

# Health PEI

## Training & Development Calendar

2018-19



### Mental Health & Addictions Services

Mental Health and Addictions is a welcoming recovery-based treatment service where individuals and their families can find hope, help and strength.

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## Our Purpose

Mental Health and Addictions strives to be a welcoming service that provides our clients with hope, help, and strength. In order to do this, Health PEI is committed to providing a strong orientation and ongoing training and development opportunities that support our employees in reaching that vision.

This calendar provides you with an outline of what is expected and what is offered to support your learning and development. As part of the Learning and Development process, you are expected to identify your own learning needs and to develop a plan with your supervisor to meet these needs. Please take the time to review this calendar and discuss it with your supervisor as part of your annual Learning and Development Plan:

<https://src.healthpei.ca/all-staff>

This calendar outlines both core and supplementary training offered under the direction of the Mental Health and Addictions programming team. If you have questions about the appropriateness of any given course for your role, please don't hesitate to contact your supervisor and/or a member of the Mental Health & Addictions programming team:

[mhatraining@gov.pe.ca](mailto:mhatraining@gov.pe.ca)

The Public Service Commission provides training for provincial government employees through their Pathways for Learning Courses. Mandatory RIM training and W.H.I.M.I.S are two of their course offerings along with courses related to employee health and well-being, cultural diversity, and business and personal effectiveness, just to name a few. For further information please go to:

<https://psc.gpei.ca/pathways-for-learning-course-selection>

Funding is available for union and excluded employees through Development & Training Funds for both groups. Information about funds and application process may be found at the Health PEI Staff Resource Centre:

<https://src.healthpei.ca/all-staff>

We encourage employees to continue the pursuit of learning and development opportunities to enhance your ability to provide quality service to your clients, and to enrich your professional life.

## How to Select and Register for Training

Working with supervisors and managers across our service, Mental Health & Addictions has compiled this Phase One list of training opportunities that you are either required or encouraged to complete. As we continue to expand our offering of manualized, evidence based treatments, additional training opportunities will be added. For the most recent training available, please consult the electronic version of this calendar posted on the Health PEI Staff Resource Center.

Some training is either mandatory or recommended, depending on your role, your previous education and work history, and the program or service in which you work. This calendar provides guidance for different programs and roles however you should consult with your supervisor prior to registering for a course.

The Mental Health and Addictions programming team schedules training on an ongoing basis, with the goal of offering mandatory training frequently enough to ensure new employees receive training in a timely manner. A number of optional courses (including on-line courses), are also offered in order to enrich the learning and professional development culture in our services. Certain core training requires re-certification at regular intervals, and some of the introductory courses double as “booster” sessions for people looking to refresh their knowledge. Consultation with your supervisor is essential in choosing the best training for you.

Note: You are encouraged to schedule training close to your area of work. Travel for the purpose of training requires the approval of your supervisor.

**Registration** for all in-person training will be through Eventbrite. Please use the URL indicated for the particular training you would like to attend. If you are having difficulty using Eventbrite, please use the registration form found in Appendix A and send it to a member of the Mental Health & Addictions Programming Team ([mhatraining@gov.pe.ca](mailto:mhatraining@gov.pe.ca)) scanned as an email attachment.

**Cancellation/storm policy** for both facilitators and participants follows the government offices cancelation policy. As Health PEI employees, you are still required to work on days when civil offices are closed, but some training will be held in partnership with civil offices or employees, making cancelation on days where civil offices are closed in that location the preferred option. If the government offices are delayed, trainings will be canceled and rescheduled as availability of facilitators and space allows.

## Independent/On-line Learning

Many courses are available through self-directed and/or online learning. This allows employees to access training with flexibility and to supplement training or courses that they have participated in previously as a way to support their current work. Participation in this type of training should also be discussed with your supervisor as per the registration protocol.

### Changeways for Depression

The Changeways Core Program is the most widely used group therapy protocol for depression in Canada. The online course, based on the two-day in person workshop, teaches experienced clinicians how to provide the Changeways program for their own clients.

**Timeframe:** self-paced, approximately 2 days total

**Cost:** \$150

**Link:** <https://psychologysalon.teachable.com/p/learn-cbt-group-therapy-for-depression>

### Cognitive Behavioral Therapy Essentials

This interactive course provides the foundation you need to provide effective treatment and hone your therapeutic skills. View clinical round table discussions, video recordings of therapy sessions, and learn how our Beck Institute faculty conceptualize cases, structure client sessions and teach clients the cognitive and behavioral skills they need to make changes and accomplish goals.

