

Provincial Addiction & Mental Health

# That's A Wrap: AMH Knowledge Bites Lunch & Learn Presenters of 2022

## AMH's Commitment to Continuous Knowledge Sharing

January 2023

## What's Inside

The Addiction & Mental Health (AMH) Knowledge Bites Lunch & Learn Series is a quarterly event hosted by the Alberta Health Services Provincial AMH team. This series is intended for evaluators, researchers, decision makers, health professionals, and others with an interest in addiction and mental health-related evidence topics. In this report, we are spotlighting seven researchers of 2022. Explore the key findings of their research in this report and watch their presentation on the [AHS AMH YouTube](#) channel.

**“You’re so lazy”: Stigma and self-stigma in ADHD**

Dr. Emma Climie and  
Kristina Jelinkova

**Building a Tent in a Tempest: What We’ve Learned  
Implementing an e-Mental Health Platform during the  
COVID-19 Pandemic**

Dr. Gina Dimitropoulos  
and Jason Gondziola

**Psychological Interventions for Youth at Risk of  
Psychosis**

Dr. Jean Addington

**Blackfoot Confederacy Partnered Research on Opioid  
Use Disorder Treatment**

Dr. Patrick McLane and  
Dr. Rita Henderson

If you are interested in presenting at the AMH Knowledge Bites Lunch and Learn, we invite you to email us at [amh.knowledgeexchange@ahs.ca](mailto:amh.knowledgeexchange@ahs.ca). To be notified of future events, subscribe to our [mailing list](#).

## Meet Dr. Emma Climie

Associate Professor and Registered Psychologist in the School and Applied Child Psychology program in the Werklund School of Education at the University of Calgary. Dr. Climie's research focuses on understanding children/youth with Attention-Deficit/Hyperactivity Disorder (ADHD) from a strengths-based perspective and aims to better understand the mental health, emotional well-being, and cognitive development of those with ADHD. Read [recent publications](#).



"You're so lazy":  
Stigma and self-  
stigma in ADHD  
[Video Presentation](#)

## Key Research Learnings

- When individuals with ADHD encounter stigma, they may internalize the negative views towards their own identity, leading to outcomes such as worse self-esteem, more severe depression ratings, and lower self-worth.
- Stigma in the general population can be reduced through education, contact with individuals with ADHD, and increasing knowledge about ADHD.



**The Strengths in ADHD lab is planning to present the results of their overarching "Strengths and Stigma" project as a symposium at the CPA Annual National Convention this coming June. - Dr. Emma Climie**

## Meet Kristina Jelinkova

A Ph.D. student in the School and Applied Child Psychology program at the University of Calgary. Kristina's research interests focus on the experiences of self-stigma in children and adolescents with ADHD under the supervision of Dr. Emma Climie. She hopes to extend this research in the future to include adults and other diverse experiences.



"You're so lazy":  
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## Key Research Learnings

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**Youth with ADHD can be supported by recognizing their individual strengths, using strengths-based terminology, and connecting teachers and parents with education and resources. - Kristina Jelinkova**

## Meet Dr. Gina Dimitropoulos

Associate Professor at the Faculty of Social Work, University of Calgary, cross-appointed with the Departments of Psychiatry and Pediatrics. Dr. Dimitropoulos is also a Full Member of the Mathison Centre for Mental Health Research and Education, the Hotchkiss Brain Institute, the Alberta Children's Hospital Research Institute, and the O'Brien Institute for Public Health. She is an award-winning clinician, researcher, and mentor who has dedicated her career to bridging research and practice on youth mental health. Recipient of the 2022 Inspiration Award for work in Child Abuse Prevention. Read [recent publications](#).



Building a Tent in a Tempest: What We've Learned Implementing an e-Mental Health Platform during the COVID-19 Pandemic  
[Video Presentation](#)

## Key Research Learnings

- The e-Mental Health platform provides an excellent opportunity for various systems and sectors such as schools, Primary Care Networks and Alberta Health Services to use measurement-based care to guide and inform decision making with young people about best care.
- The e-Mental Health platform provides data-driven rationales for shaping resources, training opportunities and the needs of providers to ensure that the right services are being delivered to young people and their families.



**Active and meaningful engagement of young people from the point of intake to discharge can be made possible through the use of the e-Mental Health platform. This digital tool provides young people with the opportunity to invite supportive adults to join them on their mental health and wellness journey. - Dr. Gina Dimitropoulos**

## Meet Jason Gondziola

Senior Project Manager for the e-Mental Health for Youth and Young Adults in Alberta implementation science project. Jason has extensive experience in mental and comprehensive health, youth engagement, and digital oral histories projects, and has worked with numerous First Nations, school divisions, not-for-profits, and Primary Care Networks as a facilitator, filmmaker, application developer, and project manager. He has an MBA in Community Economic Development from the Cape Breton University. His research focused on impacts and adaptations in digital mental health services during the first wave of the pandemic.



