

44th Canadian Academy of Child & Adolescent Psychiatry Annual Conference

Program Brochure

September 21st to 24th, 2024
Fairmont Winnipeg, Winnipeg, Manitoba
Offered in-person and virtual

www.cacap-acpea.org



Conference Theme and Overall Learning Objectives

This year's conference theme is "Innovative Treatments in Child and Youth Mental Health".

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

- Describe child and youth psychiatry management approaches and integration models across different settings;
- Discuss evidence-based treatment of diverse child and youth psychiatric populations

Thank you to our Plenary Speakers



Dr. Alexa Bagnell

MD, FRCPC; Professor and Head, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Dalhousie University; Chief, Department of Psychiatry, IWK Health Centre



Dr. Darren Courtney

MD; Scientist, Cundill Centre for Child & Youth Depression and McCain Centre for Child, Youth, & Family Mental Health; Associate Professor, Department of Psychiatry, University of Toronto.



Dr. Paul Croarkin

D.O., M.S.; Consultant; Professor of Pediatrics, Pharmacology, and Psychiatry; Department of Psychiatry and Psychology. Ervin A. and Margaret C. Mueller Director, Mayo Clinic Children's Research Center; Editor-in-Chief, Journal of Child and Adolescent Psychopharmacology



Dr. Sloane Freeman

MSc, MD, FRCP(C); Pediatrician, Women's and Children's Health Program, St. Michael's Hospital, Unity Health Toronto; Associate Professor, Faculty of Medicine, University of Toronto; Associate Scientist, MAP Center for Urban Health Solutions, Li Ka Shing Knowledge Institute; Physician Lead, REACH School Network.



Professor Muthanna Samara

Professor of Psychology, CPsychol AFBPsS; Director of Centre for Research in Communities, Identities and Difference (CResCID)



Professor James Scott

Conjoint Professor of Child and Youth Psychiatry, University of Queensland and the Queensland Children's Hospital Child and Youth Mental Health Service; Child and Adolescent Psychiatrist



Dr. Peter Szatmari

MD MSc FRCPC FRSC; Professor, Division of Child and Youth Mental Health, Department of Psychiatry, Temerty Faculty of Medicine, University of Toronto; Director, Cundill Centre for Child and Youth Depression, Centre for Addiction and Mental Health Senior Scientist, Neuroscience and Mental Health Program, Hospital for Sick Children.



Dr. George Papakosta

MD, Associate Executive Director, Massachusetts General Hospital, Clinical Trials Network and Institute; Director, Harvard Catalyst Course Design and Conduct of Clinical Trials in Medicine; Professor of Psychiatry, Harvard Medical School.

Apply for a 12 month membership and register now at member rates! Visit: cacap-acpea.org today!

CACAP Institute

Saturday September 21st, 2024 | 1:00pm to 5:30pm CDT

We will once again be hosting the CACAP Institute in 2024! Using a combination of lectures and workshop approaches, the CACAP Institute series is a pre-conference event that provides a more nuanced discussion of key topics in child and youth mental health for the more advanced learner. This year's Institute will examine **Psychedelics in Child and Youth Mental Health**, along with **Dialectical Behavioural Therapy**.

Thank You to Our CACAP Institute Speakers



Dr. Laurence Katz

M.D., FRCPC; Professor of Psychiatry, Section Head, Child and Adolescent Psychiatry; Medical Director, Child and Adolescent Mental Health, Health Sciences Centre Site, Department of Psychiatry, University of Manitoba



Dr. Ronald Shore

MPA, PhD; Research Scientist, Psychedelics; Assistant Professor, Department of Psychiatry, Queen's Health Sciences; Queen's University, Kingston, On.



Dr. Claudio Soares

MD, PhD, FRCPC, MBA; Professor, Department of Psychiatry; Chair, Psychedelic Science Advisory Committee, Queen's University, Kingston, Ontario; Clinical Lead, Mental Health & Addictions, Ontario Health East.

CACAP 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 **4 hours** (credits are automatically calculated).

Thank you to the 44th Annual CACAP Conference Research and Scientific Program Committee!

Dr. Evelyn Stewart (Chair)

Dr. Jennifer Couturier (Vice-Chair)

Dr. Alexa Bagnell, Dr. Terry Bennett, Dr. Amy Cheung, Dr. Daniel Gorman, Dr. Lily Hechtman, Dr. Daphne Korczak, Dr. Rachel Mitchell, Dr. Enoch Ng, Dr. Roberto Sassi, Dr. Ashley Wazana, Dr. Clara Westwell-Roper

Thank you to the 44th Annual CACAP Conference Committee!

