

**CHILD & YOUTH** SASKATCHEWAN TRAINING  
MENTAL HEALTH AND ADDICTIONS SERVICES

# Saskatchewan Provincial Training Survey 2017

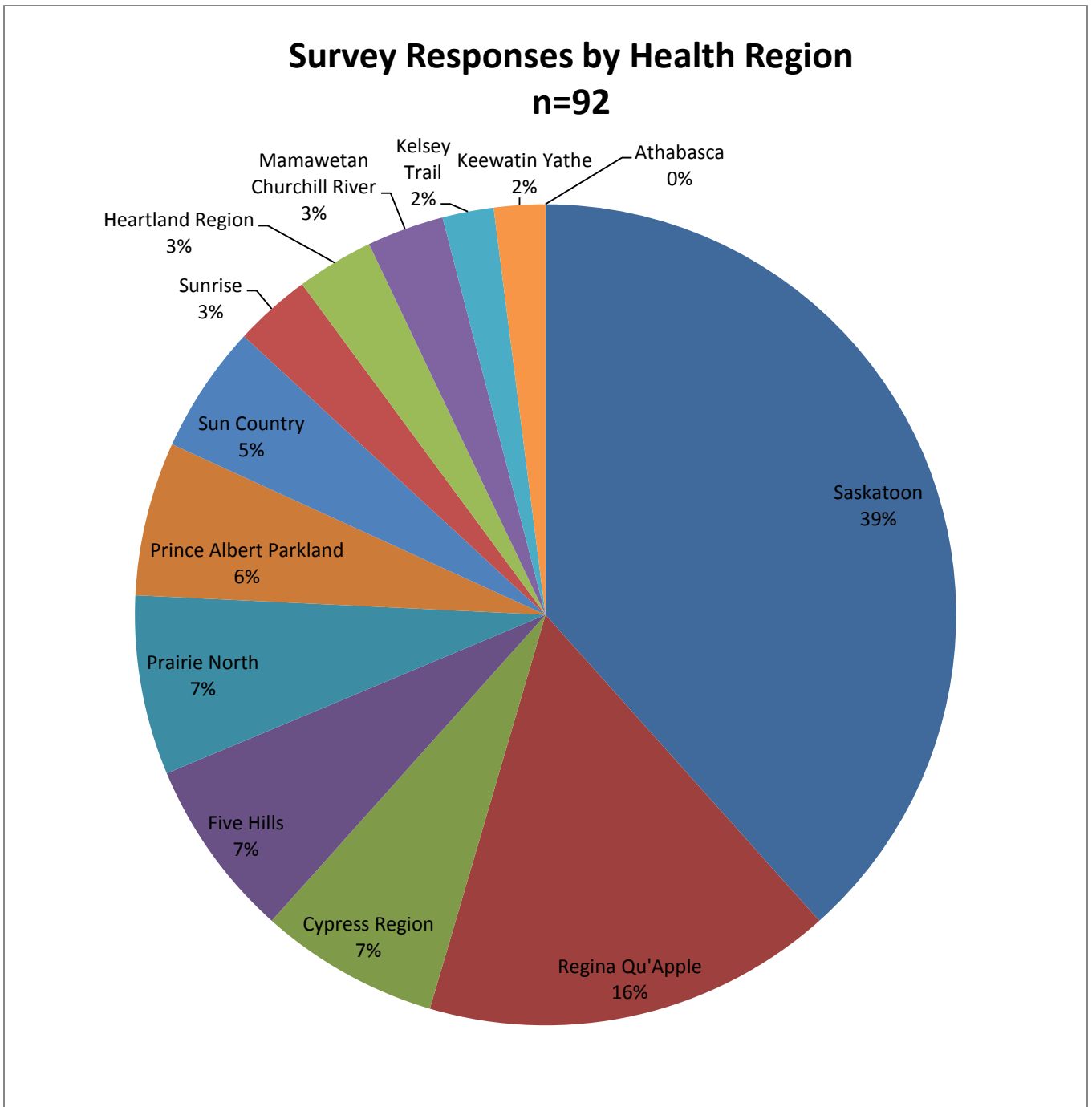


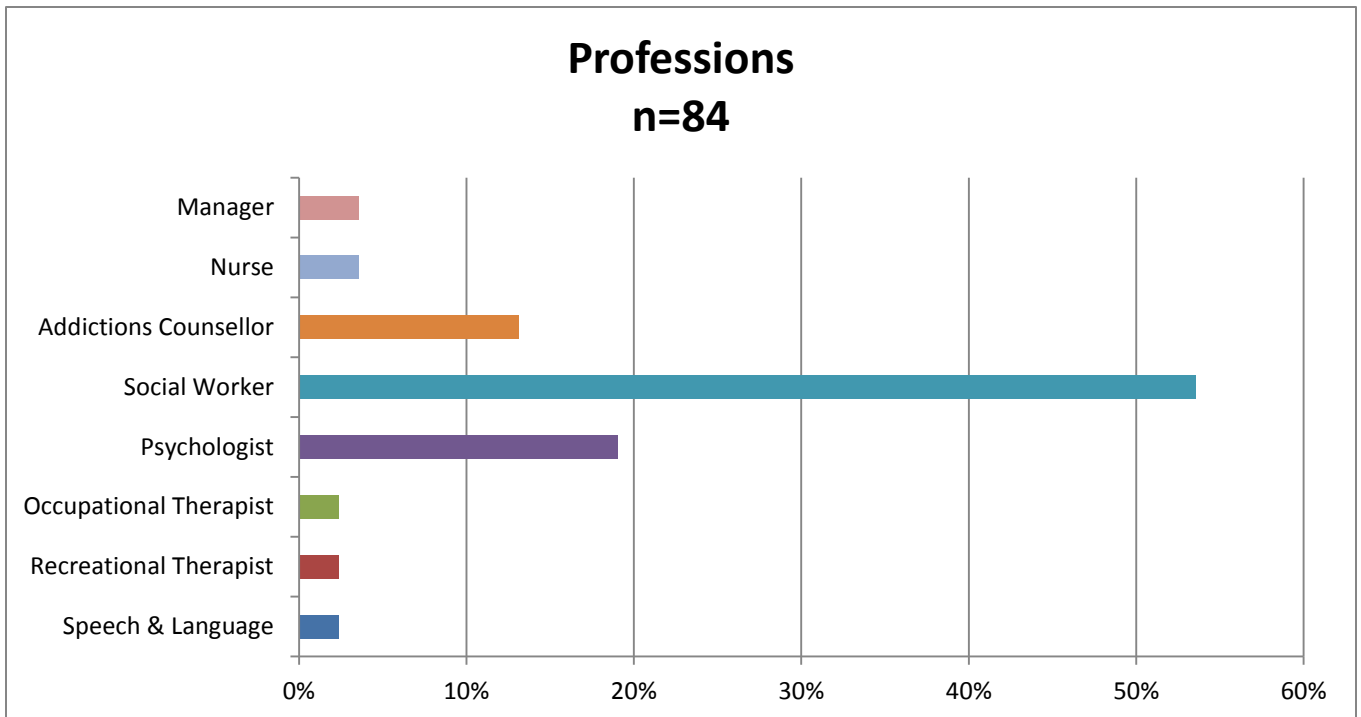
