



Cognition

February 2018

Addiction and Mental Health Learning Events

Daily Event Listings
Online Learning Resources

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February

Healthy Minds/Healthy Children, Online Continuing Professional Development, *Atypical cognitive-socioemotional development: Childhood and adolescence* and *Cannabis, brain development and mental health* Call (403) 220-4310 hmc@ahs.ca Register at https://survey.albertahealthservices.ca/CPD_Reg?bO=1#

February 1

University of Calgary CME, *Demystifying Eating Disorders*. In Calgary. Call 403 220-6493
<http://cumming.ucalgary.ca/cme/event/2018-02-01/demystifying-eating-disorders>

February 1

Child and Adolescent Psychiatry Grand Rounds. 9 – 10 am in Conference Room A, Glenrose Rehabilitation Hospital. <https://www.ualberta.ca/psychiatry/grand-rounds/child-and-adolescent-psychiatry-grand-rounds>

February 1- March 8 (six sessions, two hours each)

Webinar Course, *Working with traumatized teens: How to get unhooked* with Dr Martha Straus.
<http://www.jackhirose.com/workshop/traumatized-teens-webinar/>

February 2

Psychotherapy Day, *The year of living dangerously: Psychotherapy in the last year of life* with Dr Gary Rodin. 9:45 am- 4:30 pm in Calgary. <http://www.ucalgary.ca/psychiatry/event/2018-02-02/psychotherapy-day-year-living-dangerously-psychotherapy-last-year-life>

February 2

National Traumatic Brain Injury Conference in Toronto. <https://ers.snapuptickets.com/UHN/TBI2018/%20>

February 2- 3

7th Annual E-Mental Health Conference, *Coming into focus: The role of technology in mental health*. In Vancouver. <http://acdresearch.med.ubc.ca/events/>

February 2- April 2

Online, *CAMH Opioid Dependence Treatment Core Course (Alberta Version)*.
<http://cumming.ucalgary.ca/cme/event/2018-02-02/camh>

February 3

CARNA Online Session, *Social media*. 2- 3 pm. <http://www.nurses.ab.ca/content/carna/home/current-issues-and-events/events-calendar/02-13-18.html>

February 5- 6

Autism Awareness Centre Conference, *Interoception: The eighth sensory system* with Kelly Mahler and *The zones of regulation* with Leah Kuypers. In Edmonton. <https://autismawarenesscentre.com/shop/conferences-training/conferences/edmonton-ab-february-5-6-2018/>

February 6

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.

February 6

University of Calgary Grand Rounds, *Advances in the management of Bipolar Disorder: Recommendations from Canadian and international groups* by Dr Ayal Schaffer. 12 – 1 pm. In Calgary and by telehealth <http://www.ucalgary.ca/psychiatry/event/2018-02-06/grand-rounds-advances-management-bipolar-disorder-recommendations-canadian-and>

February 6- April 3

Online Course, *Making sense of adolescence* with Tamara Strijack. Tuesdays from 11 am- 12 noon.
<http://neufeldinstitute.org/event/making-sense-of-adolescence/>

February 7

Forensic Grand Rounds, *Cannabis and psychosis* by Dr Scot Purdon, 9- 10 am in Edmonton. Call 780- 407-1611.

February 7

Workshop, *Culture and cultural competency: How cross-cultural awareness and understanding impacts provider-patient interactions, health care and workplace relationships*. 9 am- 4:30 pm in the Conference Room, 3rd Floor, Plaza 124, Edmonton. Contact osayi.ogjeva@ahs.ca

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Addiction and Mental Health Learning Events

February 7

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@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

February 7

Workshop, *Medical and legalized recreational marijuana in the workplace*. 8:30am - 3:30 pm in Edmonton. <https://www.mltaikins.com/events/36832/> and **February 8** in Calgary <https://www.mltaikins.com/events/36844/>

February 7

Adult Psychiatry Grand Rounds with Michael Wlasichuk and Rejish Thomas. 12- 1 pm in the Shaw Auditorium, University of Alberta Hospital. <https://www.ualberta.ca/psychiatry/grand-rounds/adult-psychiatry-grand-rounds/adult-psychiatry-grand-rounds-calendar>

February 7 – March 7

Online Training, *Advanced Solution Focused Strategies* (\$195)
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

February 8

Workshop, *Leading mentally healthy workplaces* in Calgary. <http://www.conferenceboard.ca/pdi/18-0079.aspx>

February 9- 10

Workshop, *Mindfulness Based Cognitive Therapy (MBCT) basics* with Dr Patricia Rockman. In Calgary (\$535)
<https://www.mindfulnessstudies.com/event/18-802-01/>

February 11- 14

Active Living Research Conference, *Future-proofing activity: Application across sectors* in Banff.
<http://www.alr-conference.com/>

February 12

Workshop, *The therapeutic use of medical cannabis* with Mary Lynn Mathre. 8:30 am – 4 pm in Calgary.

February 13 in Edmonton. http://nursinglinks.ca/info_cannabis.html

February 12

13th Covenant Health Research Day, *Addiction, and caring for this vulnerable population* at Grey Nuns Community Hospital, Edmonton. <https://www.covenanthealth.ca/research-centre/news-resources/research-day-archives/research-day-2018/>

February 12- 13

CMHA, *Applied Suicide Intervention Skills Training (ASIST)* 8:30 am- 4:30 pm in Edmonton. (\$250)
<https://edmonton.cmha.ca/programs-services/applied-suicide-intervention-training-asist/>

February 13- 14

CTRI Workshop, *Fetal Alcohol Spectrum Disorder- Strategies for supporting* with Priscilla Asamoah. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/fetal-alcohol-spectrum-disorder-edmonton2-13/>

February 13

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.

