion code **HDWAJZB1**. No discount will apply to Tango bookings for travel within Canada or between Canada and the U.S. For International travel (destinations outside North America), discounts apply to all fares including Tango.

Book with **VIA Rail Canada** and save 10% off the best available fare in Economy, Economy Plus, Business, Business Plus, Sleeper class. "Subject to the conditions and restrictions of the fare plan to which the additional discount is being applied." Participants must reference the event's VIA convention discount code: **13958**. It is applicable from all stations throughout the VIA system to Quebec City, Quebec and return.

Thank You to the 39th Annual CACAP Conference Committee

- Dr. Chris Wilkes
- Dr. Raj Rasasingham
- Dr. Taline Bedrossian
- Dr. Nathalie Gingras
- Dr. Laila JahJah
- Ms. Elizabeth Waite

Thank You to the 39th Annual CACAP Conference Research and Scientific Program Committee

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| • Dr. Roberto Sassi (Chair) | • Dr. Amy Cheung | • Dr. Pierre Marquet |
| • Dr. Daphne Korczak (Vice-Chair) | • Dr. Nathalie Gingras | • Dr. Rob Milin |
| • Dr. Ademola Adeponle | • Dr. Benjamin Goldstein | • Dr. Rachel Mitchell |
| • Dr. Alexa Bagnell | • Dr. Daniel Gorman | • Dr. Declan Quinn |
| • Dr. Anthony Bailey | • Dr. Lily Hechtman | • Dr. Kathleen Pajer |
| • Dr. Danielle Baribeau | • Dr. Sarosh Khalid-Khan | • Dr. Naomi Soreni |
| • Dr. Khrista Boylan | • Dr. Frank MacMaster | • Dr. Ashley Wazana |

Volunteer Opportunities Available!

If you are interested in volunteering at the 39th Annual CACAP Conference, please contact Kassandra Richards, Conference Planner by email (karichards@toh.ca) before July 26, 2019. Volunteers receive a complimentary registration for the conference. *A minimum of 8 hours of volunteer time is required.*

39th Canadian Academy of Child & Adolescent Psychiatry Conference

SATURDAY, SEPTEMBER 14, 2019 (PRE-CONFERENCE MEETINGS & INSTITUTE)

8:00 - 12:00	CACAP Board of Directors Meeting	Orleans
9:00 - 12:00	Child and Adolescent Psychiatry Committee on Postgraduate Education Meeting	Plaines (23rd floor)
12:00 - 18:30	Conference Pre-Registration	Hotel Lobby
13:00 - 17:00	CACAP Institute "Psychosis and Psychopharm": complexities in treating youth with psychotic disorders <i>Dr. Sabina Abidi; Child/Adolescent Psychiatrist, Associate Professor, Dalhousie University; Associate Chief, Division of Child/Adolescent Psychiatry; Physician Co-lead, Division of Outpatient Services; Head, IWK Youth Psychosis Program, IWK Mental Health & Addictions Program.</i> <ul style="list-style-type: none"> To review psychopharmacological principles and guidelines for treatment of youth with psychotic spectrum disorders; To discuss and apply an approach to psychopharmacological treatment of complex cases of psychosis and comorbid psychiatric illness. Psychopharmacology for ADHD: Comorbidity, Complexity, and Controversy <i>Dr. Daniel Gorman; Staff Psychiatrist, The Hospital for Sick Children; Associate Professor and Director of Postgraduate Education for the Division of Child and Youth Mental Health, Department of Psychiatry, University of Toronto.</i> <ul style="list-style-type: none"> To describe an approach to the management of comorbidity and other complex presentations of ADHD, with reference to the current evidence base; To discuss and apply an approach to psychopharmacological treatment of complex cases of ADHD and comorbid psychiatric illness. 	Villeray/De Tourmy
17:00 - 18:00	CACAP Education Committee Meeting	Duchesnay
17:00 - 18:00	CACAP Membership Committee Meeting	Orleans
18:00 - 21:00	Association of Professors of Child and Adolescent Psychiatry Dinner Meeting	Loge Allegro
18:00 - 22:00	Royal College of Physicians and Surgeons of Canada, Child and Adolescent Psychiatry Subspecialty Committee	Plaines (23rd floor)

SUNDAY, SEPTEMBER 15, 2019

07:00 - 17:30	Registration	Grande Place
08:00 - 08:20	Presidential Address, Dr. Jana Davidson	Palais & Kent
08:20 - 08:30	Welcoming Remarks, Dr. Roberto Sassi, Chair	Palais & Kent
08:30 - 09:50	Predicting Persistent Post-Concussion Problems in Pediatrics <i>Dr. Roger Zemek; Associate Professor, Dept of Pediatrics and Emergency Medicine; Senior Scientist and Clinical Research Chair in Pediatric Concussion, University of Ottawa; Director, Clinical Research Unit, Children's Hospital of Eastern Ontario; Vice-chair, Pediatric Emergency Research Canada (PERC).</i> <ul style="list-style-type: none"> Describe pediatric epidemiology of concussion including natural progression of recovery; Identify the 5P rule predictors for persistent post-concussive symptoms and for ongoing neuropsychological deficits; Investigate association between early physical activity and risk of persistent symptoms. 	Palais & Kent
09:50 - 10:00	Awards Presentation #1	Palais & Kent
10:00 - 10:20	Nutrition and Networking Break	Grande Place

