



Managing child and adolescent mental health issues in primary health care

2009
2010

Online continuing professional development

- current issues in child and adolescent mental health
- expert presenters from family medicine, nursing, pediatrics, pharmacy, psychiatry, psychology, social work
- online presentations, discussion, resources you can use



REGISTER EARLY!
Limited enrolment

ACCREDITED

LOW RATES

CONTACT US
403.220.4310

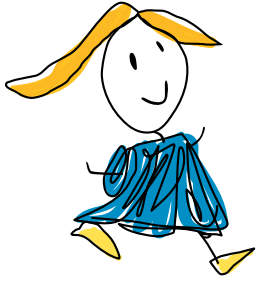


UNIVERSITY OF CALGARY
SOCIAL WORK



UNIVERSITY OF CALGARY
MEDICINE





Introduction

This Continuing Professional Development (CPD) program is intended for licensed primary health-care practitioners who see children and adolescents with mental health problems.

Family Physicians	Pharmacists
First Nations Clinicians	Psychiatric Nurses
Mental Health Therapists	Psychiatrists
Nurses	Psychologists
Occupational Therapists	School-Based Clinicians
Pediatricians	Social Workers

Objectives

1. To increase the skills and confidence of primary care practitioners to effectively address the mental health needs of their young patients
2. To promote interprofessional dialogue among physicians and allied mental health clinicians treating children's mental health problems

Fully accredited CPD

- Program meets the accreditation criteria of the College of Family Physicians of Canada
- Accredited for up to 54 MAINPRO-M1 study credits (up to 3-4 per course)
- 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
- Archived courses eligible for M2 credits
- Accredited for Alberta Social Workers up to 54 Category A continuing competence credits (up to 3-4 per course)
- Variable credits per course awarded by Canadian Counselling and Psychotherapy Association
- Reviewed and co-sponsored by the University of Calgary Office of Continuing Medical Education and Professional Development

Please note that the number and type of credits granted will depend on the level of participation. Full credits require listening to the presentation, completing the course evaluation and participating in online discussions.

Approved for

- 3-4 hrs CME credit per course (physicians)
- 3-4 "A" credits per course (social workers)
- variable credits per course (CCPA counsellors)

Participants can claim

MAINPRO-M2 + or Category B credits for archived presentations

Our courses are practice-oriented and focus on practical identification, assessment and intervention tools and strategies for primary care practitioners.

This program is 100% funded through registration fees and funding received from Alberta Health Services. No commercial sponsorships have been provided.

Program planning committee

Dr. Myra Baynton, PhD, Practicum Co-ordinator/Faculty Liaison for the MSW Distance LEAD Program, Faculty of Social Work, University of Calgary

Dr. Barb Bryden, PhD Counselling Psychology, PhD Education, Clinical Educator, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services at the University of Calgary

Janet Chafe, MSW, RSW, Director, Child and Adolescent Mental Health Program, Alberta Health Services, Calgary Zone

Dr. John Coppola, MD, CCFP, Education Leader, Department of Family Medicine, Alberta Health Services

Dr. Allan Donsky, MD, FRCPC Psychiatry, FRCPC Pediatrics, Division of Child and Adolescent Psychiatry, University of Calgary

Beth Evans, MSc, Director, Mental Health Promotion, Alberta Health Services

Ann Harding, MSW, RSW, Manager, Family & Community Resource Centre, Southern Alberta Child & Youth Health Network (SACYHN)

Anora Helmer, MEd, e-Learning Specialist, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services at the University of Calgary

Lindsay Hope-Ross, MSc, RPsych, Clinical Lead, Healthy Minds/Healthy Children, Outreach Service, Alberta Health Services, Calgary Zone

Rekha Jabbal, BSP, Pharmacy Clinical Practice Leader, Child and Adolescent Mental Health, Alberta Health Services

Harold Lipton, MA, RPsych, Manager, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services

Brian Malloy, RPN, B.Ed. (H.Sc.), Director, Children and Adolescent Services, Addiction and Mental Health, Alberta Health Services, Edmonton Zone

Dr. Kristin Morrison, MD, FRCPC Pediatrics, representing the Department of Pediatrics, Alberta Health Services