February 14

Community Education Services videoconference, *Youth bullying and discrimination: Let's make it stop* with Ryan Myers. In Calgary at Alberta Children's Hospital and in Edmonton at the Royal Alexandra Hospital and by telehealth. 10 - 11:30 am. <http://community.hmhc.ca/sessions/?p=telehealth>

February 14

Forensic Grand Rounds with Dr Kevin Nunes, 9- 10 am in Edmonton. Call 780- 407-1611.

February 14

Adult Psychiatry Grand Rounds. 12- 1 pm in the Shaw Auditorium, University of Alberta Hospital. <https://www.ualberta.ca/psychiatry/grand-rounds/adult-psychiatry-grand-rounds/adult-psychiatry-grand-rounds-calendar>

February 14- 15

Conference, *Marijuana @ work*. Presented by the Conference Board of Canada in Toronto. <http://www.conferenceboard.ca/conf/18-0062/default.aspx>



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February 14- 17

Meeting of the Canadian Developmental Origins of Health and Disease Society and the Canadian National Perinatal Research Meeting, *Unbroken thread: Following the connections between maternal physiology, fetal and newborn physiology and the development of adult health and disease*. In Banff.

<http://dohad.utoronto.ca/meeting2018/> <http://www.cnprm.org/>

February 15

Child and Adolescent Psychiatry Grand Rounds. 9 – 10 am in Conference Room A, Glenrose Rehabilitation Hospital. <https://www.ualberta.ca/psychiatry/grand-rounds/child-and-adolescent-psychiatry-grand-rounds>

February 16

Live Webinar, *Addictions and mental illness: Working with co-occurring disorders* by John Koop Harder 12- 1 pm. (\$39) <https://ca.ctrinstitute.com/workshops/addictions-and-mental-illness-live-webinar-2-16/>

February 16

CBT Canada Workshop, *Introduction to medical CBT* with Dr Greg Dubord. 9 am- 4:30 pm in Medicine Hat <http://cbt.ca/uni/calgary-ras-medhat/>

February 20

University of Calgary Grand Rounds, *Marijuana and the development of the brain* by Dr Diana Dow-Edwards. 12- 1 pm in in Calgary and by telehealth. Register/add your site at

<https://www.albertahealthservices.ca/info/Page15734.aspx>

February 20- March 27

Beck Institute 15 Hour Online Course, *CBT for Personality Disorders* (\$450) <https://beckcbtonline.org/cbt-for-personality-disorders-course>

February 21

Adult Psychiatry Grand Rounds with Eric Chan Tai Kong and Joseph Marinas. 12- 1 pm in the Shaw Auditorium, University of Alberta Hospital. <https://www.ualberta.ca/psychiatry/grand-rounds/adult-psychiatry-grand-rounds/adult-psychiatry-grand-rounds-calendar>

February 21- 22

CTRI Workshop, *Mindfulness counselling strategies- Activating compassion and regulation* with Lana Dunn. 9 am- 4 pm in Calgary. <https://ca.ctrinstitute.com/workshops/mindfulness-counselling-strategies-calgary2-21/#tickets>

February 22- 23 in Edmonton with Danielle Forth. <https://ca.ctrinstitute.com/workshops/mindfulness-counselling-strategies-edmonton2-22/#tickets>

February 21- 25

Workshop, *Hakomi and group genius- Bridging the divide* with Mukara and Jaci Hull. In Calgary.

<https://hakomicalgary.com/workshops>

February 22

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.

February 22- 23

Mental Health First Aid (Basic Course). In Edmonton. (\$185) <https://edmonton.cmha.ca/programs-services/mental-health-first-aid/>

February 23

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.

February 23

3rd National Symposium on Mental Disorder and Criminal Justice. In Toronto or by webcast.

http://www.osgoodepd.ca/upcoming_programs/3rd-national-symposium-on-mental-disorder-and-criminal-justice/

February 24

Institute of Child Psychology Workshop, *Childhood ADHD: From struggling to thriving* in Red Deer. **March 24** in Calgary. **April 28** in Grand Prairie. <https://www.instituteofchildpsychology.com/workshops>

February 24

Workshop, *Putting Stage 2 Emotionally Focused Therapy under the microscope* with Murray Armstrong.

9:30 am- 4 pm in Edmonton (\$125) <https://eftedmonton.com/training-events/2018/2/24/putting-eft-stage-2-under-the-microscope>



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February 25

Institute of Child Psychology Workshop, *Anger in children: Working through tempers and aggression*. In Red Deer. In Calgary **March 25**, In Grand Prairie on **April 29**.
<https://www.instituteofchildpsychology.com/workshops>

February 26

Live Webinar, *Self-injury behavior in youth: Strategies for helping* with Kimberly Enns. 12- 1 pm. (\$39)
<https://ca.ctrinstitute.com/workshops/self-injury-behaviour-in-youth-live-webinar-2-26/>

February 26

Workshop, *Diabetes update* with Barb Bancroft. 8:30 am- 4 pm in Edmonton. In Calgary on **February 27**.
http://nursinglinks.ca/info_diabetes_update.html

February 26- 27

CMHA, *Applied Suicide Intervention Skills Training (ASIST)* 8:30 am- 4:30 pm in Edmonton. (\$250)
<https://edmonton.cmha.ca/programs-services/applied-suicide-intervention-training-asist/>

February 26- March 2

Intensive Course in Transcranial Magnetic Stimulation (TMS) in Boston. (\$3750 USD) Provided by Harvard Medical School. <http://tmslab.org/education-intensive.php>

