

# CAPA 1<sup>ST</sup> International Conference 2021



The Choice & Partnership Approach for Child and Youth Mental Health



May 10-11-12, 2021 | 12:30 - 16:30 ADT

May 11 & 12, 2021 | 18:30 - 20:30 ADT

**By the end of the conference, participants will be able to:**

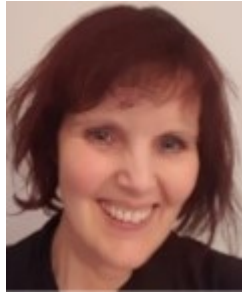
- Summarize the core components of the Choice and Partnership Approach (CAPA) and how it is integrated into Child/Adolescent mental health services locally, nationally and internationally;
- Describe how CAPA principles are best incorporated into both clinical care and service provision for children, youth and families and the benefits of this to the client, family and service provider;
- Recall the lived experience of CAPA including the voice of the client, family and caregiver.



CIHR  
IRSC

Canadian Institutes of  
Health Research  
Instituts de recherche  
en santé du Canada

May 10, 2021



Dr. Ann York is one of the co-developers of the CAPA model, international leader, consulting Psychiatrist.

Dr. York will focus on how the values of CAPA show up in the way we work together with clients and families, and as teams.



Dr. Duncan Law is a Consultant Clinical Psychologist who has expertise in the clinical use of outcomes and evaluation tools to improve clinical practice.

Dr. Law will explore the process of developing goals that matter with clients and consider meaningful ways to measure outcomes.

**12:30 - 13:00 ADT**

16:30 - 17:00 BST

03:30 - 04:00 (May 11) NZST

**Welcome to the very first CAPA International Conference!**

**13:00 - 14:30 ADT**

17:00 - 18:30 BST

04:00 - 05:30 (May 11) NZST

**How To Spot an Expert: the cake, the butterfly and the box**

*Ann York | London, England*

- Describe what the Choice and Partnership Approach is, is not and what it can be;
- Explain the values of CAPA to another person;
- Describe the power of language;
- Outline what the pandemic has taught us about CAPA;
- Explain the cake, the butterfly and the box.

**14:30 - 15:00 ADT**

18:30 - 19:00 BST

05:30 - 06:00 (May 11) NZST

**Break & Networking Function**

**15:00 - 16:30 ADT**

19:00 - 20:30 BST

06:00 - 07:30 (May 11) NZST

**Thoughts from away: working with goals to enhance client-centered care**

*Duncan Law | London, England*

- Explain the process of goal-oriented practice across different modalities, with different client groups in different settings;
- Elaborate on Goal-Based Outcomes (GBO), a tool to help facilitate best practice;
- Outline how goal-oriented practice is central to CAPA;
- Recall the theoretical and research evidence that underpins this way of working.

