

# The 49th Banff International Conference on Behavioural Science

## Depression and Anxiety in Children and Youth: Innovative Approaches to Evidence-Based Practice

March 19 to 22, 2017  
Banff, Alberta, Canada

Today, in Canada, approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode. Approximately 3.2 million children and youth are at risk for developing depression. Major depression is the leading cause of disability worldwide according to the World Health Organization, and is associated with \$51 billion per year in costs to the Canadian economy. Despite its enormous burden, depression remains severely under-treated, with the most advanced treatments (e.g., antidepressant medication, cognitive-behavioural therapy) only showing effectiveness in approximately 50% of treated patients. Similarly, anxiety is the most common mental health issue facing Canadians, and young people (i.e., children, adolescents) are particularly at risk. Consequently, we need to provide young people with the tools, resources, and treatments that will be most effective in addressing these issues. This 49th annual Banff International Conference on Behavioural Science will highlight both the challenges and opportunities in addressing depression and anxiety in children and youth, with an emphasis on identifying practical implications for mental health professionals, educators and researchers. Through plenary addresses and workshops, participants will be presented with the most recent research findings from internationally recognized experts to understand the causes of these disorders, as well a range of evidence-based programs and practices from prevention to treatment that address depression and anxiety in children and youth. The conference is geared towards professionals who are planning, implementing, and evaluating treatments for young people suffering from depression and anxiety.



The Banff Centre

### Plenaries

**Understanding the development of depression: Clues from brain science**  
Erika Forbes, University of Pittsburgh

**Getting your groove back: Adolescent sleep, circadian rhythms, and risk for depression and anxiety**  
Nick Allen, University of Oregon

**Lessons learned from clinical trials of anxious youth**  
Anne Marie Albano, Columbia University Medical Center

**Computer-assisted approaches to working with anxious youth**  
Phillip Kendall, Temple University

**Preventing relapse in youth with depression: A continuation phase treatment strategy**  
Betsy Kennard, University of Texas Southwestern Medical Center

**The victimized child and risk for mental illness: Biopsychosocial mechanisms and policy implications**  
Kate Harkness, Queen's University

### Workshops

**How to take care of ourselves: Stress and the developing mind and brain**  
Kate Harkness, Queen's University

**Cognitive-behavioural prevention of adolescent depression**  
Paul Rohde, Oregon Research Institute

**SENSE: An evidence-based program for improving sleep and emotional functioning in adolescents**  
Nick Allen, University of Oregon

**Clinical procedures from empirically supported treatments for anxiety in youth**  
Phillip Kendall, Temple University

**Treating anxiety in the transition from adolescence to adulthood**  
Anne Marie Albano, Columbia University Medical Center

**Focusing on the positive: Treating adolescent depression through building positive emotion and positive experiences**  
Erika Forbes, University of Pittsburgh

**Trauma-Focused Cognitive-Behavioural Therapy for children and adolescents**  
Shannon Dorsey, University of Washington

**Keeping kids well at home and at school: Relapse prevention cognitive-behavioural therapy for youth with depression**  
Betsy Kennard, University of Texas Southwestern Medical Center

**For more information <http://webman1.psych.ubc.ca/banffconf/>**

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### **Accommodations**

We encourage all attending delegates to book their accommodation at The Banff Centre. Onsite accommodation supports the evening sessions and banquet, as well as enhances networking opportunities. A block of rooms has been reserved at the Banff Centre. An Accommodation/Meal Package has been arranged for March 19-22, 2017. The Package includes three night's accommodation (commencing Sunday, March 19), three Vistas buffet breakfasts, three Vistas buffet dinners and a plated Banquet dinner (Tuesday, March 21), service charges, wireless internet access in bedrooms, parking, and access to the Sally Borden Recreation Facility. Meal package commences Sunday, March 19 with Vistas buffet dinner and ending with Vistas buffet dinner on Wednesday, March 22\*. (\*You must be booked for the night of March 22 for the Vistas dinner on Wednesday evening to be included.) Tables will be identified in the Dining Room for all scheduled meals, for those conference delegates wishing to network with their peers.

Daily superior room/meal package rates are SINGLE: \$230.79 per person and DOUBLE: \$155.79 CAD/per person. Daily standard room/meal package rates are SINGLE: \$205.79 CAD/per person and DOUBLE: \$143.29 CAD/per person. Prices are exclusive of 5% GST, 4% Alberta Tourism Levy Tax, 2% Tourism Improvement Fee and are quoted in Canadian Dollars (CAD). Single room rates apply to one conference delegate staying alone or sharing the room with a companion who is not a conference delegate. A \$100.00 CAD off-site fee will apply to all delegates whose accommodation is off-site and is payable at time of registration. The offsite fee is not applicable to the one-day registration.

### **Conference Registration**

The registration fee is \$450 CAD before February 18, 2017, and \$525 CAD for registrations postmarked after this date. For full-time students, residents and interns, the registration fee is \$150 CAD before February 18, 2017, and \$185 CAD for registrations postmarked after this date. For those requesting the student rates, you will be asked to provide current student identification at the conference registration desk. The conference registration fee includes buffet lunch and coffee/tea service on Monday, Tuesday, and Wednesday. The conference registration does not include workshop fees (\$80 CAD/workshop). The one-day registration fee is \$275 CAD. Full registration fee is required if booking more than one day. All registrations must be prepaid. A \$100 CAD processing fee will be charged for all cancellations on or before February 18, 2017, and no refunds will be given after this date. The Conference is organized by Banff International Conferences on Behavioural Science, a nonprofit organization.

### **Planning Committee**

Wendy Craig (Co-Chair)  
Kate Harkness (Co-Chair)  
Robert J. McMahon (Co-Chair)

Queen's University  
Queen's University  
Simon Fraser University and BC Children's Hospital Research  
Institute

Ray DeV. Peters (Co-Chair)  
Kenneth D. Craig

Queen's University  
University of British Columbia

### **Call for Papers**

A poster session will be held on Monday, March 20<sup>th</sup> as part of the evening reception. Submissions should be data-based and related to the conference theme. Abstracts (250 words) should be submitted to Ray Peters ([ray.peters@queensu.ca](mailto:ray.peters@queensu.ca)) by February 18, 2017 for consideration.

**For more information** <http://webman1.psych.ubc.ca/banffconf/>