

## Developmental Pathways of Addiction and Mental Health: Health Provider's Practice Modules

Provincial Addiction and Mental Health; Child, Youth and Family Initiatives

### Enhancing Foundational Knowledge

We cannot fully support or provide evidence-based interventions until we successfully engage children, youth and families. Foundational knowledge around building relationships, communicating effectively, offering culturally competent care, as well as engaging clients in their care plan, will empower health providers to deliver outstanding addiction and mental health services. Within these modules, establishing rapport is a key factor in engaging individuals, responding to distress, providing effective treatment and achieving successful outcomes with individuals who are experiencing addiction and mental health issues.

Enhancing  
Foundational  
Knowledge

#### Introduction to Developmental Pathways

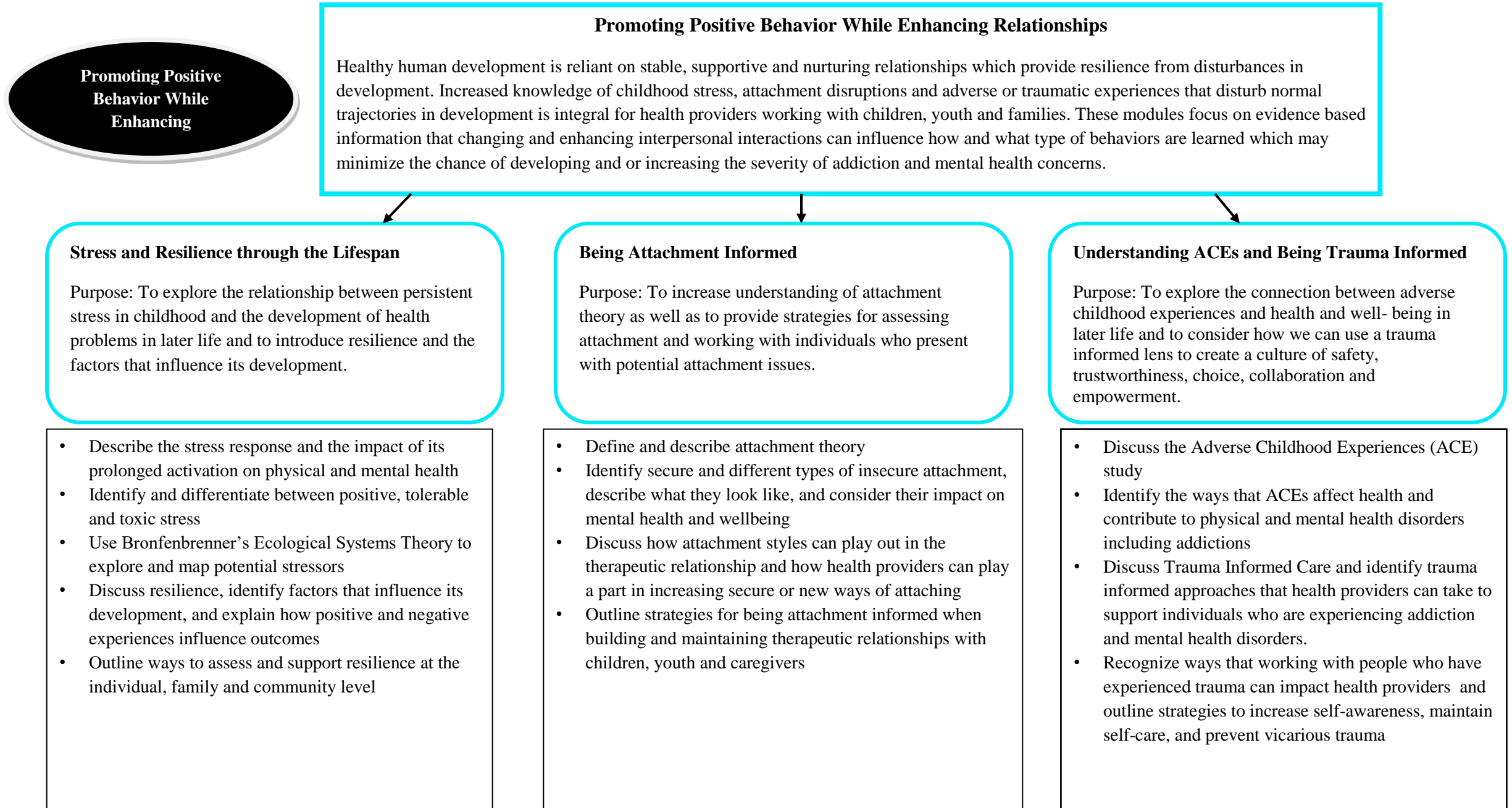
Purpose: To increase knowledge of developmental pathways that may lead to addiction, mental health and concurrent disorders and to explore child and youth focused interventions that may help prevent and/or mitigate the outcomes of these disorders.