**Timeframe:** 8 hours over 4 weeks, offered at regular intervals online

**Cost:** \$350 USD

**Link:** <https://psychwire.com/beck/cbt-essentials>

### Dialectical Behavior Therapy

This course provides a thorough introduction to the Dialectical Behavior Therapy (DBT) skills that are the foundation of DBT treatment. You will gain in-depth knowledge of the four DBT Skills of Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance and will learn how to apply these skills to your clinical practice. The online course will be supplemented with in-person training to take place in 2019. This course is for staff who will be leading DBT Skills Groups or applying DBT Skills in clinical practice.

**Timeframe:** Six weeks (2 hrs/week)

**Note:** To inquire about DBT training, please contact Dr. Amanda Hudson at [ahudson@ihis.org](mailto:ahudson@ihis.org)

### Introduction to Human Trafficking

Human trafficking is commonly referred to as a modern form of slavery. People often think of it as an international crime, but human trafficking is also an issue in Canada. Many victims come into contact with healthcare and social service professionals but remain unidentified and unassisted. This online course is designed for service providers in the mental health and addiction system, including counsellors, social workers, case managers, nurses, physicians, and others. It aims to help service providers recognize and respond to the needs of survivors of human trafficking.

**Timeframe:** Self-paced, 5 modules taking approx. 30 mins each

**Cost:** free (but you need to create an account)

**Link:** <http://eenet.ca/initiative/HT#about>

## **Immigrant and Refugee Mental Health**

This online course will offer a comprehensive overview of immigrant and refugee mental health, focusing on subgroups at risks. The course is designed to provide a uniquely interactive learning experience where you can consult with experts in the field and share ideas and experiences with service providers from all over Canada. There are two separate streams: one for social service providers and one for health service providers. Participants should select the stream that is most relevant to their roles and responsibilities.

**Timeframe:** 6 weeks (20-25 hrs) offered at regular intervals

**Cost:** Free

**Link:** <https://irmhp-psmir.camhx.ca/courses>

## **Mental Health & Addictions 101**

The Centre for Addiction & Mental Health (CAMH) in Toronto offers introductory online courses that provide good overviews of common mental health issues.

**Timeframe:** self-paced, approximately 20-40 minutes per course

**Cost:** Free

**Link:** [http://www.camhx.ca/education/online\\_courses\\_webinars/mha101/index.html](http://www.camhx.ca/education/online_courses_webinars/mha101/index.html)

## **Opiate Overdose – How to Use Naloxone**

For individuals working with a population at-risk of opiate overdose, this training manual (produced by Manitoba, adapted from British Columbia) provides an overview of recognizing and responding to opiate overdose using Naloxone.

**Timeframe:** Self-paced, approximately 1 hour

**Cost:** Free

**Link:** [https://www.gov.mb.ca/health/publichealth/docs/training\\_manual\\_overdose.pdf](https://www.gov.mb.ca/health/publichealth/docs/training_manual_overdose.pdf)

## **Seeking Safety**

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. Health PEI has several copies of instructional DVDs available for self-directed study. This material is presented in an individual learning format (approx. 7 hours), that includes a manual, 3 DVDs with a DVD Learning Guide, and handouts on Conducting a Session, Grounding and PTSD. Online training is available at a cost if you wish to receive continuing education credits.

**Timeframe:** 7 hrs

**Note:** Resources for learning are available in each region – contact your supervisor

## **SMART Recovery Facilitator Training**

The Self-Management and Recovery Training approach is secular and scientifically-based, using cognitive behavioral therapy (CBT) and non-confrontational motivational methods to facilitate recovery.

**Timeframe:** 8 weeks of self-study totaling approximately 30 hours

**Cost:** \$99 USD plus additional \$69 USD if continuing education credit is required

**Link:** <https://smartrecoverytraining.org/moodle/>

## **Smoking Cessation (Ottawa Model)**

The Ottawa Model for Smoking Cessation is an evidence-based process that uses the principles of knowledge translation and organizational change to implement systematic approaches to smoking cessation within healthcare settings.

