



## **The Southern Network of Specialized Care Annual Report on Training 2010-2011**

### **Introduction**

The Southern Network of Specialized Care – one of four provincial networks of its kind created by the Ontario Ministry of Community and Social Services in 2006 – is pleased to offer you, our many partners, stakeholders and supporters, our latest Annual Report on Training.

The SNSC's commitment to training is in keeping with one of key founding goals to “provide more access to education and training opportunities” for the many partner agencies the Network supports across a southern region of Ontario that includes Grey/Bruce, Huron/Perth, London/Middlesex, Elgin/Oxford, Windsor/Essex, Chatham/Kent, Sarnia/Lambton, Brant, Haldimand/Norfolk, Hamilton and Niagara.

The Network's investment of training dollars is also in keeping with our Vision Statement which reads as follows: *“To ensure that people with developmental disabilities who have also been diagnosed with mental health and/or behavioural challenges (Dual Diagnosis) receive the most fair and sustained access possible to the services they need to participate as citizens in all aspects of community life.”*

The SNSC works to realize this vision through a linkage with representatives (including the Co-Leads) of its Advisory Committee, including Co-Leads Brian Davies and Jason Young, and 11 Local Service Delivery Networks (LSDNs) and Dual Diagnosis Committees (DDCs) across the southern region.

Together with these 11 communities, the SNSC constitutes a unified network of specialized services and clinicians, all with an eye to strengthening relations across sectors for sharing skills and knowledge, and continuously improving practice for people with a Dual Diagnosis, their families and other caregivers.

The SNSC provides training and development opportunities through a variety of means, including networking days, videoconferencing and through grants totaling \$30,000 annually for training events for groups and individuals, and the production of training materials.

This report outlines the SNSC's training activities and the training grant dollars which were invested in the fiscal year 2010-2011.

## **Event Training Dollars in 2010-2011**

In the fiscal year 2010-2011, the Southern Network of Specialized Care invested \$18,935.82 in training events attended by hundreds of professionals working in a wide range of fields, including family members and others dedicated to improving the lives of people with a Dual Diagnosis. Following is a list of those training events:

- ***Community Living Grimsby, Lincoln and West Lincoln, June 3, 2010 – \$1,000.***

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This training event, titled *‘Essential Person Centered Planning for the Future’*, was offered to individuals supporting adults with a developmental disability and a co-existing mental health or behavioral challenges (Dual Diagnosis). Participants included families and support workers from a number of community-based organizations assisting adults with a development disability and challenging behaviour. Sixteen family members participated in this event.

- ***Windsor-Essex Dual Diagnosis Committee, June 4, 2010 - \$4,587.34.***

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This training event, titled *‘Guide to Better Living: Clarifying the Diagnostic and Interventions of Aggressive and Irritable Behaviour for People who have a Dual Diagnosis’* was offered to individuals who support adults with a Dual Diagnosis. Sixty-six individuals from the developmental, mental health and corrections services, including four parents, participated in this event.

- ***Community Living Sarnia-Lambton Dual Diagnosis Committee, June 22, 2010 - \$1,486.01.***

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This training event, titled *‘Working Together as a Community’*, was offered to family members and other caregivers, police, emergency responders and long term care and hospital workers who assist adults with a Dual Diagnosis. More than 75 individuals participated in this event.

- ***Community Living Brant, Aug. 3, 2010 – \$1,000.***

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This training event, titled *‘Positive Systems Institute with David Pitonyak’*, featured David Pitonyak, an internationally respected consultant dedicated to supporting people with difficult behaviors and their families and other caregivers. The event drew an estimated 39 individuals, including clinicians, trainers, parent supporters and others from the justice and other sectors.

- ***SNSC Niagara Service Delivery Network, Sep. 15, 2010 - \$3,215.65.***

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This training forum, titled *‘Niagara Information Forum on Services for Persons with a Dual Diagnosis’*, was attended by developmental service, police, hospital, justice, physicians and other front-line providers and focused on increasing the knowledge of providers with respect to service referrals and communication between sectors. More than 130 providers participated in the forum.

