



**Family Caregivers Unite!**  
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**September 17th 2013: What Family Caregivers Should Know about Mental Health and Addiction Risk in Children and Teens**

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Caroline Brereton is Chief Executive Officer of the [www.mh.ccac-ont.ca](http://www.mh.ccac-ont.ca), Mississauga Halton Community Care Access Centre. Shauna Johnston is a mental health and addictions nurse with the Centre. They talk about their careers, family caregiving experience, and work with addiction risk and mental health problems for children and adolescents. They explain the challenges and the effects that are created for students, schools, and families and family caregivers by addiction risks and mental health problems, which in some ways differ from addictions risks. They describe the ways in which the services

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**Featured Guests**



**Caroline Brereton**

Caroline Brereton is a dynamic senior healthcare executive with 15 years of leadership experience. She became Chief Executive Officer of the Mississauga Halton Community Care Access Centre in May 2010. She came to the Centre from Leading Edge Group where, as the Senior Healthcare Consultant, she was responsible for business development and strategic planning for the Canadian healthcare division. Previously, she worked with Trillium Health Centre for more than a decade, holding various senior level positions, which culminated with her tenure as Vice President, People, and Corporate & Clinical Support Services. She's a member of several volunteer boards and provincial task forces and committee

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**Shauna Johnston**

Shauna Johnston, RN, BScN, BSc, is a mental health and addictions nurse with Mississauga Halton Community Care Access Centre. Originally from Cape Breton Island, she has more than 10 years' experience working with youth, most recently with Brant County Health. She enjoys working with youth and teens, and developing community partnerships. She likes working in the community, believes strongly in prevention and early intervention, and meets clients where they are. One of her students told her, "You must be a really chill mom"; another said, "I really want to see you every week." She's an advocate for her clients. She helps them access the services they need. In one instance, she helped a stude

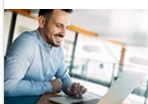
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