Fred Murray, MA, Co-ordinator, Physician Education Services, Alberta Health Services

Kristy Plotsky, Administration, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services at the University of Calgary

Gina Roline, RN, BScN, Clinical Educator, Children and Adolescent Services, Addiction and Mental Health, Alberta Health Services, Edmonton Zone

Dr. Jackie Sieppert, PhD, Professor, Faculty of Social Work, University of Calgary

Contact us

403-220-4310

kristy.plotsky@albertahealthservices.ca

SEPTEMBER 09

❑ **Should You Take a Chill Pill?**

Kristin Morrison, MD, FRCPC, Pediatrician, Brooks

Rekha Jabbal, BSP, Pharmacy Clinical Practice Leader, Child & Adolescent Mental Health, Alberta Health Services

OBJECTIVES: Upon completion of this course, participants will be able to

1. Discuss how medications fit into the overall treatment plan.
2. Discuss indicators for when to consider medications, based on specific situations.
3. Discuss how specific effects, side effects, time frames, cost and other factors may influence medication decisions.
4. Evaluate evidence regarding current common complementary supplements.

❑ **Mindfulness**

Allan Donsky, MD, FRCPC Psychiatry, FRCPC Pediatrics, Division of Child Psychiatry, University of Calgary

Heather Good, MSW, RSW, Leadership Development and Individual/Corporate Team Coach, Principal of Good Coaching & Health Coach at Gaia Collaborative Medicine, Canmore

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe the foundations of mindfulness.
2. State the personal and professional benefits of mindfulness.
3. Summarize and access the literature related to mindfulness and its place in children's mental health.

OCTOBER 09

❑ **Post-traumatic Stress Disorder: Not Your Everyday Anxiety**

Lindsay Hope-Ross, MSc, RPsych, Clinical Lead, Healthy Minds/Healthy Children Outreach Service, Alberta Health Services, Calgary

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe what PTSD is, what causes it, and how it differs from other anxiety disorders.
2. Recognize the signs and symptoms of PTSD.
3. Selectively intervene when it is suspected a child or youth has PTSD.
4. Implement some basic coping strategies and resources to help support the young person's healing.

❑ **Torn Between Two Parents: Divorce Adjustment Reactions**

Robbie Babins-Wagner, MSW, PhD (c), RSW, Calgary Counselling Centre

Amanda Holowachuk, MA, RPsych, Calgary Counselling Centre

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe the various effects of parental breakup on children.
2. Recognize these effects clinically.
3. Intervene in some of the more common clinical presentations.

NOVEMBER 09

❑ **It's a Family Affair: Techniques for Engaging the Family**

Dahlia Libin, MSW, RSW, Child Health Education Specialist, Southern Alberta Family & Community Resource Centre, Community Education Service, Alberta Health Services

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe the principles of family-centred care and its importance in service delivery.
2. State techniques of family-centred care in practice.

❑ **The Game That Never Ends: Dealing With Video Game Abuse**

Peter Churchill, MEd, Clinical Supervisor, Protection of Children Abusing Drugs (PChAD), Alberta Health Services, Addiction and Mental Health, Calgary Zone

OBJECTIVES: Upon completion of this course, participants will be able to

1. Identify the features and risk factors of contemporary video games and related media.
2. Discuss the impact of video games on development and health.
3. Describe the best current evidence for assessment and treatment of video game abuse in youth.
4. Apply resiliency principles in supporting impacted youth and families.

JANUARY 10

❑ **I Hate My Body! Dealing With Problems of Body Image and Self-Concept**

Dianne Drummond, MSc, RD, Eating Disorder Prevention Specialist, Addiction and Mental Health, Alberta Health Services, Edmonton Zone

OBJECTIVES: Upon completion of this course, participants will be able to

1. List red flags for body image and self-concept concerns in children and adolescents.
2. Develop and apply intervention appropriately (practical tips will be provided).

