



Mental Health Collaborative

Managing Child and Adolescent Health Issues in a Primary Care Setting

Archives

2022-2023

About Us

Mental Health Collaborative (MHC) Continuing Professional Development (CPD) program supports Alberta primary care providers' efforts to meet the mental health needs of children and adolescents.

The CPD program is intended for primary care practitioners who see children and adolescents with mental health problems.

Objectives:

- To increase the skills and confidence of primary care practitioners to effectively address the mental health needs of their young patients
- To promote inter-professional dialogue among health care providers treating or working with child and adolescent mental health problems

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

Archived Courses:

These courses are archived from our previously accredited content. The main difference between the accredited courses and the archives, is that the archives do not have a discussion board or evaluation attached. By watching the recordings and reviewing the handouts, you can claim self-learning credits for both CFPC and RCPSC.

Claiming your credits¹:

For CFPC members, you can claim non-certified Self-Learning credits at one-credit-per-hour for time spent viewing recordings and handouts. You can also choose to complete a Linking Learning to Practice exercise to earn certified Self-Learning credits for reflecting on the implication of learning from the recordings and handouts to practice. Information on Linking Learning can be found [here](#). Please refer to the "adding an activity" video [on this page](#) on how to claim credits.

For RCPSC members, you can claim 0.5 credits per video. You can also choose to develop a Personal Learning Project (PLP) and claim two credits per hour for the time spent reviewing the recordings and completing the PLP. Please refer to [Section 2, Self Learning](#) and the [RCPSC Framework](#).

2020-2022 Archives

2020-2021

Available until June 30, 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

2021-2022

Available until June 30, 2024

- Anxiety in a time of COVID: An old feeling in new times
- Pandemic Grief, Loss, and Loneliness: Identifying and digesting
- Emotion Regulation and the Developing Brain
- The cognitive, emotional and social effects of the COVID pandemic on school-age children
- Toxic parental relationships and the impact on children and youth mental health
- Genotype-guided prescribing in child and adolescent mental health
- Personality Disorder: Patterns, pitfalls, plasticity and promises
- Trauma and PTSD in Youth: Identification, assessment, and diagnosis
- Divorce and the impact on children and youth mental health

Contact Us: (403) 955-4642 | mhcollab@ahs.ca
Register at <https://hmhc.ca/cpd/> or [click here](#)