- To describe addiction, mental health, and concurrent disorders and recognize the impact of these disorders on children, youth and families
- To discuss the broad influences and risk factors and different developmental pathways that may lead to the development of addiction, mental health and concurrent disorders
- To recognize ways to decrease risk and increase protective factors for children and youth who are at risk of developing addiction, mental health and concurrent disorders
- To identify effective, evidence-based ways of promoting and preserving health, preventing illness and reducing the adverse effects of addiction, mental illness and concurrent disorders

#### Improving Engagement in Care

Purpose: To explore ways that health providers can welcome, engage with, and build successful therapeutic relationship with children, youth and families who are experiencing addiction and mental health problems.

- Discuss the importance of client engagement in overcoming barriers, facilitating improvement in health services, building relationships and improving successful treatment outcomes
- Identify factors involved in building and maintaining therapeutic relationships and alliances in order to provide effective treatment and support children, youth and families experiencing high levels of stress and distress
- Use a child and family-centred care approach in working collaboratively with children, youth and families
- Recognize that self-awareness and self-care and vital to effective ethical practice while providing care for children, youth and families



**Promoting Healthy Development**

Through the use of evidence-based interventions and strategies, irrespective of the AHS A&MH Tier Model of Care, health providers may enhance their practice by: working in partnership with clients and families; using a stepped-care model; advocating for the prevention of addiction, mental health and concurrent disorders; decreasing the potential impact and severity of these disorders; promoting the overall health of individuals, families and communities; and supporting clients' recovery journeys. These modules will increase the potential to advance practice excellence as health providers develop innovative ways to promote overall mental wellness and reduce the harm of high risk behavior.

**Promoting Healthy  
Development**

**Understanding Early Brain Development**

Purpose: To provide an overview of early brain development and its impact on overall health, learning and behavior.

- Discuss the stages of brain development and how genes, environment and experiences influence the process
- Explain how serve and return interactions can be used to promote health brain development
- Evaluate the role of technology in building healthy brains
- Explain the concepts of plasticity and sensitive periods and their impact on brain development
- Consider implications for policy and practice

**Developmental Milestones and Mental Wellbeing**

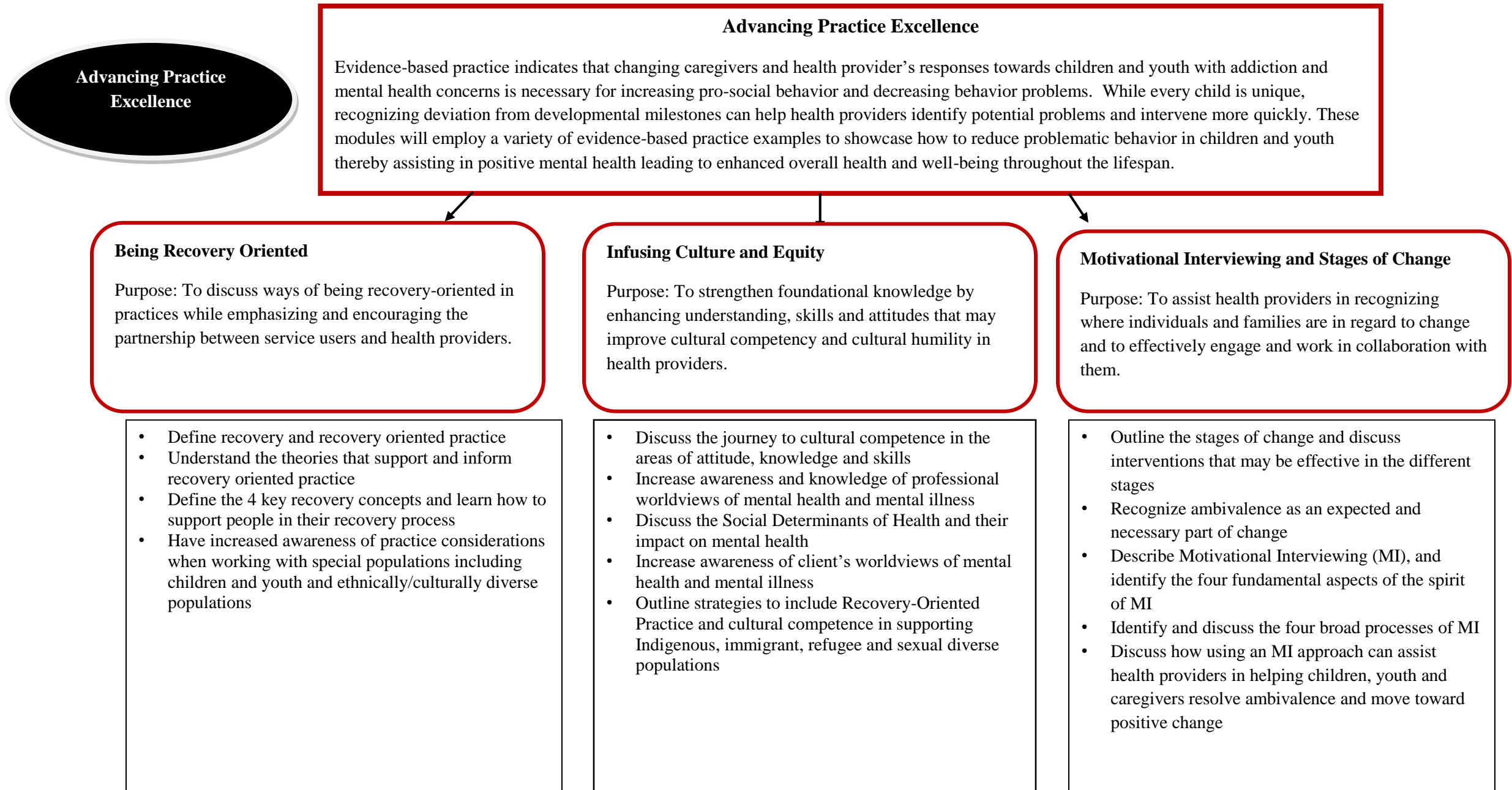
Purpose: To enhance health provider's knowledge of developmental milestones and their impact on mental wellbeing of children and youth, and to identify strategies for supporting individuals.