❑ **Up in Smoke: Adolescent Substance Abuse**

Kelsey Clark, BHSc, Community Tobacco Reduction Counsellor, Alberta Health Services, Addiction and Mental Health - Youth Services

Victoria Smith, BSc, MSc, Project Co-ordinator, Tobacco Reduction, Alberta Health Services

OBJECTIVES: Upon completion of this course, participants will be able to

1. Discuss knowledge and skills in the area of tobacco use prevention.
2. Discuss strategies for reduction and cessation with children and youth.
3. List specific strategies and programs.

FEBRUARY 10

❑ **Scared Spittleless**

Part 1: Differentiating Anxiety Disorders

Megan Rodway, MD, FRCPC, Child & Adolescent Psychiatrist, Clinical Medical Director, Mood and Anxiety Disorders Specialty Clinic, Alberta Health Services, Calgary Zone

OBJECTIVES: Upon completion of Part 1, participants will be able to

1. Describe what is "normal" or subclinical anxiety, and what is anxiety that is "disordered."
2. List various types of anxiety disorders.
3. Implement general treatment principles for anxiety, including whether or not a medication trial is warranted.

Part 2: Anxiety Disorders in the Classroom

Cheryl Gilbert MacLeod, PhD, RPsych, Calgary

OBJECTIVES: Upon completion of Part 2, participants will be able to

1. Describe manifestations of anxiety in the classroom.
2. Describe some methods of intervention in school-related anxiety problems.

❑ **Hurting Homes: Screening and Assessing Domestic Violence**

Part 1: Hurting Homes

Linda McCracken, RN, Sexual Assault Nurse Examiner, Domestic Violence Program Co-ordinator/Educator, Alberta Health Services, Calgary Zone

OBJECTIVES: Upon completion of Part 1, participants will be able to

1. Describe the dynamics of domestic violence and abuse within our culturally diverse population.
2. Recognize that domestic violence and abuse is a "health and safety issue."
3. List the risks to children of exposure to intergenerational abuse.
4. Describe the Alberta Health Services (Calgary) Domestic Violence Intervention Initiative.

Part 2: Children Exposed to Domestic Violence

Leslie Tutty, PhD, MSW, Professor, Faculty of Social Work, University of Calgary; Brenda Stafford Chair in the Prevention of Domestic Violence

OBJECTIVES: Upon completion of Part 2, participants will be able to

1. Identify issues in current research.
2. Describe programs for children exposed to domestic violence, such as groups and supervised visitation.

Learn
new practices,
tools and tips!

This course FREE
when registering
for at least one
other course!

MARCH 10

☐ ADHD – Adolescence Through Adulthood

Declan Quinn, MD, FRCPC, Head, Division of Child and Adolescent Psychiatry
Department of Psychiatry, College of Medicine and Saskatoon Health Region,
Saskatoon, SK

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe the evolution of ADHD from adolescence into adulthood.
2. Describe the connection between adult ADHD in parents and its effects on children with ADHD.
3. Describe current methods of assessing ADHD.

☐ Mental Health Stigma and Discrimination Is Worse Than the Illness Itself

Part 1: Mental Health Stigma and Discrimination Is Worse Than the Illness Itself

Heather Stuart, PhD, Professor, Departments of Community Health and Epidemiology, Psychiatry, and the School of Rehabilitation Therapy, Queen's University, Kingston, ON

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe the social origins and nature of mental health related stigma and discrimination.
2. Describe the impact of mental health related stigma and discrimination on those with direct experience of a mental illness, family members, mental health programs, and mental health research.
3. Identify promising principles and practices in the field of stigma reduction.

Parts 2-4 of this course will provide learners with perspectives on how stigma affects youth/young adults and their families.

Part 2: The Mental Health Commission of Canada Anti-Stigma Campaign

Simon Davidson, MD, FRCPC, Chair, Child and Youth Advisory Committee,
Mental Health Commission of Canada, Ottawa, ON

Part 3: The Family Perspective

Keli Anderson

Part 4: The Youth Perspective

Anie Belanger

APRIL 10

☐ Healer Heal Thyself: Coping With Vicarious Trauma

Part 1: Vicarious Trauma in Physicians

Vincent Hanlon, MD, CCFP(EM), Assessment Physician with Alberta Medical Association's Physician & Family Support Program.