**What do these symbols mean?**



**Quick-Talk**  
Telling a story



**Presentation**  
Sharing our stories



**Panel**  
Conversation from multiple  
perspectives



**Workshop**  
Teaching and practicing

# May 11, 2021

## Program Schedule

<div>12:30 - 12:45 ADT</div> <div>16:30 - 16:45 BST</div> <div>03:30 - 03:45 (May 12) NZST</div>	Welcome to Day 2 - Afternoon Sessions			
<div>12:45 - 13:00 ADT</div> <div>16:45 - 17:00 BST</div> <div>03:45 - 04:00 (May 12) NZST</div>	<div>Quick Talks</div> <div>Watching our flocks   Nicky Alexander-Locke &amp; Margaret Cresswell   Lisburn, United Kingdom</div> <div>Using a Client "Dashboard" to Monitor Client Flow   Marcie Balch   Halifax, Canada</div> <div>The Journey of IMPACT CAMHS: Using creative arts to express mental health experiences   Shauneen O'Connor   Belfast, United Kingdom</div> <div></div>			
	Concurrent Sessions			
	Concurrent Session 1	Concurrent Session 2	Concurrent Session 3	Concurrent Session 4
<div>13:00 - 14:00 ADT</div> <div>17:00 - 18:00 BST</div> <div>04:00 - 05:00 (May 12) NZST</div>	<div>Getting through the brick wall: Navigating effective goal setting in challenging circumstances.</div> <div>Duncan Law   London, England</div> <div></div>	<div>We all do that! How change can be both universal and individual when you understand it</div> <div>Jill Chorney, Aimee Coulombe, Sharon Clark, David Clinton &amp; Stephanie Snow   Halifax, Canada</div> <div></div>	<div>CAPA Tools: Implementation Research</div> <div>Collaborating and developing a shared understanding of CAPA in Nova Scotia: Use of the CAPA FACE to facilitate quality improvement discussions</div> <div>Julie MacDonald (Sydney, Canada) &amp; Leslie Anne Campbell (Halifax, Canada)</div> <div>The Choice and Partnership Approach (CAPA) in Child and Adolescent Mental Health Care: A Scoping Review</div> <div>Kathleen Pajer   Ottawa, Canada</div> <div></div>	<div>CAPA Values: Community Collaborations</div> <div>Meaningful Collaboration: Benefits of Exploring Interests</div> <div>Jaime Blenus &amp; Andy Cox   Halifax, Canada</div> <div>Shared Care - Building Community Partnerships &amp; Expanding Capacity</div> <div>Jeffrey Thoms</div> <div>Halifax, Canada</div> <div></div>
<div>14:00 - 14:30 ADT</div> <div>18:00 - 18:30 BST</div> <div>05:00 - 05:30 (May 12) NZST</div>		Networking Session		
<div>14:30 - 15:00 ADT</div> <div>18:30 - 19:00 BST</div> <div>05:30 - 06:00 (May 12) NZST</div>	Break			
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	Concurrent Session 1	Concurrent Session 2	Concurrent Session 3	Concurrent Session 4
<div>15:00 - 15:30 ADT</div> <div>19:00 - 19:30 BST</div> <div>06:00 - 06:30 (May 12) NZST</div>	<div>Getting through the brick wall: Navigating effective goal setting in challenging circumstances.</div> <div>Duncan Law   London, England</div> <div></div>	<div>Operationalization of CAPA through the Integration of Continuous Improvement Management</div> <div>Onur Pakkanlilar   Halifax, Canada</div> <div></div>	<div>How we built a CAPA team in the Norwegian Arctic</div> <div>Judeson Joseph, Brynjar Gamst &amp; Gunnhilde Fjell   Tromsø, Norway</div> <div></div>	<div>Building a Rapid Response Team into CAPA</div> <div>Marjorie Robb &amp; Neil Gottheil</div> <div>Ottawa, Canada</div> <div></div>
<div>15:30 - 16:30 ADT</div> <div>19:30 - 20:30 BST</div> <div>06:30 - 07:30 (May 12) NZST</div>		<div>Is waiting all there is? Reasons why teams choose to implement CAPA in the first place</div> <div>Sharon Clark (Halifax, Canada), Yngvild Arnesen (Tromsø, Norway), Fiona Anderson (Auckland, New Zealand) &amp; Ann York (London, England)</div> <div></div>		
BREAK: 16:30 - 18:30 ADT   20:30 - 22:00 BST   07:30 - 09:30 NZST				
<div>18:30 - 18:35 ADT</div> <div>22:00 - 22:05 BST</div> <div>09:30 - 09:35 (May 12) NZST</div>	Welcome to Day 2 - Evening Sessions			
	Concurrent Sessions			
	Concurrent Session 1	Concurrent Session 2	Concurrent Session 3	
<div>18:35 - 19:30 ADT</div> <div>22:05 - 23:30 BST</div> <div>09:35 - 10:30 (May 12) NZST</div>	<div>Trans-forming CAPA: Gender-affirming Care as a Core Value</div> <div>Julien Davis   Kentville, Canada</div> <div></div>	<div>CAPA Implementation in Aotearoa over 15 years: What's worked, what's needed work</div> <div>Bronwyn Dunnachie, Fiona Anderson &amp; Stacey Limmer   Christchurch, New Zealand</div> <div></div>	<div>Adapting CAPA in a Pandemic</div> <div>CAPA in Covid: Flexibly adapting a parent group to online delivery</div> <div>Reilly Macdonald &amp; Mihaela Armat   Halifax, Canada</div> <div>Specific interventions; Facilitating groups via telehealth/zoom</div> <div>Erin Mackinder &amp; Natalie Agarkov   Auckland, New Zealand</div> <div>Expanding CAPA Possibilities While Our World Contracted</div> <div>Marjorie Robb &amp; Clare Roscoe</div> <div>Ottawa, Canada</div> <div></div>	
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<div>19:45 - 20:45 ADT</div> <div>23:45 (May 11) - 12:45 (May 12) BST</div> <div>10:45 - 11:45 (May 12) NZST</div>	<div>Choice Training Clinic: Continuous learning in Choice</div> <div>Sharon Clark, Aimee Coulombe &amp; Jill Chorney   Halifax, Canada</div> <div></div>	<div>Everyone's in it together: A Conversation on youth mental health and wellness</div> <div>Mental health professional hosts: Sabina Abidi and Jeff Thoms   Halifax, Canada</div> <div>Youth hosts: Neda Moghadam and Grace Disney   Halifax, Canada</div> <div></div>	<div>Reflecting on our work with clients: peer review and letting go</div> <div>Letting Go and Case Load review</div> <div>Fiona Anderson   Auckland, New Zealand</div> <div>Partnership Review: What works well and how do we continue to grow in our practice?</div> <div>Natalie Steele Quinn</div> <div>Halifax, Canada</div> <div></div>	

