

# Alberta Addiction and Mental Health Education Sessions (AAES) 2022-2023

AAES runs September through to June, from 9 am – 11 am (MST). Each session consists of didactic lectures from subject matter experts and individuals with living/lived experience, followed by experiential role-plays or facilitated de-identified case reviews with clinicians specializing in the field. Each session concludes with a question-and-answer period via email or chat box options.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 20 hours (credits are automatically calculated).

[Join the livestream.](#)

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## September 29, 2022

### Suicide Prevention Risk and Management (SPRAM)

This session will provide an understanding on suicide risk assessment and management. Upon completion of this session, participants will be equipped to:

- Explain the prevalence of suicide in Canada and Alberta and when to screen for suicide
- Explain what a suicide risk assessment is and understand the warning signs, risk factors, and protective factors that help to determine the level of suicide risk
- Determine appropriate action required in response to the suicide risk assessment of a client and understand how to align appropriate services and provision of support needed by the client and family
- Interpret a suicide risk assessment and risk management with a client in addiction and mental health services

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## October 28, 2022

### Dialectical Behavioural Therapy (DBT) Part 2

[Participants are encouraged to view Part 1.](#)

This session will provide an in-depth understanding of DBT. Upon completion of this session, participants will be equipped to:

- Describe how to work with a client in crisis using DBT strategies of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness
- Explain how to avoid becoming polarized with a client and how to develop a DBT-based case formulation
- Interpret how to implement a DBT contracting strategy of goal setting

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**November 25, 2022****Acceptance and Commitment Therapy (ACT) Part 2**

[Participants are encouraged to view Part 1.](#)

This session will provide an in-depth understanding of ACT. Upon completion of this session, participants will be able to:

- Explain the ACT primary model
- Identify how diffusion is used to reduce the influence of unhelpful cognitive processes on behaviour
- Describe how to increase awareness of control vs acceptance
- Interpret how the control vs acceptance ACT intervention works with an individual experiencing addiction and mental health concerns

**December 16, 2022****Cognitive Behavioural Therapy (CBT) Part 2**

[Participants are encouraged to view Part 1.](#)

This session will provide an in-depth understanding of CBT. Upon completion of this session, participants will be able to:

- Describe how CBT interventions are consistently shown to be effective in addiction and mental health clients
- Explain how CBT strategies like thought diaries, identifying cognitive disorders and using dysfunctional thought records lead to better addiction and mental health outcomes
- Interpret how the CBT mood/thought diaries and relaxation interventions work with an individual experiencing addiction and mental health concerns

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**January 27, 2023****Motivational Interviewing Part 2**

[Participants are encouraged to view Part 1.](#)

This session will provide an in-depth understanding of Motivational Interviewing. Upon completion of this session, participants will be equipped to:

- Recognize the Four Processes: Engaging, Focusing, Evoking, and Planning
- Recognize and respond to Change Talk
- Explain the core skills: Open Questions, Affirmations, Reflections, Summaries (OARS)
- Interpret how motivational change talk intervention assists with an ambivalent addiction and mental health client.

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**February 24, 2023****Methamphetamine and COVID**

This session explores the impacts and treatment of methamphetamine use disorder, specifically with an outpatient lens. Upon completion of this session, participants will be equipped to:

- Explain the difference between the psychostimulants methamphetamine and amphetamine and the pharmacological profile of each
  - Describe the prevalence of methamphetamine use across Canada since 2020
  - Describe the verbal de-escalation intervention for aggressive behaviour in an outpatient or acute care setting
  - Explain pharmacological and psychosocial interventions for problematic methamphetamine use, including virtual care options
  - Interpret a de-escalation intervention of a client with methamphetamine use disorder in an outpatient setting
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**March 31, 2023****Solution-Focused Brief Therapy Part 2**

[Participants are encouraged to view Part 1.](#)

This session focuses on an in-depth understanding of SFBT. Upon completion of this session, participants will be equipped to:

- Describe the SFBT steps needed to identify a client's desired behavioural changes
- Explain the SFBT process of construction solutions and exceptions for behavioural change
- Explain the importance of eliciting effective SFBT coping questions and experiment and homework assignments
- Interpret an SFBT session of constructing solutions and coping questions

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**April 28, 2023****Recovery Coaches and Peer Support in Addiction and Mental Health Services**

This session focuses on recovery coaches and peer support worker in the recovery-oriented system of care. Upon completion of this session, participants will be equipped to:

- Describe the difference between recovery coaches and peer support workers and how they both help to improve measurable and meaningful addiction and mental health service outcomes
- Interpret how a recovery coach can help build recovery capital by goal setting, boundary setting and treatment planning
- Explain the important role of resiliency building and advocacy peer support workers play in the recovery journey
- Recognize the lived experience of peer support in addiction and mental health services

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**May 26, 2023****Complex PTSD and Adverse Childhood Events**

This session focuses on complex CPTSD interventions and treatment. Upon completion of this session, participants will be equipped to:

- Explain the difference between CPTSD and PTSD
- Recognize the different screening and assessment tools for CPTSD and how to assess for CPTSD
- Describe how EMDR, trauma-informed CBT, exposure therapy, psychotherapy and pharmacological interventions work for CPTSD treatment
- Interpret an assessment for a client with CPTSD and personalized treatment plan

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**June 23, 2023****Gender Identity: Creating Inclusive Environments in Addiction and Mental Health Part 2**

[Participants are encouraged to view part 1.](#)

This session focuses on working with gender identity in addiction and mental health settings. Upon completion of this session, participants will be equipped to:

- Explain the importance of a trauma-informed approach for gender identity in addiction and mental health settings
  - Describe how nonjudgement reflection and empathy create respectful, aware, and supportive spaces for individuals with both gender identity and addiction and mental health concerns
  - Explain how DBT and ACT interventions are best approaches for gender identity and addiction and mental health
  - Interpret an assessment of an individual with gender identity and addiction and mental health concerns
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