

Community Education Service



Improving emotional health and well being

Expressive Arts and Innovative Therapies for Children and Adolescents

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FREE Online Session

Over the past decade, hospitalizations for mental health disorders in this age group grew by 55% to 65% while hospitalizations for all other conditions decreased by 24%.

Newly updated information from the Canadian Institute for Health Information shows an increase in the number of hospital visits by Canadians age 5 to 24 for mental health disorders over the past decade, especially adolescent girls with self-injury, substance use issues as well as depression and anxiety. At the same time, the number of young Canadians diagnosed with mental health disorders remained stable. In addition, the number of young Canadians who were dispensed a mood or anxiety medication or antipsychotic medication has increased.

Now as we live in a busy, sophisticated, extraverted thinking world most of our interventions for depression and anxiety are medications or talking therapies. This minimizes the fact we are individuals who not only think but we feel, experience bodily sensations and have intuition. Consequently, we neglect the importance of arts, sports, drama and the humanities and the magical symbolic world of childhood. This presentation will focus on the innovative role of arts for engaging and educating children and adolescents from around the world.

Session available until: November 1, 2020

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