

**World Fellowship for Schizophrenia and Allied Disorders
International Conference: Lighting the Path: Hope in Action
27-30 September, 2007**

Conference Learning Objectives

1. Improve current understanding of serious mental illness
2. Improve current understanding of comprehensive treatment and medications, benefits and limitations
3. Spread new findings in scientific research on schizophrenia and other serious mental illnesses
4. Assist in early intervention through involvement of primary health care providers, policy makers, family and people with mental illness
5. Improve day to day management of serious mental illness through increased communication skills, factors in the prevention of relapse, physical health and wellness promotion and integration of the treatment team
6. Reduce stigma by changing attitudes towards serious mental illness to those of hope and recovery

The Streams of learning are as follows:

- Recovery and Its Challenges
- Medical Perspective
- Culture, Human Rights, and Diversity

*Sessions marked with an asterisk are those being suggested for credit. They include College Training Stream 1, Plenaries: Bill Jefferies Memorial Lecture and the Science Panel, and all Workshop sessions.

Training College Learning Objectives

***Stream 1: Families as Partners in Care: How to formally include Families/Caregivers in Mental Health Care; Presenters: Dr Gráinne Fadden, Manager, The Meriden West Midlands Family Programme, U.K. and Dr Margaret Leggatt**

The benefits of family work where there are serious mental health difficulties are now well established. These benefit both the person with the disorder in terms of outcomes, and also the family members in terms of reducing stress. Implementation of these approaches in services can be achieved, but is not yet widespread. Families can also become partners in services in a number of ways including training, consultation and service development and planning.

Learning objectives

At the end of the training college, delegates will have an awareness of the following topics:

1. The impact of mental health problems on families
2. Update on literature on family work in relation to mental health problems
3. What therapeutic approaches or family interventions are particularly effective
4. Recognizing the role of family members in the treatment team, that they are the common link between the psychiatrist, physician, and case workers
5. Barriers to Implementing family work in services, and ways of overcoming these obstacles
6. Involving family members in a variety of roles in services, and issues that need to be considered in doing this

Delegates will learn concrete, practical strategies to deal with organisational and staff issues that impede the implementation of family interventions, and will be able to apply these on their return to their own organisations.

A detailed reference list and information on resources relevant to this area will be provided. They will also receive a copy of the WFSAD Guidebook Families as Partners in Care that will be launched at the conference.

Training College Stream 2: WFSAD International Family Education Course: Reason to Hope

Presenters: Bridget Hough, B.Sc., Trish Ruebottom, M.B.A.

The day-long sessions will explore some of the most important aspects of the Reason to Hope Course just now available to be taught by WFSAD trained personnel. The manual and trainee notebook will be provided to participants in the course training.

At the end of the training college, delegates will have learned and discussed aspects of the following:

1. The emotional toll of mental illness on family carers, consumers and near relatives and friends
2. Methods of dealing with mental illness in a family member, and ways of coping
3. The nature of schizophrenia and other mental illnesses, and current information about their causes, prognosis and treatment.
4. The techniques and qualities necessary to be a Reason to Hope trainer.

Conference Plenary Sessions 28-30 September

Keynote Address: Dr. Radha Shankar, M.D.; Gladys Okoth, Kenya Schizophrenia Foundation

Topic: Lighting the Path: Hope in Action

1. Increase knowledge of how families can establish voluntary organizations to improve the care of the mentally ill
2. How they themselves can become experts in the care of the mentally ill at home
3. The key features of support organizations in the developing world.
4. The success of the family movement in Kenya and in India and how this may be transferred elsewhere.

Keynote Address: Prof. Kim Mueser, Ph.D.

Topic: Helping your Loved One Get the Most Out of Life: the role of the family in recovery from schizophrenia.

1. Increase understanding of recovery as a process
2. How to assess your relative's needs and creating a supportive home environment
3. Preventing relapse
4. Coping mechanisms for families

***Bill Jefferies Memorial Lecture: Prof. Robin Murray, M.D., D.Sc., F.R.C.Psych, F.Med. Sci**

Topic: Schizophrenia- No longer an Enigma

1. To understand the relationship between brain activity and symptoms
2. To recognise the hopeful nature of the progress of research in this field
3. That there are environmental factors that increase risk for exacerbated symptoms
4. Some current theories and facts on the basis of mental illness

***Science Panel: Moderator: Rémi Quirion, PhD FRSC, CQ; Panelists: James L. Kennedy, MD, FRCP (C), Robin M. Murray, MD, DSc, FRCPsych, FmedSci, Robert B. Zipursky, MD, FRCP (C), John Roder, MD**

Topic: Changing Minds

1. Change minds about mental illness through dialogue and debate with scientific experts,
2. Create attitudes of hope and recovery among people who care for those with mental illness
3. Increase understanding of the outcomes and future of care for people with mental illness

Plenary: Prof. Grainne Fadden, Ph.D.

Topic: Needs of Families in Early Intervention

1. The benefits of recognizing illness and of getting treatment early
2. The role of the family in early intervention

3. The value of these services in the community

Plenary: Justice Edward F. Ormston & his team

Mental Health court-Diversion Intervention:

Following the presentation the audience should have learned:

1. To understand the court diversion process and how it applies to clinicians
2. To understand how Mental Health Law is applied in the Mental Health Court.
3. To have a broader perspective of the implications of court diversion as it applies to the care of psychiatric patients.
4. To understand that the mentally ill do not need to serve jail terms.

Plenary: Chris Summerville, Dmin, CPRP.

Topic: Recovery – More than Symptom Reduction

At the end of the session delegates will have awareness of the following:

1. That recovery is a possibility for people with mental illness
2. That a negative view of illness is detrimental
3. That good treatment and comprehensive care can improve outcome.