February 27

University of Calgary Grand Rounds, *Tourette Syndrome: Epidemiology, comorbidity and treatment* by Dr Tamara Pringsheim. In Calgary and by videoconference. <http://www.ucalgary.ca/psychiatry/event/2018-02-27/grand-rounds-tourette-syndrome-epidemiology-cormorbidity-and-treatment-tamara>
<https://www.albertahealthservices.ca/info/Page15734.aspx>

February 28

Psychology Professional Practice Council, 5th Annual General Meeting and Professional Development Day. 8:30 am- 4:30 pm in the Robbins Learning Centre, Royal Alexandra Hospital Edmonton. Free. Register at <https://www.surveymonkey.com/r/RNPQ8BK>

February 28

Adult Psychiatry Grand Rounds. 12- 1 pm in the Shaw Auditorium, University of Alberta Hospital.
<https://www.ualberta.ca/psychiatry/grand-rounds/adult-psychiatry-grand-rounds/adult-psychiatry-grand-rounds-calendar>

February 28 - March 18

Online Workshop, *Recognizing and responding to sexual violence in Canada* with Annette Klevgard and Shannah Barros. https://docs.wixstatic.com/ugd/b053e1_4879605b803a4331853acab7b6a73029.pdf

March

Healthy Minds/Healthy Children, Online Continuing Professional Development, *Eating disorders: Bringing awareness and strategies to the table* and *After stabilizing and resourcing positive states: Managing trauma arousal*. Call (403) 220-4310 hmhc@ahs.ca Register at https://survey.albertahealthservices.ca/CPD_Reg?bO=1#

March 1

AHS, 11th Annual Health Providers Conference, *Ctrl alt delete*. 8:15 am- 4 pm. in Edmonton. **March 2** in Calgary. <http://insite.albertahealthservices.ca/4837.asp>

March 1- 2

Conference on Developmental Disabilities, Intellectual Disabilities and Autism Spectrum Disorder, *Innovations in practice*. In Edmonton. Call 780-504-6252 <https://www.innovations2018.com/>

March 2

Early Child Development Support Services Conference, *A broader perspective: Exploring current understandings of loss and grief*. At Fantasy land Hotel, West Edmonton Mall <http://ecdss.ca/upcoming-sessions/ecdss-conference-2018-a-broader-perspective-exploring-current-understandings-of-loss-and-grief/>

March 2- 3

Workshop, *Putting the wheels on DSM-5: Using the DSM-5 as a diagnostic tool* with Dr Michael Zwiers. In Calgary. Call 403-686-9300 X126 <https://www.canlearnsociety.ca/services/workshops/>

March 4- 7

Canadian Academy of Psychiatry and the Law Conference. In Victoria, BC. <http://www.capl-acpd.org/capl-conference/>

March 5- 6

CTRI Workshop, *Autism- Strategies for self regulation, learning and challenging behaviours* with Kalyn Falk. 9 am- 4 pm in Calgary. <https://ca.ctrinstitute.com/workshops/autism-calgary3-5/#tickets> In Edmonton on

March 7- 8. <https://ca.ctrinstitute.com/workshops/autism-edmonton3-7/#tickets>

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March 5- 6

National Conference, *Walk with me: Changing the culture of aging in Canada*. In Niagara Falls, Ontario.
<https://www.eiseverywhere.com/eSites/walkwithme2018/Homepage>

March 8

Education Series, *Building better mental health and emotional wellness* with Crystal Cleland 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.

March 8- 10

Western Branch of the Canadian Psychoanalytic Society Annual Conference in Vancouver.
<http://www.wbcps.org/>

March 10

Inclusive Health Conference, *An LGBTQ healthcare primer* in Edmonton. <https://inclusivehealthconference.com/>

March 12

Mental Health Research Day, *Neurostimulation in mental health* with Dr Antonelli Bonci, Dr Amit Etkin, Dr Vikaas Sohal, Dr Stephanie Ameis and Dr Alex McGirr. 8:30 am- 4:30 pm in Calgary.
<https://www.ucalgary.ca/psychiatry/event/2018-03-12/mental-health-research-day-neurostimulation-mental-health>

March 13

Education Series, *Suicide prevention is everybody's business* with Laurie Young. 9 am- 3:30 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.

March 13- 14

CMHA Bottom Line Conference, *Navigating the new workplace: Because we all have a part*. In Vancouver.
<http://www.bottomlineconference.ca/overview/>

March 14- April 11

Online Training, *Introduction to Solution Focused Strategies* (\$195)
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

March 15- 16

Conference, *What's love got to do with it? Re-imagining Narrative Therapy* with David Epstein, Tom Stone Carlson, Sanni Paljakka, Tiffany Saxton, and Loree Stout. In Calgary. <http://www.journalnft.com/events.html>

March 16- 17

CAOT Workshop, *Weaving mindfulness into clinical practice* with Dr Patricia Dobkin. 8 am- 4 pm in Calgary.
https://caot.ca/viewEvent.html?no_header=true&productId=9717

March 18- 21

50th Banff International Conference on Behavioural Science, *Ideal mental health services for children and youth: The next 50 years*. In Banff <https://banffbehavsci.ubc.ca/>

March 19

CAOT Workshop, *Substance use and misuse: Screening tools and interventions for Occupational Therapists* with Dr Niki Kiepek. 8 am- 4 pm in Leduc.
https://caot.ca/viewEvent.html?jsessionid=71DB74AD6E2D172D7B1ECC46D14D18E9?language=fr_FR&no_header=true&productId=9787

March 19- 20

CTRI Workshop, *Trauma- Strategies for resolving the impact of post-traumatic stress* with Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/trauma-edmonton3-19/#tickets> **March 20- 21** in Calgary with Alexis Power. <https://ca.ctrinstitute.com/workshops/trauma-calgary3-20/#tickets>

March 19- 21

Annual Rotman Research Institute Conference, *Traumatic brain injury and concussion: What's new in research and clinical practice*. In Toronto. <http://research.baycrest.org/conference>

March 20

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.

