

Management & Treatment of Common Pediatric Mental Health Conditions

Learning Resources

This is a compilation of some of the available learning resources to support health care providers who care for children, youth, and families living with mental health conditions.

General Pediatric Mental Health Resources for Health Care Providers

1. [Compass Mental Health](#) is a BC Children's Hospital consultation service to improve access to evidence - based care for all BC children and youth living with mental health and substance use concerns. Compass provides telephone consultations (1-855-702-7272) to health care providers who have questions related to diagnostic clarification, medication recommendations and treatment planning. Compass also develops a range of educational resources, toolkits, and webinars on child and youth mental health and substance use.
2. [Child Health BC Mental Health and Substance Use Initiatives Webpage](#) has a collection of clinical support tools and provincial resources to support health care providers who care for children and youth living with mental health and substance use.
3. [Looking Beyond a Diagnosis: Child & Youth Mental Health](#) UBC CPD online eLearning module is for primary care providers in BC who are interested in learning more about child and youth mental health and their role in supporting patients through their mental health journey. This is a 1.5-hour self-paced course and has six lessons:
 - Child & Youth Mental Health in Primary Care
 - Major Depressive Disorder
 - Anxiety Disorders
 - Attention Deficit Hyperactivity Disorder
 - Substance Use Disorder
 - Eating Disorders
4. [Learning Links](#) is an online learning resource designed to enhance knowledge, skills and confidence in child and youth mental health to support the needs of health care professionals. This 15-module resource is an interactive and online tool that can be completed at our own pace, with each module taking approximately 30-60 minutes to complete.
5. [BC Mental Health and Substance Use Services Centre for Learning](#) is an on-line hub to centralize new & emerging knowledge, best practices, evidence-based learning resources for providers and individuals with lived experience of complex mental health and substance use challenges. * These resources are adult focused.

Common Pediatric Mental Health Conditions	
Topic	Resources to Support Health Care Providers
Anxiety	<p>Compass Toolkit: Anxiety</p> <p>The Compass Toolkits provide evidence-based information on the assessment and treatment of common child and youth mental health disorders. The Toolkits also contain curated information care providers can share with families.</p> <p>In this Compass Toolkit, you will find assessment, formulation, and intervention for anxiety disorders in children and youth.</p>
Attention Deficit Hyperactivity Disorder (ADHD)	<p>Compass Toolkit: ADHD</p> <p>This Compass Toolkit provides an overview and tools for identification and diagnosis, psychosocial treatments, and medication treatment of ADHD.</p> <p>Compass: Approaches to ADHD in Primary Care Webinar ADHD presentation and common comorbidities, approaches to the assessment of ADHD, and management options for ADHD and its comorbidities.</p> <p>Compass Connections Webinar Series: It's Not 'Just ADHD' Webinar Recordings: Session 1: ADHD Fact vs Fiction Session 2: ABC's of Complex ADHD Treatment Session 3: Rolling with ADHD - Clinician's Guide</p> <p>Rolling with ADHD Basics - Healthy Minds Learning Find out what ADHD is (and is not) in this short 20-minute video. BC Children's Hospital team of ADHD specialists guide you through the basics and do some myth busting along the way.</p>
Challenging Behaviours and Emotional Dysregulation	<p>Compass Toolkit: Challenging Behaviours and Emotional Dysregulation</p> <p>This Compass Toolkit is designed to help clinicians better understand how to approach children and youth presenting with challenging behaviours. It provides guidance with assessment and management.</p>

<p>Depression</p>	<p>Compass Toolkit: Depression In this Compass Toolkit you will find an overview of assessment, therapeutic intervention, and medical treatment of youth depression.</p>
<p>Eating Disorders</p>	<p>Compass Toolkit: Eating Disorders In this Compass Toolkit you will find an overview and tools for identification, diagnosis, and treatment of eating disorders.</p> <p>Compass Connections: Eating Disorders in Primary Care Webinar Recording of the Compass Program Webinar on Eating Disorders in Primary Care.</p> <p>Eating Disorders Toolkit: Standards of Practice in the Primary Care Setting The aim of this toolkit is to provide a reference to primary care practitioners that promotes early recognition of eating disorders and associated medical morbidity and mortality.</p> <p>Introduction to Eating Disorders for Service Providers This 2-hour LearningHub course is designed as an orientation to health care providers new to the field of eating disorders, including allied health and primary care providers.</p>
<p>Neurodevelopmental Disorders</p>	<p>Compass Toolkit: Self Injurious Behaviours in Children & Youth with Autism & Intellectual Impairments In this Compass Toolkit you will find assessment tools and management strategies for self-injurious behaviours expressed by children and youth with neurological diagnoses and conditions, such as autism and intellectual impairment.</p> <p>Compass in partnership with Children's Healthcare Canada created a 3-part Neurodevelopmental Disorder Webinar Series:</p> <p>Session 1 Autism Plus - Identifying Co-Morbid Psychiatric Conditions</p>

