



## Managing Child and Adolescent Health Issues in a Primary Care Setting



# Accreditation Information

Mental Health Collaborative (MHC) Continuing Professional Development (CPD) program supports Alberta primary care providers' efforts to meet the mental health needs of children and adolescents.

The CPD program is intended for primary care practitioners who see children and adolescents with mental health problems.

### Objectives

These courses are ideal for professionals that provide services to children or youth with addiction or mental health issues including: Physicians, Social Workers, Nurses, Counsellors, Psychologists. By the end of these courses, participants will be equipped to:

- Manage the mental health needs of their young patients,
- Engage in inter-professional dialogue among health care providers treating or working with child and adolescent mental health problems.

### Certified

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 2.0 hours per course (credits are automatically calculated).

Nov 2023: 2 hours | Jan 2024: 4 hours | Feb 2024: 2 hours | Mar 2024: 2 hours | Apr 2024: 2 hours | May 2024: 2 hours

### CLAIMING YOUR CREDITS

Claiming your credits:  
Visit MAINPORT <https://mainport.royalcollege.ca>  
Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme)

# Course Guide

Learners can anticipate each course to take 2 hours, approximately 60 minutes for viewing the presentation and approximately 60 minutes for discussion board participation and review of suggested resources. Courses are active from the first to the end of each month.

Month Offered	Course Information
November 2024	<b><i>Unravelling Complex ADHD: Identification, Assessment and Diagnosis</i></b> Presented by: Sterling Sparshu MD, FRCPC
January 2025	<b><i>Practical Strategies for Self-Harm Reduction in Children and Teens</i></b> Presented by: Dr. Caroline Buzanko, RPsych
January 2025	<b><i>Pharmacogenetic testing in child and adolescent mental health: Practical considerations</i></b> Presented by: Dr. Chad Bousman MPH, PhD
February 2025	<b><i>Unravelling Complex ADHD: Intervention Strategies</i></b> Presented by: Sterling Sparshu MD, FRCPC
March 2025	<b><i>Single Session techniques for narrowing goals, utilizing a patient's existing strengths and matching interventions to a client's state of change</i></b> Presented by: Jory McMillan, RCSW, MSW
April 2025	<b><i>Balancing Screen Time: Effective Techniques to Reduce Screen Addiction in Children and Teens</i></b> Presented by: Dr. Caroline Buzanko, RPsych
May 2025	<b><i>Sleep Smarter: The Science Behind Sleep, Common Problems, &amp; Strategies for Children and Adolescents</i></b> Presented by: Stephen Sills, Registered Provisional Psychologist

**Register at:** <https://cpd.mhcollab.ca>

**View Course Objectives at:** <https://cpd.mhcollab.ca/accred>

**Contact Us:** (403) 955-4642 | [mhcollab@recoveryalberta.ca](mailto:mhcollab@recoveryalberta.ca)