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10:20 - 11:40	Early Risk Identification and Targeted Prevention of Mental Illness <i>Dr. Rudolf Uher; Canada Research Chair in Early Interventions, Department of Psychiatry, Dalhousie University</i> <ul style="list-style-type: none"> Quantify the continuities of psychopathology from childhood to adulthood; List childhood antecedents that precede and predict serious mental illness; Evaluate the potential of early intervention to reduce the population burden of mental illness. 	Palais & Kent
11:40 - 12:05	Presentation TBD	Palais & Kent
12:05 - 12:15	Awards Presentation #2	Palais & Kent
12:15 - 13:45	Lunch on Your Own and Exhibits	
12:15 - 13:15	World Café (<i>light lunch offered</i>)	St-Louis
13:45—15:15	Concurrent Session Round A	
A1	ACADEMIC PERSPECTIVE Development of Cognitive Behavioral Therapy (CBT) for Adolescents with ADHD (#55) <i>Dr. Lily Hechtman</i>	
A2	RESEARCH SYMPOSIUM Treating Children and Adolescents with Eating Disorders: Canadian Practice Guidelines (#33) <i>Dr. Jennifer Couturier</i>	
A3	WORKSHOP Taming Sneaky Fears: Evidence-Based Treatment for Anxious Young Children (#62) <i>Dr. Suneeta Monga</i>	
A4	ACADEMIC PERSPECTIVE CL Psychiatry Clinical Pathways: Canadian implementation of an International collaboration (#66) <i>Dr. Khyati Brahmabhatt</i>	
15:15 - 15:30	Nutrition and Networking Break	Grande Place
15:30 - 17:00	Concurrent Session Round B	
B1	ACADEMIC PERSPECTIVE Interdisciplinary approach to consultation in child and adolescent mental health (#67) <i>Dr. Normand Carrey</i>	
B2	SPECIAL INTEREST Child and Adolescent Emergency Psychiatry Services in Canada (#61) <i>Dr. Khrista Boylan, Dr. Tatjana Muhamedagic and Dr. Christina McDonald</i>	
B3	WORKSHOP Unprepared & Unsupported: Resident Physician Experiences of Patient Suicide (#41) <i>Dr. Sarah Smith, Dr. Chetana Kulkarni and Dr. Daniel Gorman</i>	
17:00 - 19:00	Resident and Faculty Cinq-a-Sept	Plaines (23rd floor)
18:30 - 19:30	Canadian Special Interest Group for Intellectual Disorders & Autism Spectrum Disorder	Sillery

MONDAY, SEPTEMBER 16, 2019

07:30 - 17:30	Registration	Grande Place
08:00 - 08:15	Welcome Back	Palais & Kent

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08:15 - 09:15	Breakfast with the Experts: From Risk to Manifestation and Treatment of Pediatric OCD: Highlights from BC Children's Hospital <i>Dr. Evelyn Stewart; Child and Adolescent Psychiatrist at BC Children's Hospital and an Associate Professor in the Department of Psychiatry at the University of British Columbia. She leads the Brain, Behavior & Development theme at BCCH Research Institute and is Research Director for Child, Youth and Reproductive Mental Health at BCCH. Dr. Stewart is the founding Medical Director of the Provincial OCD Clinic and Research Program at BCCH.</i> <ul style="list-style-type: none"> RISK- To describe putative Pediatric OCD biomarkers derived from a cohort of affected youth, unaffected at-risk siblings and controls MANIFESTATION- To identify clinically-relevant, functional correlates of pediatric OCD, based on BCCH and combined international data; TREATMENT- To explain broad outcomes from standard and novel treatment modalities at BCCH. 	Palais & Kent
09:15 - 09:25	Awards Presentation #3	Palais & Kent
09:25 - 10:30	"When the system doesn't seem to have a plan, it's objectively terrifying": Co-designing effective transitions in mental health care <i>Dr. Kristin Cleverley; CAMH Chair Mental Health Nursing Research; Senior Scientist, Centre for Addiction and Mental Health; Assistant Professor, Lawrence S Bloomberg Faculty of Nursing, Department of Psychiatry, Faculty of Medicine, University of Toronto.</i> <ul style="list-style-type: none"> Identify the complexities of transitions in mental health care, from the youth, caregiver and system perspectives; Review emerging best practices in facilitating effective transitions in child and youth mental health care. 	Palais & Kent
10:30 - 10:50	Nutrition and Networking Break	Grande Place
10:50 - 11:50	Violent Radicalization in Youth: Addressing Prevention and Intervention Dilemmas <i>Dr. Cécile Rousseau; Professor, Division of Social and Cultural Psychiatry, McGill University. Director of Research and Action Team on Social Polarizations which has the mandate to develop intervention and prevention programs for the province of Québec. Dr. Rousseau has worked extensively with immigrant and refugee communities, developing specific school based interventions and leading policy oriented research. Presently her research focuses on intervention and prevention programs to address violent radicalization.</i> <ul style="list-style-type: none"> Describe how the violent radicalization phenomena influences the youth mental health field; Identify existing resources to support violent radicalization related interventions in Canada; Reflect on the role of mental health professionals in youth violent radicalization prevention and intervention. 	Palais & Kent
11:50 - 12:00	Awards Presentation #4	Palais & Kent
12:00 - 13:30	AGM Lunch	Palais & Kent
13:30 - 15:00	Concurrent Sessions Round C	
C1	ACADEMIC PERSPECTIVE Innovative cross-Ministry mental health treatment program for high risk youth (#26) <i>Dr. Thomas Wilkes and Dr. Illiana Ortega</i>	
C2	SPECIAL INTEREST STUDY GROUP Young Children Who Do Not Speak: Understanding Selective Mutism (#63) <i>Dr. Suneeta Monga</i>	
C3	WORKSHOP A focus on "transitions" in training health professionals and psychiatrists (#42) <i>Dr. Andrea Levinson, Dr. Peter Szatmari, Dr. Kristin Cleverly and Dr. Ivan Poukhovski-Shemetyev</i>	
15:00 - 15:30	Nutrition and Networking Break	Grande Place