	<p>The participants in this webinar series will learn about autism, fetal alcohol spectrum disorder, and kids with intellectual disability. Participants will also learn about an approach to assess and treat kids with neuropsychiatric disorders who present with aggression and agitation.</p> <p>Session 2 Aggression in Children with Autism and Related Neurodevelopmental Disorders</p> <p>This webinar will discuss children and youth with Autism and related Neurodevelopmental Disorders, commonly presented with aggression and disruptive behaviour. In this webinar series it will outline and work through an algorithm that has been developed to help understand and treat aggression in these children.</p> <p>Session 3 Case Presentations</p> <p>A final part of a three series pre-recorded webinar series related to neurodevelopmental disorders. This webinar will analyze cases and will discuss about how we approach and manage children. Several of the cases will be reviewed and a family perspective will be integrated throughout the presentation.</p> <p>Compass Connections Webinar Series: Self-Injurious Behaviour (SIB), Autism & other Neurological Conditions</p> <p>Child Development & Rehabilitation InfoSource website contains information and resources for children and youth with neurodiversity and/or disability in British Columbia.</p>
Psychotic Disorders	<p>Compass Lunch and Learn: Is it Psychosis?</p> <p>Recording from June 2022 Lunch and Learn. Is it Psychosis? An approach to psychotic experiences in Primary Care for youth.</p>
Somatization Disorders	<p>Compass Somatization Webinar Series:</p> <p>Part 1: Somatization in Pediatric Populations</p> <p>Part 2: Treatment Strategies for Somatization in Pediatrics</p> <p>Part 3: Somatization Treatment Strategies</p>
Substance Use/Concurrent Disorders	<p>Compass Toolkit: Youth Substance Use/Concurrent Disorders</p> <p>This Compass Toolkit offers an overview and practical tools for approaching youth with substance use issues.</p>

	<p>Compass Connections Youth Concurrent Disorders Webinar Series: Session 1: Youth Concurrent Disorders: An Overview Session 2: Youth Concurrent Disorders: Service Navigation</p> <p>Drug Cocktails Website Facts about mixing medicine, alcohol and street drugs for youth and care providers.</p>
<p>Suicidal Ideation/self-harm</p>	<p>Compass Toolkit: Suicide Risk Assessment Addresses engaging and assessing youth with suicidal thoughts, with a focus on risk stratification and safety planning.</p> <p>Compass Connections Self-Harm Webinar series: Part 1: Understanding Non-Suicidal Self-Injury in Children & Youth Part 2: Treating Self-Harm in Children & Youth Part 3: Self-Harm/Self-Injurious Behaviours</p> <p>Non-Suicidal Self-Injurious Behaviours in Children and Adolescents Webinar recording of the Pediatric Urgent Care Virtual Education Series.</p> <p>Child Health BC Vignette – Assessment of Suicide Risk and Self Harm This vignette has been developed for educational purposes by Child Health BC as a component of the Provincial Pediatric Mental Health Education Project. It is intended to provide a real-time example of a mental health assessment with a youth and their caregiver.</p>
<p>Supporting Resources</p>	
<p>Gender Identity and Mental Health</p>	<p>Gender-Affirming Primary Care Course UBC CPD This is a short online continuing medical education course designed for primary care providers in BC. By understanding trans and gender diverse health issues and considerations for care, you will then have knowledge and skills to implement the Gender-Affirming Framework to</p>

	<p>improve the care of gender diverse patients. The course also provides patient hand-outs and resources.</p> <p>Trans Care BC has quick links to online trainings, support tools and resources on gender diversity for health care providers working with children, youth, and families.</p>
Trauma	<p>Compass Toolkit: Trauma</p> <p>This Compass Toolkit offers foundational information as well as concrete clinical tools and techniques to help clinicians address trauma-related concerns in their clinical practice.</p>

Additional Resources

1. [Metabolic Monitoring Learning Program - Healthy Minds Learning](#)
Here you will find an overview of first-generation antipsychotic and second-generation antipsychotic use in British Columbia as it relates to children and youth. There are three modules in this program and should take approximately one hour to complete.
2. [Mental Health Act Toolkit - Healthy Minds Learning](#)
Here you will find a collection of tools, links, resources and learning materials on the BC Mental Health Act. Featuring a one-hour education module.
3. [Mental Health Act Video - Healthy Minds Learning](#)
This video is for youth and families of youth who need to stay in hospital to get treatment for mental health issues. Get informed about rights, resources, options, and opportunities.

Patient and Family Resources

1. [Foundry](#) provides free and confidential health and wellness services for BC youth ages 12-24 and their families/caregivers. Young people can access health promotion and health literacy information and resources through foundrybc.ca.
2. [The BC Children's Hospital Kelty Mental Health Resource Centre](#) provides mental health and substance use information and resources, assistance navigating the mental health system, as well as free personalized support from parent peer support workers for families and caregivers across BC and the Yukon. Learn more at keltymentalhealth.ca.
3. [Anxiety Canada](#) offers trusted resources and programs to help people better understand and manage anxiety and find the relief they need.