

PSU Education, Training & Resource Asset List

Perinatal Substance Use

<p>Eat, Sleep, Console Weight UBC-CPD</p>	<p>Self-paced online modules (in development). Includes pharmacological, non-pharmacological care from perinatal to postnatal care.</p>
<p>Perinatal Substance (foundational & advanced) ACTOC Certificate – BCSSU (UBC-CPD)</p>	<p>2 self-paced online modules (in development) will be added to existing Addiction Care and Treatment Online</p>
<p>Treatment of Opioid Use During Pregnancy: Guideline Supplement BCCSU</p>	<p>A BCCSU and PSBC guideline specific to opioid use disorder and pregnancy.</p>
<p>Rooming In: Keeping Substance Using Mother sand their Babies Together BCCSU</p>	<p>A 60 min archived webinar by FIR Square nurse, Patricia Johnson. Learning outcomes include:</p> <ol style="list-style-type: none"> 1. To establish the benefits of keeping the substance using mother and her baby together. 2. To discuss circumstances that presently limit this standard of care. 3. To discuss the clinical management of supporting the substance using mother/substance exposed infant.
<p>Mothering & Opiods Toolkit BCEWH</p>	<p>This toolkit provides valuable resources for culturally safe, trauma informed, harm reduction-oriented care. The toolkit is downloadable in PDF form. Please see this link for accompanying 60 min webinar.</p>

Trauma Informed Care

<p>Trauma Informed Care: Six E-Learning Modules Alberta Health Services</p>	<p>The purpose of the Trauma Informed Care (TIC) Project is to increase knowledge about trauma and the impact it has by creating connection, sharing knowledge and resources. TIC offers resources for individuals who help those impacted by trauma provide person-centred care.</p>
<p>Trauma Informed Care Training Modules Trauma Informed Oregon</p>	<p>Four self-directed modules that walk through the basics of trauma informed care. Each module includes a content video, an additional Voices from the Community video that highlights how trauma informed care is being implemented in a specific community, additional resources that you can read to further your learning, questions that can be used for personal reflection, and a content quiz followed by a certificate of completion.</p>
<p>Moments to Milestones: Engaging with People who use Substances Fraser Health</p>	<p>This video is intended as an education resource for first responders, including police, paramedics and emergency room staff. Also, this video has relevance for anyone working with people who use substances. It illustrates the remarkable, positive difference that can be made when people who use substance are approached in an attuned manner that fosters respect, compassion and inclusion.</p>
<p>BC Centre on Women's Health: TIP Webinar Series</p>	<p>A series of webinars related to Trauma Informed Practice including:</p> <ul style="list-style-type: none"> • New Terrain: Integrating Trauma and Gender Informed Responses into Substance Use Practice and Policy • Men, Boys, Trauma and Substance Use • Braiding Together Indigenous Wellness, Trauma- and Gender-Informed Approaches in the Substance Use Field • An Update on Trauma Informed Practice
<p>Trauma and Violence Informed Care Workshop: Equip Health Care</p>	<p>Webinar series from the Equip Health Team about trauma, violence and how to integrate TVIC into practice.</p> <ul style="list-style-type: none"> • Videos can be found with accompanying materials and can be completed individually or within teams.

BC Trauma Informed Practice Guide	<p>The <i>Trauma-Informed Practice (TIP) Guide</i> and TIP Organizational Checklist are intended to support the translation of trauma-informed principles into practice.</p>
Trauma Informed Practice and the Opioid Crisis	<p>A discussion guide for health care providers. This resource focuses on addressing one facet of the opioid crisis in Canada.</p>
Klinic Community Health: The Trauma Toolkit	<p>A resource for service organizations and providers to deliver services that are trauma-informed</p> <p>This toolkit aims to provide knowledge to service providers working with adults who have experienced or been affected by trauma. It will also help service providers and organizations to work from a trauma-informed perspective and develop trauma-informed relationships that cultivate safety, trust and compassion.</p>
safeCARE education through PHC	<p>Contact: Scott Harrison at PHC, sharrison@providencehealth.bc.ca</p> <p>2 day in class training using an organizational approach to trauma informed care. Scott is willing to open registration for the course, provide custom sessions, and do train the trainer support. Includes informed care and includes a perinatal substance use component as well as employee self-care and cultural safety, as well some performance support for sustaining change in practice.</p>
Beyond the Cycle of Trauma Institute	<p>Practical Neurobiology-Based Tools, Skills and Resources for Community-based Healing from Trauma and Adverse Childhood Experiences (ACEs). Beyond Trauma is a non-profit offering accredited courses for employees, professionals, organizations, and communities. See their website for film series, workshops, courses, and resources.</p>

