June 1

June 1
PAA Workshop, The essentials of working with LGBT clients and/or students with Dr Kevin Alderson. 9 am-4:30 pm in Calgary. http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=66

June 1-2
CAOT Workshop, Integrating Cognitive Behavioural Therapy into your occupational therapy practice (level 1) with Gord Hirano. 8 am- 4 pm daily in Calgary. https://caot.ca/viewEvent.html?no_header=true&productId=9770

June 1-2

June 2-5

June 4
Education Series, Understanding substance use and addiction and intervention strategies with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 4-5
Workshop, Scared stiff: Fast, effective treatment for Anxiety Disorders with Dr David Burns. 8:30 am- 4:30 pm in Calgary. http://www.jackhirose.com/workshop/all-your-fault-calgary-2018/

June 4-5
CMHA Community Mental Health Conference, Now we are stronger. In Edmonton. https://alberta.cmha.ca/events/conference-now-we-are-stronger/

June 4-5
CAOT Workshop, Integrating Cognitive Behavioural Therapy into your occupational therapy practice (level 2) with Gord Hirano. 8 am- 4 pm daily in Calgary. http://www.caot.ca/viewEvent.html?no_header=true&productId=9773

June 5
University of Calgary Grand Rounds, Antipsychotic polypharmacy: What are we treating? By Dr Christoph Correll. 12- 1 pm in Calgary and by telehealth. https://www.ucalgary.ca/psychiatry/event/2018-06-05/grand-rounds-antipsychotic-polypharmacy-what-are-we-treating-christoph-u-correll-md

June 6
Community Education Webinar, Teen Series, Introduction to sexual orientation and gender identity. 6:30- 8:30 pm. http://community.hmhc.ca/sessions/?p=all

June 6-7

June 7-10

June 7-10

June 8
15th Annual Flor-Henry Lectures, Let there be light: How optogenetics is revolutionizing discoveries in psychiatry with Professor Karl Deisseroth (Stanford University). 8:30 am- 1 pm in Edmonton. https://flor-henry.ca/

June 8-10
June 12
Education Series, What’s trending in tobacco- Shisha: What the hookah? with Kari Jesswein and Jennifer Pollard. 9 am- 12 noon in Edmonton. Call 780-644-3642 or email prevention.edmonton@ahs.alberta.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 12- 14

June 12- 14

June 13
Education Series, Harm reduction- A way of thinking with Kari Jesswein and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@ahs.alberta.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 13
8th Annual Addiction and Mental Health, Edmonton Zone, Annual Pie and CQI event. 11:30- 3:30 in the Bernard Snell Hall, University of Alberta Hospital. Register at https://www.surveymonkey.com/r/2018PieCQI
Hosted this year by the Children, Youth and Families program. catherine.mercier@ahs.ca

June 13- 15

June 14
Education Series, Concurrent disorders and treatment considerations with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@ahs.alberta.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 14
Seminar, The changing face of health care Social Work with Dr Sophia Dziegielewski. 9 am- 4 pm in Calgary. https://ucalgary.ca/pd/healthcarepharmaseminars

June 14- 15

June 15
Seminar, Psychopharmacology for the non-medically trained professional with Dr Sophia Dziegielewski. 9 am- 4 pm in Calgary. https://ucalgary.ca/pd/healthcarepharmaseminars

June 15- 16

June 18- 19
CTRI Workshop, Walking through grief- Helping others deal with loss by Danielle Forth. 9 am- 4 pm in Edmonton. https://ca.ctrinstitute.com/workshops/walking-through-grief-edmonton7-18/#tickets June 20- 21 in Calgary with Lana Dunn https://ca.ctrinstitute.com/workshops/walking-through-grief-calgary6-20/#tickets

June 18- 20

June 19
Education Series, Tobacco: How to support your clients in making a change with Kari Jesswein and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@ahs.alberta.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 19

June 19
June 19

June 20-22
Training, The DBT skills with Dr Alexander Chapman and Dr John Wagner. 9 am-4:30 pm daily in Vancouver. http://dbtvancouver.com/our-events/dbt-skills-three-day-training-van/

June 20-22

June 20-23
CAOT National Conference in Vancouver. https://caot.in1touch.org/site/pd/conferences?nav=sidebar

June 21
Workshop, Challenging cases in opioid use and misuse. 8:30 am-4 pm in Edmonton. https://facmed.registration.med.utoronto.ca/search/publicCourseSearchDetails.do?method=load&courseId=850141 Presented by the University of Toronto, Faculty of Medicine.

