

FREE Online Professional Development

MORE

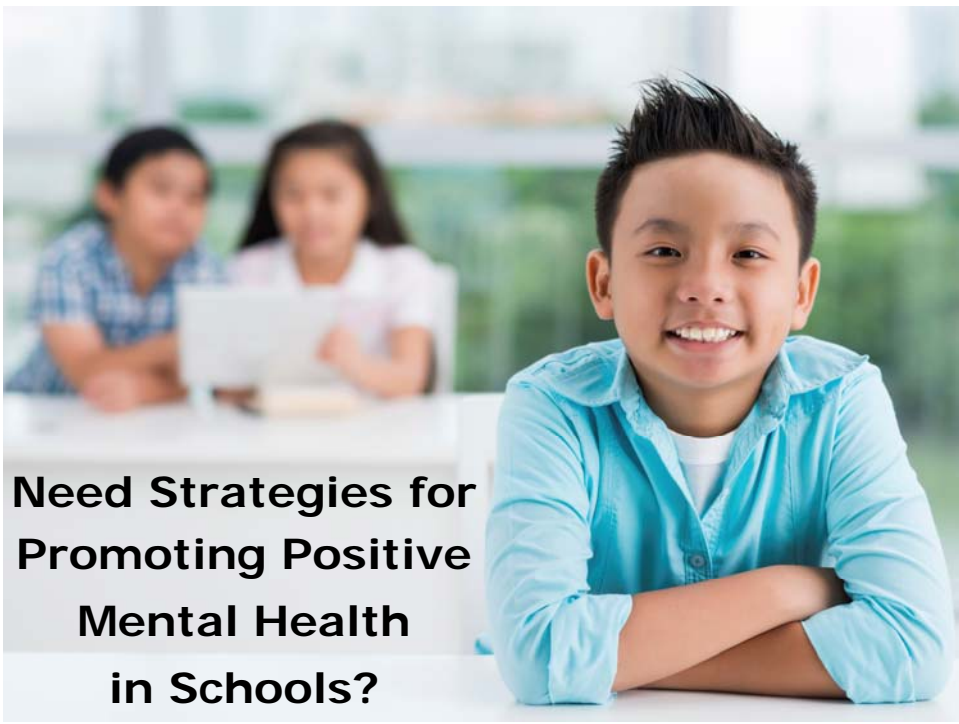
Mental Health Online Resources for Educators

Winter/Spring 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



We provide evidence-based strategies to:

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

Need Strategies for Promoting Positive Mental Health in Schools?

Contact us at:

Phone: 403-220-4310

email: hmhc@ahs.ca

Register: www.hmhc.ca/more.html

NEW THIS YEAR

Focus expanded to include grades 10 - 12

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Winter/Spring 2017 School Year Topic List

