



Mental Health & Addictions Online Supplemental Education 2023 - 2024

MENTAL HEALTH AND ADDICTIONS RESEARCH & EDUCATION DEPARTMENT

Health PEI

Supplemental Online Education Offerings

Please discuss with your manager or supervisor to determine the necessary courses in your place of work for your role. If courses have a cost, please discuss same with your manager or supervisor, or follow your applicable Union's education fund guidelines.

1. Addictions Care and Treatment Online Course

- This is a comprehensive 22-module online course for health care providers that diagnose and treat patients with substance use disorders using evidence-based treatments along the continuum of care.
 - Register here: <https://ubccpd.ca/course/addiction-care-and-treatment#skills>

2. Borderline Personality Disorder

- This education series was designed for professionals to learn basic principles for the diagnosis and treatment of Borderline Personality Disorder. The series of six, 20-minute modules features videos of patients/families, interactive quizzes, narrated slides, and videos from a number of experts.
 - Register here: <https://www.borderlinepersonalitydisorder.org/professionals/>

3. Cannabis and the Older Adult

- This is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of 6.75 hours, 11 modules total.
 - Register here: <https://ccsmh.ca/cannabis-and-older-adults-project/>

4. Cannabis Education for Health Care Providers

- This 1.5-hour online module is for health providers looking to explore a variety of topics on recreational and medical cannabis, including legal status, types of cannabis, benefits and risks, and evidenced based practice.
 - Register here: <https://ubccpd.ca/course/cannabis#costsrecommendations>

5. Change ways for Depression

- The Changeways Core Program is the most widely used group therapy protocol for depression in Canada. The online course, based on the two-day in person workshop, teaches experienced clinicians how to provide the Changeways program for their own clients.
 - Register here: <https://psychologysalon.teachable.com/p/learn-cbt-group-therapy-for-depression>

6. Children's Mental Health Learning Series

- The 1.5-hour series includes 18 videos and resources dealing with wide range of mental health issues for children and youth.
 - Register here: <https://www.alberta.ca/childrens-mental-health.aspx>

7. Clinical Examination

- Self-paced On-line Videos
 - Register here: <https://litfl.com/clinical-examination-database/>

8. Concurrent Disorder Learning Series

- Academic videos from provincial, national, and international subject matter/clinical experts. This series is designed to support the clinical development of Addiction and Mental Health's diverse workforce in responding to the needs of individuals experiencing concurrent disorders.
 - Register here: <https://www.albertahealthservices.ca/info/page14397.aspx>

9. Craft Training

- This training is led by the creator of the CRAFT model. CRAFT methods are evidence-based and provide families with a hopeful, positive, and more effective alternatives to addressing substance use than other intervention programs.
 - Register here: <https://www.nmmitc.com/events/robert-j-meyers-phdpresents-craft>

10. Developmental Pathways: Alberta Health Services Addiction & Mental Health Series

- A web-based interactive e-Learning curriculum designed to support healthcare providers to enhance their practice working with children, youth and their families experiencing addiction and mental health issues.
 - Create a free account by clicking on the Primary Healthcare Learning Portal. There are eleven separate modules, and each takes about 1.5 – 2 hours to complete.
 - Note: This is the same resource used for our Practical Application of Trauma Informed and Recovery Oriented Practice.
 - Register here: <https://www.albertahealthservices.ca/info/Page15972.aspx>

11. DSM V Fact Sheets

- This information is for clinicians working in Mental Health and Addictions to increase their knowledge of one of the standardized tools used by psychiatrists and psychologists to categorize, communicate, and treat patients and clients experiencing mental disorders.
 - Register here: <https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/dsm-5-tr-fact-sheets>

12. Emotional Regulation and Recovery from Mental Illness: Emotional Regulation Skills - Training at the Core of Stepped Care

- This Alberta Health Services video explores the connection between behavioral neuroscience, addictions and range of emotional disorders.
 - Register here: https://www.youtube.com/watch?v=FOGczxxWGNE&list=PL4H2py77UNuWIAD80DJW3vENUcEHXfL_L&index=22

13. Gender Diversity Consideration on Policy Analysis

- This 3-hour presentation provides tips on how to incorporate a gender and diversity lens in a deliberate, consistent basis.
 - Register here: <https://psc.gpei.ca/gender-and-diversity-consideration-policy-analysis-0>

14. Global Appraisal of Individual Needs - Short Screener (GAIN SS)

- The GAIN-SS is a short screener used to identify both mental health and substance use concerns and provides valid and reliable information with context. It screens for internalizing, externalizing, and

substance use disorders and gambling, as well as crime and violence. It also flags concerns related to eating, traumatic distress, disordered thinking, gambling, gaming and internet usage.