June 21
Education Series, Building better mental and emotional wellness with Crystal Cleland and Jennifer Pollard. 9 am-4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 21-22

June 22
Workshop, Treating trauma in adolescents and emerging adults: Development, attachment and the therapeutic relationship with Dr Martha Straus. 9 am-5 pm in Calgary. http://www.talk-therapy.ca/treating-trauma/

June 22-23

June 23-26

June 25-30

June 26
Education Series, Harm reduction- A way of thinking with Kari Jesswein and Jennifer Pollard. 9 am-4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 26-28

June 26-30

June 28

June 28
Education Series, Motivational Interviewing: The basics with Crystal Cleland. 9 am-4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 28-30
42nd Annual Meeting, Canadian College of Neuropsychopharmacology in Vancouver https://ccnp.ca/
June 29
Education Series, *What is non-suicidal self-injury and how do we intervene?* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 30- July 2

June 30- July 5

July 1- 5

July 3- 6

July 4- 8

July 8- 12

July 10
Education Series, *What is non-suicidal self-injury and how do we intervene?* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

July 11- July 13
Mindfulness Retreat for Counsellors, Therapists and Caregivers with Vicki Enns. 9 am - 4 pm daily in Banff. https://ca.ctrinstitute.com/workshops/mindfulness-retreat-july2018/#tickets

July 12
Education Series, *Motivational Interviewing: The basics* with Crystal Cleland. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

July 16- 17

July 16- 18
CTRI Workshop, *Attachment and Families- Strategies for engaging and helping* with Danielle Forth. 9 am- 4 pm in Edmonton. https://ca.ctrinstitute.com/workshops/attachment-and-families-edmonton7-16/#tickets

July 16- 18

July 16- 24

July 18

July 18- 19
CTRI Workshop, *Motivating change- Strategies for approaching resistance* with Marwa Fadol. 9 am- 4 pm in Calgary. https://ca.ctrinstitute.com/workshops/motivating-change-calgary7-18/#tickets

July 23
Education Series, *Suicide prevention is everybody’s business* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

July 23- 25
July 24
Education Series, Harm reduction- A way of thinking with Kari Jesswein and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

July 24- 25
Workshop, Mediation- Facing difficult conversations with Alan Edwards. 9 am- 4 pm in Edmonton. https://ca.crtrinstitute.com/workshops/mediation-edmonton7-24/

July 24- 29
16th Annual World Conference, Association for Contextual Behavioral Science in Montréal. https://contextualscience.org/WC16

July 26- 27

July 28- 30
Research Society on Marijuana, 2nd Annual Conference, in Colorado, USA. https://researchmj.org/

July 31
Education Series, What’s trending in tobacco- Vaping: Is it the silver bullet? with Kari Jesswein and Jennifer Pollard. 1- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 1
Education Series, Suicide prevention is everybody’s business with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 1- 4

August 2- 5

August 4- 6

August 8
Education Series, Tobacco: How to support your clients in making a change with Kari Jesswein and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 8- 10

August 13- 21

August 14- 19

August 22
Education Series, Harm reduction- A way of thinking with Kari Jesswein and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 22- 25

August 23
Education Series, Building better mental and emotional wellness with Crystal Cleland and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 31
International Overdose Awareness Day Time to remember, Time to act https://www.overdoseday.com/
September 5-October 3
Online Training, Introduction to Solution Focused Strategies ($195)
https://solutiontalk.ca/ssl/registration.php?product=elearning

September 6-7

September 10 World Suicide Prevention Day Take a minute, change a life
https://suicideprevention.ca/wspd/

September 16-18

September 17-18
Working Stronger Workplace Mental Health Conference. 8 am-4 pm in Edmonton. Hosted by CMHA
https://alberta.cmha.ca/events/working-stronger-workplace-mental-health-conference/

September 19-21
University of Alberta, 41st Annual Distinguished Scholar Lecture Series with Dr Morten Christiansen (Cornell University) 3-4 pm daily in Edmonton. https://www.ualberta.ca/psychology

September 22

September 23-28
Training, Mindfulness-Based Cognitive Therapy (MBCT) with Dr Mark Lau. In Cortes Island, BC.
http://www.vancouvercbt.ca/cbt_training.html

September 27-29
Canadian Psychiatric Association Annual Conference in Toronto. https://www.cpa-apc.org/annual-conference/

September 27-November 6

September 29

October 1-7 Mental Illness Awareness Week (MIAW) http://www.camimh.ca/mental-illness-awareness-week/about-miaw/

October 3-5
National Harm Reduction and Drug Policy Conference in Edmonton. More information when available.