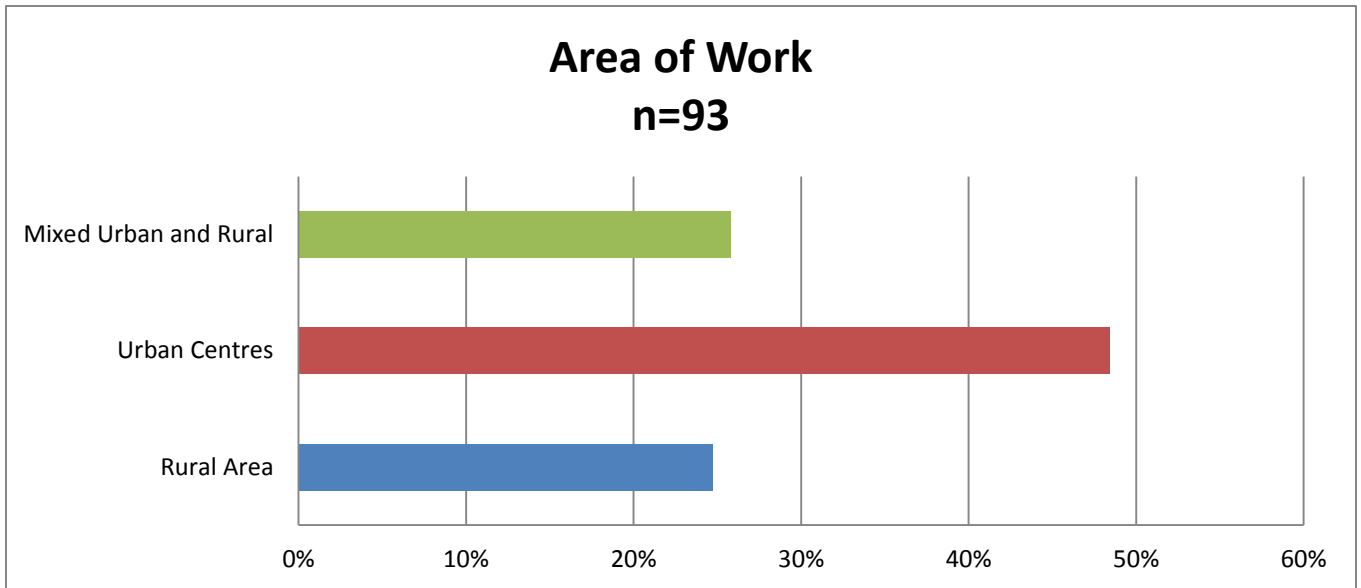
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# Child and Youth, Mental Health and Addiction Services Provincial Training Survey 2017