- ***Grey Bruce Dual Diagnosis Committee, Sept. 23, 2010 - \$1,746.82.***

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This training event, titled *‘What’s Up Doc? Physical and Mental Health Issues Masquerading as Behavior in Adults with Intellectual Disabilities’*, drew partners from a host of sectors and focused on enhancing services for people with a Dual Diagnosis dealing with physical and mental health challenges. Close to 100 individuals participated in this event.

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- ***Provincial Group of Adult Protective Service Workers (APSW), Oct. 20-21-22, 2010 - \$1,000.***

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This training event, titled 'Building the Way', drew Adult Protective Service Workers from across the province as well as family support workers, community living and mental health workers, and family members to learn more about services and supports available for people with a Dual Diagnosis. More than 60 individuals participated in this event.

- ***Regional Support Associates, Oct. 21-22, 2010 - \$1,000.***

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This event, titled 'Aging. The Gift of Time. Using it Wisely', drew front-line staff, managers and other professionals, working within developmental service and community health agencies. The event focused on the physical, psychological and social implications of aging with individuals with an intellectual disability, with emphasis on best practices for quality of life. More than 100 individuals participated in this event.

- ***Bethesda/Hamilton Brant Behaviour Service and Niagara Child Care, Oct. 22, 2010 - \$1,000.***

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This session, titled 'Life Long Learning', focused on providing training to frontline staff working in group homes and day support programs to enhance life-long learning opportunities for adults with a Dual Diagnosis. An estimated 70 individuals participated in this session.

- ***Southwest Human Services & Justice Coordinating Committee, Mar. 2, 2011 - \$1,000.***

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This training event, titled 'Violence, Victimization & Trauma: The Complexity of Trauma Responses', drew together individuals in the justice and human services sectors for education and networking purposes. More than 150 individuals participated in this event.

- ***Down Syndrome Association of Brantford and District, April 1, 2011 - \$1,500.***

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This training event, titled 'Mental Wellness in Adults with Down Syndrome', focused on mental wellness for adults with Down Syndrome. It was attended by more than 140 support workers, parents, medical doctors, teachers, mental health professionals and other caregivers.

- ***Regional Support Associates, Apr. 11, 2011 - \$400.***

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This training event, titled 'U-First', focused on the practical concept of assessment for individuals who support adults with a Dual Diagnosis in the Long Term Care sector. More than 20 individuals attended this event.



Youth In Transition Launch Day, November 30<sup>th</sup> 2010

## Individual Training Dollars

In 2010-2011, the SNSC invested a total of \$2,985 for opportunities for allied health professionals across the southern region to participate in leading-edge training events in the field.

They include:

- ***Hilary Holmes, Regional Support Associates - \$750 Bonnie Bervoets, Twin Lakes Clinical Services – \$750, and Keith Anderson, Hamilton Brant Behaviour Services - \$750*** for a May 31 to June 4, 2010 to study various assessment and counseling approaches for people with a Dual Diagnosis who have experienced abuse at the 'International Certificate Program in Dual Diagnosis' hosted by Brock University in St.Catharines, Ont., in association with Niagara University in Lewiston, N.Y. and NADD.
- ***Poonam Chabra, Canadian Mental Health Association, Lambton County Branch - \$155 - Carole Zajdlik, Regional Mental Health Care London, Dual Diagnosis Program - \$155*** for an Oct. 21-22, 2010 Regional Support Associates annual conference offering education from lead specialists for individuals working with aging populations with developmental disabilities.
- ***Tara Lauzon, Windsor Regional Children's Centre - \$425*** for a Nov. 3, 2010 training conference for professionals working with people with Autism and related disorders at the Autism 2010 Geneva Centre for Autism International Symposium.



*Southern Network sponsored training event in Niagara 2010*

## Training Resource Dollars

The SNSC was pleased to invest an additional amount of its training dollars for the fiscal year 2010-2011 – an amount totaling \$3,548.58 – to produce training and other educational resources for all of the Network's partners in the southern region.