**Timeframe:** self-paced, approximately 2 hours total

**Cost:** Free (requires login obtained from Health PEI)

**Link:** <https://ottawamodel.ottawaheart.ca/education/e-learning>

## In Person Course Offerings

### Overview of Health PEI and Mental Health and Addictions

#### Course Description:

This course will offer a brief overview of Health PEI and provide a more in-depth look at the continuum of services and programs provided by Mental Health and Addiction Services across the province. Other topics to be covered include: client centered care, concurrent disorders, stigma, navigation, and compassion fatigue.

#### Learning Objectives:

- Learn about the overall structure of Health PEI & the role of Mental Health & Addictions within that structure
- Gain an understanding of the prevalence of mental health and addiction and their concurrent nature
- Learn about the programs and services offered and how they connect
- Learn to identify the components, roles, and processes of a multi-team system
- Understand the fundamentals of client centered care and how to apply them
- Learn to recognize the signs of compassion fatigue and practical skills for self-care

**Presenter(s):** Programming Leads

**Duration:** 3 hours

This course is for everyone!



## Providing Trauma Informed Care

### Course Description:

This course will offer an overview of approaches to providing trauma informed care at all levels of service provision. Trauma-informed principles will be explored as well as skills and strategies appropriate for inpatient and outpatient/community settings. Information on types of trauma, trauma symptoms, and rates of trauma in specific populations will be covered, with opportunity for discussion.

### Learning Objectives:

- Increased awareness and understanding of trauma and it's prevalence
- Recognition of trauma symptoms and the trauma response
- Participants will learn practical skills and approaches to reduce re-traumatization

**Presenter(s):** Programming Leads

**Duration:** 2.5 hours

This course is for everyone!

# Therapeutic Boundaries and the Health Care Relationship

## Course Description:

This presentation will discuss what therapeutic boundaries mean for the individuals providing care to our clients/patients and their families and how to ensure professional boundaries are not transgressed.

## Learning Objectives:

- What are boundaries?
- What is the difference between a professional therapeutic and a social relationship?
- To understand to basic qualities of a therapeutic relationship
- Examine the physical, emotional, social, and spiritual boundaries of the Mental Health and Health Care Professional-client relationship
- What Blurs Boundaries?
- Identify the importance of self-awareness in nursing practice
- What to do on a professional, personal and managerial level?
- Understand the Health PEI Code of Conduct: How we live our Values and how it relates

**Presenter(s):** Dr. Gloria McInnis-Perry, RN., APN., CPMHN (c) & Janet Hodder RN., BscN

**Duration:** 2.5 hours

This course is for the following groups:	
√ Administration & Divisional Management	√ OT Workers
√ Adult Clinical Staff	√ Physicians, Psychiatrists, Psychologists
√ Addiction Workers, Youth Workers, RCWs	√ Social Workers
Psychiatric Attendants	√ Youth Clinical Staff
√ NPs, RNs, LPNs	√ Student Well-being Teams
√ OT	√ Volunteers/peers

## The How and Why of Incident Reporting

### Course Description:

This training is designed to promote patient safety through creating an understanding of a “just culture” along with strategies for promoting a “just culture” in the workplace, and to teach users how and when to enter incidents into the Provincial Safety Management System (PSMS).

### Learning Objectives:

- Understand what a patient safety culture is in the context of a “just culture”
- Recognize the importance of “just culture” and it’s role in patient safety
- Describe strategies or tools to promote a “just culture” within Health PEI
- Understand how entering incidents through the Provincial Safety Management System (PSMS) can help promote patient safety
- Become orientated to PSMS – Access to PSMS, Usage on how to find a form/cheat sheet, How to enter an incident and the life cycle of an incident from new to closed, process for requests to PSMS (scope changes, reports, etc) and cheat sheets
  - Identify ways to promote a “just culture” within their work area
  - Identify and enter incidents into PSMS
  - Explain the importance of entering incidents into PSMS

**Presenter(s):** Lynette Chandler, Caroline Paton, Krista Paquet

**Duration:** 2.5 hours

This course is for everyone!

## Non Violent Crisis Intervention (NVCi)

### Course Description:

This course is a certified training program provided by the Crisis Prevention Institute to professionals, to promote the best possible care, welfare, safety and security to everyone involved in crisis situations.

