



Community Education Service

September 2018 Newsletter

Parent Information Sheet about Non-Suicidal Self-Injury (NSSI) – Multiple Languages

AHS has worked with local school divisions to create a protocol to help school staff address non-suicidal self-injury in the school setting. This is commonly referred to as the **Non-Suicidal Self-Injury Protocol**. As part of the protocol, an information sheet was developed to support parents to better understand NSSI and how to support their child with NSSI concerns.

The original version is in English and recently the Calgary Catholic School Board translated this NSSI Parent Information Sheet into a range of languages. They have shared these for your use.

Non Suicidal Self-Injury (NSSI) Protocol
Parent Information Sheets offered in
various languages below:

AMHARIC

ARABIC

FARSI

ENGLISH

FRENCH

HINDI

PUNJABI

SIMPLIFIED CHINESE

SPANISH

TAGALOG

TIGRINYA

TRADITIONAL CHINESE

VIETNAMESE

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@CES AHS

Teen Mental Health at Foothills Medical Centre

September 9, 2018

6-9PM

Bella Concert Hall - MRU

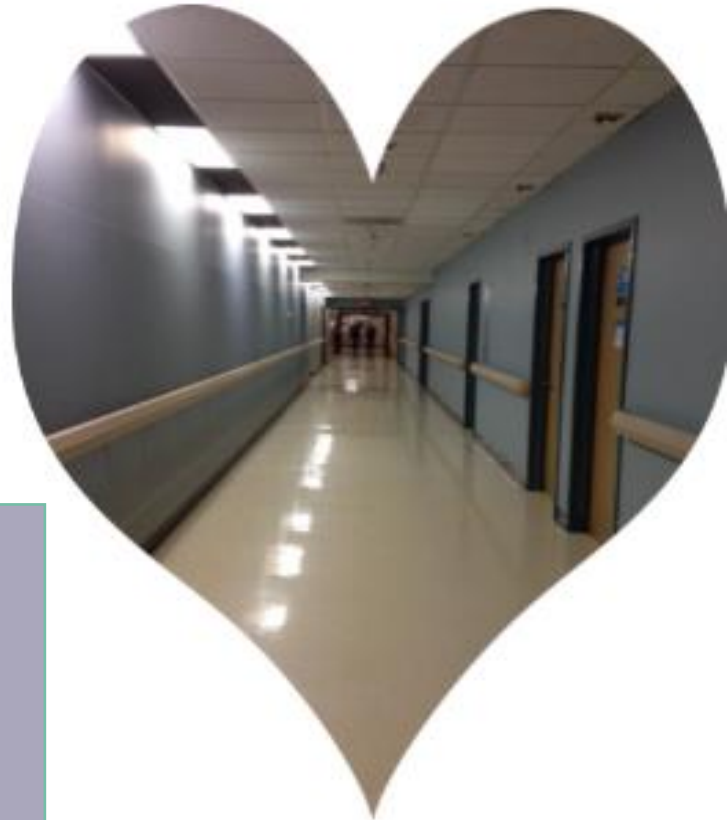
CONCERT of HOPE

GIVE IT!

LIVE IT!

Hope Hallway Project:

Two units at the Foothills Hospital serve hundreds of youth each year in need of a mental health hospital admission. A fundraising drive is underway to transform the hallway that leads to these specialized units as well as other spaces used by youth during their hospital stay. The new spaces will incorporate art, words and images that will inspire hope and healing for young people and their families.



FEATURING an eclectic mix of music, song, spoken word, dance, motivational speaking and live art!

Silent auction and 50—50 Prize Draw

[WATCH HOPE HALLWAY PROMO VIDEO](#)

[CONCERT OF HOPE TICKETS](#)

Sessions below are Level 1, unless otherwise indicated, and qualify for ACSW B Level credits.

Thursday September 20

10:30 AM - 12:30 PM

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

[Southern Alberta Child Exploitation Unit \(SAICE\)](#)   

ICE is a specialized law enforcement team that targets those who make, possess, and distribute child pornography as well as those who lure children online for a sexual purpose. Compelling evidence will be provided to show how often this is happening in our communities. With technology and social media being both a challenge and opportunity, there is an urgent need for collaborative approach on intervention, prevention, education, and enforcement.

Thursday September 20

6:30 PM - 8:00 PM

Cochrane Community Health Centre
60 Grande Blvd, Cochrane

[Concussions: 101 - Heading In the Right Direction](#) 

[Concussions: 101 - Heading In the Right Direction](#) 

"So what's the deal with concussions? It's just a little bump to the head.....right?"
Would you know what to look for if your kid sustained a concussion? Would you know what to do? Participants are provided with the most current information on the importance of recognizing and properly managing this invisible injury. Whether a parent, volunteer coach, athlete or health care professional... participants will leave feeling empowered in their ability recognize the signs and symptoms, and know what to do when a concussion is suspected. Further discussion surrounding resources and help available for those who are experiencing the long term effects of post-concussion syndrome.

