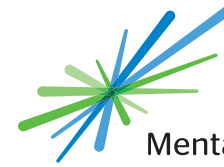


ORDER OF EXCELLENCE



MENTAL HEALTH AT WORK® RECIPIENT



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

# Mental Health Commission of Canada

## Suicide Postvention Resources for Canadian Communities

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# What is Postvention?

[Insert Blurb Here]

## POSTVENTION RESOURCES FOR YOUTH

TITLE	FORMAT	PRICE	ORGANIZATION	DESCRIPTION	MORE INFORMATION
Left 2 Live	Online Video	FREE	BC Council for Families	Through interview and discussion, the video follows the personal journeys of several BC teens who have experienced tragic loss through suicide, as they bravely, candidly, and sometimes humourously share their stories.	<a href="https://www.bccf.ca/bccf/resources/left-2-live/">https://www.bccf.ca/bccf/resources/left-2-live/</a>
Bridge the gApp Youth (Newfoundland)	Website	Self-paced	Government of Newfoundland and Labrador	Mental Wellness resource with connections to therapy services provision	<a href="https://www.bridgethegapp.ca/youth/">https://www.bridgethegapp.ca/youth/</a>

## TREATMENT OF OPIOID USE DISORDER

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
Opioid Problems, Treatment Solutions	Online	7 Weeks	Professionals who assist people with opioid dependence, including counsellors, nurses, pharmacists, physicians, social workers, case managers, therapists, public health workers, and long term care workers	The training aims to reduce stigma towards opioid use and people who experience problems related to opioids; and reinforce that recovery is highly individualized and can incorporate a wide range of strategies, including pharmaceutical, non-pharmaceutical, and harm reduction approaches.	Centre for Addiction and Mental Health
Opioid Dependence Treatment Core Course	Blended delivery: Online and in-person	1 Month	Physicians, pharmacists, counsellors, nurses, and other healthcare professionals involved in opioid dependence treatment	This course will prepare learners to effectively and safely manage the treatment of clients receiving methadone or buprenorphine for opioid dependence. The course will also promote interprofessional collaboration among the health care team involved in the delivery of opioid dependence treatment.	
Opioid Use Disorder Treatment Course	Online	7-8 Weeks	Ontario pharmacists and New Brunswick nurse practitioners	The Centre for Addiction and Mental Health now offers an online course: Opioid Use Disorder Treatment, which has the same learning objectives as the Opioid Dependence Treatment Core Course. Pharmacists who complete this course will be in compliance with the Ontario College of Pharmacists' policy regarding required training.	
Buprenorphine-Naloxone Treatment for Opioid Use Disorder	Online	6 Weeks	Front-line clinicians who provide treatment for opioid dependence	This course aims to present a framework for providing maintenance treatment for opioid use disorder with buprenorphine/naloxone, including its use in a primary care setting. The course walks the learner through the key elements of selecting, preparing, initiating, and maintaining a patient with opioid use disorder on buprenorphine/naloxone treatment. A blend of narrative text, video role-plays, short answer, and multiple choice questions frame the course.	