### Learning Objectives:

- Preventative methods used to identify behavior levels that contribute to the development of a crisis.
- Improved listening, communication and decision making skills used to decelerate/deescalate behavior.
- Safe, non-harmful, physical restraint and disengagement skills, used as last resort to manage behavioral risk or control an individual who is disruptive, assaultive and/or a danger to themselves or others

**Presenter(s):** Karen MacLaren, Jillian Townshend, Shaun Younker

**Duration:** 7.5 hrs for full course, 3.5 hrs for Refresher (applicable if trained in past 2 yrs)

This course is for the following groups:	
<ul style="list-style-type: none"> <li>√ Administration &amp; Divisional Management</li> <li>√ Administration Support</li> <li>√ Adult Clinical Staff</li> <li>√ Addiction Workers, Youth Workers, RCWs, PAs</li> <li>√ Dietary &amp; Housekeeping</li> <li>√ Maintenance</li> <li>√ Contracted Security staff</li> <li>√ Medical secretary</li> </ul>	<ul style="list-style-type: none"> <li>√ Physicians, Psychiatrists, Psychologists</li> <li>√ NPs, RNs, LPNs</li> <li>√ OT</li> <li>√ OT Workers</li> <li>√ Social Workers</li> <li>√ Youth Clinical Staff</li> <li>√ Student Well-being Teams</li> <li>√ Social Service Workers</li> </ul>

## Applied Suicide Intervention Skills Training (ASIST)

### Course Description:

ASIST is an intensive and interactive course designed to help caregivers recognize risk and intervene to prevent the immediate risk of suicide.

This training may be relevant to any staff in a clinical or direct care role.

### Learning Objectives:

- Identify suicide risk and develop a safety plan.
- Discuss suicide with a person at risk in a direct manner.
- Possess the skills required to intervene with a person at risk of suicide.
- Have knowledge of resources available to a person at risk of suicide.
- Recognize that persons at risk are affected by personal and societal attitudes toward suicide.
- Recognize that suicide prevention is broader than suicide intervention and includes mental health promotion and self-care for persons at risk and for caregivers.

**Presenter(s):** Canadian Mental Health Association (CMHA)

**Duration:** Two-day workshop

This course is for the following groups:

√ Adult Clinical Staff	√ Physicians, Psychiatrists, Psychologists
√ Youth Clinical Staff	√ Social Workers
√ NPs, RNs, LPNs	√ Student Well-being Teams
√ OT	√ Volunteers/peers

## Heart Saver Course

### Course Description:

Heart Saver Course is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals and trained first responders who provide care to patients in a wide variety of settings, and teaches both single-rescuer and team heart saver skills

### Learning Objectives:

- Promptly recognize several life-threatening emergencies, it includes adult, child, and infant rescue techniques
- Skills rescuers need to know to perform high-quality CPR - high-quality chest compressions, deliver appropriate ventilations

**Presenter(s):** Karen MacLaren, Margo King , Holly McPhee, Jillian Townshend, Mike Hammill

**Duration:** 3 hrs

This course is for everyone!

## Mental Health First Aid

### Course Description:

MHFA Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces. (From <https://www.mhfa.ca/en/course-type/basic>)

### Learning Objectives:

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health
- Increased confidence interacting with individuals experiencing a mental health problem or crisis
- Increased help provided to individuals in crisis or experiencing a mental health problem

**Presenter(s):** Bruce Davison, MSW, RSW

**Duration:** 2 days, 1 full day and 2 half days, or four half days within a month (12 hours)

This course is for the following groups	
√ Administration Support	√ Dietary & Housekeeping
√ Addiction Workers, Youth Workers, RCWs Psychiatric Attendants	√ Maintenance
√ Affiliate employee	√ OT Workers
√ Contracted Security staff	√ Volunteers/peers

## Patient Safety

### Course Description:

To provide an overview of patient safety practices in inpatient and outpatient settings, as well as ensuring safety during transitions in care.

### Learning Objectives:

- Introduction to accreditation standards and where to learn more
- How team structure, communication, leadership, situation monitoring and mutual support improve patient safety
- What is a patient safety incident, how to report one, and what happens next

**Presenter(s):** Quality and Risk, Programming Leads

**Duration:** 3 hrs

This course is for everyone!



