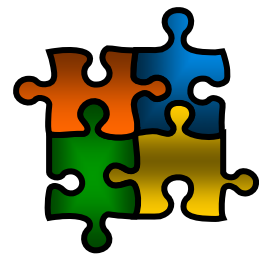


# Anxiety and substance use for youths (15-30 years old): Better comprehension for better action.



Offered as part of the cross-training program aiming to improve the continuity of services and programs for youths, youths at risk for, and youths having concurrent mental health and substance use disorders.

## Schedule and content of cross-training

- 8:30-9:00:**           **Greeting and sign-in of participants** (entrance of the Douglas Hall).  
• Coffee and assorted pastries in the basement
- 9:00-9:30:**           **Welcome speech** (Douglas Hall).  
• Presentation of the cross-training project and schedule of the day.  
Michel Perreault     Douglas Institute
- 9:30-11:45:**       **Current state of knowledge and differentiation of symptoms.**  
**General objective:** To improve one's knowledge of the interactions on a pharmacological level and to become familiar with the evaluation methods for symptoms at both the youth and adult levels.
- 9:30-10:10:        Definition and evolution of anxiety disorders  
**Stéphane Dubé, psychologist, Douglas Institute**  
Specific objective: To better recognize the different symptoms of anxiety disorders and their evolution across different ages (from symptoms to diagnosis).
- 10:10-10:25:       BREAK
- 10:25-11:05:       Psychotropes and anxiety disorders  
**Marc-André Sirois, nurse, Clinique Cormier-Lafontaine**  
**Patricia Maisl, psychoeducator, Clinique Cormier-Lafontaine**  
Specific objective: To better understand the interaction between anxiety disorders, substance abuse, and the use of medication.
- 11:05-11:45:       Treatment of concurrent substance use and anxiety disorders (in English)  
**Lucy Cumyn, addictions counsellor, Foster Pavilion**  
Specific objective: To become familiar with the guidelines concerning the evaluation and treatment of concurrent anxiety and substance use disorders.
- 11:45-12:00:**       **Return to plenary format (instructions for next activity).**
- 12:00-12:45:**       **Lunch**
- 12:45-14:45:**       **Sharing our expertise.**  
Group discussions – Choice of a clinical case study concerning an adolescent or an adult  
Objective: To better comprehend how intervention takes place for a clientele who is at risk for or having concurrent anxiety and substance use disorders, according to the different resources.
- 14:45-15:00:**       **Displacement**

**15:00-15:45: The salient facts from the discussion groups – interactive synthesis.**

According to their experience and the comments that they have compiled throughout the group discussions, two specialists will speak about the evaluation and intervention of individuals at risk for or having concurrent substance use and anxiety disorders.

Youth clinical case study: Dr. Patricia Garel, pedopsychiatrist, CHU Ste-Justine  
Adult clinical case study: Camillo Zacchia, psychologist, Douglas Institute

**15:45-16:00: Acknowledgements and Final Word.**