- It has been modified by the Centre for Addiction & Mental Health, is widely used in Canada, and validated for age 12 and over.
 - Register here: <https://www.porticonetwork.ca/documents/489955/494758/GAIN+Short+Screeener+%28GSS%29%20PDF/5006f4ae-9799-4a8e-ae7-3f2db4a1b0c6>

15. Grief and Grieving

- This PowerPoint presentation was created by Iva Marinov, John Daley and Jacqueline Griffith, for Primary Health Care Practitioners within Health PEI
 - Register here: [https://src.healthpei.ca/sites/src.healthpei.ca/files/Primary%20Care%20Mental%20Health/Grief and Grieving Webinar February%202018.pdf](https://src.healthpei.ca/sites/src.healthpei.ca/files/Primary%20Care%20Mental%20Health/Grief%20and%20Grieving%20Webinar%20February%202018.pdf)

16. Health Assessment Refresher Training Head to Toe

- This course is an annual refresher for all Registered Nurses and Licensed Practical Nurses in Acute MHA
 - Register here: <https://www.youtube.com/watch?v=gG8kh8MfnGY>

17. Introduction to Gender Based Analysis Plus (GBA +)

- A 2-hour module review of an analytical process used to assess how diverse groups of women, men and non-binary people may experience policies, programs and initiatives.
 - Register here: https://women-gender-equality.canada.ca/gbaplus-course-coursacsplus/eng/mod00/mod00_02_01.html

18. Introduction to Human Trafficking

- These 5 modules are designed for service providers in the mental health and addiction system, including counsellors, social workers, case managers, nurses, physicians, and others.
 - Each module takes approx. 30 mins.
 - Register here: <http://eenet.ca/initiative/HT#about>

19. Immigrant and Refugee Mental Health

- This online course will offer a comprehensive overview of immigrant and refugee mental health, focusing on subgroups at risks. The course is designed to provide a uniquely interactive learning experience where you can consult with experts in the field and share ideas and experiences with service providers from all over Canada. There are two separate streams: one for social service providers and one for health service providers. Participants should select the stream that is most relevant to their roles and responsibilities.
 - 6 weeks (20-25 hrs.) Offered at regular intervals.
 - Register here: <https://irmhp-psmir.camhx.ca/courses>

20. Mental Health & Addictions 101

- The Centre for Addiction & Mental Health (CAMH) offers introductory online courses that provide good overviews of common mental health issues including anxiety, bipolar, personality disorders, problem gambling, PTSD, psychosis, schizophrenia, etc. The courses are self-paced, and approximately 20-40 minutes per course.

- Register here: http://www.camhx.ca/education/online_courses_webinars/mha101/index.html

21. Motivational Interviewing for Healthcare Providers that Work with Children and Their Families

- This 2-hour course has been created as part of the Live 5-2-1-0 Healthcare Provider Toolkit from BC Children’s Hospital, designed to help you assess, manage and promote healthy behaviors with your pediatric patients.
 - Register here: <https://ubccpd.ca/learn/learning-activities/course?eventtemplate=137-motivational-interviewing>

22. Not Just the Blues: Perinatal Depression and Anxiety

- This 90-minute interactive online module provides a basic overview of perinatal depression and anxiety; including common risk factors, screening, treatment approaches, and treatment planning. Through evidence-based material, quizzes, and interactive video vignettes learners will gain an understanding of the importance of routinely screening for perinatal depression and anxiety and become more comfortable with the steps to doing so.
 - Register here: <https://ubccpd.ca/course/perinatal-depression>

23. Seeking Safety

- Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance use. Health PEI has several copies of instructional DVDs available for self-directed study. This material is presented in an individual learning format (approx. 7 hours), that includes a manual, 3 DVDs with a DVD Learning Guide, and handouts on Conducting a Session, Grounding and PTSD. Online training is available at a cost if you wish to receive continuing education credits.
- Note: Resources for learning are available through mhatraining@gov.pe.ca

24. SMART Recovery Facilitator Training

- The Self-Management and Recovery Training approach is secular and scientifically based, using cognitive behavioral therapy (CBT) and non-confrontational motivational methods to facilitate recovery.
- Timeframe: 8 weeks of self-study totaling approximately 30 hours
- Cost: \$99 USD plus additional \$69 USD if continuing education credit is required
 - Register here: <https://smartrecoverytraining.org/moodle/>
 - Contact your immediate supervisor

25. Smoking Cessation

- The Ottawa Model for Smoking Cessation is an evidence-based process that uses the principles of knowledge translation and organizational change to implement systematic approaches to smoking cessation within healthcare settings. 2-hour module.
 - Register here: <https://ottawamodel.ottawaheart.ca/education/e-learning>

26. Stages of Change Model

- A 35-minute Podcast outlining Prochaska and DiClemente’s Stages of Change Model
 - Register here: <http://www.socialworkpodcast.com/StagesOfChange.mp3>

27. Stress Reset

- Stress and You is designed to help employees become more knowledgeable about stress in general, and to become more self-aware in identifying the stressors in their life as well as learn new skills and strategies to help them cope. 3 hours.
 - Register here: <https://psc.gpei.ca/stress-reset-3>