# Suicide Risk Screening and Assessment

## Course Description:

To provide all mental health and addictions clinicians with a standardized and comprehensive approach, in identifying, communicating, documenting and safety planning for clients and families at risk for suicide. Instruction in:

- Suicide risk screening and assessment
- Suicide risk management and monitoring
- Suicide risk communication
- Suicide risk documentation

## Learning Objectives:

- To build a therapeutic relationship and alliance with the patient and asking about suicidal ideation and plan
- To Identify risk factors, noting those that can be modified to reduce risk
- To formulate the level of risk: make a clinical judgment of the risk that a patient/client may attempt or complete suicide in the short or long term.
- To develop management plans for the identified level of risk
- The process for communicating and documenting the safety plan for the at risk individuals with all in the individuals circle of care.

**Pre-Reading:** NSHA Clinicians Guide to Suicide Risk Assessment

**Presenter(s):** Karen MacLaren, Amanda Hudson, Jody MacLennan

**Duration:** 3.5 hours - 1 hr Screening, 2 hrs Assessment /Intervention

This course is for the following groups:	
√ Administration & Divisional Management	√ OT & OT Workers
√ Adult Clinical Staff	√ Physicians, Psychiatrists, Psychologists
√ Addiction Workers, Youth Workers, RCWs	√ Social Workers
Psychiatric Attendants	√ Youth Clinical Staff
√ NPs, RNs, LPNs	√ Student Well-being Teams

## Advanced Code White

### Course Description:

Advanced Code White is a one day scenario based training providing individuals working and intervening with resistive or actively aggressive acting out persons. The course provides a framework to guide the code white team`s immediate response to a crisis situation which may impact the safety and well-being of patients, public and staff in the acute mental health care setting.

### Learning Objectives:

- Identify and describe criteria that require activation of Code White Team response.
- Be knowledgeable of the authorities, protections and limitations that guide Code White Response Team interventions as outlined in legislation and established by the organization.
- Recognize when the situation is escalating beyond the scope of the Code White Response Team and when to involve the police or call 911.
- Identify the core roles and responsibilities of Code White Response Team members and staff who support them.
- How to appropriately apply direct contact techniques and skills required for self-defense and control when necessary to ensure continued patient, public and staff safety.

**Presenter(s):** Karen MacLaren, Ian MacDonald, Margo King, Garth MacKinnon, Vance Griffin, Scott Mckinley, Julie Compton

**Duration:** Full Course 7.5 Hours, Refresher 5 Hours

This course is for the following groups:	
Acute Care Only √ Adult Clinical Staff (Acute Care) √ RCWs, Psychiatric Attendants √ Contracted Security staff (Acute Care) √ NPs, RNs, LPNs	Acute Care Only √ OT √ OT Workers √ Physicians, Psychiatrists, Psychologists √ Social Service Workers

## Basic Life Support

### Course Description:

Basic Life Support is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals and trained first responders who provide care to patients in a wide variety of settings, and teaches both single-rescuer and team basic life support skills for application in pre-hospital and in-facility settings.

### Learning Objectives:

- promptly recognize several life-threatening emergencies
- adult, child, and infant rescue techniques
- skills rescuers need to know to perform high-quality CPR, high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED

**Prerequisite/Pre-Reading:** BLS course manual

**Presenter(s):** Karen Maclaren, Margo King, Holly McPhee, Jillian Townshend, Mike Hammill

**Duration:** 3.5 hrs

This course is for everyone!

## Introduction to Critical Incident Stress Management (CISM)

### Course Description:

The purpose of this course is to introduce staff to Critical Incident Stress Management (CISM) and to provide direction to staff, and supervisors and managers in particular, regarding procedures to follow for Critical Incident Stress Debriefing (CISD).

### Learning Objectives:

- Supervisory and managerial staff will learn the steps to take to request a Critical Incident Stress Debriefing (CISD)
- Staff will receive an overview of CISM interventions
- Staff will receive information on types of incidents that may require a CISM response
- Staff will be provided with evidence for the effectiveness of CISM in high risk occupations, such as health care

**Presenter(s):** Robyn Murphy, BScPT, MScPT Kathleen Gauthier CYCW, MSW, RSW

**Duration:** 1 hr

This course is mandatory for supervisors and managers, informative for other staff

## Sex, Gender, and Addiction

### Course Description:

This course will examine addictions from multiple perspectives, with an emphasis on sex and gender. Topics will range from sex-specific biological factors (e.g., hormones and metabolism) to gender-related social constructs (e.g., gender stereotypes and relationship dynamics), all presented within the framework of addictions.

