

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 mental health (AMH) 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 	Dr. James Silvius



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		adults, including considerations for 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	Behavioural Addictions: Psychological Assessment and Evidence-Based Care	<ol style="list-style-type: none"> 1. Describe behavioural addictions and their prevalence. 2. Discuss screening and assessment, highlighting validated tools (e.g., PGSI, IGDT-10), structured interviews, and the need to consider motives, context, and functional impairment. 3. Review similarities and differences between behavioural and substance addictions. 4. Summarize evidence-based treatment approaches. 5. Outline future directions, including transdiagnostic treatment models, integration of digital behavioural data, and development of personalized, culturally sensitive interventions. 	Andrew (Hyounsoo) Kim, PhD, C.Psych
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. 	Dr. Sudhakar Sivapalan

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		<ol style="list-style-type: none"> 2. Describe current best practices in psychosis prevention. 3. Discuss recent innovations in treatment and evolving pharmacological strategies. 	
Feb 2nd, 2026	<p>Healing the Healers: Addressing Posttraumatic Stress Injuries (PTSI) in the Healthcare workforce with Multi-modal, motion-assisted, memory desensitization and reconsolidation (3MDR)</p> <p><i>** Please Note: This session will not be recorded</i></p>	<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. Olga Winkler
Mar 9th, 2026	Update on Compassionate Care Intervention	<ol style="list-style-type: none"> 1. Understand the purpose and core principles of Compassionate Intervention (CI), including how CI fits within Recovery Alberta's system of care. 2. Explain the current CI process, identifying key roles and responsibilities of stakeholders involved in CI. 3. Describe the known eligibility criteria for adults and youth under the Compassionate Intervention Act. 4. Review the known implementation timeline for CI centres, youth services, regulatory development, and operational rollout. 	Dr. Robert Tanguay and Tracy Palmquist
Apr 6th, 2026	Neuromodulation in Addiction Care: rTMS and other neuromodulation modalities as	<ol style="list-style-type: none"> 1. Describe the Neurobiological Basis of Addiction 2. Identify and compare mechanisms of action, indications, and evidence for repetitive transcranial magnetic 	Dr. Victor Tang

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	<p>interventional Approaches for Substance Use Disorders</p>	<p>stimulation (rTMS) and deep brain stimulation (DBS) in the context of addiction and co-occurring mental health conditions.</p> <ol style="list-style-type: none"> 3. Discuss how neuromodulation fits within broader interventional strategies, including pharmacologic, behavioral, and harm reduction approaches. 4. Review current evidence, limitations, and ethical considerations surrounding the use of neuromodulation for addiction, including issues of consent, equity, and long-term outcomes. 	
<p>May 4th, 2026</p>	<p>The Intersection of Stress and Addiction</p>	<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. 	<p>Dr. Krishna Balachandra and Dr. Olga Winkler</p>
<p>Jun 8th, 2026</p>	<p>Correctional Health Matters: Ethics, Equity and Collaboration</p>	<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. 	<p>Correctional Health Services</p>

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		<ol style="list-style-type: none">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.	
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