May 11, 2021

## Detailed Agenda



12:30 - 12:45 ADT

16:30 - 16:45 BST

03:30 - 03:45 (May 12) NZST

### Welcome to Day 2 - Afternoon Sessions

12:45 - 13:00 ADT

16:45 - 17:00 BST

03:45 - 04:00 (May 12) NZST

#### Quick Talks

##### Watching our flocks

*Nicky Alexander-Locke & Margaret Cresswell | Lisburn, United Kingdom*

- Explain the pitfalls of implementing CAPA;
- Analyze areas to focused on when starting to implement CAPA;
- Explain the key ideas around having ducks in rows.

##### Using a Client "Dashboard" to Monitor Client Flow

*Marcie Balch | Halifax, Canada*

- Identify effective tools for monitoring current caseload;
- Explain how this tool can help trouble shoot issues with flow related to CAPA principles.

##### The Journey of IMPACT CAMHS: Using creative arts to express mental health experiences

*Shauneen O'Connor | Belfast, United Kingdom*

- Explain how music can promote a message of hope and recovery in mental health;
- Describe mental health experiences from a youth perspective using a musical narrative.

### Concurrent Sessions

13:00 - 14:30 ADT

17:00 - 18:30 BST

04:00 - 05:30 (May 12) NZST

#### Getting through the brick wall: Navigating effective goal setting in challenging circumstances

*Duncan Law | London, England*

- Identify challenging situations for goal setting;
- Recall ways to work with clients when goals seem hard to set.



13:00 - 14:00 ADT

17:00 - 18:00 BST

04:00 - 05:00 (May 12) NZST

#### We all do that! How change can be both universal and individual when you understand it

*Jill Chorney, Aimee Coulombe, Sharon Clark, David Clinton & Stephanie Snow | Halifax, Canada*

- Propose core mechanisms that are common across symptom presentations and therapeutic approaches;
- Describe how we develop a shared language of mechanisms - with clients, families, and providers;
- Identify benefits of having a shared understanding of core mechanisms.



#### CAPA Tools: Implementation Research

##### Collaborating and developing a shared understanding of CAPA in Nova Scotia: Use of the CAPA FACE to facilitate quality improvement discussions

*Julie MacDonald (Sydney, Canada) & Leslie Anne Campbell (Halifax, Canada)*

- Review use of CAPA scan to inform quality improvement discussions with teams;
- Describe findings from the CAPA FACE, and the application to understanding the question 'where are we now?' and the goal of 'where do we want to go';
- Review use of the tool to both engage teams and to inform research .

##### The Choice and Partnership Approach (CAPA) in Child and Adolescent Mental Health Care: A Scoping Review

*Kathleen Pajer | Ottawa, Canada*

- Describe two features of the CAPA model;
- State how many documents exist with data about CAPA;
- Name two strengths and two limitations of this body of research.



#### CAPA Values: Community Collaborations

##### Meaningful Collaboration: Benefits of Exploring Interests

*Jaime Blenus & Andy Cox | Halifax, Canada*

- Describe the positive outcomes from having access a position, devoted to help find the next steps within the community enhances successful 'Let go' transition;
- Identify therapeutic coping strategies learned in the clinic which can be practiced and supported in the community.

##### Shared Care - Building Community Partnerships & Expanding Capacity

*Jeffrey Thoms | Halifax, Canada*

- Identify the importance and validity of creating community partnerships to support marginalized populations;
- Identify and reflect upon the importance of creativity in reducing barriers within systems of care to provide services to community.



