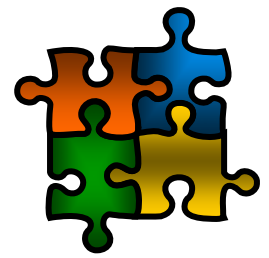


Depression and substance use for youths (15-30 years old): Better comprehension for better action.



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

- 8:30am-9:00am:** **Participant check-in** (entrance of the Douglas Hall).
• Coffee and assorted pastries in the basement
- 9:00am-9:30am:** **Welcome speech** (Douglas Hall).
• Presentation of the cross-training project and the role of prevention.
Instructions for the workshops and schedule for the day.
Michel Perreault Douglas Institute
- 9:30am-11:45am:** **Current state of knowledge and differentiation of symptoms.**
General objective: To become familiar with evaluation methods for symptoms at the youth and young adult level.
- 9:30am-10:30am:* The challenges of diagnostic evaluation for the depressed and suicidal adolescent patient
○ **Johanne Renaud, child psychiatrist, Douglas Institute
Standard Life Centre for Breakthroughs in Teen Depression and
Suicide Prevention**
- 10:30am-10:45am:* BREAK
- 10:45am-11:45am:* A look into the depressive dimension of the adolescent user
○ **Karen Fortin, psychoeducator, Centre Dollard-Cormier - IUD**
- 11:45am-12:00pm:** **BREAK and displacements.**
- 12:00pm-2:00pm:** **Sharing our expertise.** (lunch served on site)
Workshops – Choice between a clinical case based on an adolescent or young adult
Objective: To better understand how to intervene with a clientele at risk or suffering from depressive symptoms and substance use among the different resources present within the discussion group.
- 2:00pm-2:15pm:** **The salient facts from the discussion groups.**
- 2:15pm-3:30pm:** **Intervention: Different perspectives** – Interactive panel.
Based on their knowledge and their experience, specialists will answer your questions regarding evaluation and intervention for youths at risk or having depressive symptoms with concurrent substance use.
- 3:30pm-3:50pm:** **Review of the day.**
An expert shares her opinion on evaluation and intervention for youths at risk or suffering from depressive symptoms and concurrent substance use.
○ **Karine Bertrand, Ph.D., associate professor, Université de Sherbrooke**
- 3:50pm-4:00pm:** **Final Word and Acknowledgements.**