

# FREE Online Professional Development

# MORE

Mental Health Online Resources for Educators

## Fall 2017 Brochure

### Healthy Minds Healthy Children

Child and Adolescent Addiction, Mental Health and Psychiatry Program  
of Alberta Health Services

- ⇒ **2 online topics monthly**
- ⇒ **Short, manageable presentations**
- ⇒ **Certificate of completion**
- ⇒ **ECS - Grade 12 focused**



**Need Strategies for Promoting Positive Mental Health in Schools?**

**We provide evidence-based strategies to:**

- ⇒ **Support students with mental health issues**
- ⇒ **Identify and refer students in need of mental health resources**
- ⇒ **Create positive school environments**

**Contact us at:**

**Phone: 403-955-4642**

**email: [hmhc@ahs.ca](mailto:hmhc@ahs.ca)**

**Register: [www.hmhc.ca/more.html](http://www.hmhc.ca/more.html)**

**We continue to expand our focus to include grades 10-12**



# Fall 2017 Topic List

Open one month at a time

**Mental Health Online Resources for Educators (MORE)** is excited to launch our fifth year of providing **FREE** online professional development for teachers and school staff! Thank you to the Alberta Children's Hospital Foundation, The University of Calgary and Suncor Energy Foundation for their ongoing support.

Month	Topic Titles and Description
<b>October Module 1</b>	<b>Adverse Childhood Events (ACEs) and Resiliency: Trauma need not mean a negative outcome (Gr. ECS - 12)</b> The ACE Study has demonstrated an association of Adverse Childhood Experiences (ACEs) with lifelong mental and physical health problems. You will learn the impact of ACEs and better understand how you can build resilience for your students using a “trauma informed” lens.
<b>October Module 2</b>	<b>Understanding and Managing Children’s Problematic Sexual Behaviour (Reprised) (Gr. ECS - 7)</b> Learn how to identify problematic sexual behavior and a model that school staff can use to support students exhibiting or impacted by this behavior and the families of all students involved.
<b>November Module 1</b>	<b>Command and Control: Understanding the Role of Executive Function in Behaviour and Learning (Gr. ECS – 12)</b> In this presentation, learn about the underlying processes which affect success or failure in the classroom and beyond including strategies to help manage challenging behaviors and increase academic success.
<b>November Module 2</b>	<b>Talking about Healthy Sexuality with Students (Reprised) (Gr. ECS - 12)</b> Learn why, when and how to teach human sexuality. In this presentation, teachers will explore the importance of understanding personal values about sexuality, how to work with parents, teaching tools and strategies, inclusive practice, Alberta curriculum, resources and managing challenging questions.

\* Registration for modules closes on the 25th of each month (e.g. Registration for modules closes October 20th).

We reserve the right to change the module offerings in the event of unforeseen circumstances.

# Previously Offered Modules

Missed a Module? Need Personal PD?

Find it here!

No Time Limit to Complete

Register at [www.hmhc.ca/more.html](http://www.hmhc.ca/more.html)

- A New Look at Health Basics and Mental Health: The Latest Research on Sleep, Healthy Eating, Exercise and Student Performance
- A New Way At Looking At AD/HD: A Strength-Based Approach
- Anxiety Revisited. An Encore Presentation of Anxiety - An Overview and Anxiety - Advanced Topics
- Babies to Big Kids: Brains are Based on Experience
- Concurrent Disorders: When Substance Use and Mental Illness Occur Together
- Cultural Diversity in the Classroom
- Cutting: What Every Teacher Needs to Know About Non-Suicidal Self-Injury
- Creating a Learning Environment that Promotes Mental Health
- Cyberbullying - Teachers Are At Risk Too
- Cyberbullying and What Teachers Can Do to Stop It
- Developing Emotional Regulation
- Everything you Need to Know About Childhood Depression But Were Afraid to Ask
- First Nations Education: Old Trails, New Trails
- Fostering Resiliency and a Growth Mindset in Students
- Grief Responses in Children and Adolescents
- How to Grow Healthy Teen Girls (Grade 7-12)
- Inclusive Education! How to Include Students with Mental Health Needs in the Regular Classroom
- Kids Have Stress Too! Tools for Resilience (Grade ECS-12)
- LGBTQ Youth and Mental Health
- Making a Person: How we Become Who we Are (Grade 1-9)
- Managing Challenging Behaviour
- Mindfulness in the Classroom
- Partnering with Parents: A Panel Shares Perspectives and Tips
- Promoting Empathy and Social Skills Development in Elementary School-Aged Students
- Promoting Self-Regulation in the Learning Environment (Grade ECS-12)
- Promoting Healthy Relationships Through the Junior High School Years
- Put Your Own Mask on First: Strategies for the Overextended Teacher
- Rubber or Glue? Technology and Child Development and What Sticks (and What Doesn't) (Grade 1-12)
- Selective Mutism: More than Just Shy
- Should I be Worried? Childhood Mental Health Concerns
- Strategies for Promoting Positive Behaviour in Classrooms
- Stress Reduction at Work: Mindfulness Tools for Health and Wellness (all educators)
- Substance Abuse Prevention in the Classroom
- Substance Use and the Developing Brain (Grade 7-12)
- Supporting Positive Mental Health Through a Whole School Approach
- Supporting Students Impacted by Traumatic Stress
- Supporting Students Impacted by Traumatic Stress or Adverse Experiences (Grade ECS-12)
- Supporting Students with Autism Spectrum Disorder
- Talking about Healthy Sexuality with Students
- Teaching Respect in the Classroom (Grade ECS-12)
- The Impact of Learning Disabilities on Mental Health
- The Impact of Social Media on Children and Adolescents
- TIME for Transitions: Moving from Adolescence to Adulthood (Grade 10-12)
- Understanding and Managing Children's Problematic Sexual Behaviour in School Settings (Grade ECS-7)
- Understanding and Supporting Executive Function
- Understanding Youth Substance Use (Grade 7-12)
- Unravelling the Mystery of the Teenage Brain: Understanding and Working with Junior High Students
- Video Games and Online Gaming: What's the Real Score?
- What Every Teacher needs to Know About How Boys And Girls Learn Differently
- Welcome to Canada: Supporting Immigrants and Refugees in the Classroom (Grade ECS-12)
- When Students are Perfectionists (Grade ECS-12)

# Healthy Minds Healthy Children also offers

## Continuing Professional Development Program

Healthy Minds Healthy Children



Online Continuing Professional Development

Intended for primary care practitioners in Alberta working with children and adolescents in the area of addiction and mental health. The objective of CPD is to increase the skills and confidence of these professionals to effectively address the mental health needs of their young patients; and to promote inter-professional dialogue amongst health care providers treating or working with child and adolescent mental health issues.

More Information at [www.hmhc.ca/cpd.html](http://www.hmhc.ca/cpd.html)



## Community Education Service

Offers **FREE**, evidence-based educational presentations on child health and mental wellness for the general public, particularly parents. Most topics are available in-person, or via video-conferencing, audioline, pre-recorded, and/or webinar.

Website & Registration: <http://community.hmhc.ca>



## Clinical Consultation

HMHC's mandate is to build the knowledge, skills, and confidence of anyone working with children and adolescents struggling with mental health, behavioural, and/or addictions issues. Without taking on clinical case management HMHC's mental health professionals are able to provide free face-to-face, email, telephone or video-conference case consultation (including psychiatry) throughout central and southern Alberta. Clinicians are also able to provide free written and online resources, as well as offering free in-servicing to professionals More Information at: <http://hmhc.ca/consultation.html>