Dr. Cassandra Adduri, Dr. Lina Anang, Dr. Laurence Katz, Dr. Josh Palay, Elizabeth Ridley (CACAP General Manager)

Conference Registration Fees

CACAP is once again pleased to offer the Annual Conference for both in-person and virtual attendance. Virtually attendees will have access to all the plenary sessions, along with the most popular concurrent session from each time slot. The CACAP Institute will also be available for in-person and virtual attendance.

Early Bird Rate End August 23, 2024 - Register Today!

<https://uottawacpd.eventsair.com/cacap2024/registration/Site/Register>

| Conference Fees (Virtual or In-Person) | Early Bird Full Conference Rates | Standard Full Conference Rates | One Day Early Bird Rate | One Day Standard Rate | Institute Registration |
|---|-------------------------------------|-----------------------------------|-------------------------------|-----------------------------|---------------------------|
| CACAP Members & Presenters | \$675 + HST | \$895 + HST | \$365 + HST | \$465 + HST | \$170 + HST |
| Non-Member | \$1,225 + HST | \$1,325 + HST | \$695 + HST | \$795 + HST | \$245 + HST |
| Other Healthcare Professionals* | \$475 + HST | \$645 + HST | \$265 + HST | \$365 + HST | \$140 + HST |
| Resident/Graduate Students** | \$275 + HST | \$375 + HST | \$175 + HST | \$195 + HST | \$60 + HST |
| Medical Student (<i>limited</i>) *** | \$95 + HST | \$145 + HST | \$75 + HST | \$95 + HST | \$50 + HST |

Apply for a 12 month membership and register now at member rates! Visit: cacap-acpea.org today!

* Will need to submit a status document at time of registration

** To be eligible for this rate, you need to provide evidence that you are in PGY1-6 or must have graduated less than a year ago from a Child and Adolescent Psychiatry program approved by the Royal College of Physicians and Surgeons of Canada. To apply, please contact kassaundra.richards@uottawa.ca and include your graduation certificate.

*** To be eligible for this rate, you must provide evidence that you are enrolled as a medical student. To apply, please contact kassaundra.richards@uottawa.ca and include your student verification document.

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 \$30 per booklet. 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 23, 2024. No refunds will be issued for cancellations received after that date. Space is limited, register early to secure your spot!

CACAP Conference 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 13.5 hours (credits are automatically calculated).

Travel and Accommodations

Accommodations

The Canadian Academy of Child and Adolescent Psychiatry's 44th Annual Meeting will be hosted at The Fairmont Winnipeg in Winnipeg, Manitoba. A block of rooms has been set aside at a special rate. Rooms must be booked prior to August 19, 2024 to ensure that you receive the quoted rate. [Reserve your room today!](#)

Travel

Book with Air Canada and save up to 10% off your flight costs (some conditions apply) Book your travel to Winnipeg (YWG) by visiting www.aircanada.com and entering in the promotion code **QABTQAE1**. For North America' 5% applies on standard fares, 10% on flex fares & higher. For International Travel' 10% on standard fares & higher. The travel period begins Saturday, September 14, 2024 and ends Tuesday, October 1, 2024.

Conference Program

All times listed in the program are in Central Daylight Saving Time (CDT)

Saturday September 21st, 2024 (Pre-Conference)

| | |
|---------------|---|
| 12:00 - 18:00 | Conference Pre-Registration CACAP Institute Case Formulation in Dialectical Behavior Therapy - Dr. Laurence Katz <i>Identify the five components of DBT case formulation; indicate the application of the biosocial theory to case formulation.</i> |
| 13:00 - 17:30 | Research with Psychedelics in Child and Adolescent Psychiatry: No one Left Behind? - Dr. Ronald Shore & Dr. Claudio Soares <i>Describe the current state of psychedelic clinical research including concerns regarding trial design and translation into clinical practice; Identify milestones in the regulatory approval process and where various psychedelics are at in this process towards medicalization; Identify specific challenges and risks when considering psychedelic research with youth populations in Canada.</i> 13:00-14:00: Plenary Session with Dr. Laurence Katz 14:00 -15:00: Plenary Session with Dr. Ronald Shore & Dr. Claudio Soares 15:00-15:30: Nutritional Break 15:30-16:25: Workshop Round 1 16:35-17:30: Workshop Round 2 |