14:00 - 14:30 ADT

18:00 - 18:30 BST

05:00 - 05:30 (May 12) NZST

### Networking Function

*Program is subject to change*



May 11, 2021

## Detailed Agenda

<b>14:30 - 15:00 ADT</b> 18:30 - 19:00 BST 05:30 - 06:00 (May 12) NZST	Break	
Concurrent Sessions		
<b>15:00 - 16:30 ADT</b> 19:00 - 20:30 BST 06:00 - 07:30 (May 12) NZST	<b>Getting through the brick wall: Navigating effective goal setting in challenging circumstances</b> <i>Duncan Law   London, England</i> <ul style="list-style-type: none"> <li>Identify challenging situations for goal setting;</li> <li>Recall ways to work with clients when goals seem hard to set.</li> </ul>	
<b>15:00 - 15:30 ADT</b> 19:00 - 19:30 BST 06:00 - 06:30 (May 12) NZST	<b>Operationalization of CAPA through the Integration of Continuous Improvement Management</b> <i>Onur Pakkanlilar   Halifax, Canada</i> <ul style="list-style-type: none"> <li>Identify several continuous improvement principles currently used by IWK-MHA and how they are aligned with CAPA;</li> <li>Identify and review several quality improvement processes and tools implemented in IWK-MHA and how they support a system of continuous improvement and help operationalize CAPA.</li> </ul>	
	<b>How we built a CAPA team in the Norwegian Arctic</b> <i>Judeson Joseph, Brynjar Gamst &amp; Gunnhilde Fjell   Tromso, Norway</i> <ul style="list-style-type: none"> <li>Identify key factors in building a team of health care professionals.</li> </ul>	
	<b>Building a Rapid Response Team into CAPA</b> <i>Marjorie Robb &amp; Neil Gottheil   Ottawa, Canada</i> <ul style="list-style-type: none"> <li>Identify system changes that helped develop a rapid response team that can support young people in crisis and avoid hospitalization;</li> <li>Describe the advantages and limitations of providing virtual urgent care, both in and outside of the pandemic context.</li> </ul>	
<b>15:30 - 16:30 ADT</b> 19:30 - 20:30 BST 06:30 - 07:30 (May 12) NZST	<b>Is waiting all there is? Reasons why teams choose to implement CAPA in the first place</b> <i>Sharon Clark (Halifax, Canada), Yngvild Arnesen (Tromso, Norway), Fiona Anderson (Auckland, New Zealand) &amp; Ann York (London, England)</i> <ul style="list-style-type: none"> <li>Describe different reasons for system change;</li> <li>Identify processes that have support implementation of CAPA;</li> <li>Describe commonalities and differences between 3 CAMHS teams on 3 different continents.</li> </ul>	
BREAK: 16:30 - 18:30 ADT   20:30 - 22:00 BST   07:30 - 09:30 NZST		
<b>18:30 - 18:35 ADT</b> 22:00 - 22:05 BST 09:30 - 09:35 (May 12) NZST	Welcome to Day 2 Evening Sessions	
Concurrent Sessions		
<b>18:35 - 19:30 ADT</b> 22:05 - 23:30 BST 09:35 - 10:30 (May 12) NZST	<b>Trans-forming CAPA: Gender-affirming Care as a Core Value</b> <i>Julien Davis   Kentville, Canada</i> <ul style="list-style-type: none"> <li>Identify key terms and language when working with trans/non-binary populations;</li> <li>Review importance of trans/non-binary inclusion as a core value within CAPA;</li> <li>Prepare strategies for providing gender-affirming care within CAPA.</li> </ul>	
	<b>CAPA Implementation in Aotearoa over 15 years: What's worked, what's needed work</b> <i>Bronwyn Dunnachie, Fiona Anderson &amp; Stacey Limmer   Christchurch, New Zealand</i> <ul style="list-style-type: none"> <li>Implementation: Strengths and Barriers.</li> </ul>	
	<b>Adapting CAPA in a Pandemic</b> <b>CAPA in Covid: Flexibly adapting a parent group to online delivery</b> <i>Reilly Macdonald &amp; Mihaela Armat   Halifax, Canada</i> <ul style="list-style-type: none"> <li>Adapt programming flexibly to meet the needs of clients amidst changes or barriers, especially throughout Covid;</li> <li>Identify the tools to run an interactive, participatory online group;</li> <li>Identify potential current gaps in delivering their services as well as how to bridge those gaps through adapting to client needs with accessible service delivery.</li> </ul>	
	<b>Specific interventions; Facilitating groups via telehealth/zoom</b> <i>Erin Mackinder &amp; Natalie Agarkov   Auckland, New Zealand</i> <ul style="list-style-type: none"> <li>Identify how to prepare and deliver specific/group interventions via telehealth/zoom;</li> <li>Discuss the difficulties and challenges of delivering specific/group interventions via telehealth/zoom;</li> <li>Review outcomes measures and what young people think about participating in a group via telehealth/zoom.</li> </ul>	
	<b>Expanding CAPA Possibilities While Our World Contracted</b> <i>Marjorie Robb &amp; Clare Roscoe   Ottawa, Canada</i> <ul style="list-style-type: none"> <li>Identify 3 factors that promote change in a time of crisis;</li> <li>Describe special considerations when Choice takes place in a fully or partially locked-down context.</li> </ul>	

May 11, 2021

## Detailed Agenda

19:30 - 19:45 ADT  
23:30 - 23:45 BST  
10:30 - 10:45 (May 12) NZST

Break

### Concurrent Sessions

19:45 - 20:45 ADT  
23:45 (May 11) - 12:45 (May 12)  
BST  
10:45 - 11:45 (May 12) NZST

#### Choice Training Clinic: Continuous learning in Choice

Sharon Clark, Aimee Coulombe & Jill Chorney | Halifax, Canada

- Describe the function of the Choice Training clinic and the balance of learning and practice;
- Identify benefits of thinking about the continuous improvement stance in creating learning and training opportunities;
- Identify ways to support on-going learning after the training stage is completed.



