

## DESCRIPTIONS & BIOS

### TECHNOLOGY OVERUSE: HELPING PATIENTS AND FAMILIES TO RECONNECT AND UNPLUG

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Many factors in society today appear to be disconnecting people from what they need for mental health and wellness— technology being one of them. Excessive time on screens has led to people spending less time with healthy activities such as spending face-to-face time with one another, doing meaningful activities and being outdoors in nature.

But it is not too late to change! We can put down our own devices, get enough sleep and spend face-to-face time with the people that are important to us. This presentation will help clinicians identify the elements of mental wellness, ways in which technology overuse affects mental wellness, as well as strategies to help children/youth/adults reconnect to healthier attachments and disconnect from technology overuse.

**Michael Cheng, MD**, is an associate professor in the department of Psychiatry at the University of Ottawa, and a psychiatrist at the Children's Hospital of Eastern Ontario, where he helps families cope with modern society by helping them (re)attach to people, experiences and activities that give purpose, belonging, meaning and hope. He is the co-founder of eMentalHealth.ca, which provides information to families and professionals about mental health and provides resources. As a parent, he also has first-hand knowledge about the challenges of maintaining genuine, human connection in an increasingly virtual world.

### LIVED EXPERIENCE PANEL ON VIDEO GAMING

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Excessive video gaming, among other forms of problem technology use, can have negative impacts such as poor school performance, lack of sleep and strained relationships with loved ones. With problem technology use and video gaming on the rise, it is crucial to hear from people with lived experience and their families to understand their concerns and needs in order to provide the best possible person- and family-centred care.

#### One more level: A mother's perspective

Elaine Uskoski will share her story of experiencing video gaming addiction in her family from a mother's perspective—the lies she told herself, the unwillingness to initially see the issue, the steps taken, and the struggles she encountered while helping her son in recovery.

**Elaine Uskoski** is a holistic health practitioner, author of *Seeing Through the Cracks*, a speaker and advocate for creating awareness around video game addiction. She is a member of the Balanced Technology Management Committee. She is also the mother of two grown sons and is currently speaking with students and parents in schools, sharing her personal story about video game addiction.

# 2018 ONTARIO PROBLEM GAMBLING & BEHAVIOURAL ADDICTIONS PROVINCIAL FORUM

camhPSSP  
Provincial System  
Support Program

Problem Gambling  
Institute of Ontario

## Powered off: A video gamer's perspective

Jake Uskoski will discuss his personal experience and struggles with a video game addiction, including leaving the virtual world of video gaming and reintegrating back into society.

*Jake Uskoski is recovering from a video gaming addiction and played interactive online games from age 11 to 21. He is a recent university graduate in Software Engineering and an aspiring game developer.*

## HYPERSEXUALITY

Increasing numbers of clients are presenting in various treatment contexts with concerns about their sexual behaviour(s). Among the concerns is hypersexuality or sexual addiction, which commonly co-occurs with other mental health problems including problem gambling, excessive technology use and substance use disorder.

This presentation will provide clinicians with an introduction to hypersexuality, including the most common types of "problem sexual behaviours". The session will be informed by the work at the Sexual Behaviours Clinic at the Centre for Addiction and Mental Health (CAMH) and include key aspects of screening, assessment and treatment for clients with hypersexual behaviour.

*Ainslie Heasman, PhD, CPsych, is a Clinical Forensic Psychologist who received her PhD in 2005 from the California School of Professional Psychology. Ainslie is currently with the Sexual Behaviours Clinic at CAMH and is also an associate at the Centre for Interpersonal Relationships (CFIR) in Toronto, ON. She is engaged in the assessment and treatment of adults with sexual behaviour concerns, including clients who have had conflict with the law and clients seeking service independently for hypersexuality or paraphilic interests.*

## NAVIGATING THE INFLUENCE OF CULTURE IN PROBLEM GAMBLING: CHALLENGES & STRATEGIES

Understanding the influence and impact of culture on gambling is essential for effective care and treatment. Most often cultural views emerge as a challenge; however culture is also the "leverage" that clinicians can utilize to provide effective, person-centred care at both the individual and population level.

The purpose of this interactive presentation is to explore the relationship between culture, gambling and problem gambling. It will also provide a framework for understanding cultural issues and exploring practical strategies to providing care that is responsive to cultural beliefs and biases.

*Rani Srivastava, PhD, is the Chief of Nursing and Professional Practice at CAMH, an assistant professor at the Lawrence Bloomberg Faculty of Nursing at the University of Toronto and an adjunct professor at York University School of Nursing and Dalhousie University. She is passionate about interprofessional culturally responsive patient- and family-centred care. Significant contributions in this area include authoring and editing *The Healthcare Professional's Guide to Clinical Cultural Competence* and several book chapters on religion, equity, and cultural competence.*

## IS IT JUST FUN AND GAMES? SOCIAL CASINO GAMES AND THE POSSIBLE LINK TO DISORDERED GAMBLING

Social casino games (e.g., Slot-O-Mania on Facebook) are played by millions of people each day. Although no money is wagered, players are exposed to the lights and sounds, the social interaction, the escape from the everyday and the reinforcement schedule that makes gambling enticing. Concerns have been raised that these games might lure people to Internet gambling. To date, however, little theoretical or empirical attention has been paid to this issue.

In this presentation, the growth of the social gaming sector and reasons why the gambling industry is cultivating connections with this sector will be discussed. Recent data on who and when people might be lured from social network gaming to Internet gambling as well as policy considerations that stem from these findings will also be highlighted.