<p>Introduction to Human Trafficking CAMH</p>	<p>CAMH/Ontario Provincial Support System’s online course will help service providers recognize and respond to the needs of human trafficking survivors. After taking the course you will be able to:</p> <ul style="list-style-type: none"> • Define human trafficking, including types and indicators • Identify common impacts on human trafficking survivors, especially in the area of mental health and addiction • Describe approaches that mental health and addiction service providers can use to help human trafficking survivors. • Indigenous issues and perspectives were incorporated, <p>The course:</p> <ul style="list-style-type: none"> • is free and self-directed • takes about two to three hours • includes five modules that can be completed in multiple sessions at any time • offers a letter of completion from within the course, once all content and activities are finished <p>The training also includes an online community of practice.</p>
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Cultural Safety & Humility

<p>San’yas: Indigenous Cultural Safety Training</p>	<p>San’yas Indigenous Cultural Safety Training is an on-line training program designed to enhance self-awareness, and strengthen the skills of those who work both directly and indirectly with Indigenous people. The goal of the Indigenous Cultural Safety (ICS) training is to develop understanding and promote positive partnerships between service providers and Indigenous people.</p> <p>Participants examine culture, stereotyping, and the consequences and legacies of colonization. Participants will learn about terminology; diversity; aspects of colonial history such as Indian residential schools and Indian Hospitals and a time line of historical events.</p>
<p>Indigenous Canada University of Alberta</p>	<p>Massive Open Online Course (MOOC)</p> <p>12 lessons that explore key issues affecting contemporary Indigenous people in Canada.</p>

<p>Embracing the Critical Consciousness Theory in an Indigenous Context (UBC)</p>	<p>Harley Eagle presents on the systemic nature of oppressive systems from the perspective and experiences of an Indigenous man in the context of colonialism.</p>
<p>Racism Hurts: Exploring the Health Impacts of Anti-Indigenous Racism</p>	<p>Webinar by Yin Paradis and Cheryl Currie about the health impacts of anti-indigenous racism</p>
<p>Mental Health First Aid First Nations Mental Health Commission Canada</p>	<p>The MHFA First Nations course (20hrs) is intended for First Nations. However, is also recommended for anyone that works with First Nations. This course can be delivered wherever there is a need, such as a First Nations community, urban organization, rural and remote. It is especially important to note this is not a culturally competency or cultural sensitivity course. It is designed to provide an opportunity for First Nations participants and others who work with First Nations to learn and have serious conversations about mental health and wellness. Participants will reflect on their life experiences, acknowledge the historical context of the colonization of Canada and move forward to address and explore ways to restore balance on a journey to mental health and wellness.</p>
<p>Health Equity Toolkit EQUIP Healthcare</p>	<p>Multiple job aids, guides, online modules, and other resources for to help organizations achieve equity oriented care.</p>
<p>Taking Care of Each Other: Indigenous Perspectives on Harm Reduction</p>	<p>Archived webinar and PDF on the UBC Learning Circle Website. The presentation is facilitated by the Indigenous Wellness Team and covers the opioid crisis, decolonizing addiction, stigma and community.</p>

Substance Use, Harm Reduction, Motivational Interviewing

<p>ABC's of Addiction</p>	<p>An evolving curriculum providing foundational knowledge to support capacity to respond to people accessing substance use services. Offered by each health authority. Please contact your regional contact for more information about offerings in your area. Vancouver Coastal Health</p>
<p>Addiction Medicine Diploma: BC Centre on Substance Use E-Module</p>	<p>By participating in this online program, learners will build competence in substance use care and addiction medicine by incorporating screening, diagnosis, and brief intervention and referral to treatment for substance use disorders in clinical practice; selecting the appropriate pharmacological and psychosocial treatment interventions based on the best evidence as well as individual patient needs, circumstances, and preferences; providing safe and effective treatment to patients and their families throughout the induction, maintenance, and/or discontinuation process across the continuum of care for substance use disorders; setting treatment goals, monitoring and evaluating progress, and providing patient-centered support across the continuum of care for substance use disorders; implementing strategies for safer prescribing practices for medications with abuse/diversion potential (i.e. opioids for analgesia, benzodiazepines).</p>
<p>Substance Use Foundations Interior Health</p>	<p>As individuals across all service delivery areas of Interior Health (IH) Region can be impacted by substance use, two IH Substance Use Foundations curriculums were developed. One curriculum (Day 1) focuses on the needs of all IH staff providing care across the continuum including acute, tertiary and community settings and the second (3 Day) focuses on MHSU community staff and partners working within substance use service programs.</p> <p>The updated IH Substance Use Foundations education is comprised of a series of online learning modules plus in-person education. The online learning modules are built within IH's learning management system (i-Learn), are available to all IH staff. Learning Hub is supporting IH in ensuring that our modules are available to non-IH participants. These modules are pre-requisites to the in-person education session. Contact Amanda Lavigne for more information. Amanda.lavigne@interiorhealth.ca</p>
<p>Harm Reduction 101 Interior Health</p>	<p>A self –paced online introduction to the concepts and practices of harm reduction.</p>

