

## **Diabetes and Mental Health: Striking a Balance**

The Central and the Toronto Central Diabetes Regional Coordination Centres invite you to a day of knowledge transfer and collaboration among service providers with a focus on supporting clients living with diabetes and mental health issues.

### **Keynote Speakers**

**Bill Polonsky, PhD, CDE**

'Depression and Diabetes: What Can Health Care Providers Do and What Can They Do Differently'

**Betty Harvey, RNEC, MScN**

'Disparities in Diabetes Management for Individuals with Mental Illness'

**Tony Cohn, MBChB, MSc, FRCPC**

'Diabetes and Serious Mental Illness: Understanding the Relationship and Designing interventions'

### **When**

**Tuesday, April 24, 2012  
8am - 4pm**

### **Where**

**Spirale Banquet and  
Convention Centre  
888 Don Mills Road  
Toronto ON M3C 1V6**

### **Registration Fee**

**\$50**

**Breakfast and hot lunch included**

Please contact us if the registration fee is a barrier to your participation in this program.

**Register online by April 13, 2012**

**<http://ctcdrcc.fikket.com/event/diabetes-and-mental-health>**

**For more information, call 416.778.0676 or e-mail [jlewis@srhc.com](mailto:jlewis@srhc.com)**

## Bill Polonsky



**Dr. Bill Polonsky, PhD, CDE** is an Associate Clinical Professor in Psychiatry at the University of California, San Diego. He has served as Chairman of the National Certification Board for Diabetes Educators, Senior Psychologist at the Joslin Diabetes Center in Boston, and Instructor in Psychiatry at Harvard Medical School. He is an active researcher in behavioral diabetes focusing on the emotional and behavioral consequences of being diagnosed with diabetes, and the value of diabetes self-management support training for health care professionals.

Dr. Polonsky has served on the editorial boards of numerous professional and lay publications, including *Diabetes Care*, *Diabetes Forecast*, *Clinical diabetes*, *Diabetes Self-Management* and *Diabetes Health*. A licensed clinical psychologist and certified diabetes educator, he has also authored *Diabetes Burnout: What to Do When You Can't Take it Anymore*, a book for patients published by the American Diabetes Association.

## Tony Cohn



**Dr. Tony Cohn, MBChB, MSc, FRCPC** is a staff psychiatrist in the Schizophrenia Program at the Centre for Addiction and Mental Health (CAMH) and Lead Physician and founding Director of the Mental Health and Metabolism Clinic at CAMH. He is a clinician scientist with postgraduate training in Nutritional Science.

His research and clinical work is focused on the relationship between **serious mental illness (SMI) and metabolic disturbance**. In 2010 he was **the** recipient of a national award from the Information Technology Association of Canada for the Metabolic Health Monitor, an electronic surveillance tool designed for individuals with SMI treated on antipsychotic medications.

## Betty Harvey

**Betty Harvey, RNEC, BScN, MScN** is a Clinical Nurse Specialist/Nurse Practitioner with the Primary Care Diabetes Support Program at St. Joseph's Health Care, in London, Ontario. She is a Canadian Diabetes Association expert advisor, has expertise in diabetes and mental illness, and has developed community-based initiatives to address diabetes in people with serious mental illness. She serves as Clinical Advisor for the Diabetes and Mental Health Peer Support Project and is an Associate Professor with the Faculty of Nursing at the University of Western Ontario. Betty co-founded the Primary Care Diabetes "Boot Camp".

### Expert Panel Discussion:

'Mental Health and Diabetes Initiatives'