October 3-6
International Nurses Society on Addictions, 42nd Annual Educational Conference, Substance use and recovery oriented care: 21st century challenges and opportunities. In Denver, Colorado, USA.
http://www.intnsa.org/conference

October 4-6
Early Onset Dementia Alberta Foundation, 5th Building Dementia Awareness Conference in Edmonton.
http://www.eodaf.com/

October 10
REACH Workshop, Effective intercultural practice with Kaitlin Lauridsen. 9 am-4 pm in Edmonton. https://reachedmonton.ca/pageEvent/Effective-Intercultural-Practice-Oct10-2018

October 10
REACH Workshop, Understanding the pre-migration context and supporting newcomer families with trauma with Karin Linschoten 9 am-12:30 pm in Edmonton https://www.reachedmonton.ca/public/Understanding-Pre-migration-Context-Supporting-Newcomer-Families

October 10-November 7
Online Training, Advanced Solution Focused Strategies ($195)
https://solutiontalk.ca/ssl/registration.php?product=elearning
Information, Evaluation & Professional Practice, Addiction and Mental Health, Edmonton Zone

October 12- 13

October 12- 14

October 15
Workshop, What every nurse needs to know about…Neurotransmitters by Barb Bancroft. 8:30 am- 4:30 pm in Edmonton. October 16 in Calgary. [https://www.nursinglinks.ca/info_neurotransmitters.html](https://www.nursinglinks.ca/info_neurotransmitters.html)

October 17- 18

October 17- 19

October 17- 20

October 18- 19
Workshop, Treating complex trauma: Clinical and scientific innovations with Dr Christine Courtois. 9 am- 4pm in Edmonton. [https://ucalgary.ca/pd/ComplexTrauma2018](https://ucalgary.ca/pd/ComplexTrauma2018)

October 18- 20

October 21- 24

October 22

October 22- 24

October 24- 26

October 24- 26
7th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity, Beyond the clinic. 9 am- 5 pm in Calgary. [http://interprofessional.ubc.ca/initiatives/obesity2018/](http://interprofessional.ubc.ca/initiatives/obesity2018/)

October 24- 26

October 25- 26

October 25- 27

October 25- 27

October 26- 28
Canadian Counselling Psychology Conference, Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond. In Calgary. [http://www.werkund.ucalgary.ca/ccpc](http://www.werkund.ucalgary.ca/ccpc)
**Addiction and Mental Health Learning Events**

**June 2018**

**October 29-30**
Workshop, *Advanced Emotionally Focused Therapy with individuals* with Dr Veronica Kallos-Lilly. 9 am-4:30 pm in Calgary. [http://www.talk-therapy.ca/eft-individuals-adv/](http://www.talk-therapy.ca/eft-individuals-adv/)

**October 31 - November 2**

**November 2-3**
Canadian Sleep Society, Annual Education Meeting in Québec City. [https://www.eiseverywhere.com/ehome/cssquebec2018/](https://www.eiseverywhere.com/ehome/cssquebec2018/)

**November 5**
Workshop, *Legal issues in nursing* by Chris Rokosh. 8:30 am-4 pm in Calgary. **November 6** in Edmonton. [https://www.nursinglinks.ca/info_legal.html](https://www.nursinglinks.ca/info_legal.html)

**November 7**
7th Annual Pain Awareness Education Day. 8 am-4:30 pm in Calgary. Topics include: ‘Cannabis Update’ and ‘Opioid Crisis Update’. [https://www.eventbrite.ca/e/7th-annual-pain-awareness-education-day-tickets-43280342950](https://www.eventbrite.ca/e/7th-annual-pain-awareness-education-day-tickets-43280342950)