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15:30 - 17:00 Concurrent Sessions Round D

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| D1 | ACADEMIC PERSPECTIVE
Core Outcome Sets in Youth Mental Health: Merits and Challenges (#59)
<i>Dr. Suneeta Monga and Dr. Peter Szatmari</i> |
| D2 | SPECIAL INTEREST STUDY GROUP
Small Town to Big City: Lessons implementing Urban Telepsychiatry (#29)
<i>Dr. Chetana Kulkarni and Dr. Antonio Pignatiello</i> |
| D3 | WORKSHOP
Implementing the Choice and Partnership Approach: Successes, Failures, Lessons Learned (#32)
<i>Dr. John Langley, Ms. Clara Tam and Mr. Robert Bancroft</i> |

17:00 - 19:30 President's Reception and Poster Viewing

St-Louis

TUESDAY SEPTEMBER 17 2019

07:30 - 13:00 Registration

Grande Place

08:00 - 09:30 Concurrent Sessions Round E

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| E1 | ACADEMIC PERSPECTIVE
Artificial Intelligence and Machine Learning in Pediatric Mental Health (#69)
<i>Dr. Ali Eslami, Dr. Elodia Portales-Casamar, Dr. Ali Mussavi and Ms. Sinead Nugent</i> |
| E2 | ACADEMIC PERSPECTIVE
Screening and Diagnosis of Borderline Personality Disorder in Adolescents (#60)
<i>Dr. Khrista Boylan</i> |
| E3 | SPECIAL INTEREST STUDY GROUP
Collaborative Care of Complex Patients: Clinical Pearls from Consult-Liaison Psychiatry (#76)
<i>Dr. Claire De Souza, Dr. Tyler Pirlot, Dr. David Lovas, Dr. Javeed Sukhera and Dr. Amrit Dhariwal</i> |
| E4 | ACADEMIC PERSPECTIVE - SESSION PROVIDED IN FRENCH
La consultation d'ores et déjà : Une approche interdisciplinaire en santé mentale chez les enfants et les ados (#67)
<i>Dr. Normand Carrey</i> |

09:30 - 09:45 Nutrition and Networking Break

Grande Place

09:45 - 10:45 Panel Presentation: Top 3 Reviewed Poster Presentations

Palais & Kent

- Relationship Between Attachment and Self-Injurious Behaviours in Children and Adolescents (#27)
Dr. Jennifer Woo
- Examining trauma-informed awareness and services at a pediatric tertiary hospital (#40)
Dr. Dhiraj Aggarwal
- Screen/off-screen activities in offspring of parents with mental illness (#45)
Mr. Alex Pizzo

10:45 - 10:50 Awards Presentation #5

Palais & Kent

10:50 - 12:05 **When and How to Treat Youth at High Risk of Developing Bipolar Disorder**
Dr. Boris Birmaher, MD. Professor of Psychiatry, Endowed Chair in Pediatric Bipolar Disorder, Director of the Child and Adolescent Bipolar Disorder Clinic, University of Pittsburgh Medical Center, Western Psychiatric Institute, Pittsburgh, Pennsylvania, USA.

Palais & Kent

- Identify factors associated with increased risk to develop bipolar disorder;
- Describe the use of tools to predict the personalized risk to develop bipolar disorders;
- Describe the current treatments of youth with bipolar disorder and whether these treatments are appropriate for youth at risk to develop this disorder;
- Describe the evidence for psychological and pharmacologic interventions for prodromal; presentations and subthreshold symptoms in bipolar at-risk populations.

12:05 - 12:15 Closing Remarks and Scientific Awards

Palais & Kent

12:30 - 14:00 CACAP Research and Scientific Committee Meeting