March 20- 23

Canadian Domestic Violence Conference in Halifax, Nova Scotia <https://canadiandomesticviolenceconference.org/>

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March 21

Education Series, *Suicide prevention is everybody's business* with Laurie Young. 9 am- 3:30 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.

March 21- 24

LGBTQ Health Conference, *Because LGBTQ health matters* in Sudbury, Ontario.
<https://www.rainbowhealthontario.ca/conference/>

March 22

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.

March 22- 24

Alberta College of Social Workers Annual Conference, *Social justice and resilience: Moving forward together* in Edmonton. <http://www.acsw.ab.ca/site/annual-conference?nav=sidebar>

March 22- 25

Alberta Psychiatric Association Annual Conference in Banff <https://albertapsych.org/events/news?itemid=31>

March 24

Institute of Child Psychology Workshop, *Childhood ADHD: From struggling to thriving* in Calgary. **April 28** in Grand Prairie. <https://www.instituteofchildpsychology.com/workshops>

March 24

Institute of Child Psychology Workshop, *Childhood anxiety: Understanding and helping children heal*. In Lethbridge. **April 28** in Fort McMurray <https://www.instituteofchildpsychology.com/workshops>

March 25

Institute of Child Psychology Workshop, *Relationship-based discipline: Raising resilient children* In Lethbridge. In Fort McMurray on **April 29** <https://www.instituteofchildpsychology.com/workshops>

March 25

Institute of Child Psychology Workshop, *Anger in children: Working through tempers and aggression*. In Calgary. In Grand Prairie on **April 29**. <https://www.instituteofchildpsychology.com/workshops>

March 27

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.

March 29

Education Series, *Vaping and shisha: What's trending in tobacco* 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.

March 30- April 1

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500)
<https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-033018/>

April

Healthy Minds/Healthy Children, Online Continuing Professional Development, *Prescribing practice for ADHD, anxiety and depression in children and youth* and *Trauma informed treatment strategies*. Call (403) 220-4310 hmc@ahs.ca Register at https://survey.albertahealthservices.ca/CPD_Reg?bO=1#

April 2- May 11

Online Course, *Trauma and addictions* with Ian Robertson and Michelle Graham.(\$275)
<https://wlu.ca/academics/faculties/faculty-of-social-work/professional-development/certificates/addictions-certificate.html>

April 4

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.

April 5- 7

CANAC 26th Annual Conference, *Acting up, reducing harm: Clinical practice and advocacy in the context of crisis*. In Vancouver. <http://canac.org/annual-conference/>

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April 5- 7

Alberta Provincial Victim Service Conference in Banff. <http://www.victimserviceconference.com/home.html>

April 5- May 15

Certificate in *Cognitive Behaviour Therapy (CBT) fundamentals* with Dr Deborah Dobson. In Edmonton. <https://www.gifttool.com/registrar/ShowEventDetails?ID=2208&EID=24968>

April 6

PAA Workshop, *When my soul connects with their soul- Decolonizing and Indigenizing psychological practice with Indigenous peoples* by Dr Karlee Fellner. In Edmonton. http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=59

April 9

DBT Intensive, *Using DBT to treat emotion dysregulation disorders* with Sheri Van Dijk. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/van-dijk-edmonton-2018/>

April 9 - 29

Online Workshop, *Introduction to sexual and gender diversity* with Tammy Troute-Wood, Heather Cobb and Marni Panas. https://docs.wixstatic.com/ugd/b053e1_4879605b803a4331853acab7b6a73029.pdf

April 10

CTRI Workshop, *Borderline Personality Disorder- Understanding and supporting* with Danielle Forth. 9 am - 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/borderline-personality-disorder-edmonton4-10/#tickets> April 11 in Calgary with Lana Dunn. <https://ca.ctrinstitute.com/workshops/borderline-personality-disorder-calgary4-11/#tickets>

April 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.

April 11

Education Series, *Vaping and shisha: What's trending in tobacco* 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.

April 12- 14

Alberta Gambling Research Institute 17th Annual Conference on Gambling Research in Banff. <http://www.abgamblinginstitute.ca/events>

April 13

CAOT Workshop, *Very brief coaching skills for very busy professionals in healthcare* with Haesun Moon. 8 am- 4 pm in Edmonton. https://caot.ca/viewEvent.html?no_header=true&productId=9706

April 14

CAOT Workshop, *Coping strategies to promote occupational engagement and recovery* with Mary McNamara and Theresa Straathof. 8 am- 4 pm in Leduc. https://caot.ca/viewEvent.html?no_header=true&productId=9763

April 15- 18

Canadian Agency for Drugs and Technology in Health Symposium. In Halifax, Nova Scotia. <https://www.cadth.ca/events/2018-cadth-symposium>

April 17

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.

April 17- 18

Grounding Trauma Conference, *Challenging paradigms and innovative solutions*. In Alliston, Ontario. <http://www.cast-canada.ca/conference.html>

April 18

CME Workshop, *Cannabis update 2018: A framework for conversations with patients* in Calgary. <https://cumming.ucalgary.ca/cme/event/2018-04-18/cannabis-update-2018-framework-conversations-patients>

April 18

Workshop, *Autism Spectrum Disorder- Effective strategies and interventions for children and adolescents* with Dr Cara Daily. 9 am- 4 pm in Calgary. <http://www.jackhirose.com/workshop/autism-spectrum-calgary-2018/>



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April 18

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@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

April 18- 21

8th International Research Conference on Adolescents and Adults with FASD, *Review, respond, relate- Integrating research, policy and practice around the world*. In Vancouver.
<http://interprofessional.ubc.ca/initiatives/adults2018/>

April 18- May 16

Online Training, *Advanced Solution Focused Strategies* (\$195)
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

April 19

Education Series, *Building better mental health and emotional wellness* with Crystal Cleland 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.

