ADVANCES IN NUTRITION
Mental Health Across the Lifespan

One-day Thematic Conference

Advances in Nutrition: Mental Health Across the Lifespan is a one-day conference that will deliver an overview of current evidence and practice related to mental health and nutrition across the lifespan. Attendees will have the opportunity to learn from scientific experts and practitioners on treatment issues and how to address mental health conditions with diet and nutrition guidance.

CONFERENCE LEARNING OBJECTIVES:

→ Establish a better understanding of the importance of a quality diet to mental health.
→ Understand the current evidence and its limits in guiding nutritional care for those with a mental health condition.
→ Review clinical perspectives on the multi-faceted approaches used to improve diet and quality of life for those with a mental health condition.
→ Allow for an interactive discussion that offers insight and strategies on how to identify and use reliable science to guide professional practice.

This continuing education event was held under the auspices of Continuing Professional Development, Faculty of Medicine, University of Toronto and Canadian Nutrition Society.

Royal College of Physicians and Surgeons of Canada – Section 1:
This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 6.0 Section 1 hours (credits are automatically calculated).

College of Family Physicians of Canada - Mainpro+: (ID# 191644)
This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 6.0 Mainpro+ credits. Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Live Streaming registration available for individuals and groups.
All 2020 Thematic Conference speakers, panels, Q&As, opening and closing remarks will be live streamed throughout the entire conference.

Watch for more information at www.cns-scn.ca
SEGMENT ONE – Nutrition in the First 20 Years
8:40 am - 9:30 am
The Mental Health Legacy of Early Childhood Malnutrition: A 45 Year Longitudinal Study
Speaker: Janina R. Galler, MD
Professor of Psychiatry, Harvard Medical School
Division of Pediatric Gastroenterology and Nutrition, MassGeneral Hospital for Children

9:30 am - 10:10 am
Myths and Truths about eating disorder care and support: Getting to know the person, getting to know the disorder
Speaker: Shawna Melbourn, B.Sc., AHN, Registered Dietitian, CEDRD-S
Certified Intuitive Eating Counselor, Anchor Psychological Services

10:10 am - 10:30 am
Speaker Q&A

10:30 am - 10:50 am
Break

SEGMENT TWO – Addictions
10:50 am - 11:30 am
Nutritional Implications of Medical Marijuana
Speaker: Dr. Robert L. Tanguay, BSc (Hons), MD, FRCP, CISAM, CCSAM
Provincial Medical Lead, Opioid Dependency Training, Alberta Health Services

11:30 am - 12:00 pm
Harm Reduction and Nutrition – supporting lives through relationships and food at a supervised consumption services site
Speaker: Kelly Sullivan, RD
Safeworks Harm Reduction Program and Southern Alberta Clinic
Sheldon M. Chumir Health Centre

12:00 pm - 12:20 pm
Speaker Q&A

12:20 pm - 1:30 pm
Lunch/Poster and Exhibitor Viewing/Networking

SEGMENT THREE – Dementia
1:30 pm - 2:15 pm
Diets for a healthy brain in old age
Speaker: Guylaine Ferland, PhD
Professor, Department of Nutrition, University of Montreal
Montreal Heart Institute Research Centre

2:15 pm - 2:45 pm
Living with dementia: nutrition challenges and strategies for care
Speaker: Heather Keller, RD, PhD, FDC, FCAHS
Schlegel Research Chair Nutrition & Aging
Schlegel-UW Research Institute for Aging & Professor, Department of Kinesiology, University of Waterloo

2:40 pm - 3:05 pm
Speaker Q&A

3:05 pm - 3:30 pm
Break

SEGMENT FOUR – Panel Discussion – Multidisciplinary Perspectives on Nutrition in Mental Health
3:30 pm - 3:40 pm
Setting the Stage - Addressing metabolic comorbidity in severe mental illness: an update
Speaker: Margaret Hahn, MD, PhD, FRCP Associate Professor, Department of Psychiatry University of Toronto Lead, Mental Health and Metabolism Clinic, Centre for Addiction and Mental Health (CAMH)

3:40 pm - 3:50 pm
Setting the Stage - Social Determinants of Nutrition in Complex Mental Illness in inpatient settings
Speaker: Kelly Matheson, MSc, RD, CDE
Registered Dietitian and Certified Diabetes Educator, Complex Mental Illness Program, Centre for Addiction and Mental Health

3:50 pm - 4:00 pm
Setting the Stage - The importance of nutrition in complex mental illness (CMI)
Speaker: Kelly Matheson, MSc, RD, CDE
Registered Dietitian and Certified Diabetes Educator, Complex Mental Illness Program, Centre for Addiction and Mental Health

4:00 pm - 4:30 pm
Panel and Q&A Panel - Margaret Hahn, Nurit Basin, Kelly Matheson

4:30 pm - 4:45 pm
FINAL SUMMARY/ CLOSING REMARKS
Speakers:
Guylaine Ferland, PhD
Heather Keller, RD, PhD, FDC, FCAHS