Michel Maziade, MD, FRCPC
Dr. Michel Maziade is a full professor of psychiatry at Laval University, a scientist, and a practicing child psychiatrist. With his team, he has developed an approach combining developmental psychopathology and family genetics to investigate the roots of major psychiatric disorders. He has conducted longitudinal and transversal studies over 30 years on families from Eastern Quebec affected by these diseases. Above all, his research is focussed on helping children born to a parent affected by schizophrenia, bipolar disorder, and recurrent major depression and he published his viewpoint on parental mental illness and genetically high-risk children in the New England Journal of Medicine in 2017. He is the founding director of the CERVO Brain Research Centre, where he was director from 1987 until 2013. He has also held a senior Canada Research Chair in the Genetics of Neuropsychiatric Disorders (2001-2016). Dr. Maziade has been reengineering knowledge transfer in high risk families by mobilizing the health care community. Since 2015, Dr. Maziade is the instigator and scientific director of the HoPE program (Horizon parent-enfant) for family support and management, for which effort he was awarded the Prix Profession Santé 2018. Additionally, successful translational studies have yielded three patents based on electroretinography and genomic technologies, and the development of diaMentis that is a university spin-off biotech for aid to a diagnosis tool. In 2011, he was appointed Knight of the Ordre National du Québec by the Premier of Quebec in recognition of his research accomplishments. He has been a member of the Canadian Psychiatric Association (CPA) since the early eighties. Over the years, he has also obtained prestigious distinctions such as the J.M. Cleghorn Award for Excellence and Leadership in Clinical Research from the CPA (2008), the NARSAD Established Investigator Award (The Rebecca Simon Gallagher & Patrick Gallagher Award 1993), and the Dr. Alexandre Gralnik Award from the Child Welfare League of America (CWLA, Washington DC 2013) for his work on the childhood roots of schizophrenia and bipolar disorder.
Technology and Mental Health
Friday, 13 September, 08:30 - 10:00

Stéphane Bouchard, MD, FRCPC
Stéphane Bouchard holds the Canada Research Chair in Clinical Cyberpsychology and teaches cyberpsychology and psychotherapy at the Université du Québec en Outaouais. As a scientist-practitioner, his research shows an important preoccupation towards conducting both meaningful clinical applications of cyberpsychology and rigorous science to treat anxiety and other mental disorders. His current research projects involve developing virtual environments to treat complex anxiety disorders and pathological gambling, leading randomized control trials on the efficacy of in virtuo exposure for anxiety disorders, and conducting experimental studies to understand why virtual reality is an effective treatment tool. Another prolific area of expertise is telepsychotherapy, where he conducts randomized control trials and processes studies on the efficacy of delivering cognitive-behavior therapy in videoconference. His research lab holds Psyche, the only six-sided total immersion virtual reality system dedicated to mental health research in the world. He has received more than 12 million dollars in infrastructure and research grants and he has published more than 150 scientific articles and book chapters and delivered hundreds of scientific communications around the world. According to indexes weighing number of publications and citations in peer-reviewed journals, he is among the five world leading researchers in the field of clinical applications of virtual reality and telepsychotherapy.

Sean Hill, PhD
Dr. Sean Hill is the Director of the Krembil Centre for Neuroinformatics, Senior Scientist at the Centre for Addiction and Mental Health (CAMH), and Professor at the University of Toronto. Dr. Hill is a computational neuroscientist with experience in building large-scale computational models of brain circuitry. The Centre collaborates with clinicians and researchers, employing neuroinformatics, artificial intelligence, and multiscale modeling, to develop data-driven definitions of brain disorders, predict patient trajectories, and transform mental health care. Dr. Hill applies large-scale data integration, neuroinformatics, multiscale brain modeling and machine learning to improve our understanding and treatment of mental health disorders. The Centre’s mandate is to accelerate global collaborations in brain science using the power of big data and brain modelling to fundamentally change how mental illness is understood.
Transforming Youth Mental Health Services Within the Diversity of Canada

Friday, 13 September, 12:30 - 14:30

The need to transform mental health services for adolescents and young adults has never been in the national and international discourse as much as it has in the past five to 10 years. Canadian Psychiatric Association has taken this timely initiative to organize a plenary session to bring to the attention of the psychiatric community in Canada the reasons for this high level of attention and to provide some details on some of the major initiatives have been launched across the country.

Ashok Malla will first briefly review the social, economic and scientific reasons for the burgeoning attention to arguably one of the most serious health issues facing most countries, present a brief overview of the status of mental health services for youth in Canada and then provide a summary of how a pan-Canadian initiative, funded through the Strategies of Patient Oriented Research (SPOR), is transforming the delivery of mental health services to youth (11-25 years old) and evaluating this transformation in 14 diverse settings across six provinces and one territory. This service transformation is informed largely by previous work in early intervention in mental disorders and driven by deep engagement with multiple stakeholders, especially youth and families. These include large and small urban, rural, remote and six indigenous communities as well as a post-secondary educational institution. The successes and challenges of ACCESS Open Minds network will be discussed.

Joanna Henderson will focus in on the Ontario context, exploring strategies for achieving integration across hospital and community services and across diverse youth serving sectors. Implementation of developmentally appropriate services for transition-age youth, services that address both substance use and mental health, and the use of a health equity lens in establishing Ontario’s integrated youth services initiative will also be described. Approaches to measurement-based care will be discussed, as will challenges in implementation.