## TREATMENT OF OPIOID USE DISORDER

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
Opioid Agonist Treatment Compliance and Management Program	In-person	1 Day	Pharmacists	Based on the most up-to-date research, the course focuses on opioid use disorder, the different types of pharmacological treatments, college and federal requirements that pharmacists should know as well as PharmaCare requirements for dispensing and providing opioid antagonist therapy.	British Columbia Pharmacy Association
Opioid Addictions and Substitution Therapy Online Modules	Online	Self-paced	Pharmacists	The Opioid Addictions and Substitution Therapy Online Modules are acceptable for meeting the Ontario College of Pharmacists required training update. Updates are required at minimum every five years as indicated in the Ontario College of Pharmacists' "Methadone Maintenance Treatment and Dispensing Policy".	Ontario Pharmacists Association
Managing Patients with Opioid Use Disorder in Primary Care with Buprenorphine	Online	1.5 Hours	Physicians, healthcare professionals, and health professional trainees	Using case studies, learn how to identify patients who would benefit from buprenorphine treatment in a primary care setting. Understand how to manage buprenorphine prescriptions, including; dose adjustments, side effect management, monitoring, observed versus take-home dosing, and the role of urine drug testing. Learn about the importance of co-morbid mood and anxiety disorders with respect to relapse prevention and the importance of trauma histories in relation to opioid use disorder.	MacHealth
Opioid Use Disorder in Primary Care: Principles of Assessment and Management	Online	1.5 Hours	Physicians, healthcare professionals, and health professional trainees	Review the role of opioids in the brain and the signs and symptoms of withdrawal. Learn how to identify patients with opioid use disorder and outline the management options for opioid use disorder including the role of opioid agonist therapy with buprenorphine. Educate patients on strategies to prevent opioid overdose including the use of naloxone, a vital tool for overdose prevention.	MacHealth

## SAFE PRESCRIBING OF OPIOIDS

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
Safe and Effective Use of Opioids for Chronic Non-Cancer Pain	Online	3 Weeks	Healthcare providers collaborating in the treatment of patients with chronic non-cancer pain (e.g., physicians, pain specialists, addiction specialists, mental health clinicians, pharmacists, nurses, dentists, social workers, occupational therapists, physiotherapists, and psychologists)	This online course provides health care workers with evidence-based tools and recommendations from the Canadian Guidelines for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain. This course will guide you through the Opioid Manager, a point-of-care tool that condenses key elements of the Canadian Guideline, which you can use with your interprofessional team in clinical practice or primary care settings.	Centre for Addicton and Mental Health
Simulation Based Learning for Methadone Prescribing Skills	In-person	1 Day	Physicians and Nurse Practitioners	The course is offered as an opportunity for physicians and nurse practitioners to practice methadone prescribing skills in an environment that imitates real-life situations, without any risk to real patients.	
Introduction to Safe Prescribing: Opioids, Benzodiazepines, and Stimulants	Online	2 Hours	Physicians	<p>After completing this course, you will be able to:</p> <ul style="list-style-type: none"> <li>Recognize the indications for and goals of prescribing opioids, benzodiazepines, and stimulants</li> <li>Define how to set boundaries to ensure safe prescribing of opioids, benzodiazepines, and stimulants</li> <li>Identify the prescriber and patient risks inherent in prescribing opioids, benzodiazepines, and stimulants</li> <li>Outline the key features of an opioid, benzodiazepine, or stimulant trial</li> <li>List the aberrant behaviours that may be associated with prescribing opioids, benzodiazepines, and stimulants</li> </ul>	Memorial University Newfoundland

## SAFE PRESCRIBING OF OPIOIDS

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
The Prescribing Course: Safe Opioid Prescribing	In-person	1 Day	Physicians and pharmacists	Safe opioid prescribing from assessment to tapering, including additional sections on special populations and practice safety. Based on the Canadian Guidelines for Safe and Effective Opioid Prescribing for Chronic Non-Cancer Pain.	Dalhousie University
Safer Opioid Prescribing Strategies	Blended delivery: Online and in-person	6 Hours	Physicians, residents, and other healthcare professionals and nurses who prescribe opioids	This program has been created to assist physicians in acquiring knowledge and new skills in the field of pain management, especially in the area of chronic non-cancer pain.	College of Family Physicians of Canada
Safer Opioid Prescribing Strategies	Online	1.5 Hours	Physicians, other health care professionals, and health professional trainees	Understand your role in minimizing opioid-related harms through patient education and safe prescribing and dispensing practices. Learn how to assess patients on opioids for adverse effects, and when and how to taper and switch opioids.	MacHealth

