

CYMHSU CoP: Quarterly Newsletter

UPCOMING EVENTS, WEBINARS & TRAINING

IN-PERSON TRAINING: Brazelton Touchpoints Individual Level Training (in partnership with the Comox Valley Canadian Touchpoints Training Site)

Date: Thursday, November 4th to Saturday, November 6th, 2021

Location: Kingfisher Oceanside Resort & Spa (Comox Valley, BC)

Summary: Brazelton Touchpoints is an evidence-based approach for building strong family-child relationships from before birth through age six and beyond, laying the vital foundation for children's early learning health development. It was developed and pioneered by Dr Terry Brazelton MD, internationally renowned pediatrician at Boston Children's Hospital, whose scientific research and clinical observation of babies and young children reshaped the practice of pediatrics. This training program consists of three days of interactive, experimental small-group learning, including scenario-based practice and group work facilitated by a multidisciplinary team of Touchpoints facilitators. More information [HERE](#).

Fee: \$500.00+processing fee (includes light breakfast, lunch, and snacks on all three days)

Accredited: Yes

Registration: The program is currently full. Register [HERE](#) to be added to the waitlist.

WEBINAR: Addressing Anti-Indigenous Racism in the B.C. Health Care System (in partnership with UBC CPD)

Date: Thursday, November 4, 2021

Time: 18:30 – 20:00 PST

Summary: Join us for this free online educational session where a panel of presenters with expertise in Indigenous cultural safety and humility will share their experiences, resources, and information in recognizing and addressing anti-Indigenous racism in the B.C. health care system.

Key Speakers:

Panelist: **Dr Terri-Leigh Aldred**, Medical Director, Primary Care; Office of the Chief Operating Officer, First Nations Health Authority

Panelist: **Dr James Liu**, Emergency Physician; Primary Care Physician, Carrier Sekani Family Services; Clinical Instructor, UBC

Panelist: **Len Pierre**, Indigenous Thought Leader, Speaker, & Consultant

Moderator: **Dr Shirley Sze**, Family Physician; Co-Chair Child & Youth Mental Health & Substance Use Community of Practice

Accreditation: Up to 1.5 Mainpro+/MOC Section 1 credits

Registration: Register [HERE](#).

WEBINAR: COVID-19 Impacts: Understanding and Supporting Relationships and Caregiver-Child/Youth Attachment (in partnership with UBC CPD)

Date: Tuesday, November 9, 2021

Time: 18:30 – 20:00 PST

Summary: Join us for this free online accredited educational session where highly experienced and knowledgeable specialists and family physicians will share their expertise, experiences, resources, and information in supporting caregiver-child relationships in your practice, particularly given the impact of COVID-19 on children's social emotional learning and mental wellbeing.

Key Speakers:

Panelist: **Dr Gilbert Lam**, Pediatrician; Outreach in Whitehorse, Yukon; Member of the Adverse Childhood Experiences Working Group, CYMHSU CoP; Member of Mindfulness Council, BC Children's Hospital

Panelist: **Dr Ashley Miller**, Child & Adolescent Psychiatrist; Clinical Associate Professor of Psychiatry, UBC

Panelist: **Dr Jane Ryan**, Child & Adolescent Psychiatrist, Member of the Adverse Childhood Experiences Working Group, CYMHSU CoP

Panelist: **Dr Linda Uyeda**, Family Physician, Member of the Adverse Childhood Experiences Working Group, CYMHSU CoP

Moderator: **Dr Shirley Sze**, Family Physician; Co-Chair Child & Youth Mental Health & Substance Use Community of Practice

Accreditation: Up to 1.5 Mainpro+/MOC Section 1 credits

Registration: Register [HERE](#).

ONLINE WORKSHOPS: Help for the Hard Times Workshop: Workshops for families and caregivers whose child or youth has been a patient in a psychiatric unit (by FamilySmart)

Date & Time: Please visit website for dates and times.

Summary: It's tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help. Help for the Hard Times workshops are hosted online and facilitated by parents with lived experiences. Topics covered:

- **Session 1:** How to support a safety plan at home (Part 1)
- **Session 2:** How to support a safety plan at home (Part 2)
- **Session 3:** How to take care of yourself and family after a crisis
- **Session 4:** How to find the resources you need

Registration: Register [HERE](#).

EVENT: BC Eating Disorders CoP Networking & Education Days (by BC Children’s Kelty Mental Health Resource Centre)

Date: Thursday, December 2nd to Friday, December 3rd, 2021

Time: 08:00 – 16:00 PST

Location: Simon Fraser University Harbour Centre, Joseph & Rosalie Segal Centre Rooms 1400-1430 | 1515 West Hastings St, Vancouver BC

Summary: The Eating Disorders Community of Practice (CoP) for Professionals is for eating disorders service providers—including practitioners, clinicians and educators—across the continuum from health promotion and prevention to treatment and recovery in British Columbia. It’s a community meant to foster communication, collaboration, education and information sharing while promoting evidence-based practices and approaches across the continuum of care. Join us for this event where you’ll learn new information, exchange knowledge and share experiences about eating disorders in BC!

Fee: \$60 (2 days in person) | \$15 (2 days virtual)

Accredited: Friday, December 3rd (08:30 – 13:00 PST) is accredited by the College of Family Physicians of Canada. Please indicate if you will be applying for CME credits upon registration.

Registration: Register [HERE](#).

RECENT WEBINARS & RECORDINGS

WEBINAR: COVID-19 Impacts: Tackling Youth Substance Use Challenges During the Pandemic (in partnership with UBC CPD)

Accreditation: If you watch the recording, you can claim self-learning credits [HERE](#).

Access the summary, recording, and resources created [HERE](#).

ARTICLES & RESOURCES

ARTICLE: Curing Through Connection: A 3-part series on attachment, resilience, and health. [Article 3: The Importance of Attachment Theory in Healthcare.](#)

Authors: Dr Linda Uyeda & Dr Ashley Miller (CYMHSU CoP members)

Accreditation: receive 0.25 Mainpro+/MOC Section 2 credits by reading the article and filling out an online exercise.