Laurence Katz, MD, FRCPC - Moderator
Dr. Laurence Y. Katz is Professor and Head of Child and Adolescent Psychiatry at the University of Manitoba and Medical Director, Child and Adolescent Mental Health Services at the Health Sciences Centre in Winnipeg. He received his medical and adult psychiatric training at the University of Manitoba and his child and adolescent psychiatry training at the Albert Einstein College of Medicine, Bronx NY. He is widely published and holds and has held numerous grants in the areas of suicide, suicidal behavior, psychiatric epidemiology, and intervention implementation in health care systems across the country and remote First Nations communities.

Ashok Malla, MD, FRCPC
Dr. Ashok Malla is a Professor of Psychiatry at McGill University, with an adjunct appointment in Epidemiology and Biostatistics. He holds a Tier 1 Canada Research Chair in Early Psychosis and Early Intervention in Youth Mental Health and is a recipient of an honorary doctorate from l’Université de Montréal (2015). He has been a leader in early intervention in psychosis since the mid 1990s, having founded two leading Programs in Montréal and London, Ontario and the Canadian Consortium of Early Intervention Programs for Psychosis. He has led many clinical and service based research projects, including two global mental health projects: understanding differences in outcome in first episode psychosis in India and Canada, and application of a low-cost lay health worker model of mental health service delivery in rural parts of conflict ridden Kashmir, India. Currently he leads a $25M, CIHR funded national research project on transformation of youth mental health services (ACCESS Open Minds Canada.

Joanna Henderson, PhD, CPsych
Dr. Joanna Henderson is Director of the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health at the Centre for Addiction and Mental Health (CAMH) and Executive Director of Youth Wellness Hubs Ontario. She is also a Senior Scientist in the Child, Youth, and Emerging Adult Program at CAMH and an Associate Professor in the Department of Psychiatry at the University of Toronto. Her research aims to improve access to high quality, integrated services for youth with substance use and/or mental health concerns and their families.
Nutritional Psychiatry
Saturday, 14 September, 08:30 - 10:00

Valerie Taylor, MD, PhD, FRCPC
Dr. Valerie Taylor is a Professor and Chair of the Department of Psychiatry at the University of Calgary. Her academic focus is on obesity, metabolic syndrome and mental health. She is interested in the overlap between obesity, diabetes, cardiovascular disease and mental illness, the impact of pharmacotherapy on weight and behaviour, and the role of the microbiome. She currently has two novel clinical trials looking at modifying the gut microbiome to treat mood disorders. She has over 120 peer reviewed publications and funding from a variety of national and international funding agencies.

Laura LaChance, MD
Dr. Laura Lachance is a Clinician-Scientist at St. Mary’s Hospital and an Assistant Professor at McGill University in the Department of Psychiatry. Dr. Lachance completed her Psychiatry training in the Clinician Scientist Stream at the University of Toronto in 2017 and completed a research fellowship in the Social Aetiology of Mental Illness (SAMI) at CAMH in 2012. She worked as a Clinician-Scientist at the Slaight Family Centre for Youth in Transition at the Centre for Addiction and Mental Health, where she worked with youth who have experienced a first episode of psychosis, prior to moving to Montreal in 2019. Dr. Lachance completed her undergraduate medical training at Queen’s University in 2011. Dr. Lachance has a special interest in secondary prevention and in improving the physical health of individuals with psychiatric disorders. At St. Mary’s, she works on the Mental Health Crisis Service, providing rapid-access outpatient care as part of an interdisciplinary team. From a research perspective, Dr. Lachance is interested in understanding the impact of health behaviours (diet and physical activity) on mental health symptoms, and investigating how interventions to target health behaviours can be integrated into mental health care services.
CPA-at-the-Movies Presents
The Listeners
Friday, 13 September, 14:45 - 16:15
USA 2016
Director: Bill Hurst

An engrossing look behind the scenes at Headquarters, a 24/7 suicide prevention crisis centre in Lawrence, Kansas, where more than twenty thousand calls a year are answered by trained volunteers. “We all learn how to talk — we don’t learn how to listen,” says one of the interview subjects in this affecting documentary, as we follow 11 young trainees working their way through a rigorous 11-week training session incorporating intense role-play scenarios that cover just about every imaginable crisis. Learning how to listen with empathy and without judgement and resisting the urge to offer “quick fixes” to problems are skills that prove difficult for some trainees to master. But many graduate to the phones, where they join others like themselves: everyday people on the front lines of suicide prevention.

Post-screening discussion with Lynda Poirier and Éric Arseneault. Lynda Poirier, Executive Director at the Centre de prévention du suicide de Québec (CPSQ), is an experienced psychotherapist and social worker and has spent over 30 years creatively assisting individuals and those organizations that support vulnerable populations. Éric Arseneault, Intervention services coordinator at the CPSQ, manages all the CPSQ’s intervention services, including the clinical follow-ups and telephone interventions provided by a large team of supervisors and responders. He has a Master’s Degree in Psychology from the Université’ Laval.

Moderated by Dr. Harry Karlinsky, Clinical Professor, Department of Psychiatry, University of British Columbia.

Running Time: 65 minutes