**November 7-8**
Cognitive Workshop, *Anxiety Disorders* with Dr Christine Padesky in Vancouver. [https://www.cognitiveworkshops.com/](https://www.cognitiveworkshops.com/)

**November 7-9**

**November 8-11**
The Society for the Scientific Study of Sexuality Annual Meeting in Montréal. [http://www.sexscience.org/events](http://www.sexscience.org/events)

**November 9-11**
14th Annual Canadian ADHD Resource Alliance (CADDRA) Conference and Research Day in Calgary. [https://caddra.societyconference.com/v2/](https://caddra.societyconference.com/v2/) / amanda.edwards@caddra.ca

**November 12-13**

**November 12-15**
Workshop, *Emotionally Focused Therapy (EFT) externship* with Dr Veronica Kallos-Lilly. 9 am-5 pm daily in Calgary [http://www.talk-therapy.ca/eft-externship/](http://www.talk-therapy.ca/eft-externship/)

**November 12-18**

**November 14-16**

**November 16**
PAA Workshop, *Assessments for psychotherapists: (Almost) everything you need to know!* by Dr Jamie Dyce. [http://www.psychologistsassociation.ab.ca/site/paa_workshops__forum?type=event&id=70](http://www.psychologistsassociation.ab.ca/site/paa_workshops__forum?type=event&id=70)

**November 19**

**November 24**

**November 26-27**

**AHS Staff**: See everything that AHS has about Cannabis at [http://insite.albertahealthservices.ca/17965.asp](http://insite.albertahealthservices.ca/17965.asp)

Free health promotion resources are available to anyone within and outside of AHS. [Click Here](http://insite.albertahealthservices.ca/) for the DATA website. For mental health materials use the Login ID: mentalhealthresources, Password: mh2016 For addiction materials use the Login ID: addictionresources, Password: amh2016
Epidemiological data indicates that the majority of adults with mental illness and/or addiction had identifiable symptoms or traits as children. Current scientific understanding is moving towards describing addiction and mental disorders as early onset, trajectory-based, brain illnesses. The developmental perspective has significant implications for the nature and organization of treatment and service delivery.

This training is available to all AHS staff through MyLearningLink. [Website Link] The series was primarily developed by the Edmonton Zone, Addiction and Mental Health, educators with support from AHS Child, Youth and Families Initiatives and the federal Drug Treatment Funding Program.

Enhancing Foundational Knowledge
1) Introduction to Developmental Pathways
   1. Describe addiction, mental health, and concurrent disorders and recognize the impact of these disorders on children, youth and families;
   2. Discuss the broad influences and risk factors and different developmental pathways that may lead to the development of addiction, mental health and concurrent disorders;
   3. Recognize ways to decrease risk and increase protective factors for children and youth who are at risk of developing addiction, mental health and concurrent disorders;
   4. Identify effective, evidence-based ways of promoting and preserving health, preventing illness and reducing the adverse effects of addiction, mental illness and concurrent disorders.

2) Improving Engagement in Care
   1. Discuss the importance of client engagement in overcoming barriers, facilitating improvement in health services, building relationships and improving successful treatment outcomes;
   2. Identify factors involved in building and maintaining therapeutic relationships and alliances in order to provide effective treatment and support children, youth and families experiencing high levels of stress and distress;
   3. Use a child and family-centred care approach in working collaboratively with children, youth and families;
   4. Recognize that self-awareness and self-care are vital to effective ethical practice while providing care for children, youth and families.

Promoting Positive Behaviour While Enhancing Relationships
3) Stress and Resilience throughout the Lifespan
   1. Describe the stress response and the impact of its prolonged activation on physical and mental health;
   2. Identify and differentiate between positive, tolerable and toxic stress;
   3. Use Bronfenbrenner’s Ecological Systems Theory to explore and map potential stressors;
   4. Discuss resilience, identify factors that influence its development, and explain how positive and negative experiences influence outcomes;
   5. Outline ways to assess and support resilience at the individual, family and community level.

4) Being Attachment Informed

1. Define and describe attachment theory;
2. Identify secure and different types of insecure attachment, describe what they look like, and consider their impact on mental health and wellbeing;
3. Discuss how attachment styles can play out in the therapeutic relationship and how health providers can play a part in increasing secure or new ways of attaching;
4. Outline strategies for being attachment informed when building and maintaining therapeutic relationships with children, youth and caregivers.