#### Everyone's in it together: A Conversation on youth mental health and wellness

Mental health professional hosts: Sabina Abidi and Jeff Thoms | Halifax, Canada

Youth hosts: Neda Moghadam and Grace Disney | Halifax, Canada

- Identify effective methods and coping strategies that help support one's own mental health and wellness
- Develop skills that can help support the mental health and wellness of others (e.g. friend, classmate, family member, colleague, etc.)



Let's talk about mental health and wellness. This session will be an opportunity for youth and mental health professionals to have a conversation about important matters related to youth mental health and wellness. Because mental health and wellness looks different for all of us, this will be a chance to hear about different perspectives and approaches to help inform choices that we can make to impact our own mental health and wellness and how we can support others. The session will be hosted collaboratively by two youth facilitators and two mental health professionals. It's open to all youth, parents, teachers, and community members and health professionals.

#### Reflecting on our work with clients: peer review and letting go

##### Letting Go and Case Load review

Fiona Anderson | Auckland, New Zealand

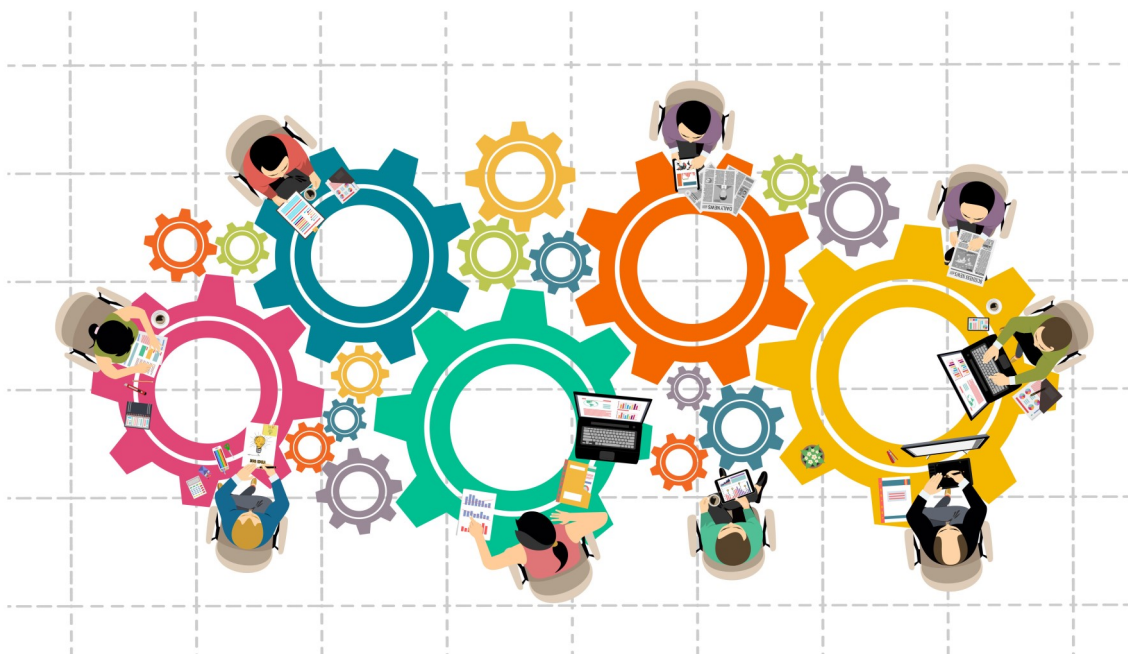
- Identify barriers of "letting go" and overcome these.



#### Partnership Review: What works well and how do we continue to grow in our practice?

Natalie Steele Quinn | Halifax, Canada

- Explain what makes a meaningful and support environment for partnership review and growth;
- Outline the structure developed in order to ensure a good partnership review process;
- Demonstrate how literature on peer supervision and continual improvement can be incorporated into partnership review work.