28. Substance Use and Treatment in FASD

- In this training you will be provided consolidated and expanded knowledge regarding appropriate substance use treatment approaches for individuals with FASD. The course adopts the perspective that individuals with FASD can benefit from treatment support that is well-suited to their unique neurodevelopmental needs. The course includes four primary section that contain a total of 17 modules of content.
- A certificate will be provided to each participant upon completion.
 - Course cost: \$30.00 CAD
 - Register here: <https://newelearning.canfasd.ca/courses/substance-use-and-treatment-in-fasd/>

29. Support for Individuals with Intellectual Disabilities and Mental Illness

- This eLearning module will help inform practical and useful basics of mental health focused support for those working alongside of individuals with developmental disabilities. 1.5-2 hours.
 - Register here: www.albertahealthservices.ca/webapps/elearning/DualDx/Module/index.html

30. Take 5 MindWell-U

- This online course covers 5 core principles and skills of mindfulness-in-action. Each module contains learning practice and reflection components.
 - Register here: <https://app.mindwellu.com/canada/en/training.html>

31. Team Strategies & Tools to Enhance Performance & Patient Safety

- (TeamSTEPS®) Evidence Based Practice. A 2.5-hour module to optimize safety for patients/clients, families, and staff.
 - Register here: <https://learning.patientsafetyinstitute.ca/>

32. The Brain Story

- A story about how experiences shape our brains. As such, it is also a story about human relationships, because we depend on those around us for the experiences that build our brain architecture. Timeframe: 19 online learning modules self-paced learning.
 - Register here: <https://www.albertafamilywellness.org/training>

33. TREAT for Concurrent Capability - Changing the World: Inspiring Hope, Health & Recovery

- Register here: <https://www.youtube.com/watch?v=DG6ISaMBOUs&list=PL4H2py77UNuWdHtrrFHtIdvZOAXKokr m7&index=2>

34.Overcoming Stigma: Online Learning

- This 1-hour module will increase your understanding of stigma and equip you with the tools and knowledge you need to address stigma at home, in the workplace and in your communities.
 - Register here: <https://www.ccsa.ca/overcoming-stigma-online-learning>

35.Psychologically Safe Workplaces

- This 75-minute module is to help employees understand the 13 psychosocial workplace factors from the National Standard of Canada for Psychological Health and Safety in the Workplace. This program demonstrates what can impact employee mental health and what we can all do to support ourselves and others in the workplace.
 - Register here: https://www.ccohs.ca/products/courses/mindful_employee/

36.Virtual Communication Lab

- This Virtual Communication Lab was created for the MHA division by four UPEI Nursing 4010 students for their Nursing and Population Health course. There are several scenarios shown that demonstrate different strategies of communication that can be utilized at any level of the division. The virtual lab contains realistic scenarios with videos and interactive activities. These snippets are shown to improve communication skills and reflect on your own working relationships. The lab takes 30-40 minutes to complete, and your progress will be saved if you're unable to complete it all at once.
 - Register here: <https://app.affinitylearning.ca/share/wgb7JzcO8DjM5eNCGTVK8w/>

Course Application Form

COMPLETE, OBTAIN SUPERVISOR APPROVAL AND SUBMIT SIGNED FORM TO EMAIL BELOW PRIOR TO REGISTERING FOR COURSES.

(E-mail to mhatraining@gov.pe.ca)

All fields are mandatory - incomplete forms will be returned.

Course Information

Course Title: _____

Date: _____

Staff replacement required. YES NO

If required, Leave of Absence form submitted. YES NO

Applicant Information

Employee Name: _____

Employee ID: _____ Email: _____

Facility/Worksite: _____

Phone: _____

Do you have any special needs which may affect your participation in this course?
(i.e., building access, hearing) YES NO

Details: _____

Does this appear on your Performance Development Plan? YES NO

Employee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____

Storm Policy: Training is cancelled if government offices are closed (or delayed, in case of morning and full-day sessions).

Attendance: You are to return a MHA training verification form with a trainer signature or certificate or proof of training completion to your manager.



Finding Hope Sharing Strength

Mental Health and Addictions

Mental Health and Addictions Continuing Education Verification Form

NOTE: Please ensure this form is filled out and submitted to your timekeeper/payroll clerk for pay purposes. Please submit a copy to MHA training for documentation on your employee file and make a copy for your own Continuous Learning Record

This form is provided to verify the attendance of:

Employee Name: _____

Employee ID#: _____

Course Name: _____

Course Date: _____

Course Start Time: _____

Course End Time: _____

Total Continuous Education hours: _____

This Continuous Education activity is relevant to your area of practice because:

Presenter/Educator/Trainer Signature _____

- Or please attach proof of attendance

Any Questions please contact MHA Clinical Education Department at 902-368-5119 or 902-368-5477