

The Addiction and Mental Health Speaker Series

The Addiction and Mental Health Speaker Series (AMHSS) is a webinar series designed to support clinical development for Alberta's diverse Addiction and Mental Health workforce. Clinical leaders share their knowledge and strategies on a wide range of topics to enhance recovery-oriented addiction and mental health care. Each webinar is recorded and accessible for future viewing on our [YouTube playlist](#).

[Register once through Zoom](#) to attend any of the webinar sessions that run the second Monday of every month from 12:00 to 1:00 p.m.

Disclaimer: Please note that the content, topics, and presenters of this webinar are subject to change due to scheduling or unforeseen circumstances.

Date	Topic	Objectives	Speaker
Sept 8th, 2025	A Therapeutic Recreational Approach to Addiction Recovery for Indigenous Peoples	<ol style="list-style-type: none"> 1. Explain addiction recovery from a therapeutic recreational program perspective. 2. Discuss how to collaborate with Indigenous peoples and how to approach Elders and Indigenous people. Explain what an ally is and the significance of allyship and how it contributes to reconciliation. 3. Discuss the importance of peer guided activities such as spirit cafes, customized yoga, and traditional drumming workshops and how they contribute to an understanding of reconciliation. 	Heidi Davis
Oct 6th, 2025	Caring for Older Adults living with Substance Use or Mental Health Concerns	<ol style="list-style-type: none"> 1. Describe the prevalence and unique presentation of mental health, addiction, and substance use disorders among older adults in Canada. 2. Discuss screening and assessment: recognize signs and symptoms of mental health concerns, cognitive impairment, and substance use in older adults. 3. Review pharmacological treatment options for common mental health and substance use disorders in older adults, including considerations for 	Dr. James Silvius



The Addiction and Mental Health Speaker Series | 2

		polypharmacy and age-related pharmacokinetics	
Nov 3rd, 2025	Exploring Psychedelic Treatment Options and Protocols in Canada (2025)	<ol style="list-style-type: none"> 1. Explain the implications of recent regulatory changes and provincial initiatives (e.g., British Columbia's Section 56 exemption) on clinical practice and the Alberta landscape - MHSPA/MHSPR licensure. 2. Identify the studied psychedelics in clinical settings (e.g., psilocybin, MDMA, ketamine) and their therapeutic indications for mental health and addiction treatment. 3. Explain how to assess if someone is a candidate for psychedelics. 4. Describe standard protocols for psychedelic-assisted therapy, including preparation, dosing, integration, and follow-up care. 	Dr. Peter Silverstone
Dec 8th, 2025	Update on Compassionate Care Intervention	<ol style="list-style-type: none"> 1. Describe the Compassionate Intervention model being implemented in Alberta, including its purpose, target population, and core components. 2. Identify the ethical and clinical considerations involved in involuntary treatment for individuals with severe addiction, including issues of consent, capacity, and procedural fairness. 3. Summarize the structure and services of the new treatment centres being developed in Calgary and Edmonton, including detox, counselling, and long-term recovery supports. 	Stacey Whitman
Jan 5th, 2026	Psychosis Treatment in Canada	<ol style="list-style-type: none"> 1. Define psychosis and its early warning signs, including how it typically presents in youth and young adults. 2. Describe current best practices in psychosis prevention. 	Dr. Sudhakar Sivapalan

The Addiction and Mental Health Speaker Series | 3

		3. Discuss recent innovations in treatment and evolving pharmacological strategies.	
Feb 2nd, 2026	Healing the Healers: Addressing Posttraumatic Stress Injuries (PTSI) in the Healthcare workforce with Multi-modal, motion-assisted, memory desensitization and reconsolidation (3MDR)	<ol style="list-style-type: none"> 1. Recognize the prevalence and impact of work-related posttraumatic stress injuries (PTSI) among healthcare professionals. 2. Understand the concept of moral injury as it relates to workplace PTSI. 3. Compare conventional trauma treatment approaches with 3MDR (Multi-modal Motion-assisted Memory Desensitization and Reconsolidation), highlighting its theoretical foundations and therapeutic components. 	Dr. Lisa Burback
Mar 9th, 2026	Using Pharmacotherapy in Addiction and Mental Health	<ol style="list-style-type: none"> 1. Describe the role of pharmacotherapy in the treatment of substance use disorders and co-occurring mental health conditions. 2. Identify commonly used medications for opioid, alcohol, nicotine, and stimulant use disorder. 3. Recognize common psychiatric comorbidities in individuals with addiction (e.g., depression, anxiety, PTSD). 4. Discuss pharmacological strategies for managing dual diagnosis, including considerations for drug interactions and treatment prioritization. 5. Discuss the importance of integrating pharmacotherapy with psychosocial and behavioural interventions. 	Dr. Anees Bahji
Apr 6th, 2026	Caring for Individuals with Chronic Pain	<ol style="list-style-type: none"> 1. Identify key challenges in chronic pain care, such as access to treatment, mental health and addiction, stigma and marginalized populations. 2. Explain the current legislation in Alberta – MHSPR, Exemption Section 14. 	TBD

The Addiction and Mental Health Speaker Series | 4

		<ol style="list-style-type: none"> 3. Explore the importance of early intervention and prevention, especially in pediatric populations, to reduce long-term disability and improve quality of life. 4. Discuss recent innovations in chronic pain management. 	
May 4th, 2026	The Intersection of Stress and Addiction	<ol style="list-style-type: none"> 1. Explain the neurobiological and psychosocial mechanisms linking stress and addiction, including the roles of the hypothalamic-pituitary-adrenal (HPA) axis, cortisol, and the brain's reward circuitry. 2. Differentiate between acute and chronic stress and their respective impacts on substance use initiation, maintenance, and return to use. 3. Identify clinical signs and symptoms of stress-related substance use disorders (SUDs) across diverse populations. 4. Apply evidence-based screening tools and assessment strategies to detect stress-related risk factors for addiction in clinical settings. 	Dr. Krishna Balachandra and Dr. Olga Winkler
Jun 8th, 2026	Correctional Health Matters: Ethics, Equity and Collaboration	<ol style="list-style-type: none"> 1. Describe the mission and scope of Correctional Health within Recovery Alberta, including its role in addressing healthcare needs in specific settings (e.g., correctional facilities.) 2. Recognize the unique healthcare challenges faced by the population served. 3. Identify the core services provided. 4. Examine the regulatory, ethical, and clinical considerations that impact healthcare delivery in this setting. 5. Discuss strategies for improving care coordination, outcomes, and interdisciplinary collaboration within the program. 	Correctional Health Services