### Learning Objectives:

- Participants will learn to examine addictions from various lenses.
- Participants will come to understand how sex and gender affect all phases of addiction, from initial use to treatment and relapse prevention.

**PRESENTER(S):** Dr. Amanda Hudson

**DURATION:** 2.5 hours

This course is for the following groups:	
√ Adult Clinical Staff	√ NPs, RNs, LPNs
√ Youth Clinical Staff	√ Physicians, Psychiatrists, Psychologists
	√ Student Well-being Teams

# Global Appraisal of Individual Needs- Short Screener (GAIN-SS)

## *Mental Health & Addiction Specialties*

### **Course Description:**

The GAIN-SS is a short screener used to identify both mental health and substance use concerns and provides valid and reliable information with context. It screens for internalizing, externalizing, and substance use disorders and gambling, as well as crime and violence. It also flags concerns related to eating, traumatic distress, disordered thinking, gambling, gaming and internet usage. It has been modified by the Centre for Addiction & Mental Health and is widely used in Canada and is validated for age 12 and over. It is clinically useful for care planning and suggests areas for assessment and treatment.

This course is intended for all staff that are involved in screening and care planning and will provide an opportunity to learn about the tool. You will practice using it and discuss practical applications.

### **Learning Objectives:**

- How to administer and score the screener
- How to use the screener as a tool for therapeutic engagement
- How to use the screener to guide next steps re: care planning, assessments, referrals, etc.

**Presenter(s):** Ron Aylward or Jody MacLennan

**Duration:** 1 hour

This course is for the following groups:	
√ Adult Clinical Staff	√ Physicians, Psychiatrists, Psychologists
√ Addiction Workers, Youth Workers, RCWs	√ Social Workers
√ NPs, RNs, LPNs	√ Youth Clinical Staff
√ OT	√ Student Well-being Teams

## Gentle Persuasive Approaches (GPA®) in Dementia Care

### Course Description:

GPA Basics (Supporting Persons with Responsive Behaviours) is an evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. Learners complete four modules which include interactive exercises, creative multimedia, and reflective learning.

\*Note this course is recommended every 3 years and refresher attended yearly

### Learning Objectives:

- An Introduction to Personhood
- Brain and Behaviour
- The Interpersonal Environment
- Gentle Persuasive Techniques for Respectful Self-Protection (solo and in teams)
- How to apply emotional, environmental and interpersonal communication strategies to prevent, recognize, defuse and respond effectively and safely to responsive behaviours.
- Self-protective techniques to minimize risk, as well as respectful escort techniques that can be used - individually and in teams - to manage behaviours experienced by staff as catastrophic

**Presenter(s):** Karen MacLaren, & Marjorie Hackett

**Duration:** Full Course - 7.5 hour                      Refresher – 3 hours

This course is for the following groups	
√ Adult Clinical Staff or clinical services staff	√ NPs, RNs, LPNs
√ RCWs Psychiatric Attendants	√ OT
√ Contracted Security staff	√ OT Workers
√ Volunteers/peers	√ Social Workers

## Building a Motivational Interviewing Toolbox – The Basics

### Course Description:

Motivational interviewing is an evidence-based, person-centered, collaborative conversation style for strengthening a person's own motivation and commitment to change. It is trauma informed, strength-based and applies to a range of change behaviours including: concurrent disorders and medication/ treatment adherence. It is suitable for ages adolescents-geriatric.

This 2-day course will offer an overview of MI and provide hands-on skills and strategies to develop rapport, increase motivation and commitment to change. Opportunities for practice and feedback will be provided.

### Learning Objectives:

- understand and apply the spirit of MI
- understand and avoid the traps to disengagement
- understand the role of ambivalence in change behaviour and skills to reduce it
- learn and practice skills to increase client engagement, motivation, and commitment
- learn to provide information and advice in an MI consistent-style to increase follow-through

**Presenter(s):** Jody MacLennan (member of the Motivational Interviewing Network of Trainers)

**Duration:** 2 days (6 hours each) \*Certificates for completion of 12 hours of training

This course is for the following groups:	
√ Adult Clinical Staff	√ NPs, RNs, LPNs
√ Addiction Workers, Youth Workers, RCWs	√ OT
√ Affiliate employee	√ Physicians, Psychiatrists, Psychologists
√ NPs, RNs, LPNs	√ Social Workers
√ OT	√ Youth Clinical Staff
	√ Student Well-being Teams