They include:

- ***Marianne Simpson, Community Consultant, Regional Support Associates - \$104.48*** for a book titled 'Self Injurious Behaviour and Intellectual Disabilities' to enhance knowledge for caregivers to support adults with a developmental disability who experiences severe self-injurious behaviour.
- ***J.P. Caza, Chair, Chatham-Kent Local Service Delivery Network - \$650*** for producing a booklet on how to access specialized services in the Chatham-Kent area for adults with a developmental disability and a coexisting mental health and/or challenging behaviour.
- ***Mary Westerhof, Clinical Nurse Leader, St. Joseph's Healthcare, Hamilton - \$889.20*** for medication drug booklets to enhance the knowledge of individuals assisting adults with a developmental disability and a coexisting mental health and/or challenging behaviour. These books are used in training on medication administration and giving staff the tools they need to decrease med errors.
- ***Sherry Metivier, Mental Health Worker, and Tim Sharron, Senior Constable, C.O.S.T Community Outreach and Support Team (a partnership between Windsor Police and Hotel-Dieu Grace Hospital) - \$500*** for producing a brochure for front-line police officers and other first responders to assist them when encountering a person with a mental health issue/Dual Diagnosis.
- ***Al Fewster, Community Consultant, Regional Support Associates, Woodstock – \$40.45*** for a DVD that provides training information for cross-sectorial agency staff responding to cases of epilepsy among people with an intellectual disability.
- ***Jennifer Lynch, Dual Diagnosis Community Support Worker, Windsor Regional Hospital Dual Diagnosis Program/Canadian Mental Health Association - \$500*** for resources for enhancing the knowledge of individuals in diagnosing and treating or addressing the needs of people with a Dual Diagnosis with the goal of improving and expanding the quality of service they receive.
- ***Terry McGurk, Manager, COAST (Crisis Outreach and Support Team) Hamilton and CAST (Crisis Access and Support Team) Haldimand/Norfolk – \$864.45*** for computer upgrades for COAST Hamilton and CAST Haldimand/Norfolk data bases to ensure crisis response plans for both agencies are current and effective to enhance the delivery of services to people with a developmental disability and a coexisting mental health issue and/or challenging behaviour.

## **Investments In Other Training Materials**

In the fiscal year 2010-2011, the SNSC invested the balance of its \$30,000 in training grants – an amount totaling \$4,530.60 – in two educational and training packages on matters of high interest to our many partner agencies and to families and others supporting people with a Dual Diagnosis. They include:

- A Toolkit the Network launched in November of 2010, titled '*Youth in Transition – A Toolkit for Supporting Youth with Development Disabilities*', which was a collaborative effort among partner agencies across the southern region and focuses on providing the information necessary to better support persons with a Dual Diagnosis who are making the transition from children's to adult services.

This 135-page Toolkit continues to be well received by agencies and caregivers across the region with comments like: "So much practical information. ... What an awesome package," from Lani Harris, a Case Manager for Bethesda's Family Home Program in Niagara, and from Jason Young, director of the Woodstock-based Regional support Associations and one of the Co-Leads of the Network's Advisory Committee: "Any statement would be an understatement to describe the amount of work that went into the development of this Toolkit."

The Toolkit features 10 sections complete with detailed lists of available agencies, websites and other resources that can be accessed by our partner agencies and others assisting people with a Dual Diagnosis who are making the transition from children's to adult services. The Network continues to update this highly sought Toolkit. The most recent version of it can be found by visiting [www.community-networks.ca](http://www.community-networks.ca) and clicking on the 'Resources' in the left-hand margin.

- The Health Matters Curriculum, on CD-Rom and made available through the Developmental Disabilities Division of the University of Western Ontario, offers a series of educational sessions titled '*The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities*.'

The program/curriculum, featuring up to 59 one-hour sessions, is also available in book form, offers individuals working with people with a developmental disability an "innovative easy-to-implement curriculum" to assist their adult clients to build health lifestyles – to help them "make the best choices about health, exercise and nutrition.

Dr. George Jesien, Executive Director of the American-based Association of University Centres on Disabilities, said the following about the use of this curriculum in other regions and which the SNSC has now helped purchase for use by partner agencies in the southern region: "If you work with individuals with developmental disabilities, if you are concerned about promoting health and well being, and if you want concrete, day-to-day activities and ideas to carry them out, then you want this book."