## PAIN MANAGEMENT

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
First Do No Harm: Optimizing Pain Relief with Opioids while Minimizing Risks	Online	1 Hour	Physicians	Prescribers of opioids are often in the position of determining if the benefits of an opioid exceed the risk of prescribing. Developed in collaboration with Royal College of Physicians and Surgeons of Canada, this program was designed to provide physicians with common patient scenarios, provide expert commentary on the specific issues and allow physicians to share how they would manage these patient cases.	Royal College of Physicians and Surgeons of Canada
Project Extension of Community Healthcare Outcomes (ECHO): Chronic Pain & Opioid Stewardship	in-person	2 Hours	Primary care providers	Extension of Community Healthcare Outcomes (ECHO) Ontario Chronic Pain/Opioid Stewardship is the first ECHO launched in Ontario in 2014. It has a unique ECHO structure with 2 Academic Centres - University Health Network in Toronto and Queen's University Continuing Professional Development Office in Kingston. The mission is to link primary care providers in a supportive community of practice that will enhance their skills and confidence to manage their patients safely and effectively.	University Health Network
Opioids for Chronic Non-Cancer Pain: Using the Canadian Guideline in Your Practice	Online	2 Hours	Physicians	This module explores the 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain through case presentations and summaries, and includes many useful tools to help manage, assess and monitor patients using opioid therapy for chronic non-cancer pain.	Memorial University



**PHARMACOLOGY**

<b>COURSE</b>	<b>FORMAT</b>	<b>LENGTH</b>	<b>AUDIENCES</b>	<b>DESCRIPTION</b>	<b>ORGANIZATION</b>
Basic Pharmacology in Mental Health and Substance Use	Online	7 Weeks	Front-line workers, care providers, case managers, and clinicians working in mental health and substance use programs	Topic areas covered include pharmacokinetics, pharmacodynamics, how neurotransmitters work, and the effects of psychiatric medications and substance use on the brain.	Centre for Addiction and Mental Health
Medications and Drugs of Abuse Interactions in Opioid Dependence Treatment Clients	Online	6 Weeks	Physicians, pharmacists, nurses, and counsellors/case managers	This course provides the knowledge and skills needed to anticipate and respond to the common interactions between psychiatric medications and drugs of abuse.	

**OTHER**

COURSE	FORMAT	LENGTH	AUDIENCES	DESCRIPTION	ORGANIZATION
Advanced Issues in Opioid Dependence	In-person	5 Hours	Pharmacists, physicians, counsellors/case managers, and nurses	Participants must have completed the Opioid Dependence Treatment Core Course or have an experience of at least one year providing opioid agonist treatment. The Advanced Issues in Opioid Dependence Treatment Course covers a range of topics addressing the complexity of opioid dependence treatment. The workshop is offered once per year, and each year the topics covered in the workshop are based on a needs assessment survey conducted prior to the workshop.	Centre for Addiction and Mental Health
The Treatment of Disorders Related to the Use of Opioids: a Transdisciplinary Collaborative Approach	In-person (French only)	1 Day	Physicians and residents, pharmacists, nurses, and psychosocial workers	This training sheds light on the proper treatment of opioid use disorders prescribed or purchased on the black market. It will improve your interventions by developing your clinical skills according to the best quality standards. However, the methadone prescription component in the context of chronic pain can not be addressed during this training day.	Institute national de santé publique québec
Addiction Care and Treatment Online Certificate	Online	16 Hours	Healthcare providers	The Online Addiction Medicine Diploma is a free online certificate course targeted at health care professionals interested in learning more about providing care to patients with alcohol, tobacco, and opioid substance use disorders. The course is also open for anyone wishing to improve their knowledge of substance use and addiction.	British Columbia Centre on Substance Use
Suboxone Training Program	Online	Self-paced	Healthcare providers	This program was developed to provide Canadian health professionals with the training they need to treat patients suffering from opioid use disorder with Suboxone (buprenorphine in the form of hydrochloride and naloxone in the form of hydrochloride).	Creative Productions Canada (CPC) Healthcare Communications



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