

Mental Health & Substance Use Collaborative Initiatives

Continuing Professional Development

2021-22 Curriculum Year

What is the CPD program?

Web-based, online courses, intended for primary care practitioners in Alberta working with children and adolescents in the area of addictions and mental health.

Our Objective:

Current issues in child and adolescent mental health

Our purpose is to increase the skills and confidence of primary care practitioners to more effectively address the mental health needs of their young patients; and to promote linkages among physicians and allied mental health clinicians treating children's mental health.

The courses are ideal for professionals that provide services to children or youth with addiction or mental health issues including: Doctors, Nurses, Social Workers, Psychologists, Counsellors.

Experts:

Expert presenters from family medicine, nursing, pediatrics, pharmacy, psychiatry, psychology, social work.

Convenience:

Courses available anytime and anywhere you have access to a computer with sound capability and the internet.

Knowledge Sharing & Connections:

Text-based discussion among registrants and presenters.

Accreditation*

This Self-learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 18 Mainpro+ credits.

This event is 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, and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 18 hours (credits are automatically calculated).

Claiming your credits: Visit MAINPORT <https://mainport.royalcollege.ca> to record your learning and outcomes.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama-assn.org/go/internationalcme.

** archived presentations are not accredited, but still may be submitted to your College.*

2020-21 Archives

(Available until June 2023)

- Supporting and Debriefing During and After the COVID Pandemic
- Screen time and mental health: The Good, The Bad, the Ugly
- The Gut-Brain Connection, Part 2: The Microbiome and Early Brain/Child Development, Food Intolerances, Antibiotics, Antacids, and How A Healthy Diet Can Help
- Acceptance and Commitment Therapy: The Myth of Happiness and the ACT approach to it
- Attachment 101: An Overview of Attachment Theory and its Practical Applications
- The Other Pandemic: Direct and Indirect Effects of the COVID-19 Virus Infection on Mental Health
- Childhood Maltreatment and the Impact on Attachment

2019-20 Archives

(Available until June 2022)

- Trauma Informed Practice: Application for Professionals of the Being Trauma Aware Program
- Distinguishing Between Mental Health and Mental Illness
- Gaming Addiction
- Understanding Autism & ADHD to Promote Long-Term Success
- Oppositional Defiant Disorder: It's a Symptom, Not a Diagnosis!
- Autism, Depression and Suicide: What's What and What Actually Works?
- Resources for Best Practice: Where to Go and How to Evaluate
- Exploring Masculinity and Healthy Relationships
- Anxiety and Perfectionism
- Pediatric Obsessive-Compulsive Disorder: An Update for Practitioners
- Role of Inflammation in Susceptibility, Resilience and Treatment of Mental Illness: A Review of the Evidence
- Helping Youth Bounce Back from Stress: Part I – Ins and Outs of Promoting Resiliency
- The Transgender Person as Individual: No One Size Fits All
- Supporting Youth with Severe ASD who are Nonverbal
- Helping Youth Bounce Back from Stress: Part II – Strategies to Promote Resiliency

Contact Us

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Continuing Professional Development**
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Visit us on the web at: <https://wp.hmhc.ca> or
www.ahs.ca/info/page4723.aspx

Register at:

<https://hmhc.ca/cpd/>

Fees:

Free for Alberta Residents

Current courses: \$40 each
Archived courses: \$20 each
The Registrar will contact you with further information upon registration.