For more information on this curriculum visit  
<http://www.brookespublishing.com/store/books/marks-70007/index.htm>

## Networking Days

As part of our ongoing commitment to nurture relationships and offer training and educational opportunities for enhancing the services our many partners provide to people with a Dual Diagnosis, SNSC has been hosting networking days for clinicians, social workers, nurses, case managers and other professionals across the southern region since our inception five years ago.

On November 19<sup>th</sup>, 2010, the SNSC was pleased to join one of its sister networks, the Central West Community Network of Specialized Care, for a first-of-a-kind networking day participated in by two networks and a total of more than 120 clinicians.

This networking day, held in Ingersoll, Ontario, featured learning sessions delivered by:

- Dr. Lori Haskell, a Psychologist, Research Consultant and Assistant Professor at the University of Toronto, presented a session focused on understanding the impact of abuse-related trauma in the lives of people with a developmental disabilities.
- Peggy Corrigan-Dench, a Community Consultant with Regional Support Associates and with more than 30 years of experience in the social service field, led a session titled *'Looking through the Trauma Lens. ... Risks and Protections'*, which focused on the support and treatment needs of people with developmental disabilities who have experienced trauma.
- Patricia Patterson-Wybrew, a veteran clinical social worker and Program Director with the Mental Health and Addictions Program at Grand River Hospital, spoke of the need for clinicians and other support workers to attend to any feelings of depression or fatigue they may experience in the process of offering compassionate care to others.

Trevor Lumb, Coordinator for the Central West Network, called this networking event an excellent opportunity for clinicians from the two networks to share resources and learn from each other.



Trevor Lumb, Dr. Haskell and Liz Froese at the November 19<sup>th</sup> Clinician's Networking Day

## **Video Conferencing as a Training Tool**

In the 2010-2011 fiscal year, the SNSC continued to use video conferencing as one more venue for enhancing our delivery of training and professional development services to our many partners across the southern region.

In past years, the SNSC has learned from feedback received from our partner agencies, including surveys the Network has conducted, that video conferencing has more often become one of the venues of choice for the growing numbers of our partners seeking training opportunities. The latest data for 2010-2011 confirms that the use of video conferencing by our partners is increasing significantly.

In 2010-2011, the number of participants in video conferences focused on training opportunities totaled 4,477 and the number of training hours totaled 340, compared to 4,134 participants and 290 online hours in 2009-2010.

To meet the growing interest in video conferencing, the SNSC has added four new sites for our partners to the 24 sites already available for people to attend these sessions in the southern region. Those new sites include Community Living Sarnia-Lambton, Community Living Stratford & Area, the Family Counselling Centre of Brant and Brantwood Centre.

The SNSC is also now webcasting these video conferences so that those who missed them on the days they are scheduled can view them at a time of their convenience. The Network also continuously lists dates for upcoming video conferences that can be accessed by visiting [www.community-networks.ca](http://www.community-networks.ca), then clicking on the 'Video Conferencing' tab.

### **Conclusion**

In the fiscal year 2010-2011, the SNSC made every effort to invest the \$30,000 in annual training dollars to offer our southern region partners the best opportunities possible to enhance their skills and knowledge as they work to assist people with a Dual Diagnosis to fulfill their potential in living in the community.

In that effort, the SNSC is pleased to report that \$25,469.40 of this annual \$30,000 in training dollars was granted for eight training events participated in by hundreds of partners across the southern region, for seven training opportunities for individuals working in the Dual Diagnosis field and for the production of educational materials for use by professions across many sectors the Network serves.

The balance of the \$30,000 (\$4,530.60) was invested in two other training resources outlined in this report – the 'Youth In Transition' Toolkit and the 'Health Matters' Curriculum.

The SNSC has always welcomes feedback from our many partners when it comes to how best to provide the training opportunities. Feel free to share your comments and suggestions with SNSC's Coordinator Liz Froese.

**FOR MORE INFORMATION CONTACT: LIZ FROESE, Coordinator, 1-866-486-1651**  
[froese.network@sympatico.ca](mailto:froese.network@sympatico.ca)