April 19- 22

Four Day Externship in Emotionally Focused Therapy with Dr David Fairweather and Murray Armstrong. 9 am- 5 pm daily in Edmonton. (\$875) <https://eftedmonton.com/training-events-1>

April 23

CTRI Workshop, *Anxiety- Practical intervention strategies* with Danielle Forth. 9 am- 4 pm in Edmonton.
<https://ca.ctrinstitute.com/workshops/anxiety-edmonton4-23/#tickets> **April 24** in Calgary with Lana Dunn.
<https://ca.ctrinstitute.com/workshops/anxiety-calgary4-24/#tickets>

April 24

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.

April 24

CTRI Workshop, *Depression- Practical intervention strategies* with Danielle Forth. 9 am- 4 pm in Edmonton.
<https://ca.ctrinstitute.com/workshops/depression-edmonton4-24/#tickets> **April 25** in Calgary with Rachel Clare.
<https://ca.ctrinstitute.com/workshops/depression-calgary4-25/#tickets>

April 26- 27

Workshop, *Mindfulness and psychotherapy- Wisdom and compassion in clinical practice* with Dr Ronald Siegel. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/edmonton-siegel-2018/>

April 26- 27

Workshop, *Engaging traumatized clients who avoid attachment, closeness and painful feelings* with Dr Robert Muller. 9 am – 5 pm daily in Calgary.

April 27

Women's Mental Health Day Conference. In Calgary. <http://cumming.ucalgary.ca/cme/event/2018-04-27/womens-mental-health-day-conference>

April 27

PAA Workshop, *Geropsychology research and practice: Helping our clients, Helping ourselves* with Dr Candace Konner. In Edmonton.
http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=61

April 28

Institute of Child Psychology Workshop, *Childhood ADHD: From struggling to thriving* in Grand Prairie.
<https://www.instituteofchildpsychology.com/workshops>

April 28

Institute of Child Psychology Workshop, *Childhood anxiety: Understanding and helping children heal*. In Fort McMurray <https://www.instituteofchildpsychology.com/workshops>

April 29

Institute of Child Psychology Workshop, *Relationship-based discipline: Raising resilient children* In Fort McMurray <https://www.instituteofchildpsychology.com/workshops>

April 29

Institute of Child Psychology Workshop, *Anger in children: Working through tempers and aggression*. In Grand Prairie. <https://www.instituteofchildpsychology.com/workshops>



Cognition

February 2018

Addiction and Mental Health Learning Events

April 30

Workshop, *Proven and effective self-regulation skills: Mindset plus skill set equals results* with Kathleen Kryza. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/kryza-edmonton-2018/> **May 1** in Calgary. <http://www.jackhirose.com/workshop/kryza-calgary-2018/>

April 30

CTRI Workshop, *Anxiety- Practical intervention strategies* with Rachel Clare. 9 am- 4 pm in Grande Prairie. <https://ca.ctrinstitute.com/workshops/anxiety-grandeprairie4-30/#tickets>

April 30- August 24

24th Annual McGill Summer Program in Social and Cultural Psychiatry. In Montréal. <https://www.mcgill.ca/tcpsych/training/summer#GENERAL>

May

Healthy Minds/Healthy Children, Online Continuing Professional Development, *The role of spirituality in mental wellness and everyday life and Cannabis legalization in Canada: Implications for youth education and prevention*. Call (403) 220-4310 hmc@ahs.ca https://survey.albertahealthservices.ca/CPD_Reg?bO=1#

May 1- June 3

Couple and Family Therapy Certificate, Level 1 (4 courses) in Calgary. <https://www.gifttool.com/registrar/ShowEventDetails?ID=2208&EID=24709>

May 3- 4

Development 2018- A Canadian Conference on Developmental Psychology in St Catharines, Ontario. <https://development2018.com/>

May 4- 5

13th Biennial Western Canada Conference on Sexual Health in Edmonton. <https://www.aspsh.ca/>

May 4- 5

5th Annual Western Canada Addiction Forum in Kelowna, BC. <https://wcaforum.ca/>

May 4- 6

Canadian Association for Play Therapy, AGM and Workshop, *Responding to trauma using Play Therapy*. In Niagara Falls, Ontario. <https://cacpt.com/2018-annual-general-meeting-agm-and-workshops/>

May 5- 6

Annual Meeting of the Association for the Advancement of Philosophy and Psychiatry, *Philosophical perspectives on affect, emotion and mood in psychiatric disorders*. In New York City. <https://philosophyandpsychiatry.org/meetings-conferences/>

May 7-8

National Conference on Peer Support in Calgary. <http://www.ncps-canada.com/>

May 9

Workshop, *The opiate crisis: Heroin, fentanyl and its analogues- Understanding and treating the emerging epidemic* with Dr Cardwell Nuckols. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/opiate-crisis-edmonton-2018/> **May 10** in Calgary <http://www.jackhirose.com/workshop/opiate-crisis-calgary-2018/>

May 9- 11

CLPNA Annual General Meeting and Conference at the Edmonton Marriott River Cree Resort. <http://www.clpnaconference.com/>

May 10

Workshop, *The opiate crisis: Heroin, fentanyl and its analogues* by Dr Cardwell Nuckols. In Calgary. <http://www.jackhirose.com/workshop/opiate-crisis-calgary-2018/>

May 10- 13

Annual Conference, Canadian Counselling and Psychotherapy Association, in Winnipeg. <https://www.ccpa-accp.ca/continuing-education/annual-conference/>

