

FREE Online Professional Development

MORE

Mental Health Online Resources for Educators

Winter/Spring 2018 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:

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

Contact us at:

Phone: 403-955-4642

Email: hmhc@ahs.ca

Register: www.hmhc.ca/more.html

We continue to expand our focus to include grades 10-12

Winter/Spring 2018 Topic List

Open one month at a time

Mental Health Online Resources for Educators (MORE) is in its fifth year of providing **FREE** online professional development for teachers and school staff! Thank you to the Alberta Children's Hospital Foundation, The University of Calgary and Suncor Energy Foundation for their ongoing support.

Month	Topic Titles and Description
January Module 1	Promoting Empathy and Social Skills Development (Gr. ECS - 6) Learn about the basics of empathy, nurturing emotional intelligence and promoting self-awareness from Dr. Meaghan Johnston, PhD, RSW.
January Module 2	Supporting Students with Autism Spectrum Disorder (ASD) (Gr. ECS - 9) Learn how the social challenges of ASD might look in your classroom, how to appreciate the teaching opportunities provided by these social challenges and how to develop effective and creative intervention strategies.
February Module 1	Taming Teacher and Student Stress (Gr. ECS – 12) Join Michael Reist to find out how these stresses feed each other and what can be done to manage them. You will discover some surprising causes of student stress and seldom talked about causes of educator stress.
February Module 2	Youth Medication Use, Misuse and Abuse (Gr. 7 – 12) Increase your knowledge and awareness of youth use, misuse and abuse of common prescription and over-the-counter medications. Learn how to start conversations that get students thinking and talking about this issue.
March Module 1	What do you need to know about Eating Disorders? (Gr. ECS - 12) Learn what you need to know about eating disorders and how you can support your students.
March Module 2	Promoting Self-Regulation in the Learning Environment (Gr. ECS - 12) Learn strategies for promoting self-regulation from Erin Novak, an Occupational Therapist from the Calgary Board of Education. You will also learn about stress and the brain in the 21 st century.
April Module 1	Classroom Wellness 101: Tips, Tools and Strategies You Can Use Every Day (Gr. ECS - 12) Leave with an understanding of how the brain responds to stress and the impact this has on student learning and staff wellness.
April Module 2	Welcome to Canada: Supporting Immigrants and Refugees in the Classroom (Gr. ECS – 12) Marwa Fadol, a Registered Psychologist with Alberta Health Services, School Based Mental Health, talks about issues facing these students and their families and how you can support them.
May Module 1	Keeping Up-to-Date and Safe Within the Online World: Online Strategies to Protect You and Your Students (Gr. 4 – 9) Social media affects mental health and classroom behavior. Learn how, along with possible strategies to create a more positive learning environment.
May Module 2	Curious about Cannabis? (Gr. 7 – 12) Learn about the impacts of cannabis on youth and of pending cannabis legalization. Resources, tools and curriculum supports will be shared.

* Registration for modules closes on the 25th of each month (e.g. Registration for modules closes January 25th).

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

Previously Offered Modules

Missed a Module? Need Personal PD?

Find it here!

No Time Limit to Complete

Register at www.hmhc.ca/more.html

- Adverse Childhood Events (ACEs) and Resiliency: Trauma Need Not Mean a Negative Outcome
- 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
- Command and Control: Understanding the Role of Executive Function in Behaviour and Learning (Grade ECS – 12)
- 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
- Creating a Learning Environment that Promotes Mental Health
- Cyberbullying - Teachers Are At Risk Too
- Cyberbullying and What Teachers Can Do to Stop It
- Developing Emotional Regulation
- Emotional Regulation in the Classroom: A Strategy for Students - The Feel Better Station
- 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 (Grade 7-12)
- Inclusive Education! How to Include Students with Mental Health Needs in the Regular Classroom
- Kids Have Stress Too! Tools for Resilience (Grade ECS-12)
- LGBTQ2 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 (Grade ECS-12)
- 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) (Grade 1-12)
- 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)
- Substance Abuse Prevention in the Classroom
- Substance Use and the Developing Brain (Grade 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 (Grade ECS-12)
- Supporting Students with Autism Spectrum Disorder
- Talking about Healthy Sexuality with Students (Grade ECS-12)
- Teaching Respect in the Classroom (Grade ECS-12)
- 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 (Grade 10-12)
- Understanding and Managing Children's Problematic Sexual Behaviour in School Settings (Grade ECS-7)
- Understanding and Supporting Executive Function
- Understanding Youth Substance Use (Grade 7-12)
- 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
- Welcome to Canada: Supporting Immigrants and Refugees in the Classroom (Grade ECS-12)
- When Students are Perfectionists (Grade ECS-12)

Healthy Minds Healthy Children also offers

Continuing Professional Development Program

Healthy Minds Healthy Children



Online 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**, evidence-based educational presentations on child health and mental wellness for the general public, particularly parents. Most topics are available in-person, or via video-conferencing, audioline, pre-recorded, and/or webinar.

Website & Registration: <http://community.hmhc.ca>

Clinical Consultation



HMHC's mandate is to build the knowledge, skills, and confidence of anyone working with children and adolescents struggling with mental health, behavioural, and/or addiction issues. Without taking on clinical case management, HMHC's mental health professionals are able to provide free face-to-face, email, telephone or video-conference case consultation (including psychiatry) throughout central and southern Alberta. Clinicians are also able to provide free written and online resources, as well as offering free in-servicing to professionals More Information at:

<http://hmhc.ca/consultation.html>