OBJECTIVES: Upon completion of Part 1, participants will be able to

1. Describe vicarious trauma in medical practice as an important issue for physician well-being.
2. List three practical strategies to help physicians deal with the consequences of vicarious trauma.

Part 2: Vicarious Trauma in Allied Health Professionals

David Hart, MA, RPsych, Therapy Specialist, Adult Team, NW Community Mental Health Clinic, Alberta Health Services, Calgary Zone

OBJECTIVES: Upon completion of Part 2, participants will be able to

1. Describe vicarious trauma in allied health professionals.
2. List strategies for self-care to prevent/ameliorate vicarious trauma.

☐ Body Blues: The Relationship Between Mental Health and Physical Ailments

Tyler Pirlot, MD FRCPC, Medical Director, Pediatric Consultation Liaison Psychiatry, Alberta Children's Hospital; Program Medical Lead, Child and Youth Mental Health, Peace Country Health Region; Clinical Lecturer, University of Calgary

OBJECTIVES: Upon completion of this course, participants will be able to

1. Describe mind-body connections.
2. Discuss how physical factors affect mental health intervention.

MAY 10

☐ Not Quite Grown Up and Nowhere to Go: Transitioning Care From Adolescence Into Adulthood

Part 1: Legal Issues

James Conway, Sr. Staff Counsel, Youth Criminal Defense Office,
Legal Aid Alberta

OBJECTIVES: Upon completion of Part 1, participants will be able to

1. Describe legal aspects for youth with mental health issues, as they mature into adults.

Part 2: Clinical Perspectives

Cheryl Henschel, MSW, RSW, Transitional Youth Co-ordinator, Child And Adolescent Mental Health Program, Alberta Health Services, Calgary Zone

OBJECTIVES: Upon completion of Part 2, participants will be able to

1. Describe clinical perspectives in working with youth with mental health issues, as they transition into adulthood.
2. State the planning, community resources, and services that may be required in the process of transition to adult mental health services.

☐ Sleep Problemz-z-z

Part 1: My Child Won't Sleep at Night: Practical Advice to Improve Childhood Insomnia

Shelly K. Weiss, MD, FRCPC, Neurologist, Department of Pediatrics,
The Hospital for Sick Children; Associate Professor, University of Toronto;
Executive Board Member of Canadian Sleep Society (VP, Clinical Services)

OBJECTIVES: Upon completion of Part 1, participants will be able to

1. Describe normal and abnormal sleep patterns in childhood.
2. Classify and describe causes of childhood insomnia.
3. Evaluate sleeplessness in children.
4. Discuss the evidence for behavioural treatments of childhood insomnia.
5. Treat childhood insomnia in their practice.

Part 2: Sleep Disorders in Adolescents

Manisha Witmans, MD, FRCPC, FAAP, D ABSM, Sleep Medicine Specialist,
Department of Pediatrics, University of Alberta, Stollery Children's Hospital

Rochelle Young, BA, RN, BSN, MN student, Stollery Children's Hospital

OBJECTIVES: Upon completion of Part 2, participants will be able to

1. Describe sleep needs in adolescents.
2. Identify common sleep issues in adolescents (insomnia, delayed sleep phase syndrome, sleep deprivation).
3. Discuss impact of stimulants, particularly caffeine, on sleep.
4. Discuss drowsy driving as it affects adolescents.
5. Describe sleep-promoting strategies.
6. Identify key symptoms that warrant referral to a sleep specialist.

Registration Form

- Online courses—expert audio narration over PowerPoint, interactive discussion, resources
- Password will be sent to you upon registration
- To register, check desired course(s)
- Archived presentations \$20 each

Mail registration and payment to

Healthy Minds/
Healthy Children,
University of Calgary,
Faculty of Social Work
PF 3212,
2500 University Drive NW,
Calgary, AB T2N 1N4

or secure fax to
403-210-9684

Inquiries: 403-220-4310

Institutional accounts available. Contact us for more info.

Upon receipt of payment, participants will be given instructions on how to access the courses through the University of Calgary Blackboard site.

