

Developmental Pathways of Addiction and Mental Health

Health Provider's Practice Modules

Provincial Addiction and Mental Health; Child, Youth and Family Initiatives

March 2018

Enhancing Foundational Knowledge

We cannot fully support or provide evidence-based interventions until we successfully engage children, youth and families. Foundational knowledge around building relationships, communicating effectively, offering culturally competent care, as well as engaging clients in their care plan, will empower health providers to deliver outstanding addiction and mental health services. Within these modules, establishing rapport is a key factor in engaging individuals, responding to distress, providing effective treatment and achieving successful outcomes with individuals who are experiencing addiction and mental health issues.

Promoting Positive Behavior While Enhancing Relationships

Healthy human development is reliant on stable, supportive and nurturing relationships which provide resilience from disturbances in development. Increased knowledge of childhood stress, attachment disruptions and adverse or traumatic experiences that disturb normal trajectories in development is integral for health providers working with children, youth and families. These modules focus on evidence based information that changing and enhancing interpersonal interactions can influence how and what type of behaviors are learned which may minimize the chance of developing and or increasing the severity of addiction and mental health concerns.

Promoting Healthy Development

Through the use of evidence-based interventions and strategies, irrespective of the AHS A&MH Tier Model of Care, health providers may enhance their practice by: working in partnership with clients and families; using a stepped-care model; advocating for the prevention of addiction, mental health and concurrent disorders; decreasing the potential impact and severity of these disorders; promoting the overall health of individuals, families and communities; and supporting clients' recovery journeys. These modules will increase the potential to advance practice excellence as health providers develop innovative ways to promote overall mental wellness and reduce the harm of high risk behavior.

Advancing Practice Excellence

Evidence-based practice indicates that changing caregivers and health provider's responses towards children and youth with addiction and mental health concerns is necessary for increasing pro-social behavior and decreasing behavior problems. While every child is unique, recognizing deviation from developmental milestones can help health providers identify potential problems and intervene more quickly. These modules will employ a variety of evidence-based practice examples to showcase how to reduce problematic behavior in children and youth thereby assisting in positive mental health leading to enhanced overall health and well-being throughout the lifespan.

Introduction to Developmental Pathways

Purpose:
To increase knowledge of developmental pathways that may lead to addiction, mental health and concurrent disorders and to explore child and youth focused interventions that may prevent and/or mitigate the outcomes of these disorders.

Improving Engagement in Care

Purpose:
To explore ways that health providers can welcome, engage with, and build successful therapeutic relationship with children, youth and families who are experiencing addiction and mental health problems.

Stress and Resilience through the Lifespan

Purpose:
To explore the relationship between persistent stress in childhood and the development of health problems in later life and to introduce resilience and the factors that influence its development

Being Attachment Informed

Purpose:
To increase understanding of attachment theory as well as to provide strategies for assessing attachment and working with individuals who present with potential attachment issues.

Understanding ACEs and Being Trauma Informed

Purpose:
To explore the connection between adverse childhood experiences and health and well-being in later life and to consider how we can use a trauma informed lens to create a culture of safety, trustworthiness, choice, collaboration and empowerment.

Understanding Early Brain Development

Purpose:
To provide an overview of early brain development and its impact on addiction and mental health, overall health, learning, and behavior.

Developmental Milestones and Mental Wellbeing

Purpose:
To enhance health provider's knowledge of developmental milestones and their impact on mental wellbeing of children and youth, and to identify strategies for supporting individuals.

Executive Functioning and Self-Regulation

Purpose:
To explore executive functioning and self-regulation skills and suggest strategies that can be used to strengthen these fundamental skills.

Being Recovery Oriented

Purpose:
To discuss ways of being recovery-oriented in practices while emphasizing the partnership between service users and health providers.

Infusing Culture and Equity

Purpose:
To strengthen foundational knowledge by enhancing understanding, skills and attitudes that may improve cultural competency and cultural humility in health providers.

Motivational Interviewing and Stages of Change

Purpose:
To assist health providers in recognizing where individuals and families are in regard to change and to effectively engage and work in collaboration with them.