5) Understanding ACEs and Being Trauma Informed

1. Discuss the Adverse Childhood Experiences (ACE) study;
2. Identify the ways that ACEs affect health and contribute to physical and mental health disorders including addictions;
3. Describe the factors that may lead to developmental delay and identify strategies that support milestone development when working with individuals with developmental delay;
4. Discuss the developmental assets that support individuals in their life span.

Promoting Health Development

6) Understanding Early Brain Development

1. Discuss the stages of brain development and how genes, environment and experiences influence the process;
2. Explain how serve and return interactions can be used to promote health brain development;
3. Evaluate the role of technology in building healthy brains;
4. Explain the concepts of plasticity and sensitive periods and their impact on brain development;
5. Consider implications for policy and practice.

7) Developmental Milestones and Mental Wellbeing

1. Discuss developmental milestones;
2. Identify the five major developmental stages in children and youth, using the developmental theories;
3. Describe the factors that may lead to developmental delay and identify strategies that support milestone development when working with individuals with developmental delay;
4. Discuss the developmental assets that support individuals in their life span.

8) Executive Functioning and Self-Regulation

1. Define and describe the three foundational elements of executive function;
2. Identify common difficulties experienced by individuals with executive functioning deficits;
3. Understand the concept of self-regulation;
4. Identify strategies for enhancing executive function and self-regulation;
5. Understand the relationship between executive function/self-regulation and addiction and mental health issues over a life span.

Advancing Practice Excellence

9) Being Recovery Oriented

1. Define recovery and recovery oriented practice;
2. Understand the theories that support and inform recovery oriented practice;
3. Define the 4 key recovery concepts and learn how to support people in their recovery process;
4. Have increased awareness of practice considerations when working with special populations including children and youth and ethnically/culturally diverse populations.

10) Infusing Culture and Equity

1. Discuss the journey to cultural competence in the areas of attitude, knowledge and skills;
2. Increase awareness and knowledge of professional worldviews of mental health and mental illness;
3. Discuss the Social Determinants of Health and their impact on mental health;
4. Increase awareness of client’s worldviews of mental health and mental illness;
5. Outline strategies to include Recovery-Oriented Practice and cultural competence in supporting Indigenous, immigrant, refugee and sexual diverse populations.

11) Motivational Interviewing and Stages of Change

1. Outline the stages of change and discuss interventions that may be effective in the different stages;
2. Recognize ambivalence as an expected and necessary part of change;
3. Describe Motivational Interviewing (MI), and identify the four fundamental aspects of the spirit of MI;
4. Identify and discuss the four broad processes of MI;
5. Discuss how using an MI approach can assist health providers in helping children, youth and caregivers resolve ambivalence and move toward positive change.
Online Learning Resources

Knowledge Resource Service The online library for Alberta Health Services staff. Access to journals, data bases, books, drug information, patient teaching information, and other professional resources. Includes an online, searchable, DSM-5 with related texts. http://krs.libguides.com/mentalhealth

The Cochrane Collaboration provides a systematic review of healthcare treatment practices and promotes the search for evidence in the form of clinical trials and other treatment studies. http://summaries.cochrane.org/

Alberta Family Wellness Initiative Provides resources for the application of science to addiction and mental health treatment issues. Includes a series of education modules with certification http://www.albertafamilywellness.org/resources/search


Canadian Centre on Substance Abuse (CCSA) Online publications intended to contribute to CCSA's national mandate to promote and increase awareness of matters relating to alcohol and drug abuse. http://www.ccsa.ca/


McMaster University provides a set of reliable and current reviews evaluating the effectiveness of healthcare practices and health promotion. http://www.healthv evidence.org/

Alberta Addiction and Mental Health Research Partnership Program Knowledge Notes are concise summaries of current research in a specific area. http://www.albertahealthservices.ca/research/Page11217.aspx

Published clinical guidelines from the National Institute for Health and Clinical Excellence (NICE) http://www.nice.org.uk/guidance/index.jsp?action=byType&type=2&status=3

A comprehensive collection of psychiatric rating scales and diagnostic aids from the University of Adelaide http://libguides.adelaide.edu.au/content.php?pid=457647&sid=513926