TECHNICAL REQUIREMENTS

- computer
- Internet access (high speed preferred)
- speakers or headset

Personal information collected on this form will be used for CPD program purposes only. Only information that relates directly to, and is necessary for operating the CPD program will be collected. If you have questions about the collection and use of personal information, please contact us.

YOUR NAME AND DEGREE/LICENCE _____ PROFESSION _____

PLACE OF EMPLOYMENT _____ WORK PHONE NUMBER _____

WORK ADDRESS _____ TOWN/PROVINCE/POSTAL CODE _____

E-MAIL (required) _____

University of Calgary Blackboard username (if applicable) _____

How did you hear about our program? _____

Online courses \$50 each

- SEP 09 1. Should You Take a Chill Pill?
 2. Mindfulness
- OCT 09 3. Post-traumatic Stress Disorder: Not Your Everyday Anxiety
 4. Torn Between Two Parents: Divorce Adjustment Reactions
- NOV 09 5. It's a Family Affair: Techniques for Engaging the Family
 6. The Game That Never Ends: Dealing With Video Game Abuse
- JAN 10 7. I Hate My Body! Dealing With Problems of Body Image and Self-Concept
 8. Up in Smoke: Adolescent Substance Abuse
- FEB 10 9. Scared Spitless
Part 1: Differentiating Anxiety Disorders
Part 2: Anxiety Disorders in the Classroom
10. Hurting Homes: Screening and Assessing Domestic Violence
Part 1: Hurting Homes
Part 2: Children Exposed to Domestic Violence
- MAR 10 11. ADHD – Adolescence Through Adulthood
 12. Mental Health Stigma and Discrimination Is Worse Than the Illness Itself
Part 1: Mental Health Stigma and Discrimination Is Worse Than the Illness Itself
Part 2: The Mental Health Commission of Canada Anti-Stigma Campaign
Part 3: The Family Perspective
Part 4: The Youth Perspective
- APR 10 13. Healer Heal Thyself: Coping With Vicarious Trauma
Part 1: Vicarious Trauma in Physicians
Part 2: Vicarious Trauma in Allied Health Professionals
14. Body Blues: The Relationship Between Mental Health and Physical Ailments
- MAY 10 15. Not Quite Grown Up and Nowhere to Go: Transitioning Care From Adolescence Into Adulthood
Part 1: Legal Issues
Part 2: Clinical Perspectives
16. Sleep Problemz-z-z
Part 1: My Child Won't Sleep at Night: Practical Advice to Improve Childhood Insomnia
Part 2: Sleep Disorders in Adolescents

Archived presentations \$20 each

- Are You Ready for This? Strategies for Creating Client Change.
- Asperger's Syndrome: Assessment & Intervention
- Behavioural Issues & Oppositional Defiant Disorder
- Bipolar Disorder
- Bipolar Disorder & ADHD: Separated at Birth or Together Forever?
- Bullying
- Cognitive Behavioural Therapy "lite"
- Complex Childhood Trauma and Attachment
- Depressive Disorders
- Early Identification and Diagnosis of Autism Spectrum Disorders
- Early Psychosis
- Fetal Alcohol Spectrum Disorders
- Grieving Children: Understanding & Helping Them
- Managing Co-occurring Disorders: Substance Abuse & Mental Health
- Medication Update
- Mental Health Assessment
- Narrative Strategies
- Obsessive-Compulsive Disorder: Symptom Recognition & Treatment
- Parental Mental Illness: Impacts & Strategies for Working with Children
- Parenting Strategies with Young Children with Mental Health Issues
- Preventions and Interventions in Eating Disorders
- Self-Injurious Behaviour
- Sexual Identity & Gender Diversity
- Sleep Disorders

TOTAL COST \$ _____ (No refunds unless course is cancelled.)

CHEQUE ENCLOSED. Please make cheque payable to *Alberta Health Services*.

VISA MASTERCARD AMERICAN EXPRESS

CARD NUMBER _____ EXPIRY DATE _____

NAME ON CARD _____ SIGNATURE _____

PLEASE DO NOT E-MAIL CREDIT CARD PAYMENTS

Register in multiple courses and SAVE!
Register in 6 courses for the price of 5 (\$250)
12 for the price of 10 (\$500)
16 for the price of 13 (\$650)