



Child & Youth Mental Health & Substance Use

August 2024 | CYMHSU Education Bulletin

Interior Health is happy to provide the following registration and session information for training and education to support the delivery of safe and effective mental health and substance use (MHSU) care to children and youth.

Click the [Link](#) beside the session you wish to enroll in. Register anytime. Attend as few or as many sessions as you would like. Manager approval may be required. Fees may apply. Interior Health does not provide financial support to the general public for this training.

When	Topic	Register	Presented By
August 8 10:00-11:00 PST	ADHD in Preschool: Early Diagnosis & Intervention for Young Children: How to differentiate typical development from behaviors that may indicate ADHD; treatments for young children.	Link	ADDitude Alexis Bancroft, Ph.D Cynthia Martin, Psy.D.
August 14 9:00-12:30 PST	safeTALK: Half-day in person workshop that teaches “connector skills”, including recognizing signs, engaging a person with thoughts of suicide, and connecting them to an intervention resource for safety and further support. * <i>Vancouver</i>	Link	Crisis Center of BC
August 15 7:45 – 9:30 PST	Managing Challenging Behaviors: This class describes ways to promote and reinforce calm and pro-social behaviors while setting effective and practical limits when necessary.	Link	Great Lakes Mental Health Technology Transfer Center Warren Duncan, BS
August 16 9:00-13:00 PST	Skillfully Responding to Distress: Half-day virtual session explores how to respond to and de-escalate emotional distress skillfully. Content includes understanding the stress response, active listening, applying a crisis intervention model, facilitating the development of a short-term coping plan for a person in crisis, boundary setting, and self-care.	Link	Crisis Center of BC
August 20 10:00-11:00 PST	ADHD Across the Lifespan: How Symptoms Evolve and Fluctuate.	Link	ADDitude Maggie Sibley, Ph.D
August 22 12:00-13:30 PST	Creating Safe Spaces: Indigenous cultural safety in opioid use disorder care.	Link	Health Quality BC Multiple Panelists