



Calgary and Area RCSD eNewsletter

Connected or Disconnected? When Media and Social Media Affect Adolescent Mental Health Webinar

April 14, 2015 9:15 – 10:30 am

There is hardly a topic that creates more angst and confusion for parents and professionals than the role of social media in adolescents' development. This session will explore the pervasiveness of social media in the lives of adolescents, discuss how social media is changing the way youth relate to their social world, and review the literature on the positive and negative effects of social media on adolescent mental health.

Click [here](#) to register.

Leveling the Playing Field: Promoting Leisure Activities for Children with Disabilities Webinar

April 15, 2015 9:00 – 11:30 am

Participation in leisure activities has undisputed physical and mental health benefits. Children and youth with disabilities are less engaged with leisure activities when compared to peers, and activities tend to be more passive and home-based. This webinar promotes knowledge sharing between participants about strategies that can better promote healthy lifestyles of children and youth with chronic, life-long disabilities.

Click [here](#) for more information.

Click [here](#) to register.

A Tale of Two Programs: Rethinking Mental Health Service Delivery Webinar

April 22, 2015 10:30 – 12:00 pm

This webinar will showcase two different approaches to building capacity, changing philosophy and building a system to address the challenging issue of treating children with mental health issues in hospitals.

Click [here](#) to register.

Canadian Educators Conference on Mental Health

April 23 – 24 2015, Ottawa ON, Delta Ottawa City Centre Hotel

This is the inaugural Canadian Educators Conference on Mental Health that will bring together educators and school board leaders to discuss mental health issues, learn about the latest research and best practices, and distribute tools, techniques and action plans to implement into daily work with students.

Click [here](#) for more information and click [here](#) for the brochure.

Click [here](#) to register.

Lend Your Voice: Building the Mental Health Action Plan for Canada

Please participate in this survey to help form the basis of the Mental Health Action Plan for Canada. The deadline to submit feedback is **April 30, 2015**.

Click [here](#) for more information and to get started.

Prevention, Intervention and Postvention of Suicide Webinar

May 5, 2015 9:15 – 10:30 am

The basics of suicide statistics, as well as consideration of universal prevention, early

intervention and postvention (dealing with the aftermath of a death by suicide) will be reviewed. Special attention will be focused on youth.

Click [here](#) to register.

Child and Youth Mental Health Day

May 7, 2015

This national awareness day, led by the Institute of Families in cooperation with partners across the country, seeks to help create public awareness and acknowledgement of the thousands of children, youth and families needing mental health support and care across Canada.

Click [here](#) to view the 2014 video.

Visit <http://www.familysmart.ca/may-7th> for more information.

Screening Children and Youth New to Canada: Practical Resources

Webinar June 10, 2015

This session will review some of the key health issues affecting newcomer children and youth, and suggest how the [CKNC website](#), including the new [eChecklist](#), can be used by health professionals to prevent, identify and manage such conditions.

Click [here](#) to register.

Searching for Research-Based Evidence to Inform Practice

This short video introduces the 6S Pyramid as a tool for researching evidence to inform practice as part of a larger series developed by National Collaborating Centre for Methods and Tools.

Click [here](#) to view the video and [here](#) for the online 6S Pyramid tool.

Click [here](#) for more information.

Rural Health Services Review Final Report: Understanding the Concerns and Challenges of Albertans who Live in Rural and Remote Communities

This report reviews the work of the Rural Health Services Review Committee and includes 56 recommendations that address the concerns raised by communities from across the province.

Click [here](#) for the full report.

Hot Idea or Hot Air: A Systematic Review of Evidence for Two Widely Marketed Youth Suicide Prevention Programs and Recommendations for Implementation

Yifeng Wei; Stan Kutcher; John C. LeBlanc

Youth suicides are highly related to mental disorders. While communities and schools are marketed to with a plethora of suicide prevention programs, they often lack the capacity to choose evidence-based programs, this piece reviews two programs “Signs of Suicide” and “Yellow Ribbon”.

Click [here](#) for the full article.

Calgary Regional Consortium Newsletter

The Calgary Regional Consortium provides professional learning opportunities. See their newsletter for upcoming opportunities.

Click [here](#) for the newsletter.

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If you have any questions about this publication, or if you would like to subscribe please email the Coordinator at Daniel.Sadler@cssd.ab.ca

Please feel free to forward this eNewsletter to anyone or any group that would find it useful. Thank you.