Sunday September 22nd, 2024

| | |
|---------------|--|
| 07:00 - 17:30 | Conference Registration |
| 08:00 - 08:20 | Presidential Address |
| 08:20 - 08:30 | Welcome Remarks |
| | Adaptions and Innovations of Brain Stimulation Interventions for Children and Adolescents–Dr. Paul Croarkin |
| 08:30 - 9:30 | <i>Review standard and emerging brain stimulation interventions for psychiatric disorders; review recent clinical and translational research focused on applying brain stimulation interventions for childhood psychiatric disorders; review regulatory, pragmatic, and ethical considerations related to the study and clinical translation of brain stimulation interventions such as transcranial magnetic stimulation.</i> |
| 09:30 - 09:35 | Awards Presentation #1 |
| 09:35 - 10:05 | Nutrition and Networking Break |
| | CARIBOU-2: A multi-component treatment pathway for adolescents with depression–Dr. Darren Courtney |
| 10:05 - 11:05 | <i>Outline research evidence, clinical expertise and youth engagement in the development of care pathways; Describe how to access and use materials co-developed with youth partners to support the delivery of pathway components; outline considerations of implementation science in the delivery of a multi-component pathway.</i> |
| 11:05 - 12:05 | Treating Depression: What's new and what's in the pipeline–Dr. George Papakostas <i>Identify unmet needs in depression; Outline new treatments for depression; Describe the depression pipeline.</i> |
| 12:05 - 12:15 | Awards Presentation #2 |
| 12:15 - 13:15 | World Café |
| 12:15 - 13:45 | Lunch on Your Own and Exhibits |
| 13:45 - 15:15 | Concurrent Session Round A |
| A1 | Academic Perspectives - What's A Core Outcome Set? The Importance of Outcome Selection (#54) - Dr. Suneeta Monga |
| A2 | Special Interest Study Group - Child and Adolescent Psychiatry Inpatient Group: Innovative Alternatives to Hospitalization (#48) - Dr. Evangelia Lila Amirali, Dr. Trudy Adam, Dr. Marie-Andree Berube-L'espérance, Kelsey Gray and Alix Linaker |
| A3 | Workshop - Designing Innovative Treatment Models in Partnership with Ndinawe Youth (#46) - Dr. Polina Anang and Ms. Shanlee Scott |
| A4 | Workshop - How to set up a 0-5 Infant Mental Health Clinic (#27) - Dr. Normand Carrey, Dr. Katherine Matheson, Dr. Jennifer Cumming and Ms. Denise Lowe |
| A5 | Workshop - An Approach to Identification and Treatment of Complex Neuroinflammatory Presentations (#63) - Dr. Sabina Abidi and Dr. Alexa Bagnell |

| | |
|---------------|--|
| 15:15 - 15:30 | Nutrition and Networking Break |
| 15:30 - 17:00 | Concurrent Session Round B |
| B1 | Research Symposium - YouthCan Impact Initiative: Integrated Youth Services to Enhance Service Delivery (#41) - Dr. Jo Henderson, Dr. Peter Szatmari and Dr. Meaghan Quinlan-Davidson |
| B2 | Special Interest Group - Standardized Care for Non-Suicidal Self-Injury in Inpatient Mental Health Programs (#32) - Ms. Megan Nissen |
| B3 | Workshop - Detangling Obsessive Compulsive Disorder and Autism Spectrum Disorder (#24) - Dr. Ilana Ortega |
| B4 | Workshop - From Silos to Synergy: Co-Creating EDI Curricula in CAP Training (#38) - Dr. Nikhita Singhal and Dr. Lauren Hishon |
| B5 | Workshop - Brief Applications of Emotion Focused Family Therapy Strategies with Caregivers (#44) - Dr. Evan Weizenberg, Dr. Felicia Chang, Zeb Demaiter and Dr. Katie Lok |
| 17:00 - 19:00 | Mentorship Mingle |