<p>Bevel Up</p>	<p>Bevel Up, is an award-winning documentary and learning resource to help healthcare workers deliver compassionate care to people who use drugs.</p> <ul style="list-style-type: none"> • The original 45-minute documentary • 40 additional clips illustrating key issues and interviews with the experts — people who use drugs and healthcare practitioners • A 100-page Teacher’s Guide • A total of 4.5 hours of content
<p>Tour of Motivational Interviewing</p>	<p>A self-paced online module providing an overview of motivational interviewing. Provides demonstrations and learning activities provide an introduction to MI. This is not a practice based course.</p>
<p>Centre for Collaboration, Motivation, and Innovation</p>	<p>The MOH, Patients as Partners Initiative, has funded CCMI to work with each HA. They share with them a menu of our services and each HA is able to order up to 7 units from the menu.</p> <p>While not “trauma specific”, depending on your goals, some of these trainings (family centred care) may meet your needs.</p> <p>Please contact your identified health authority contact for more information.</p> <p>FNHA: Debra Lummas (Debra.Lummas@fnha.ca) and Jodi McCrimmon (Jodi.McCrimmon@fnha.ca)</p> <p>PHSA: Georg Wallbank George.Wallbank@phsa.ca</p> <p>Island Health: Kristina Felt kristina.felt@viha.ca or Heather Tant heather.tant@viha.ca.</p> <p>Interior Health: Susi Wilkinson: Susi.Wilkinson@interiorhealth.ca</p> <p>Vancouver Coastal Health: Katie lake katie.lake@vch.ca and Alexandra Hogg alexandra.hogg@vch.ca</p> <p>Fraser Health: Mandy Lindsay Mandy.Lindsay@fraserhealth.ca</p> <p>Northern health: Marcia Bertchi BAP_MITraining@northernhealth.ca</p>

<p>Understanding Stigma</p>	<p>This is a free, online, self-paced course through CAMH. Duration is 3-6hrs.</p> <p>The Understanding Stigma online course was developed for healthcare professionals and other frontline clinicians; its purpose is to examine stigmatizing attitudes and behaviours through various instructional activities. The course consists of three modules, which focus on raising awareness, the impacts of stigma, and challenging stigma and discrimination. The scenarios, interactive questions, personal stories and quizzes are intended to help change the attitudes and behaviours of healthcare providers toward people seeking help, and to address attitudes that may result in stigma toward friends, family, colleagues and ourselves.</p>
<p>Webinar: Mental Health and Substance Use Mental Health Commission Canada</p>	<p>1 hour archived webinar on How childhood trauma affects brain development to influence mental health and addiction. See this and other webinars through the mental health commission of Canada.</p>
<p>Opioids: A Survivor's Guide BCCSU</p>	<p>A new resource developed by people on OAT from around British Columbia, with support and funding from the BC Centre on Substance Use.</p> <p>Pages 29-32 address OAT and pregnancy.</p>

For Managers, Supervisors and Leaders

<p>Giving & Receiving Feedback</p>	<p>A self-paced on module (45-60 min) with video, audio and tip sheets and resources. While intended for preceptors and mentors, this feedback is useful for anyone supporting learning at work.</p>
<p>Coaching out of the Box</p>	<p>All health authorities offer this 2 day coaching course, either stand-alone or as part of Leadership Linx, which is provincial. Not available for community services.</p>

[System Health
Equity Lens Reports
and Processes](#)

A collection of knowledge translation and exchange (KTE) resources to inform, guide and inspire health equity action in public health to influence reorientation of the health system towards health equity. These resources are provided within a broader call to action to support an organizational culture that values health equity and social justice.. These resources are meant to help move complex health systems closer to the foundational goal of closing the health inequities gap through reorienting health systems toward health equity.