## Course Application Form

(E-mail to [mhatraining@gov.pe.ca](mailto:mhatraining@gov.pe.ca))

\*\*Complete if NOT using Eventbrite. All fields are mandatory. Incomplete forms will be returned

### Course Information

Course Title: \_\_\_\_\_

Date: \_\_\_\_\_

### Applicant Information

Employee Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_ Email: \_\_\_\_\_

Facility/Worksite: \_\_\_\_\_

Phone: \_\_\_\_\_

Do you have any special needs which may affect your participation in this course?  
(i.e., building access, hearing)  YES  NO

Details: \_\_\_\_\_

Does this appear on your Performance Development Plan?  YES  
 NO

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Storm Policy:** Training is cancelled if government offices are closed (or delayed, in case of morning and full-day sessions).

**Attendance:** Your supervisor will receive a report on your attendance at this training.

## Schedule of Course Offerings 2018

### October

Date	Time	Course	Location	
	Register			
15	9-12	Suicide Risk Assessment/Intervention	PCH	<a href="#">Link</a>
15	1-2:30	Suicide Risk Screening	PCH	<a href="#">Link</a>
22	8:30-11	Basic Life Support	HH	<a href="#">Link</a>
23	8-4	Advanced Code White	HH	<a href="#">Link</a>
24	8-4	Non-Violent Crisis Intervention	HH	<a href="#">Link</a>
26	8-11	NVCI Booster (Acute Care Code Team only)	HH	<a href="#">email</a>
26	11-4	Advanced Code White Refresher	HH	<a href="#">email</a>
29	9-10:30	CSIM training for Leadership Staff	PATF	<a href="#">Link</a>
31	9-10:30	CSIM training for Leadership Staff	PCH	<a href="#">Link</a>

### November

Date	Time	Course	Location	
	Register			
1	8-4	Gentle Persuasive Approach	HH	<a href="#">Link</a>
6	n/a	Dialectical Behavioural Therapy	Online	<a href="#">email</a>
6	8:30-12:30	NVCI Booster (open to all)	HH	<a href="#">Link</a>
6	9-12	Suicide Risk Assessment/Intervention	PCH	<a href="#">Link</a>
6	1-2:30	Suicide Risk Screening	PCH	<a href="#">Link</a>
8	1- 2:30	How & Why of Incident Reporting	PCH	<a href="#">Link</a>
9	11-4	Advanced Code White Refresher	HH	<a href="#">email</a>
9	8-11	NVCI Booster (Acute Care Code Team only)	HH	<a href="#">email</a>
13	8-4	Non-Violent Crisis Intervention	Royalty Ctr	<a href="#">Link</a>
14	11-4	Advanced Code White Refresher	HH	<a href="#">email</a>
15	9-4	Motivational Interviewing Basics Day 1	Analytics Lab	<a href="#">Link</a>
19	9-12	CBIS- Train the Trainer	Garfield	<a href="#">Link</a>
21	8:15-12:00	Heart Saver	PATF	<a href="#">Link</a>
21	1- 4:30	Basic Life Support	PATF	<a href="#">Link</a>
21	8:30-9:30	Suicide Risk Screening	HH	<a href="#">Link</a>
21	9:45- 12	Suicide Risk Assessment/Intervention	HH	<a href="#">Link</a>
22	9-11:30	Therapeutic Boundaries in Healthcare	Analytics Lab	<a href="#">Link</a>
22	10-11	GAIN Short Screener	PCH	<a href="#">Link</a>
23	11-4	Advanced Code White Refresher	HH	<a href="#">email</a>
26	n/a	Immigrant and Refugee Mental Health	Online	<a href="#">Link</a>
26	1-4	Providing Trauma Informed Care	Analytics Lab	<a href="#">Link</a>
27	11-4	Advanced Code White Refresher	HH	<a href="#">email</a>
30	10-11:30	How & Why of Incident Reporting	QEH	<a href="#">Link</a>
TBD	TBD	Basic Life Saver & Heart Saver	PATF	<a href="#">email</a>

### December

Date	Time	Course	Location	
	Register			
4	8-4	Advanced Code White	HH	<a href="#">Link</a>
6	12:30- 3:30	GPA Refresher	HH	<a href="#">Link</a>