Program is subject to change

# May 12, 2021

## Program Schedule

12:30 - 12:45 ADT 16:30 - 16:45 BST 03:30 - 03:45 (May 13) NZST	Welcome to Day 3 - Afternoon Sessions			
12:45 - 13:00 ADT 16:45 - 17:00 BST 03:45 - 04:00 (May 13) NZST	<div>Quick Talks</div> <div>Data and CAPA - What you need to know   Fiona Anderson   Auckland, New Zealand</div> <div>CAPA Implementation in Aotearoa: Using an integrated approach to workforce development; Tools Tips and Tricks</div> <div>Bronwyn Dunnachie   Christchurch, New Zealand</div> <div>Calling a Family Meeting   Claudia Zonneveld   Auckland, New Zealand</div> <div></div>			
	Concurrent Sessions			
	Concurrent Session 1	Concurrent Session 2	Concurrent Session 3	Concurrent Session 4
13:00 - 14:00 ADT 17:00 - 18:00 BST 04:00 - 05:00 (May 13) NZST	Getting through the brick wall: Navigating effective goal setting in challenging circumstances.  Duncan Law   London, England	What matters to families: Support for careers of children and young people with mental health difficulties  Emily Henderson, Nikki Rutter & Markku Wood Newcastle-upon-tyne, United Kingdom	CAPA Tools: Job Planning  Small gain, Big wins? Experimenting with Capacity Planning Mark Bennett, Sharon Clark & Leslie Anne Campbell   Halifax, Canada  Job planning morale Aimee Coulombe   Halifax, Canada	
14:00 - 14:30 ADT 18:00 - 18:30 BST 05:00 - 05:30 (May 13) NZST		Creating a Feedback Culture: How to let the patient's voice be the guideline for therapeutic interventions? Linda Svorken   Tromsø, Norway	Deliberate choice-practice. Training new choice-therapists and continuously improving and maintaining skills Agnes Bohne   Tromsø, Norway	Collaborating Across Boundaries: Peer Support for Youth and Families Impacted by Eating Disorders Shaleen Jones (Halifax, Canada), Nicole Obied (Ottawa, Canada), Gina Dimitropoulos (Halifax, Canada) & Terri McKinlay (Halifax, Canada)
14:30 - 15:00 ADT 18:30 - 19:00 BST 05:30 - 06:00 (May 13) NZST	Break			
	Concurrent Sessions			
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15:00 - 15:30 ADT 19:00 - 19:30 BST 06:00 - 06:30 (May 13) NZST	The Art of Living and CAPA Jaime Blenus & Erica Gallant Halifax, Canada	Exploring the Impact of 'IMPACT CAMHS' Service User Group Shauneen O'Connor, Sarah Ombler, Barry Mc Lennan & 2youth from IMPACT CAMHS: Claire Reid & Robyn Ellison Belfast, United Kingdom	Collaborative Communication Solutions for Managing Change Neil Gottheil   Ottawa, Canada	
15:30 - 16:30 ADT 19:30 - 20:30 BST 06:30 - 07:30 (May 13) NZST	CAPA2021 Reflection & Wrap Up - What's next? Duncan Law & Ann York   London, England			
BREAK: 16:25 - 18:30 ADT   20:25- 22:00 BST   07:25 - 09:30 NZST				

18:25 - 18:30 ADT 22:25 - 22:30 BST 09:25 - 09:30 (May 13) NZST	Welcome to Day 3 - Evening Sessions			
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18:30 - 19:30 ADT 22:30 - 23:30 BST 09:30 - 10:30 (May 13) NZST	Getting through the brick wall: Navigating effective goal setting in challenging circumstances. <i>Duncan Law   London, England</i> 	Seeing more people, more quickly: introducing CAPA for all ages, all issues across the Midwest region of Western Australia <i>Jamie Robson, Nicholas Coulter, Neil Dadd &amp; Paula Chatfield   Perth, Australia</i> 	Four Parents, Three Continents, Four Perspectives: Sharing experiences, ideas and hopes for the future  <i>Parents with Lived Experience: Trish Lumb (Canterbury, New Zealand ), Kathleen Martin (Halifax, Canada), Wendy Minhinnett (Spennymoor, England) &amp; Elisabeth Borch (Tromsø, Norway)</i>  <i>Dr. Ann York (London, England) CAPA Co-Developer</i> 	Looking back to the future <i>Maliaga Erick &amp; Exeter Alofi Auckland, New Zealand</i>  From CAPA to Youth Consult Groups <i>Jo Heap &amp; Jo Hollins Whanganui, New Zealand</i> 
19:30 - 20:00 ADT 23:30 - 12:00 BST 10:30 - 11:00 (May 13) NZST		Networking Session		
20:00 - 20:30 ADT 12:00 - 12:30 (May 13) BST 11:00 - 11:30 (May 13) NZST	CAPA2021 Reflection & Wrap Up - What's next? <i>Duncan Law &amp; Ann York   London, England</i>			