May 11- 12

Canadian Association of Cognitive and Behavioural Therapies, 8th Annual Conference, *Innovations and advances in CBT*. In Vancouver <http://www.cacbt.ca/en/2018-Vancouver-Conference>

May 13- 16

12th Annual Canadian Neuroscience Meeting in Vancouver <http://can-acn.org/meeting-2018>

May 13- 16

11th Organizational Behaviour in Health Care Conference, *Coordinating care across boundaries and borders*, in Montreal. <http://shoc.org.uk/future-conferences/>

Cognition

February 2018



Addiction and Mental Health Learning Events

May 14

Workshop, *Working with oppositional, defiant and anger issues in children and adolescents* with Dr Jay Berk. 9 am- 4 pm in Calgary. <http://www.jackhirore.com/workshop/oppositional-children-calgary-2018/>

May 14- June 22

Online Course, *Concurrent Disorders* with Melissa Pyne. (\$275) <https://wlu.ca/academics/faculties/faculty-of-social-work/professional-development/certificates/addictions-certificate.html>

May 16- 18

12th International Society for the Study of Drug Policy Conference in Vancouver. <http://www.issdp.org/conferences-and-events/>

May 19- 21

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500) <https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-051918/>

May 23- 25

4th Canadian Conference on Positive Psychology in Toronto. <http://www.positivepsychologycanada.com/CPA2018>

May 23- 25

Annual Conference of the Canadian Bioethics Society, *Just health: Balancing interests, needs and obligations*. In Halifax. <https://www.santepop.qc.ca/en/node/2477>

May 24- 25

Workshop, *Couples counselling: Theory and practice essentials* with Sig Taylor. 9 am- 4 pm in Calgary. <https://ucalgary.ca/pd/couples2018>

May 24- 25

3rd Biennial Indigenous Health Conference, *Walking together*. In Toronto. <https://www.cpd.utoronto.ca/indigenoushealth/>

May 24- 25

20th International Conference on Equality, Diversity and Inclusion. In Montreal. <https://www.waset.org/conference/2018/05/montreal/ICEDI>

May 25- 26

Canadian Federation of Clinical Hypnosis Spring Conference and Workshop. In Banff. http://www.clinicalhypnosis.ca/event/cfch-ab-2018-spring-conference-workshops-2/?instance_id=51

May 25- 26

31st Annual Conference of the Medical Psychotherapy Association of Canada. In Toronto. <https://www.mdpac.ca/annual-conferences.html>

May 27- 29

6th Annual Addictions and Mental Health Conference in Toronto. <http://www.addictionsandmentalhealthontario.ca/annual-conference.html>

May 28

Workshop, *Anxiety and Depression* with Sandra Reich. 8:30 am- 4 pm in Calgary. **May 29** in Edmonton. http://www.nursinglinks.ca/info_anxiety.html

May 28- 29

Workshop, *Making sense of anxiety and related problems* with Dr Gordon Neufeld. 9 am – 4 pm in Edmonton. <http://www.jackhirore.com/workshop/neufeld-anxiety-edmonton-2018/>

May 28- 29

Workshop, *Brief focused counselling skills- Strategies from leading frameworks*. 9 am – 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/brief-focused-counselling-skills-edmonton5-28/#tickets> **May 30- 31** in Calgary with Alexis Power. <https://ca.ctrinstitute.com/workshops/brief-focused-counselling-calgary5-30/#tickets>

May 28- 31

Canadian Public Health Association Conference in Montreal. <https://www.cpha.ca/public-health-2018>

May 30

Workshop, *Working with stuck kids* with Dr Gordon Neufeld. 9 am- 4 pm in Edmonton. <http://www.jackhirore.com/workshop/neufeld-kids-edmonton-2018/>

May 30- June 3

43rd Annual Congress of the Canadian Psychoanalytic Society, *Symbol formation and transformation in theory and practice*. In Montreal. <http://www.en.psychoanalysis.ca/43rd-annual-congress-of-the-canadian-psychoanalytic-society/>

Cognition

February 2018



Addiction and Mental Health Learning Events

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

19th Canadian Collaborative Mental Health Care Conference, *Collaborating across cultures*. In Toronto. <https://casw-acts.ca/en/19th-canadian-collaborative-mental-health-care-conference>

June 2- 5

Canadian Pharmacists Conference, *Our value, Our story*. In Fredericton, New Brunswick. <https://www.pharmacists.ca/canadian-pharmacists-conference/?lang=en>

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 12- 14

3rd International Neurosequential Model Symposium, *Reflecting on a decade of progress- Envisioning a better future for children*. In Banff. <http://childtrauma.org/3rd-intl-nm-symposium-2018/>

June 12- 14

18th Annual Conference, International Association of Forensic Mental Health Services, *Service development is the laboratory of forensic mental health: Integrating science and treatment into outcome*. In Antwerp, Belgium. <http://www.iafmhs.org/2018conference>

June 13

Addiction and Mental Health, Edmonton Zone, Annual Pie and CQI event. 11:30- 3:30 in the Bernard Snell Hall, University of Alberta Hospital. Hosted this year by the Children, Youth and Families program.

