

Calgary and Area Regional Collaborative Service Delivery e-Newsletter

Happy Holidays and Best Wishes for the New Year from Calgary and Area RCSD

Thank you to everyone for your dedication and care in meeting the needs of children and youth. Your hard work makes the difference in the lives of families and builds stronger and healthier communities.

This will be our last eNewsletter before the winter holidays. Just a reminder that the Calgary and Area RCSD office is closed as of Friday, December 22nd, and reopens on Monday, January 8th.

We hope everyone takes the time to enjoy the food and festivities of the season. Whether you are traveling, or hosting, celebrating or relaxing, we hope your holidays are filled with joy.



Upcoming Opportunities

Good Host Program

Accessible Performances

Inside Out Theatre's Good Host program works to open up the theatre going experience by facilitating accessible performances like ASL interpreted nights, Audio-Described plays, and relaxed performances for sensory sensitive individuals.

Click [here](#) for more information and a calendar of performances.

Multiple Dates

Join the Conversation – Building a National Toolkit to Support Parents of Medically Complex Children **Webinar** **December 6, 2017 9:00 – 10:00 am**

Families with medically complex children face life changing challenges that aren't just medical. We want to hear from you. What have you seen that works to support the non-medical needs of parents with a child who has complex care needs? What are your lessons learned that you can share with us? What could hospitals, healthcare providers, government, schools, employers and others do today that would make an immediate difference?

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

Building for Mental Health: Healthy Built Environments for Children and Youth

Webinar

December 11, 2018 11:00 am – 12:30 pm

This webinar will describe how the built environment intersects with the social environment to influence the mental health of children and youth, offering evidence and defining roles for public health. This webinar will focus on factors in the urban built and social environments that promote child and youth mental health, and how public health can work to support these factors through upstream approaches.

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

Adolescent Development and Making Health Choices Presented by Dr. Gale Gorke
Learning Event January 18, 2018 7:00 pm

Calgary Central Library, John Dutton Theatre

This session will teach the various stages and theories of adolescent development and the characteristics. Participants will learn the decision making process and how to effectively teach adolescents the importance of making healthy choices, as well as specific intervention strategies. Click [here](#) to register.

Now We Are Stronger 2018:

Conference – Call for Abstracts

January 26th, 2018

Conference Date

June 4-5, 2018 Edmonton, AB

This conference features two days of focus on indigenous mental health, rural and remote community mental health and child, youth and family mental health. This conference is ideally suited to individuals and organizations from Alberta focusing on mental health and mental illness.

Click [here](#) to submit an abstract. Stay tuned for more information

Innovations in Practice: Conference on Developmental Disabilities, Intellectual Disabilities, and Autism Spectrum Disorder

Conference – Save the Date

March 1 – 2, 2018 Edmonton, AB

Participants attending this conference will come from a wide range of backgrounds – mental health, healthcare, social work, occupational therapy, behavior therapy, disability services, front-line workers, group home operators, families and more. They will meet in Edmonton to discuss the conference topics including hope, innovation, success and transition for individuals.

Click [here](#) for more information.

Networks as Balancing Acts: Managing Inherent Tensions

Conference

March 19 – 20, 2018 Vancouver, BC

The 8th Network Leadership Symposium will have participants explore a broad range of network tensions such as collaboration versus competition, shared goals in the face of diverse interests, and loyalty to the network or the home organization, as well as how, or if, these tensions can be managed.

Click [here](#) to register.

Social Thinking Across the Home and School Day: the ILAUGH Model

Workshop

April 16, 2018 9:00 am – 3:30 pm

This day is designed to teach professionals and parents frameworks, concepts, and strategies so that they may better understand the social learning experience and guide others toward improved social processing and social skills. Attendees will gain new insights into the power of their own social emotional intelligence as they explore their social motivations and how they process and respond to social information.

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

Giving Motivation to a Generation

Conference

April 29, 2018 Edmonton, AB

Youth Empower is putting on a conference for youth who are active members of their community. The event will include speakers, musical performances, and a scholarship.

Click [here](#) for tickets and see below for more information about Youth Empower.

3rd International Neurosequential Model Symposium: Reflecting on a Decade of Progress – Envisioning a Better Future for Children

Conference – Early Bird Registration

June 12 – 14, 2018 Banff, AB

Presenters include: Bruce D. Perry, Stuart Ablon, John Lyons, Ted Beauchaine, Gina Samuels, Rowena Fong, Bryan Samuels, Nelba Márquez-Greene, special appearance by musician Jimmy Greene and more. Click [here](#) for more information and to register.

Resources and Information

Youth Empower

Youth Empower is a network of youth from across Canada that emphasizes curiosity and teamwork to build communities and change the world. The website offers opportunities for youth to connect with other youth and create project teams to achieve their passions.

Click [here](#) to see the full website.

Connections Vol. 1 Issue 1

eNewsletter

Calgary Regional Consortium (CRC) and Edmonton Regional Learning Consortium (ERLC) are delighted to launch Connections. Our bimonthly e-newsletter supports the implementation of the Working Together to Support Mental Health in Alberta Schools resource.

Click [here](#) to see the full eNewsletter.

Reports and Research

Valuing Mental Health: Next Steps

Valuing Mental Health: Next Steps proposes 18 actions that, paired with current work, address all 32 actions in the Alberta Mental Health Review Committee's report originally released February 22, 2016.

Click [here](#) to read the full report.

Epigenetics

In recent years, a lot of new information has emerged on epigenetics that allows us to better understand how developmental trajectories can be either adaptive or maladaptive. Not all children react the same way to both adverse and nurturing early experiences. Individual differences in epigenetic susceptibility may well be the explanation behind the various responses to environments. The effects of experience on the modification of gene expression can also be transmitted into the next generation.

Click [here](#) for the reports and click [here](#) for the landing page.

Please take a moment to forward this eNewsletter to your colleagues and encourage them to sign up at: <http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/>. We send out an eNewsletter once a month between September and June with reviewed information relevant to everyone who works together for children and youth.