Bridging the Gap is an e-newsletter from the Alberta Addiction and Mental Health Research Partnership Program. It provides a brief summary of some of the latest addiction and mental health research and highlights their implications for practice. Archived issues of Bridging the Gap can be found here: http://www.albertahealthservices.ca/research/Page11235.aspx

The Canadian Agency for Drugs and Technologies in Health (CADTH) provides decision-makers with the evidence, analysis, advice, and recommendations they require to make informed decisions in health care. https://www.cadth.ca/evidence-bundles/evidence-on-mental-health

Anxiety BC Video library and other emotional regulation education resources including a phone app https://www.anxietybc.com/resources/video


University of Alberta Grand Rounds The Department of Psychiatry Archive includes recordings of both the weekly Adult and Child & Adolescent Grand Rounds. https://sites.google.com/a/ualberta.ca/psychiatry-grand-rounds-archive/home

At Home with Eating Disorders Conference Series Recorded expert speaker presentations https://www.youtube.com/playlist?list=PL1tOF1i5ZoUjse4nEjjiWZCVGizkBU8S-

iScheduler Online access to all Alberta Health Services Telehealth services. You can view a calendar of all education events, register to participate, request for your meeting/event to be broadcast or request equipment. https://ischeduler.albertahealthservices.ca/ischeduler/exceptionist.asp
Healthy Minds/Healthy Children The Alberta Health Services Healthy Minds/Healthy Children Online Continuing Professional Development (CPD) program provides accredited, online opportunities in children’s mental health. http://www.albertahealthservices.ca/4718.asp

Policy Wise for Children and Families Their video library provides presentations on research knowledge and evidence on policy issues related to improving the well-being and health of children. https://policywise.com/

Addiction Counselling Webinars The National Association for Addiction Professionals (USA) has free and on-demand webinars on a wide range of topics http://www.naadac.org/webinars

TED: How the Mind Works The world's most fascinating thinkers and doers are challenged to give the talk of their lives in 18 minutes. http://www.ted.com/index.php/themes/view/id/4

University of California Television provides documentaries, faculty lectures and research symposiums http://www.uctv.tv/search-moreresults.aspx?catSubID=20&subject=health

Community Education Service Free online webinars from presentations at the Alberta Children’s Hospital. Sessions are available as Windows Media Video (WMV) recordings or live via Telehealth. http://fcc.albertahealthservices.ca/ces/

Alberta Quits Learning materials and videos about tobacco cessation. https://www.albertaquits.ca/learning/training-videos

Chronic Disease Management Education for Health Care Providers Open enrollment learning modules on a range of topics, including the Provincial Concurrent Capable Learning Series (PCCLS Foundations) http://cdm.absorbtraining.ca/#/login

Mental Health Commission of Canada (MHCC) Webinars Free monthly webinar series about many different areas of mental health. Archived sessions are available to watch. http://www.mentalhealthcommission.ca/English/webinars

Trauma Informed Care e-Learning Modules Six foundational modules and other resources. http://www.albertahealthservices.ca/info/page15526.aspx

University of Calgary The Department of Psychiatry calendar of medical rounds, workshops and conferences is at http://www.ucalgary.ca/psychiatry/calendar/month/2017-11 The Faculty of Social Work Professional Development Program workshops are listed at: http://www.ucalgary.ca/pdf/

Indigenous Cultural Safety Collaborative Learning Series Webinars to strengthen cultural safety in health and social services http://www.icscollaborative.com/webinars

TRIP (Turning Research Into Practice) Clinical search engine designed to allow users to easily find research articles to support practice. https://www.tripdatabase.com/

RNAO Mental Health and Addiction Initiative Nursing best practice guidelines, education modules and many other resources. http://rnao.ca/bpg/initiatives/mhai/purpose

The Online Addiction Medicine Diploma is a free and open to anyone wishing to learn more about alcohol, tobacco and opioid substance use disorders. There are 17 modules that can be done whenever you choose. http://www.bccsu.ca/about-the-online-addiction-medicine-diploma/

Mental Health First Aid The basic course focuses on substance related, mood related, anxiety and trauma related, and psychotic disorders. There are also courses specifically for adults working with youth, First Nations, Inuit, Northern Peoples, Seniors and Veterans. Provided by the Mental Health Commission of Canada. http://www.mentalhealthfirstaid.ca/en/course-info/courses