Monday September 23rd, 2024

| | |
|---------------|---|
| 07:30 - 17:30 | Conference Registration |
| 08:00 - 08:15 | Welcome Back |
| | Children's Journey from War Trauma to Refuge: Pathways to Resilience and Innovative Interventions for Empowering Trauma-Affected Children—Professor Muthanna Samara |
| 08:15 - 9:15 | <i>Outline the psychological development of children who have experienced war trauma and displacement and the unique challenges they face in transitioning to refuge settings; Identify Pathways to Resilience in Trauma-Affected Children: The key factors that contribute to resilience in children who have experienced war trauma, and how these factors can be nurtured to support recovery and long-term well-being; Discuss innovative interventions and strategies, including virtual reality, aimed at fostering resilience and empowering trauma-affected children as they navigate their journey from war-torn environments to places of refuge.</i> |
| 09:15 - 09:25 | Awards Presentation #3 |
| 09:25 - 10:30 | Prevention and Improving Outcomes for Mental Illness in childhood: An Australian Perspective—Professor James Scott <i>Summarize the factors that influence mental health and mental illness in high and low income countries; Describe opportunities for mental illness prevention and mental health promotion in children and adolescents.</i> |
| 10:30 - 10:50 | Nutrition and Networking Break |
| | School-Based Health Care – A model for mental health and neurodevelopmental care—Dr. Sloane Freeman |
| 10:50 - 11:50 | <i>Describe the benefits of school-based health care for students with mental health and neurodevelopmental concerns; Explain and overcome challenges to school-based health care.</i> |
| 11:50 - 12:00 | Awards Presentation #4 |
| 12:00 - 13:30 | AGM Lunch for CACAP Members |
| 12:00 - 13:30 | Lunch on Your Own (Non-Members) and Exhibits |
| 13:30 - 15:00 | Concurrent Session Round C |
| C1 | Academic Perspectives - New Directions for the Academy's Journal: JCACAP (#11) - Dr. John McLennan, Dr. Gina Dimitropoulos, and Dr. Peter Braunberger |
| C2 | Special Interest Study Group - Advocacy in Canadian Child and Youth Mental Health (#55) - Dr. Polina Anang, Dr. Nikhita Singhal, and the CACAP Advocacy Committee |
| C3 | Workshop - Neuromodulation in Child and Adolescent Psychiatry: Past or future? (#58) - Dr. Eva-Flore Bui-Xuan, Dr. Stephanie Jacques, Dr. Jennifer Picardo and Dr. Alexis-Daniel Vigneault |
| C4 | Workshop - Cognitive Behavioral Therapy for Insomnia (CBT-I) in Adolescents (#52) - Dr. Christopher Earle |
| 15:00 - 15:30 | Nutrition and Networking Break |
| 15:30 - 17:00 | Concurrent Session Round D |
| D1 | Research Symposium - Screen Time, Motives, and Mental Health in Youth (#17) - Dr. Sandra Meier and Dr. Paul Arnold |
| D2 | Special Interest Study Group - Innovations in Early Childhood Mental Health Treatment Interventions (#64) - Dr. Megan McFadden, Maria Spano, Dr. Janet Mah and Kathy Edmondson |
| D3 | Workshop - Affirmative Approach to Mental Health Care for Gender-Diverse Youth (#7) - Dr. Emmett Rabot |
| D4 | Workshop - Integrating Acceptance and Commitment Therapy (ACT) into Emotional Health Care (#14) - Dr. Laura Orlando, Dr. Sara Ahola Kohut, Dr. Sarah Almarzooqi and Dr. Kenneth Fung |
| 17:00 - 19:30 | President's Reception and Poster Viewing |

Tuesday September 24th, 2024

| | |
|---------------|--|
| 07:30 - 13:00 | Conference Registration |
| 08:00 - 09:30 | Concurrent Session Round E |
| E1 | Top 3 Poster Presentations |
| E2 | Academic Perspectives - Avoidant/Restrictive Food Intake Disorder (ARFID): Intervention approaches and their evidence (#8) - Dr. John McLennan, Dr. Gina Dimitropoulos, Dr. Amelia Austin, and Dr. Jennifer Couturier |
| E3 | Workshop - Managing Catatonia in Children and Adolescents: Effective strategies and interventions (#60) - Dr. Eva-Flore Bui-Xuan, Dr. Stephanie Jacques, Dr. Jennifer Picardo and Dr. Alexis-Daniel Vigneault |
| E4 | Workshop - Supporting Evidence-Based Mental Health Care Delivery for Youth Depression (#47) - Dr. Stephanie Ameis and Dr. Peter Szatmari |
| E5 | Workshop - Working with Sociocultural Challenges facing Asian Canadian Youth (#57) - Dr. Kenneth Fung and Dr. Soyeon Kim |
| 09:30 - 09:45 | Nutrition and Networking Break |
| 9:45 - 10:45 | <p>Evolution and Innovation of Youth Mental Health Services in Canada—Dr. Alexa Bagnell</p> <p>Learn about the IYS models across the country and national alignment in the Federation of Integrated Youth Services Networks pan Canadian collaboration; Identify ways that research and data has guided the development and implementation of the model and how psychiatry can contribute; Hear firsthand how the IYS model has positive impact for youth and care providers.</p> |
| 10:45 - 10:50 | Awards Presentation #5 |
| 10:50 - 11:50 | <p>The Trials and Tribulations of Measurement Based Care in Child and Youth Mental Health—Dr. Peter Szatmari</p> <p><i>Describe what measurement based care (MBC) means in a child and youth mental health clinical setting; Summarize the literature on the effectiveness of MBC in child and youth mental health; Identify suggestions for successful implementation of MBC in a clinical setting.</i></p> |
| 11:50 - 12:00 | Closing Remarks and Scientific Awards |

Program is subject to change