- Discuss developmental milestones
- Identify the five major developmental stages in children and youth, using the developmental theories
- Describe the factors that may lead to developmental delay and identify strategies that support milestone development when working with individuals with developmental delay
- Discuss the developmental assets that support individuals in their life span

**Executive Functioning and Self-Regulation**

Purpose: To explore executive functioning and self-regulation and suggest strategies that can be used to strengthen these fundamental skills.

- Define and describe the three foundational elements of executive function
- Identify common difficulties experienced by individuals with executive functioning deficits
- Understand the concept of self-regulation
- Identify strategies for enhancing executive function and self-regulation.
- Understand the relationship between executive function/self-regulation and addiction and mental health issues over a life span



**Advancing Practice Excellence**

Evidence-based practice indicates that changing caregivers and health provider’s responses towards children and youth with addiction and mental health concerns is necessary for increasing pro-social behavior and decreasing behavior problems. While every child is unique, recognizing deviation from developmental milestones can help health providers identify potential problems and intervene more quickly. These modules will employ a variety of evidence-based practice examples to showcase how to reduce problematic behavior in children and youth thereby assisting in positive mental health leading to enhanced overall health and well-being throughout the lifespan.

**Being Recovery Oriented**

Purpose: To discuss ways of being recovery-oriented in practices while emphasizing and encouraging the partnership between service users and health providers.

- Define recovery and recovery oriented practice
- Understand the theories that support and inform recovery oriented practice
- Define the 4 key recovery concepts and learn how to support people in their recovery process
- Have increased awareness of practice considerations when working with special populations including children and youth and ethnically/culturally diverse populations

**Infusing Culture and Equity**

Purpose: To strengthen foundational knowledge by enhancing understanding, skills and attitudes that may improve cultural competency and cultural humility in health providers.

- Discuss the journey to cultural competence in the areas of attitude, knowledge and skills
- Increase awareness and knowledge of professional worldviews of mental health and mental illness
- Discuss the Social Determinants of Health and their impact on mental health
- Increase awareness of client’s worldviews of mental health and mental illness
- Outline strategies to include Recovery-Oriented Practice and cultural competence in supporting Indigenous, immigrant, refugee and sexual diverse populations

**Motivational Interviewing and Stages of Change**

Purpose: To assist health providers in recognizing where individuals and families are in regard to change and to effectively engage and work in collaboration with them.

- Outline the stages of change and discuss interventions that may be effective in the different stages
- Recognize ambivalence as an expected and necessary part of change
- Describe Motivational Interviewing (MI), and identify the four fundamental aspects of the spirit of MI
- Identify and discuss the four broad processes of MI
- Discuss how using an MI approach can assist health providers in helping children, youth and caregivers resolve ambivalence and move toward positive change