

About Mental Health Collaborative

MHC networks, consults, and collaborates with communities and local stakeholders who work with children and youth such as educators, primary care professionals, and families.

Through virtual and in-person avenues, we provide resources that are informed by research and evidence related to mental health, substance use, and mental/neurodevelopmental disorders, striving to create consistency of messaging and language across our audiences.

Our program facilitates and supports collaborative initiatives, strategies, knowledge translation and education; the resources our teams provide are often applicable across the communities we serve.

Our Vision

Mental Health Collaborative's vision is to help provide healthy futures for children, adolescents, families, and communities.

Our Mission

We work towards empowering and supporting our various audiences by providing quality mental health & substance use education, literacy and resources. Through consultation, education and health promotion we help to increase knowledge and provide intervention strategies, reduce systemic barriers and stigma within the community, education system, and healthcare system.

Community Partners

We love networking and partnering with our stakeholders.

If you have a programming idea you'd like to share, or a course need we may be able to help you with, please contact us.

Mental Health Collaborative(MHC) is a Child and Adolescent Mental Health and Psychiatry Program (CAAMHPP) within Recovery Alberta.

Visit the MHC teams at:



Child & Adolescent Addictions, Mental Health and Psychiatry Program

MENTAL HEALTH
COLLABORATIVE
Education & Promotion Services



We are driven to challenge stigma associated with mental health and substance use through evidence-informed education and health promotion

MHCollab@recoveryalberta.ca
<https://MHCollab.ca>

For the General Public

Community Education Service (CES)

<https://community.hmhc.ca/>

CES delivers free, evidence-informed education for parents, caregivers, and community members on topics related to child and youth mental health.

- Embraces Family-Centered Care by promoting families as active, fully-informed partners in the care of their children
- Promotes community partner support for children and families receiving health services
- Live webinars and pre-recorded presentations are available.

Community Health Promotion Services (CHPS)

<https://chps.mhcollab.ca>

CHPS provides evidence-informed substance use prevention and mental health promotion services and resources in Calgary.

- Focused on building protective factors and reducing risk factors associated with substance misuse and mental disorders
- Aims to prevent and reduce harms related to alcohol, drugs and mental disorders by maximizing the well-being of children, adolescents and families.

For Teachers and Schools

Mental Health Literacy (MHL)

<https://mentalhealthliteracy.org>

Mental health is part of overall health. Just like it's important to be informed about health, it's equally important to be informed about mental health.

MHL aims to take the best available scientific evidence in mental health and make it easy to understand and accessible for everyone.

- Numerous resources available, which are customizable to the needs of educators and students
- Tailored for educators delivering the mental health curricular resources
- Resources available to youth-serving agencies; mental health professionals; health professionals; and families
- Resources are utilized provincially, nationally, and internationally.

Mental health Online Resources for Educators (MORE)

<https://ahsmore.mhcollab.ca>

MORE provides Alberta educators free, online multimedia courses on mental health and substance use topics with applicable classroom strategies.

- Evidence-informed, clinically reviewed courses
- Hosts the School-Based Non-Suicidal Self-Injury Protocol and the School-Based Suicidal Ideation Response Protocol.

For Primary Care Physicians and other Health Professionals

Continuing Professional Development (CPD)

<https://cpd.mhcollab.ca>

CPD develops free online courses intended for healthcare professionals in Alberta working with children and adolescents in the areas of mental health and substance use.

- Accredited & archived courses available
- Aims to increase the skills and confidence of primary care practitioners to more effectively address the mental health needs of their young patients
- Promotes connections among physicians and allied mental health clinicians treating children's mental health
- Expert presenters are from family medicine, psychiatry, pediatrics, psychology, nursing, pharmacy, and social work.

Canadian Research and Education for the Advancement of Child Health (CanREACH)

<https://canreach.mhcollab.ca>

The CanREACH's accredited, six-month mini-fellowship Continuing Medical Education program educates and empowers health care providers to assess and treat pediatric mental health in the primary care home. CanREACH helps to change health care provider practices, benefiting patients and the larger health care system.