

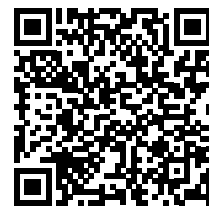
Perinatal Mental Health & Substance Use Education – funding available for course completion

If you're interested in taking one of the courses, scan the QR code next to the course, register, and then contact Tami.vanKalsbeek@northernhealth.ca to access sessional funding for these learning opportunities.

Perinatal Substance Use Course

[University of British Columbia Continuing Professional Development \(UBC CPD\)](#)

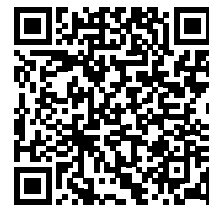
- 6 hour course
- 4 modules
 1. Module 1: Principles of Care
 2. Module 2: Care During Pregnancy and Labour
 3. Module 3: Care of the Newborn Exposed to Substances during Pregnancy
 4. Module 4: Discharge Planning and Transition to Community
- Target: acute care maternity/neonatal teams (moreOB participants) and primary care interprofessional teams



Addiction Care and Treatment Online Course (ACTOC)

[UBC CPD](#)

- 15-20 hour course
- Comprehensive online course for health care providers using evidence-based treatments along a continuum of care
- 22 modules, one specific to Pregnancy and Substance Use
- Target: primary care interprofessional teams, acute care, specialty (maternity/NICU) and specialized community services



Not Just The Blues: Perinatal Depression and Anxiety

[UBC CPD](#)

- 1 ½ hour course
- Provides a basic overview of perinatal depression and anxiety; including common risk factors, screening, treatment approaches and treatment planning
- Target: all health care providers working with the perinatal population



SafeCare (Provincial Perinatal Substance Use Course)

[Provincial Health Services Authority \(PHSA\) LearningHub](#)

- 10 hour course
- Includes trauma and violence informed practices, substance use, harm reduction, Indigenous Cultural safety and self-care components.
- Combination of self-paced online modules and a facilitated session, with in-person and virtual options available.
- Information video: <https://player.vimeo.com/video/520955872>
- Target: all health care providers in community and acute care settings

