



# CPRI Research Symposium 2026

Optimizing Treatments and Environments for Complex Child and Youth Mental Health and Development

JUNE 16, 2026 | HYBRID MEETING

**REGISTRATION IS NOW OPEN**

You're invited to the biennial CPRI Research Symposium! This hybrid event —offered both virtually via Zoom *and* in-person at CPRI in London, Ontario —is designed for researchers, clinicians, academics, medical and allied health professionals, educators, and learners. Explore the following themes:

- Tailoring Dose, Duration, and Frequency for Therapeutic Interventions
- Designing Healthy and Supportive Spaces in a Technological Age

### For RCPSC (MOC 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, and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 4.00 hours (credits are automatically calculated). Each participant should claim only those hours of credit that they actually spent participating in the educational program.

### CPRI Employees *ONLY*

**REGISTER FOR THE SYMPOSIUM ONLINE**

Or scan this QR code to register

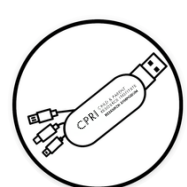


## T I C K E T O P T I O N

Choose one ticket option (manager approval required):

- All Day **Virtual** Pass
- All Day **In-Person** Pass\*

\* Includes in-person networking opportunities, research posters engagement, continental breakfast, Piping Kettle lunch, and SWAG!



### WITH INVITED PLENARY LECTURES FROM:



**Karleigh Darnay**



**Dr. Celia Robichaud**

Video-recorded speaker content will be viewable for 90-days post event!

### SYMPOSIUM LEARNING OBJECTIVES:

- Describe evidence-based strategies for adjusting treatment dose, duration, and frequency over time, including the processes of de-prescribing medications and implementing harm reduction approaches.
- Evaluate methods for enhancing treatment precision and support systems by interpreting findings from case studies, tele-mental health practices, primary care provider interventions, and Trauma-Informed Care (TIC) models.
- Explain the impact of supportive environments, nature access, sensory-motor functioning, and holistic Indigenous health practices on child and youth mental health and development through evidence-based inquiry.
- Determine the health benefits associated with leisure and play, support strategies for balancing screen time, and interpret the effectiveness of technology-enhanced writing tools.



For more information about the symposium, visit:  
<https://vocpri.ca/cpri-research-symposium/>

To learn more about CPRI and our work, visit:  
[Child and Parent Resource Institute \(CPRI\) | ontario.ca](https://www.ontario.ca)

This program is being developed by the Child and Parent Resource Institute (CPRI), the Volunteer Organization of CPRI (VOCPRI), and the Division of Child and Adolescent Psychiatry, Schulich School of Medicine & Dentistry, Western University

We look forward to seeing you on June 16, 2026!

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TIME	SPEAKERS & TOPICS
9:30 – 10:30	<p><b>Morning Plenary Speaker</b></p> <ul style="list-style-type: none"> <li>• <b>Dr. Celia Robichaud</b> – Less is More (More or Less): Navigating the Nuances of Medication Initiation, Dosing, and Deprescribing for Youth</li> </ul>
10:50 – 11:50	<p><b>Morning Workshop Panel Speakers</b> <i>Tailoring Dose, Duration, and Frequency for Therapeutic Interventions</i></p> <ul style="list-style-type: none"> <li>• <b>Dr. Ajit Ninan</b> – Sharing Knowledge Grounded in Practice for Safely Deprescribing Psychotropic Medication</li> <li>• <b>Leticia Toro</b> – Beyond the Child: Elevating Parent Mental Health in Developmental Care</li> <li>• <b>Dr. Katelyn Bryant</b> – Psychosocial Intervention for Children with Selective Mutism: Considering Dose, Duration, and Frequency of Treatment</li> </ul>
12:05 – 12:50	<p><b>Research Posters Available In-Person</b></p> <ul style="list-style-type: none"> <li>• <b>Deena Gohar</b> – A Systematic Review Evaluating the Use of an Orexin Receptor Antagonist (Lemborexant) for Neurodevelopmental Disorders in a Paediatric Population</li> <li>• <b>Bindu Cherian</b> – Adapting Constraint-Induced Movement Therapy for Young Children: A Culturally Responsive Case Study</li> <li>• <b>Syeda Taliya Rizvi</b> – Early Identification of Maladaptive Daydreaming and Intensive Imagery Movements in Children: Evaluating New Screening Tools and Psychosocial Outcomes</li> <li>• <b>Sarah Colacitti &amp; Sara Della Rovere</b> – Empowering Caregivers Through Agile Care: “De-escalating Challenging Behaviour” Hybrid Training for Families and Caregivers</li> <li>• <b>Dr. Kim Arbeau &amp; Tom Ketelaars</b> – Developing and Evaluating a Trauma-Informed Care Framework for a Tertiary Children’s Service Agency</li> <li>• <b>Tom Ketelaars, Dr. Kim Arbeau, &amp; Melissa Currie</b> – Impacts of a Trauma Informed Approach on Systems and Policy</li> <li>• <b>Dr. Michelle Ponti</b> – Impact of Child Screen Use on Child Functioning Including Behaviours Resembling Autism Traits: A Review of the Literature</li> <li>• <b>Melissa Currie, Dr. Kim Arbeau, &amp; Tom Ketelaars</b> – When Times Get Tough: Staff Experiences of a Trauma Informed Culture in Challenging Times</li> <li>• <b>Nathaniel Lamain</b> – The Developmental Benefits of Active Play for Children with Autism Spectrum Disorder (ASD)</li> <li>• <b>Sowmya Kadaveru</b> – SKY Breath Medication as a Complementary Clinical Practice in Child and Youth Mental Health</li> </ul>
1:00 – 2:00	<p><b>Afternoon Plenary Speaker</b></p> <ul style="list-style-type: none"> <li>• <b>Karleigh Darnay</b> – Youth Wellness Hubs Ontario: A Youth Mental Health and Substance Use Learning Health System</li> </ul>
2:20 – 3:20	<p><b>Afternoon Workshop Panel Speakers</b> <i>Designing Healthy and Supportive Spaces in a Technological Age</i></p> <ul style="list-style-type: none"> <li>• <b>Jessie Jones &amp; Sascha Maurer</b> – Recreation as Regulation: Designing Therapeutic Environments Beyond Clinical Walls</li> <li>• <b>Moira Pena &amp; Jaden Chong</b> – Supporting Access to Healthcare Spaces for Autistic Children and Youth: A Systems-Level, Autism-Affirming Approach</li> <li>• <b>Bindu Cherian</b> - Adapting constraint-induced movement therapy for young children: a culturally responsive case study</li> </ul>

Speakers, speaker topics, and speaker time slots are tentative and subject to change without notice. Check our website for the latest full version of this agenda: <https://vocpri.ca/cpri-research-symposium/>. All times are posted in Eastern Standard Time (EST).