***Conference Workshop Sessions 28-30 September**

Workshop 1: Susan McGurk

Topic: cognitive rehabilitation to Improve Work Outcomes

At the end of the session delegates will have awareness of the following

1. How cognitive abilities may be enhanced
2. The Thinking Skills for Work program and how it functions
3. Cognitive remedial therapy
4. Cognitive behavioral therapy

Workshop 2: Michael Miran, PhD & Esta Miran, EdD.

Topic: Improving Brain Functioning

At the end of the session delegates will have awareness of the following

1. An effective program to improve brain functioning
2. The Neuropsychological Therapeutic Community Treatment Model, is adapted from the model at the New York University-Rusk Institute and Recanati Institute in Israel.

Workshop 3: Mona Wasow, LCSW

Topic: Teaching Young Clinicians about Mental Illness

At the end of the session delegates will have learned about and had a chance to discuss:

1. How entrenched attitudes about mental illness can be changed
2. That is necessary to bring a humanistic perspective to the treatment of MI
3. What serious mental illness means to those who suffer from it.
4. How to approach patients/ consumers.

Workshop 4: Glenda MacQueen, B.Sc., Ph.D., M.D., F.R.C.P.(C)

Topic: Bi-Polar Disorder: What you Need to Know

At the end of the session delegates will have learned about and had time to ask questions on the following

1. The major features of the disorder
2. The key similarities between the serious mental illnesses
3. Long-term outcome

Workshop 5: Representatives of WFSAD Asian Forum & Thomas Walunguba, R.N. representing Africa (Uganda)

Topic: Diversity and Cultural Differences Among Families (Asia & Africa)

At the end of the session delegates will have awareness of the following:

1. Progress being made in the Asian and African countries in advocacy and self-help
2. Uniqueness of some of the programs being offered
3. The necessity that NGO family organizations to supplement lack of mental health professionals, and how this is achieved
4. The development of the Uganda Schizophrenia Fellowship over the last 13 years.

Workshop 6: Prof. James Kennedy

Topic: Genetic Discoveries in Schizophrenia and their Application to Treatment

Following the presentation, the audience should have learned:

1. The recent developments in the Human Genome Project that impact on health care.
2. The strategies used to apply genetic research to the etiology and treatment of schizophrenia.
3. The principal discoveries in dopamine system and other genes that have evidence for playing a role in schizophrenia and treatment side effects.

Workshop 7: Lucia Miller & Sheila Le Gacy

Topic: the Spirit of Recovery

At the end of the session delegates will have learned about and discussed:

1. Going into and working through pain
2. The role of denial
3. The place of spirituality in mental health

Workshop 8: Representatives of the Ontario Council for Alternative Businesses

Topic: Open for Business: Successful Survivor Enterprises

At the end of the session delegates will have learned about and discussed:

1. The evolution of the successful survivor business in Ontario
2. Empowering MI consumers
3. How these initiatives have changed people's lives for the better
4. How to replicate these models

Workshop 9: Karin Kjønnøy, R.N. & Liv Nilsen, R.N.

Topic: All in the Family: Multifamily Group Treatment for Mental Illness & Drug Abuse

At the end of the session delegates will have learned about and discussed:

1. Family psychoeducation in Norway
2. Multifamily psychoeducation groups
3. Improving outcomes and reducing substance abuse through this method.
4. The basis for this successful model of treatment.

Workshop 10: Martha Piatigorsky Lic., Stella Leiva, representatives of the WFSAD Latin American Alliance

Topic: Diversity and Cultural Differences Among Families – Latin America

At the end of the session delegates will have learned about and discussed:

1. Progress being made in Latin American countries in advocacy and self-help
2. Uniqueness of some of the programs being offered
3. The necessity that NGO family organizations to supplement lack of government support and paucity of mental health professionals, and how this is achieved
4. The development of APEF and ACAPEF in Argentina
5. Results of the WFSAD survey of consumers and families with regard to the needs in Latin America.

Workshop 11: Gary Remington, M.D., Ph.D., F.R.C.P.

Topic: Medications and Schizophrenia 50 years later: What have we Learned?

At the end of the session delegates will have learned about and discussed:

1. The function of antipsychotic medications
2. The changes in treatment over time.
3. What is to be expected from medications: limitations, benefits
4. What the future holds for treatment by medications

Workshop 12: Robert Heyding, M.D.

Topic: The Challenge of Treating Psychotic Illnesses in Primary Care

At the end of the session delegates will have learned about and discussed:

1. How the family doctor should approach patients and families coming for treatment
2. Day-to-day management
3. Maintaining a good relationship, communications skills with people with serious mental illness
4. Dealing with impulsivity and unpredictability

Workshop 13: Elizabeth Bauer, M.A.

Topic: Transforming Systems of Care through human Rights and Advocacy

At the end of the session delegates will have learned about and discussed:

1. Ways to achieve reforms in Human Rights
2. The role of Mental Disability Rights International in advocating for change
3. Developing models of advocacy in human rights

Workshop 14: Jeffrey Breslaw, M.R.P.S.

Topic: Including family work in the Psychiatric Curriculum

At the end of the session delegates will have learned about and discussed:

1. Mandating family work in psychiatric training in the U.K.
2. The role of family carer leaders in psychiatric training
3. Getting around the bureaucracy
4. Working with the Royal College of Psychiatrists
5. What carers need from doctors

Workshop 15: Michelle D. Sherman, Ph.D.

Topic: What about the Kids? Supporting Teens of Parents with Mental Illness

At the end of the session delegates will have learned about and discussed:

1. The importance of supporting children of parents living with a mental illness
2. Learn to recognize the benefits of early intervention with at-risk youth as a means of preventing subsequent mental health problems
3. Become familiar with various resources, including new books for teens, to support these youth