



Mental Health & Addictions Online Supplemental Education
2024 - 2025

MENTAL HEALTH AND ADDICTIONS 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: [\[Addictions Care and Treatment Online Course Link\]](#)

2. Aging and Living Well

- Aging is far from a uniform experience. Social and systemic inequities affect different groups in different ways. The issues that older adults face can be very different, as can their priorities and ideas about what aging and living well mean. This scenario-based learning eCourse follows the lives of four 2SLGBTQI aging adults. Key decision-points and reflection questions are embedded throughout the activity to help you identify gaps and inform service improvements.
 - Register here: [\[Aging and Living Well Online eCourse Link\]](#)

3. Borderline Personality Disorder Online Modules

- 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 feature videos of patients/families, interactive quizzes, narrated slides, and videos from several experts.
 - Register here: [\[Borderline Personality Disorder Online Modules Link\]](#)

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: [\[Cannabis Education for Health Care Providers Link\]](#)

5. Cannabis Education for Health Care Providers

- The 9 interactive eLearning modules were designed in response to a reported gap in health care practitioner knowledge regarding cannabis and older adults. An extensive literature review in conjunction with a needs assessment survey distributed by the Canadian Coalition for Seniors' Mental Health to physicians, nurse practitioners, students, older adults and caregivers to older adults informed the content. This course aims to ensure that healthcare providers have access to up-to-date evidence-based information regarding cannabis and older adults.
 - a. Register here: [\[Cannabis and Older Adults eLearning Modules\]](#)

6. Changeways 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: [\[Changeways for Depression Online Course Link\]](#)

7. 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: [\[Children’s Mental Health Learning Series Link\]](#)

8. Craft Training

- Community Reinforcement Approach Family Training (CRAFT) is an evidence-based program that provides families with hopeful, positive, and effective alternatives to addressing substance with their loved ones.
- If you would like to have your name added to a waitlist for this training, please contact mhatraining@gov.pe.ca

9. 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: [\[DSM-V Fact Sheets Link\]](#)

10. 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 a range of emotional disorders.
 - Register here: [\[Emotional Regulation and Recovery from Mental Illness Video Link\]](#)

11. Gender Diversity Consideration on Policy Analysis

- Gender and diversity analysis takes into account cultural, social, economic and other differences among people to ensure that:
 - Potential impacts of policies, programs, and legislation can be identified.
 - Proposed policies, programs, and legislation have intended and fair results for men, women and other diversity populations.

Note: Resources and Learning available here [\[Gender Diversity Consideration on Policy Analysis\]](#)

12. 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.
 - Video here: [\[Global Appraisal of Individual Needs – Short Screener Video Link\]](#)

13. Grief and Grieving

- NAADAC’s webinar will support participants as they explore the various components of grief and loss. It will identify different losses in an individual's life. It will look at the various forms of grief: anticipatory, complicated, and disenfranchised. It will help participants identify how grief affects individuals from a physical, emotional, cognitive, behavioral, and spiritual perspective. It will address when grief is

complicated and ways to help individuals address complicated grief. This webinar will also help participants identify warning signs associated with grief and loss, and how to support individuals who are experiencing intense emotions.

- Register here: [\[NAADAC's Webinar on Grief and Loss Link\]](#)
- Dying With Dignity Canada (DWDC) is the national human-rights charity committed to improving quality of dying, protecting end-of-life rights, and helping people across Canada avoid unwanted suffering. They have a multitude of resources on grief, dying, and MAID within the Canadian context.
 - [\[Children and Grief: Perspectives, Support and Discussions Link\]](#)
 - [\[Approaches to Death and Dying, Grief and Healing in First Nation Communities Video Link\]](#)
 - [\[End in Mind: MAID and Mental Disorders Video Link\]](#)

14. Health Assessment Refresher

- This course is an annual refresher for all Registered Nurses, Registered Psychiatric Nurses, and Licensed Practical Nurses. The video reviews appropriate physical assessment on patient and clients who are receiving nursing care.
 - Watch video here: [\[Health Assessment \(Head-to-Toe Refresher Video\) Refresher Training Video\]](#)

15. 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: [\[Introduction to Gender Based Analysis Plus \(GBA+\) Module Link\]](#)

16. 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: [\[Introduction to Human Trafficking Online Modules Link\]](#)

17. 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: [\[Immigrant and Refugee Mental Health Online Course Link\]](#)

18. Mental Health & Addictions 101

- The Centre for Addiction & Mental Health (CAMH) offers introductory online courses that provide an overview of common mental health and substance use disorders. The courses are self-paced and approximately 20-40 minutes per course. Please sign up using CAMH Moodle site and enroll into the courses required.
 - Courses offered: Addictions 101, Depression 101, Mental Health 101, and Youth and Mental Health 101.
 - Register here: [\[CAMH Mental Health 101 Moodle Link\]](#)

19. 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: [\[Motivational Interviewing for working with Children and Families Link\]](#)

20. 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: [\[Not Just the Blues: Perinatal Depression and Anxiety Module Link\]](#)

21. Seeking Safety

- Seeking Safety is an evidence-based, present-focused treatment model to help people attain safety from trauma and/or substance use. There are two training options:
 - Self-directed: includes a Seeking Safety manual, 3 DVDs with a DVD Learning Guide, and handouts on Conducting a Session, Grounding and PTSD (approx. 7 hours). Please contact mhatraining@gov.pe.ca to access these resources.
 - Online Training: access virtual training on your own (a fee not covered by the Education Dept. will apply) via Treatment Innovations. You can view the online training options at the following link:
 - [Seeking Safety Online Training](#)

22. 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: [\[SMART Recovery Facilitator Training Registration Link\]](#)
 - Contact your immediate supervisor

23. PACES: Provincial Addiction and Mental Health Curricula and Experiential Learning Pathway

- The Alberta Health Services Provincial Addiction & Mental Health Curricula & Experiential Skills (PACES) Training advances learners from a basic understanding to a mastery of the competencies required to assess and treat primary addiction and/or psychiatric comorbidities.
- PACES provides accessible, self-paced, and personalized Addiction & Mental Health education for all skill levels through e-learning modules, educational videos, simulated patient scenarios, and virtual skill-building sessions.
 - Register here: [\[Provincial Addiction and Mental Health Curricula and Experiential Skills Learning Pathway Link\]](#)

24. 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: [\[Smoking Cessation Online Module Link\]](#)

25. Somatic Symptom Disorder and Functional Neurological Disorder

- This short online module provides foundational information on the process of somatization, the specific diagnoses Somatic Symptom Disorder (SSD) and Functional Neurological Disorder (FND), and an approach to assessment and treatment
 - Register Here: [\[Somatic Symptom Disorder and Functional Neurological Disorders\]](#)

26. Stages of Change Model

- A 35-minute Podcast outlining Prochaska and DiClemente's Stages of Change Model
 - Listen here: [\[Stages of Change Model Podcast Link\]](#)

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: [\[Stress Reset Registration Link\]](#)

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: [\[Substance Use and Treatment in FASD Link\]](#)

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.
 - Watch here: [\[Support for Individuals with Intellectual Disabilities and Mental Illness Module Link\]](#)

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.
 - Watch here: [\[Take 5 MindWell-U Online Course Link\]](#)

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

- (TeamSTEPPS®) Evidence Based Practice. A 2.5-hour module to optimize safety for patients/clients, families, and staff.
 - Register here: [\[Team Strategies & Tools to Enhance Performance & Patient Safety Link\]](#)

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: [\[The Brain Story Online Modules Link\]](#)

33. 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.
 - Complete here: [\[Virtual Communication Lab Link\]](#)