# Detailed Agenda

<b>12:30 - 12:45 ADT</b> 16:30 - 16:45 BST 03:30 - 03:45 (May 13) NZST	<b>Welcome to Day 3 - Afternoon Sessions</b>
<b>12:45 - 13:00 ADT</b> 16:45 - 17:00 BST 03:45 - 04:00 (May 13) NZST	<b>Quick Talks</b>  <b>Data and CAPA - What you need to know</b> <i>Fiona Anderson   Auckland, New Zealand</i> <ul style="list-style-type: none"> <li>Explain how to use data as an aid to job planning and flow management.</li> </ul> <b>CAPA Implementation in Aotearoa: Using an integrated approach to workforce development; Tools Tips and Tricks</b> <i>Bronwyn Dunnachie   Christchurch, New Zealand</i> <ul style="list-style-type: none"> <li>Describe the process of implementation support the Werry Workforce employed when implementing the CAPA model across services in New Zealand;</li> <li>Outline the implementation tools the Werry Workforce Whāraurau used to support changes in a model of service delivery across teams in New Zealand.</li> </ul> <b>Calling a Family Meeting</b> <i>Claudia Zonneveld   Auckland, New Zealand</i> <ul style="list-style-type: none"> <li>Describe how Single Session Family Consultation (SSFC) fits within the CAPA framework;</li> <li>Identify situations where SSFC could be offered to families.</li> </ul>
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<b>13:00 - 14:30 ADT</b> 17:00 - 18:30 BST 04:00 - 05:30 (May 13) NZST	<b>Getting through the brick wall: Navigating effective goal setting in challenging circumstances</b> <i>Duncan Law   London, England</i> <ul style="list-style-type: none"> <li>Identify challenging situations for goal setting;</li> <li>Recall ways to work with clients when goals seem hard to set.</li> </ul>
<b>13:00 - 14:00 ADT</b> 17:00 - 18:00 BST 04:00 - 05:00 (May 13) NZST	<b>What matters to families: Support for careers of children and young people with mental health difficulties</b> <i>Emily Henderson, Nikki Rutter &amp; Markku Wood   Newcastle-upon-tyne, United Kingdom</i> <ul style="list-style-type: none"> <li>Outline the value of engaging careers in every stage of the design of evaluation of services including new ways to collectively generate new understandings of how to support parents and design services for careers, by careers;</li> <li>Explain the “lesson drawing” method and how it was used to gather information in the Rollercoaster evaluation work;</li> <li>Describe how continually adapting to internal and external factors supports co-production of an evaluation methodology.</li> </ul>
	<b>CAPA Tools: Job Planning</b>  <b>Small gain, Big wins? Experimenting with Capacity Planning</b> <i>Mark Bennett, Sharon Clark &amp; Leslie Anne Campbell   Halifax, Canada</i> <ul style="list-style-type: none"> <li>Describe the concept of marginal gains – their impact, measurement, and communication;</li> <li>Explain a process to develop a tool that incorporates the lived-experiences of many system experts.</li> </ul> <b>Job planning morale</b> <i>Aimee Coulombe   Halifax, Canada</i> <ul style="list-style-type: none"> <li>Apply a case formulation approach to identifying contributors to clinician morale;</li> <li>Describe how to use job planning as a method of supporting clinical staff morale while simultaneously supporting excellence in clinical care.</li> </ul>
<b>14:00 - 14:30 ADT</b> 18:00 - 18:30 BST 05:00 - 05:30 (May 13) NZST	<b>Creating a Feedback Culture: How to let the patient’s voice be the guideline for therapeutic interventions?</b> <i>Linda Svorken   Tromso, Norway</i> <ul style="list-style-type: none"> <li>Identify why and how the use of Feedback tools in therapy can create better outcomes for the patients;</li> <li>Describe how FIT can be used as a component in CAPA;</li> <li>Explain why pilot groups is an important part of a successful implementation process.</li> </ul>
	<b>Deliberate choice-practice. Training new choice-therapists and continuously improving and maintaining skills</b> <i>Agnes Bohne   Tromso, Norway</i> <ul style="list-style-type: none"> <li>Describe a deliberate practice process with choice therapists;</li> <li>Describe key elements to work on to improve choice-skills.</li> </ul>
	<b>Collaborating Across Boundaries: Peer Support for Youth and Families Impacted by Eating Disorders</b> <i>Shaleen Jones (Halifax, Canada), Nicole Obeid (Ottawa, Canada), Gina Dimitropoulos (Halifax, Canada) &amp; Terri McKinlay (Halifax, Canada)</i> <ul style="list-style-type: none"> <li>Explain the role of Peer Supporters, including training and scope of practice;</li> <li>Identify how Peer Support can be deployed in various settings within a health care setting;</li> <li>Identify ways of collaborating between health care settings and community agencies;</li> <li>Interpret new research into Peer Support for adolescents and families.</li> </ul>
<b>14:30 - 15:00 ADT</b> 18:30 - 19:00 BST 05:30 - 06:00 (May 13) NZST	<b>Break</b>
<b>Concurrent Sessions</b>	
<b>15:00 - 15:30 ADT</b> 19:00 - 19:30 BST 06:00 - 06:30 (May 13) NZST	<b>The Art of Living and CAPA</b> <i>Jaime Blenus &amp; Erica Gallant   Halifax, Canada</i> <ul style="list-style-type: none"> <li>Explain Occupational Therapy and it's value role within a mental health and addictions team;</li> <li>Describe how the theories and models of occupational therapy practice compliment the key principals of CAPA.</li> </ul>



