

## Community Education Service



*Improving emotional health and wellbeing*

# Building Knowledge and Community for Child and Adolescent Mental Health Research

Dr. Paul Arnold, MD, PhD, FRCPC  
Dr. Susan Graham, PhD, RPsych  
Dr. Signe Bray, PhD  
Dr. Whitney Hindmarch, PhD  
Dr. Chad Bousman, MPH, PhD  
Dr. Kara Murias, MD, PhD, FRCPC  
Stephanie Howe, MSc

Understanding mental health and how to best treat mental health concerns starts with research. At the University of Calgary, Mental Health Research 4 Kids aims to improve knowledge and treatment of child and adolescent (0-18 years of age) mental health concerns. The program supports connecting researchers with young people and their families around mental health research. Our research studies are learning more about mental health and how the brain works, testing promising new therapies and treatment options, discovering links between mental health and genetics, and exploring access to Calgary mental health services. This 1-hour session will provide more information about the program, the importance of mental health research, some of our research studies, and how you can get involved.

### For researchers

- Learn about the research infrastructure Mental Health Research 4 Kids offers and how we can support your work.
- Find out how you can get involved with Mental Health Research 4 Kids.

### For youth and families

- Learn about the importance of mental health research to improve knowledge and treatment.
- Find out about some of the exciting child and adolescent mental health research studies happening with Mental Health Research 4 Kids.
- Discover how to support and get involved with mental health research.

This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Mental Health Research 4 Kids](#).

[ces@recoveryalberta.ca](mailto:ces@recoveryalberta.ca) | <http://community.hmhc.ca> | 403 955 4730

**May 8<sup>th</sup> 2025**  
**12:00 PM - 1:00 PM**

[CLICK HERE TO  
REGISTER](#)