**Michael Wohl, PhD,** is a professor of Psychology at Carleton University. The majority of his work has focused on factors that predict problematic gambling behaviour (e.g., persistent play in the face of continued loss). His current focus includes factors that facilitate responsible gambling (e.g., monetary limit setting and adherence), social casino gaming and barriers to treatment seeking among people with disordered gambling.

## SHAME, TRAUMA AND ADDICTION

A majority of people with gambling problems have experienced trauma at some point in their lives. People often experience complex feelings of guilt and shame as they deal with past or current traumas along with their problem gambling. Deeply entrenched feelings of guilt and shame can affect gambling behaviours, and gambling behaviours can further reinforce these feelings, resulting in a complex interaction.

This presentation will include (1) an optional, personal and private re-creation of a mildly shameful moment to understand the experience in the body and in relating to others; (2) the neurobiology of shame, linking shame with trauma and addictions; (3) ways to distinguish between shame and guilt that is healthy and unhealthy; and (4) the link between personal experience and clinical practice, helping to appreciate how shame shows up in sessions.

**Mary Ann Carmichael, MSW, RSW,** is a registered social worker and a certified Eye Movement Desensitization and Reprocessing (EMDR) therapist. Her long career has focused on working with people with complex trauma, addictions, stress and loss, including her current work with individuals and groups providing psychotherapy and psycho-education. She believes her sharing of her personal healing through childhood sexual abuse has provided other therapists with important insights about the work, has decreased the stigma of getting treatment, and has demonstrated the value of doing one's own personal work throughout one's career.

## MAKING A CASE FOR COGNITIVE-BEHAVIOURAL THERAPY FOR INSOMNIA

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Sleep complaints are a common concurrent disorder in people with medical and psychiatric disorders. For many years, there was an incorrect assumption that insomnia was secondary to these conditions, which led to under assessment, under diagnosis and under treatment. This can be particularly harmful to clients since not treating insomnia leads to poorer outcomes of concurrent conditions, predicts a lower quality of life and increases the risk of secondary psychiatric disorders. Fortunately, there are brief, effective treatments for insomnia available, with cognitive-behavioural therapy for insomnia (CBT-I) being the gold standard.

This presentation will (1) provide an overview of how to screen for sleep disorders, (2) present evidence that people with problem gambling and other behavioural addictions have the same three causal factors for chronic insomnia as those with insomnia only, (3) identify which CBT-I tools address different insomnia causal factors, and (4) troubleshoot delivery issues unique to people with problem gambling and behavioural addictions.

**Colleen Carney, PhD, CPsych**, is an associate professor at Ryerson University, the director of the Sleep and Depression (SAD) Laboratory and an adjunct faculty member in the Department of Psychiatry at Duke University Medical Center. She is one of the leading experts in the treatment of insomnia, particularly in the context of co-occurring illness, and is a passionate advocate for improving access to effective insomnia treatment for people with multiple conditions.

## INTRODUCTION TO BEHAVIOURAL ADDICTIONS

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It is increasingly important for all mental health and addiction workers to feel comfortable screening for and addressing a range of nonsubstance problematic behaviours, including problem gambling, Internet overuse, excessive video-game playing, hypersexuality and excessive eating and shopping. Growing evidence has contributed to the recognition of these behaviours sharing many similarities to alcohol and drug dependence, with gambling disorder being the first behavioural addiction to be included in the newly introduced diagnostic category "Substance-Related and Addictive Disorders" in the DSM-5.

This high level overview will provide mental health and addiction workers with an introduction to behavioural addictions, including problem gambling. The session will review different types of behavioural addictions, including a discussion on prevalence rates, common co-occurring issues and an understanding of the impact these issues have on people experiencing them and their families. The session will also review relevant screening and assessment tools, evidence-informed treatment approaches and where to make referrals in Ontario.

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**Matthew Tsuda**, M.Sc.OT, OT Reg. (Ont.), B.Ed, BA (Hons.), is an Education Specialist/Therapist with the Problem Gambling Institute of Ontario at CAMH. Matthew has a Master of Science degree in Occupational Therapy (University of Toronto), a Bachelor of Education degree (Queen's University) and a Bachelor of Arts Honours degree in Psychology (Queen's University). Matthew is also a licensed Ontario teacher. He has a broad range of experience working in outpatient and inpatient programs that treat mental health and addictions. Prior to joining the PGIO, he worked for several years as an Occupational Therapist in the Complex Mental Illness Program at CAMH. He has additional training in various modalities such as CBT, DBT, Motivational Interviewing and Trauma Counselling. Matthew is also a Status Lecturer at the University of Toronto, and provides teaching and mentorship to graduate students. A few of Matthew's specialty areas include concurrent disorders, group programming, psychosocial rehabilitation and the social determinants of health.

**Sara Waldman**, M.A., RP, is an Education Specialist/Therapist with the Problem Gambling Institute of Ontario (PGIO) at CAMH. Sarah has a Master of Arts degree in Creative Arts Therapies (Concordia University) and is a Registered Psychotherapist. In her previous role at CAMH, she coordinated an evidence informed, person and family centred response to crisis planning in the Region of Peel. Prior to her work at CAMH, Sarah worked as a Children's Mental Health Worker with Indigenous children, youth and their families. In addition, she developed and delivered therapeutic, art-based programming for youth impacted by HIV/AIDS. Sarah has extensive experience in curriculum and program development and a career-long focus on the social determinants of health, person and family-centred care and trauma-informed care.