Building a Tent in a Tempest: What We've Learned Implementing an e-Mental Health Platform during the COVID-19 Pandemic  
[Video Presentation](#)

## Key Research Learnings

- Patient-driven suicide risk information is a new development in our mental health landscape. The health system has never had to deal with this level and frequency of information, where risk information is shared by the patient via the e-Mental Health platform. As such, it is unsurprising that we discovered gaps in service.
- Lower-than-expected enrolment compelled the e-Mental Health team to evaluate our partnerships and progress to date, and to re-design our engagement strategy. The project team re-engaged existing partners and solicited new partnerships. Our project focus has been clarified around addressing the mental health data gap through deploying a digital tool that supports clinician and patient engagement, which has yielded promising results.



**Adding a digital tool to clinical practice will inevitably lead to challenges. Listening actively and being responsive in your project design allows you to face those challenges alongside your partners in a positive way. - Jason Gondziola**

## Meet Dr. Jean Addington

Professor of Psychiatry at the University of Calgary and a Fellow of the Royal Society of Canada. Dr. Addington holds the Novartis Chair for Schizophrenia Research. She runs the At-Risk for Mental Illness Research Clinic at the University of Calgary. Her major research focus is the examination of predictors and mechanisms of the transition to psychosis and the development of psychosocial interventions for youth at clinical high-risk (CHR) of developing psychosis. Her current funded projects include examining biomarkers for the prediction of psychosis, testing different models of psychological interventions for at-risk youth and long-term follow-ups. Read [recent publications](#).



Psychological Interventions for Youth at Risk of Psychosis  
[Video Presentation](#)

## Key Research Learnings

- Youth at-risk of developing psychosis present with a range of difficulties. They have comorbid diagnoses, and poor cognitive and social functioning.
- Approximately 20% of at-risk youth will go on to develop psychosis.



**These young people who are at clinical high risk of developing psychosis have heterogenous outcomes in that even if they do not develop psychosis many continue to have attenuated psychotic symptoms and poor social functioning. - Dr. Jean Addington**

## Meet Dr. Patrick McLane

Assistant Scientific Director for the Emergency Strategic Clinical Network, AHS, a PhD Sociologist, and conducts research through adjunct attachment to Emergency Medicine at the University of Alberta. Read [recent publications](#).



Blackfoot Confederacy  
Partnered Research  
on Opioid Use  
Disorder Treatment  
[Video Presentation](#)

## Key Research Learnings

● First Nations members are disproportionately impacted by the opioid crisis. Opioid agonist treatment is the recommended first line treatment for opioid use disorder, but COVID-19 may have impacted ongoing access to this treatment for patients.

● We are researching continuity of opioid agonist treatment with Blackfoot Confederacy Tribal Council using a unique linked dataset from the AHS Opioid Dependency Program, emergency departments, and Metro City Medical Clinic.



**Stigma and isolation during COVID-19 may have created greater risks for persons who use opioids compared to the general population. - Patrick McLane**



## Meet Dr. Rita Henderson

Assistant Professor in the Department of Family Medicine and the Department of Community Health Sciences at the Cumming School of Medicine, University of Calgary. Read [recent publications](#).



Blackfoot Confederacy  
Partnered Research  
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[Video Presentation](#)

## Key Research Learnings

- The Alberta region First Nations Health Co-Management Committee has partnered with the Indigenous Primary Health Care Policy & Research Network at the University of Calgary to advance regional priorities for addressing the drug poisoning and opioids crisis.
- Work over the next year and a half will focus activities at community, workforce development/supports, and policy/research levels. Partnerships with aligned AHS entities, Tribal Councils, and substance use initiatives are evolving to optimize shared outputs and impact.



**A regional strategy can help all actors and stakeholders to situate themselves more effectively within a larger set of initiatives and systems that seek to work more effectively towards common goals. - Dr. Rita Henderson**

## We asked our researchers why they got into research or to share their upcoming milestones. They shared...



*Mental health is deeply important to me. I'm both a person with living experience (anxiety, depression) and a parent with living experience (two of my children are dealing with significant mental health issues). I've also lost six friends over the past three years to suicide and substance use. I deeply believe that early measurement and intervention is as important in mental health as it is in any other health domain. My hope is that the Innowell e-Mental Health platform can facilitate a rigorous process of understanding patient needs so that we can better respond to emerging mental health issues before they become life-ending. - Jason Gondziola*



*I am passionate advocate for services that are equitable, accessible, youth friendly and responsive to the mental health needs of diverse young people in Alberta and beyond. It is my hope that this research will allow us to identify the facilitators required to successfully implement the Innowell Platform to improve youth mental health services. - Dr. Gina Dimitropoulos*



*I got involved in research to tackle complex problems. I stay in research to honor my commitments to research participants and colleagues through impactful analyses and knowledge translation. - Dr. Patrick McLane*



*The Strengths in ADHD lab is planning to present the results of their overarching "Strengths and Stigma" project as a symposium at the CPA Annual National Convention this coming June. - Dr. Emma Climie*



*We look forward to supporting an upcoming gathering organized by the Native Counselling Services of Alberta (NCSA) to synthesize and mobilize practical approaches for service innovations. - Dr. Rita Henderson*