Thursday September 20

6:30 PM - 8:30 PM

Ability Hub
300, 3820 - 24th Ave NW, Calgary

[Understanding Autism & ADHD to Promote Long-Term Success](#) 



[Understanding Autism & ADHD to Promote Long-Term Success](#) 

This workshop will provide an overview of the complex nature of Autism and ADHD, as well as the associated strengths and challenges. Executive functions are discussed, along with practical intervention techniques to promote long-term success in all areas of functioning. Valuable information regarding common medications often prescribed will also be reviewed.

Monday September 24

10:00 AM - 11:30 AM

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

[The Office of the Child and Youth Advocate: A Resource for Young People and Supportive Adults](#)   

The Office of the Child and Youth Advocate (OCYA) is an independent office of the legislature that provides individual and systemic advocacy for vulnerable children and youth. Are you a family/community member, medical practitioner or other professional that supports vulnerable young people involved with Children Services or the youth justice system? Come to this session and learn how the OCYA can support your advocacy efforts to improve their experiences with these systems and ensure their rights are respected.

Monday September 24

6:30 - 8:30 PM

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

[Anxiety and its Associated Consequences During Childhood and Adolescence Part 1](#) 

Among school aged children and youth, fear and anxiety are common emotions. Although many children experience healthy anxiety, some experience disproportionately higher anxiety in relation to their context (e.g., separation anxiety) and/or developmental age. This presentation will explain the nature, cause, and developmental course of anxiety disorders as well as explore the predictive nature of poor social relationships on anxiety symptoms. Information will be provided on how parents and professionals can support children with anxiety.

Thursday September 27

11:00 AM - 12:30 PM

Alberta Children's Hospital
Kinsmen Learning Centre (4th floor)
2888 Shaganappi Trail NW, Calgary

[How to Help Teens Diagnosed with ADD/ADHD PART 2](#)   

Learn additional intervention strategies and skills for parents and teens with ADD / ADHD.

* This is a Level 2 session, and meant for those who attended Part 1, or have some understanding of ADD/ADHD.

RECORDED SESSIONS

The following are prerecorded sessions and are presented in the Windows Media Video (WMV) format or MP4.

[Not falling through the cracks - How Psychoeducational Assessments can help Foster Success!](#)

Does your child struggle in a mainstream classroom? Are you concerned that your child may be anxious, overwhelmed or inattentive at school? Does your child struggle to understand new academic concepts or lessons? Do you think your child needs extra support to achieve academic or social success? If you can relate to any of these questions, please join the presenters to explore when a psychoeducational assessment may be warranted for your child. Within the current session, presenters will provide parents and supports with an overview of how psychoeducational assessments can be helpful in identifying a child's strengths, areas of difficulty, and learning style, as well as help caregivers learn how to advocate through the educational system and community supports to foster growth and success.

[Adolescent Dating Violence: Prevalence, Correlates, Outcomes and Prevention](#)

This presentation will introduce attendees to the topic of adolescent dating violence. The latest research on prevalence, correlates and outcomes will be reviewed, as well as best practices for prevention. The presenter will also review key take-aways for health care providers, parents and educators.

[Marijuana and Development of the Brain](#)

Please join visiting Neuroscientist from New York, Dr. Diana Dow-Edwards to learn about:

- Pharmacology and anatomy of endocannabinoid system
- What exogenous cannabinoids do to developing nervous system
- Mental health consequences of adolescent marijuana smoking



Attendance Certificates are not available for TH, Audioline, Recorded or Webinar sessions

It is recommended to use your confirmation as proof of registration, a copy of the evaluation you submit & also a copy of the handout, if one was provided.

CES sessions are **FREE** and OPEN TO ALL ADULTS

(unless otherwise indicated)

Limited childcare is available for morning sessions held at the
Alberta Children's Hospital

(please call 403 955 2500 at least 3 days prior to the session to reserve a spot)

HOW TO REGISTER

Public

To attend in person:

- First time? **Create an account:** <http://community.hmhc.ca/registration/>, then log in and register
- Already have an account? Register: <http://community.hmhc.ca/login/>
- OR call (403) 955-4747 for assistance if you **do not have** computer

To attend via Telehealth TH (aka video-conference) / Audio Line:

Only those sessions marked with the icons above are available as TH or audioline

Click on these icons on the website for more information

To view a Recorded session or Webinar :

See [Website](#) for instructions

AHS Employees

To attend in person:

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Click on these icons on the website for more information.

Step 1: Book your site using [Eceptionist](#):

Step 2: (Required) Once site has been confirmed, register for the session here:
<http://community.hmhc.ca/login/>

To view a Recorded session or Webinar :

See [Website](#) for instructions