May 12, 2021

## Detailed Agenda

### Concurrent Sessions Continued

**15:00 - 15:30 ADT**  
**19:00 - 19:30 BST**  
**06:00 - 06:30 (May 13) NZST**

#### Exploring the Impact of 'IMPACT CAMHS' Service User Group

*Shauneen O'Connor, Sarah Ombler, Barry Mc Lennan & 2 youth from IMPACT CAMHS: Claire Reid & Robyn Ellison / Belfast, United Kingdom*

- Describe how service user involvement has developed in a Belfast CAMHS Outpatient Service;
- Evaluate key findings of a peer evaluation of the IMPACT CAMHS group;
- Illustrate how creative arts has benefited young people in IMPACT CAMHS and their experience of being involved in a peer evaluation.



#### Collaborative Communication Solutions for Managing Change

*Neil Gottheil / Ottawa, Canada*

- Describe how to use common software platforms to improve internal organization communications;
- Identify communication gaps and pitfalls.



**15:30 - 16:30 ADT**  
**19:30 - 20:30 BST**  
**06:30 - 07:30 (May 13) NZST**

#### CAPA2021 Reflection & Wrap Up - What's next?

*Duncan Law & Ann York / London, England*

- Recall the commonalities of practice across mental health services across teams, and on different continents;
- Outline ways to move into the future informed by youth and parent perspectives joining together with service providers to collaborate and invest in meaningful service delivery methods;
- Describe opportunities for learning gained from the conference can impact how we work together informed by a CAPA philosophy of care.

**BREAK: 16:25 - 18:30 ADT | 20:25 - 22:00 BST | 07:25 - 09:30 NZST**

**18:25 - 18:30 ADT**  
**22:25 - 22:30 BST**  
**09:25 - 09:30 (May 13) NZST**

#### Welcome to Day 3 - Evening Sessions

### Concurrent Sessions

**18:30 - 20:00 ADT**  
**22:30 - 12:00 BST**  
**09:30 - 11:00 (May 13) NZST**

#### Getting through the brick wall: Navigating effective goal setting in challenging circumstances

*Duncan Law / London, England*

- Identify challenging situations for goal setting;
- Recall ways to work with clients when goals seem hard to set.



**18:30 - 19:30 ADT**  
**22:30 - 23:30 BST**  
**09:30 - 10:30 (May 13) NZST**

#### Seeing more people, more quickly: introducing CAPA for all ages, all issues across the Midwest region of Western Australia

*Jamie Robson, Nicholas Coulter, Neil Dadd & Paula Chatfield / Perth, Australia*

- Identify how to lead and take forward a similar reform within their own services together with an overview of the strategies, methodologies, tools and techniques used to support the development of this new service model.



#### Four Parents, Three Continents, Four Perspectives: Sharing experiences, ideas and hopes for the future

*Parents with lived experience: Trish Lumb (Canterbury, New Zealand), Kathleen Martin (Halifax, Canada), Wendy Minhinnett (Spennymoor, England) & Elisabeth Borch (Tromsø, Norway);*

*Dr. Ann York (London, England) CAPA Co-Developer*

- Describe parents' lived experience with children and mental health services
- Identify ways in which parents would like to be supported by mental health professionals
- Imagining opportunities for parents to participate in mental health policy



#### Looking back to the future

*Maliaga Erick & Exeter Alofi / Auckland, New Zealand*

- Outline the Pacific way that will enhance the implementation of the CAPA module;
- Illustrate the Pacific whanau engagement in any setting.



#### From CAPA to Youth Consult Groups

*Jo Heap & Jo Hollins / Whanganui, New Zealand*

- Describe the process and importance of consumer consultation and feedback in service development and review;
- Demonstrate an example of how CAPA can lead to an enhanced service for children and young people.

**19:30 - 20:00 ADT**  
**23:30 - 12:00 BST**  
**10:30 - 11:00 (May 13) NZST**

#### Networking Function

**20:00 - 20:30 ADT**  
**12:00 - 12:30 (May 13) BST**  
**11:00 - 11:30 (May 13) NZST**

#### CAPA2021 Reflection & Wrap Up - What's next?

*Duncan Law & Ann York / London, England*

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