June 13- 15

Canadian Therapeutic Recreation Association Conference, *Navigating the tide, Revitalizing our practice*. In Halifax. <https://canadian-tr.org/professional-development/ctra-conference-june-13-15th-2018/>

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

40th Annual Guelph Sexuality Conference, *Innovations in sexual health and wellbeing*. In Guelph, Ontario. <http://www.guelphsexualityconference.ca/>

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 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

Canadian Nurses Association Biennial Convention, *From insight to impact: It starts with nursing*. In Ottawa. <https://www.cna-aiic.ca/en/events/2018-cna-biennial-convention>

June 20- 23

CAOT National Conference. In Vancouver. <https://caot.in1touch.org/site/pd/conferences?nav=sidebar>



Cognition

February 2018

Addiction and Mental Health Learning Events

June 20- 22

International Conference, *Promoting healthy brain aging and preventing dementia: Research and translation*. In Banff. <http://can-healthybrains.com/>

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- 22

Conference, *Harm and harm reduction in the criminal justice system*. In Halifax, Nova Scotia. <https://www.ccja-acjp.ca/pub/en/event/harm-and-harm-reduction-in-the-criminal-justice-system-conference/>

June 22- 23

21st Annual Meeting of the Society for Interpersonal Theory and Research in Montréal. <https://sitar2018.wordpress.com/>

June 26- 30

29th International Congress of Applied Psychology, *Psychology connecting science to solutions* in Montréal. <http://www.icap2018.com/>

June 28- 30

42nd Annual Meeting, Canadian College of Neuropsychopharmacology in Vancouver <https://ccnp.ca/>

June 30- July 2

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500) <https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-063018/>

July 1- 5

Congress of the International Association for Cross-Cultural Psychiatry. In Guelph, Ontario. <http://www.iaccp.org/node/627>

July 3- 6

Intensive, *Cognitive Behavioural Therapy and T.E.A.M. techniques* by Dr David Burns in Whistler, BC. <http://www.jackhirose.com/workshop/burns-4day-whistler-2018/>

July 4- 8

28th Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science. In St. John's, Newfoundland. <https://www.csbbcs.org/ocs/index.php/2018/csbbcs2018>

July 8- 12

59th Annual Institute on Addiction Studies in London, Ontario. <http://addictionstudies.ca/>

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>

June 13- 14

3rd Annual Workplace Mental Health Accommodation Conference in Calgary or by webcast. <https://www.canadianinstitute.com/3rd-workplace-mental-health-accommodation/>

July 16- 17

Workshop, *Somatic interventions for treating complex trauma* with Dr Janina Fisher. 9 am- 4 pm in Banff. <http://www.jackhirose.com/workshop/fisher-banff-2018/>

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

Medical CBT for Depression with Dr Greg Dubord in Banff <http://cvt.ca/locations/cvt-banff/>

July 18

Workshop, *Healing the fragmented selves of trauma survivors* by Dr Janina Fisher. In Banff. <http://www.jackhirose.com/workshop/fisher-banff-healing-2018/>

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>

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February 2018



Addiction and Mental Health Learning Events

July 23- 25

3 Day Intensive, *The science of emotion* with Dr Gordon Neufeld. 9 am- 4 pm in Banff.
<http://www.jackhirose.com/workshop/neufeld-emotion-banff-2018/>

July 24- 29

16th Annual World Conference, Association for Contextual Behavioral Science in Montréal.
<https://contextualscience.org/WC16>

July 28- 30

Research Society on Marijuana, 2nd Annual Conference, in Colorado, USA. <https://researchmj.org/>

August 2- 5

10th Biennial Personal Meaning Conference, *Courage, faith and meaning: Existential Positive Psychology's response to adversity*. In Vancouver. <http://meaning.ca/conference/>

August 4- 6

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500)
<https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-080418/>

August 8- 10

International Federation on Ageing, 14th Global Conference, *Towards a decade of healthy ageing- From evidence to action* in Toronto. <https://www.ifa2018.com/>

September 5- October 3

Online Training, *Introduction to Solution Focused Strategies* (\$195)
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

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 22

Alberta Sexual Assault Course and Conference with Dr Marci Bowers.
<http://cumming.ucalgary.ca/cme/event/2018-09-22/alberta-sexual-assault-course-and-conference>

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

Certificate in Cognitive Behavioural Therapy (CBT) Fundamentals with Dr Deborah Dobson. In Calgary.
<https://www.ucalgary.ca/pd/CBT2018Cgy>

October 10- November 7

Online Training, *Advanced Solution Focused Strategies* (\$195)
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

October 17- 19

CIAJ Annual Conference, *Justice and mental health*. In Ottawa. <https://ciaj-icaj.ca/en/training-programs/2018-annual-conference/>

October 24- 26

6th International Conference on Violence in the Health Sector, *Advancing the delivery of positive practice*. In Toronto. http://oudconsultancy.nl/toronto_6_ICWV/index.html

Note: AHS Telehealth videoconferences are now booked with iScheduler instead of VCScheduler. AHS and Non-AHS staff can create an account at: <https://www.albertahealthservices.ca/info/Page15734.aspx>

The AHS policy on *Restraint as a Last Resort* is in effect on **February 1**. An education module is now available on MyLearningLink for all AHS staff in acute care settings. Search for *Restraint as a Last Resort* at <http://insite.albertahealthservices.ca/1881.asp>

Do you want to order Mental Health and Addiction materials? You can order resources by accessing the online catalogue using <https://dol.datacm.com/> and entering the universal Login ID and Password below. These materials are free and available to both AHS and non-AHS staff.