Open one month at a time

Month	Topic Titles and Description
January Module 1	Promoting Self-Regulation in the Learning Environment (Gr. ECS—12) Learn strategies for promoting self-regulation from an Occupational Therapy perspective. You will also learn about stress and the brain in the 21 st century.
January Module 2	How to Grow Healthy Teen Girls (Gr. 7—12) Growing up is hard to do but with support and guidance teen girls can grow into happy, healthy and resilient young adults. Learn about typical teen development, healthy friendships and how to navigate relationships and social media.
February Module 1	Teaching Respect in the Classroom (ECS—12) Respect is the foundation of healthy relationships. Learn strategies to create respectful classrooms and a positive social climate in school. <i>Due to the short month, registration will remain open until March 3.</i>
February Module 2	Welcome to Canada: Supporting Immigrants and Refugees in the Classroom (Gr. ECS—12) The research indicates that you may start to see immigrant and refugee students experiencing difficulties after about a year in Canada. How can you support them? <i>Due to the short month, registration will remain open until March 3.</i>
March Module 1	TIME for Transitions: Moving from Adolescence to Adulthood (Gr. 10—12) Learn what you can do to support students moving out into the adult world after grade 12.
March Module 2	Understanding Youth Substance Use (Gr. 7—12) This presentation will provide an understanding of current trends and issues related to youth substance use/misuse and effective prevention strategies for schools and teachers.
April Module 1	CANCELLED: Stress Reduction at Work: Mindfulness Tools for Health and Wellness (all educators) NEW: Learn How to Manage Your Stress and Keep Well (All Educators) Reprise of <i>Put Your Own Mask on First: Strategies for the Overextended Teacher</i> and <i>Mindfulness in the Classroom</i>
April Module 2	Rubber or Glue? Technology and Child Development and What Sticks (and What Doesn't) (Gr. 1--12) Media and technology are the fabric worn daily by our children and youth, and the impact on development - both positive and negative - is an urgent area of inquiry for educators, researchers, and parents. This module will focus on the known effects of screen time for children and youth, including changes to neurological, cognitive, social, and identity development.
May Module 1	Understanding and Managing Children's Problematic Sexual Behaviour in School Settings (Gr. ECS—7) Learn how to identify problematic sexual behaviour and a model that school staff can use to support students exhibiting problematic sexual behaviour, their fellow students who are impacted by these behaviours, and the families of all students involved.
May Module 2	Talking about Healthy Sexuality with Students 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 & strategies, inclusive practice, Alberta curriculum, resources and managing challenging questions.

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

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

Archived Modules

Missed a Module? Need Personal PD?

Find it here!

No Time Limit to Complete

Register at www.hmhc.ca/more.html

Modules for the 2016-17 school year will become available on the date indicated with the title.

- Creating a Learning Environment that Promotes Mental Health
- A New Look at Health Basics and Mental Health: The Latest Research on Sleep, Healthy Eating, Exercise and Student Performance
- A New Way Of 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
- 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 (Gr. 7—12) Avail. Feb 2017
- Inclusive Education! How to Include Students with Mental Health Needs in the Regular Classroom
- Kids Have Stress Too! Tools for Resilience (Gr. 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 (Gr. ECS—12) Avail. Feb 2017
- 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) (Gr. 1—12) Avail. May 2017
- 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) Avail. May 2017
- Substance Abuse Prevention in the Classroom
- Substance Use and the Developing Brain (Gr. 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 (Gr. ECS—12)
- Supporting Students with Autism Spectrum Disorder
- Talking about Healthy Sexuality with Students Avail. Jun 2017
- Teaching Respect in the Classroom (ECS—12) Avail. Mar 2017
- 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 (Gr. 10—12) Avail. Apr 2017
- Understanding and Managing Children's Problematic Sexual Behaviour in School Settings (Gr. ECS—7) Avail. Jun 2017
- Understanding and Supporting Executive Function
- Understanding Youth Substance Use (Gr. 7—12) Avail. Apr 2017
- 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
- What's Out There? Navigating Resources and Showcasing School Successes
- Welcome to Canada: Supporting Immigrants and Refugees in the Classroom (Gr. ECS—12) Avail. Mar 2017
- When Students are Perfectionists (Gr. ECS—12)

Healthy Minds Healthy Children Outreach Services

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



Community Education Service

Offers free education sessions on child health and child mental health topics for the general public, particularly parents. Certain topics are available via Video Conferencing, Audioline, Online, and Webinar.

Sessions List & Registration Form: <http://fcrc.ahs.ca/ces/>

Clinical Consultation



We provide assistance to primary care providers in central/southern Alberta to increase their knowledge and skills in identifying, assessing and treating children and youth struggling with addictions, behavior, or mental health concerns. Working individually or in teams, the clinical consultants are highly experienced and registered professionals in psychology, social work and psychiatry, and will provide resources, education and case consultation (face-to-face, via phone, or email). The requesting practitioner in all cases remains the primary care provider.

More Information at: www.hmhc.ca/consultation.html

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