6-7	8:30-4	MH First Aid	HH	<a href="#">Link</a>
11	9- 10:30	Suicide Risk Screening	PATF	<a href="#">Link</a>
11	10:45-2:30	Suicide Risk Assessment/Intervention	PATF	<a href="#">Link</a>
13	9-4	Motivational Interviewing Basics Day 2	Analytics Lab	<a href="#">Link</a>

## Schedule of Course Offerings 2019

### January

Date	Time	Course	Location	
				<b>Register</b>
15	8-4	Non-Violent Crisis Intervention	Royalty Ctr	<a href="#">Link</a>
15	1-2	GAIN Short Screener	PATF	<a href="#">Link</a>
17	1-4	CBIS	HH	<a href="#">Link</a>
23	1-3:30	Sex Gender and Addictions	PATF	<a href="#">Link</a>
25	9-11:30	Sex Gender and Addictions	PCH	<a href="#">Link</a>
25	1-4	Providing Trauma Informed Care	PCH	<a href="#">Link</a>
TBD	TBD	Suicide Risk Screening and Assessment	PATF	<a href="#">email</a>

### February

Date	Time	Course	Location	
				<b>Register</b>
4	1-4	Overview of HPEI & MH & A	Sage Room	<a href="#">Link</a>
11	1-4	Motivational Interviewing Booster	Sage Room	<a href="#">Link</a>
12	8:30- 12:30	NVCI Booster (open to all)	HH	<a href="#">Link</a>

### March

Date	Time	Course	Location	
				<b>Register</b>
7	8-4	Gentle Persuasive Approach	HH	<a href="#">Link</a>
7	8-4	Advanced Code White	HH	<a href="#">Link</a>
12	8-4	Non-Violent Crisis Intervention	Royalty Ctr	<a href="#">Link</a>

### April

Date	Time	Course	Location	
				<b>Register</b>
4	12:30-3:30	GPA Refresher	HH	<a href="#">Link</a>
12	9-12	Overview of HPEI & MH & A	PCH	<a href="#">Link</a>
12	1-4	CBIS	PCH	<a href="#">Link</a>
16	8:30- 12:30	NVCI Booster (open to all)	TBD	<a href="#">email</a>
29	n/a	Immigrant and Refugee Mental Health	Online	<a href="#">Link</a>
30	1-4	CBIS	PATF	<a href="#">Link</a>

### May

Date	Time	Course	Location	Register
10	9-4	Motivational Interviewing Basics Day 1	PCH	<a href="#">Link</a>
16	10-11	GAIN Short Screener	PCH	<a href="#">Link</a>
28	8-4	Non-Violent Crisis Intervention	TBD	<a href="#">email</a>

## June

Date	Time	Course	Location	
	<b>Register</b>			
7	9-4	Motivational Interviewing Basics Day 2	PCH	<a href="#">Link</a>
11	1-2	GAIN Short Screener	PATF	<a href="#">Link</a>
14	8-4	Advanced Code White	HH	<a href="#">Link</a>
18	8-4	Non-Violent Crisis Intervention	TBD	<a href="#">email</a>

## On-line Course Offerings

### Free Courses

Course	Time	Commitment
	<b>Register</b>	
Intro to Human Trafficking	2.5 hrs	<a href="#">Link</a>
Immigrant & Refugee Mental Health	25hrs, 6 weeks (starts Nov 26)	<a href="#">Link</a>
Mental Health & Addictions 101	20-40 mins per course	<a href="#">Link</a>
Opiate Overdose – Using Naloxone	1 hr	<a href="#">Link</a>
Smoking Cessation (Ottawa Model)	2 hrs	<a href="#">Link</a>

### Courses Requiring Funding

Course	Cost	Time	Commitment
	<b>Register</b>		
Changeways	\$150	2 days	<a href="#">Link</a>
CBT Essentials	\$350 US	8hrs over 4 wks	<a href="#">Link</a>
SMART Recovery	\$99	30 hrs over 8 wks	<a href="#">Link</a>

### Courses with Limited Enrolment

Course	Register	Time	Commitment
Dialectical Behaviour Therapy		2hrs/wk for 6 weeks	<a href="#">Email</a>
Seeking Safety		7 hrs	<a href="#">Email</a>