Login ID: **mentalhealthresources** Password: **mh2016** or

Login ID: **addictionsresources** Password: **amh2016**



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>
- ☀ **Addiction E-Learning** Primer on the biopsychosocial approach to addiction. Includes virtual clients, textbook and podcast series. <https://chec-cesc.afmc.ca/en/afmc-addiction-e-learning-undergraduate-medical-education-ume>
- ☀ **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/>
- ☀ **Canadian Journal of Addiction** Free online access to the journal of the Canadian Society of Addiction Medicine. Evidence-based, peer-reviewed clinical information and scientific materials for clinicians. <http://www.csam-smca.org/canadian-journal-of-addiction/>
- ☀ **Substance Abuse and Mental Health Services Administration (SAMHSA)** Includes the Treatment Improvement Protocol (TIP) Series of best-practice guidelines for the treatment of substance abuse and numerous other resources. <http://www.samhsa.gov/kap>
- ☀ **McMaster University** provides a set of reliable and current reviews evaluating the effectiveness of healthcare practices and health promotion. <http://www.healthevidence.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=5139266>
- ☀ **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>
- ☀ **International Nurses Society on Addictions** A forum for Canadian nurses interested in addiction prevention and treatment. <http://intnsacanada.com/>
- ☀ **Anxiety BC** Video library and other emotional regulation education resources including a phone app <https://www.anxietybc.com/resources/video>
- ☀ **Addiction and Mental Health YouTube Channel (AHS)** Clinical videos from provincial, national, and international experts. <http://www.albertahealthservices.ca/info/page14397.aspx> See also: Mental Health Act presentation at <https://youtu.be/1RVxiKIXqVo> and CTO <https://youtu.be/R-sjqWo07Wo>
- ☀ **Indigenous Health Program** Information about Indigenous history, social determinants of health, and on strategies for culturally competent care. <http://www.albertahealthservices.ca/info/page7634.aspx>
See also the **YouTube** playlist <https://www.youtube.com/playlist?list=PLi1tOF1I5ZoUvse4nEljWZCVGIzk8U8S->
- ☀ **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>

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February 2018



Addiction and Mental Health Learning Events

- ☀ **At Home with Eating Disorders Conference Series**  Recorded expert speaker presentations <https://www.youtube.com/playlist?list=PLwAiWzISiIS1fBg3e6ljzeGDI7XAIC1LH>
- ☀ **VC Scheduler** 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. <http://insite.albertahealthservices.ca/telehealth.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> Register to view archived presentations at <https://www.albertahealthservices.ca/info/Page13351.aspx>
- ☀ **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/browse-resources/video-library/>
- ☀ **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://fcrs.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>
- ☀ **Suicide Prevention, Risk Assessment & Management (SPRAM)** Interactive e-Learning series of seven modules to support health practitioners' competency in suicide prevention, risk assessment and management of individuals at-risk for suicide. <http://www.albertahealthservices.ca/info/Page14579.aspx>
- ☀ **Children's Mental Health Learning Series** provides caregivers, families and professionals with helpful information to increase knowledge and help support children and youth with mental health concerns. <http://www.humanservices.alberta.ca/family-community/cmh-learning-series.html>
- ☀ **Geriatric Grand Rounds** with an evidence-based medicine and inter-professional focus <https://sites.google.com/a/ualberta.ca/ggr/>
- ☀ **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/pd/>
- ☀ **Canadian Institute for Health Information (CIHI)** is an independent, not-for-profit organization that provides essential information on Canada's health systems and the health of Canadians. <https://www.cihi.ca/en>
- ☀ **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/>



January 21- 27 National Non-Smoking Week
<https://www.albertaquits.ca/>



TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals

The benefits of being tobacco free

	Benefits of not smoking	Risks of smoking
Cancer Risk		
Larynx (Voice Box)	Gradual reduction in risk, reaching normal after 10 years.	Smoking increases risk by 2.9 to 17.7 times that of non-smokers.
Esophagus (Food Tube)	Since risk is proportional to dose, reducing or eliminating smoking will lower risk.	Smoking increases risk of fatal cancer by 2 to 9 times. Alcohol increases the effects.
Mouth Cancer	Quitting or even cutting back smoking lowers risk in first few years. Risk drops to level of non-smoker in 10 to 15 years.	People who smoke have 3 to 10 times as many oral cancers as non-smokers. Alcohol may increase the risk.
Lung Cancer	After 10 to 15 years, risk is similar to those who never smoked.	Cigarettes are the major cause in both men and women. The risk for someone who smokes is 10 times greater than that for a non-smoker.
Bladder Cancer	Risk decreases gradually to that of non-smokers over 7 years.	The risk for those who smoke is 7 to 10 times greater.
Pancreatic Cancer	Quitting smoking may reduce risk.	Risk of fatal cancer is 2 to 5 times greater than for non-smokers. Risk seems related to dose.
Breathing Risks		
Bronchitis and Emphysema	Within weeks, nicotine-filled sputum disappears. Lung function may improve.	Lung damage even in young people who smoke. Smoking increases the risk.
Ulcer Risks		
	Former smokers get ulcers too, but they heal faster and more completely.	People who smoke get more ulcers and are more likely to die from them. Also, their ulcers are more difficult to cure.
Heart and Life Risks		
Coronary Heart Disease	Risk decreases sharply after 1 year. After 10 years, risk is the same as it is for those who never smoked.	Smoking is a major factor and causes 120,000 heart disease related deaths each year.
Stillbirth, Low Birth Weight Babies	If smoking is stopped before the 4th month of pregnancy, risk to fetus is removed.	Women who smoke have more stillbirths and more low birth weight babies. Their babies have a higher risk of disease and death.
Drug and Test Effect	Blood factors raised by smoking return to normal. Non-smokers on birth control pills have lower risk of clots and heart attacks.	Smoking changes the effects of many medicines, affects the results of diagnostic tests and increases the risk of blood clots from oral contraceptives.
Shortened Life Expectancy	After 10 to 15 years, life expectancy approaches that of a person who never smoked.	Risk proportional to amount smoked. A 25-year-old who smokes 2 packs a day can expect to live 8.3 fewer years than a non-smoking contemporary.

(Adapted in 2008 from "Dangers of Smoking, Benefits of Quitting," prepared by the American Cancer Society)



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