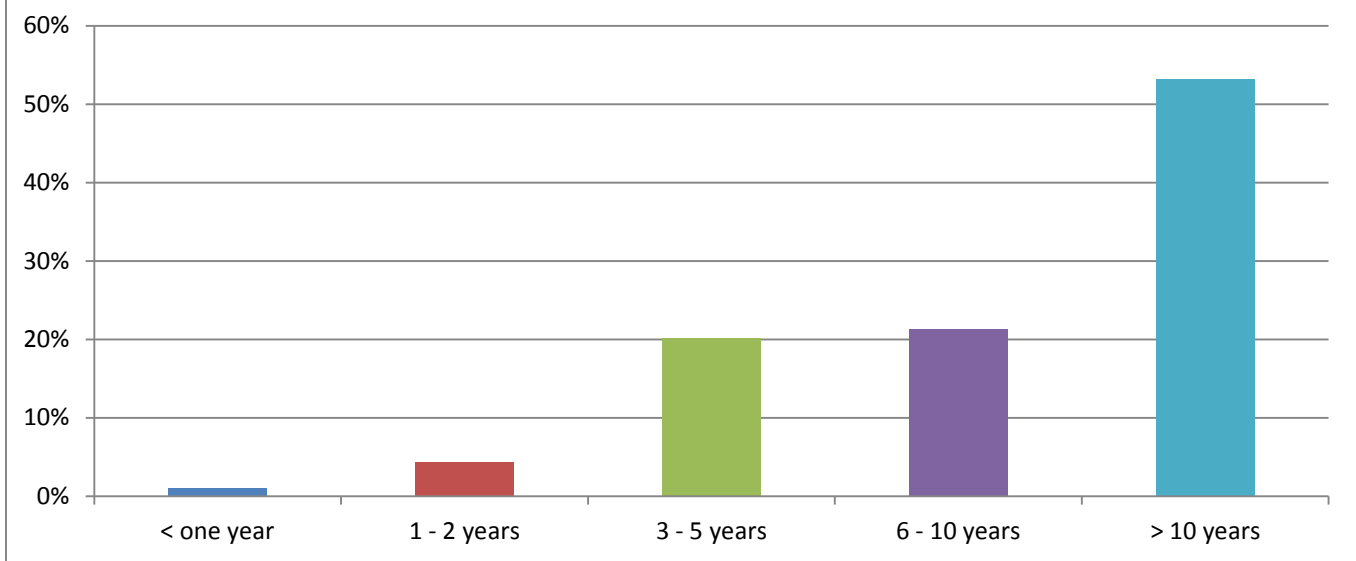
## Demographic Information of Respondents





Please note that there are a larger percentage of mental health professionals than other professionals who responded to the survey which could skew the results. Other professions include Autism Support Worker, Health Educator and more specifically Mental Health and/or Family Therapist.

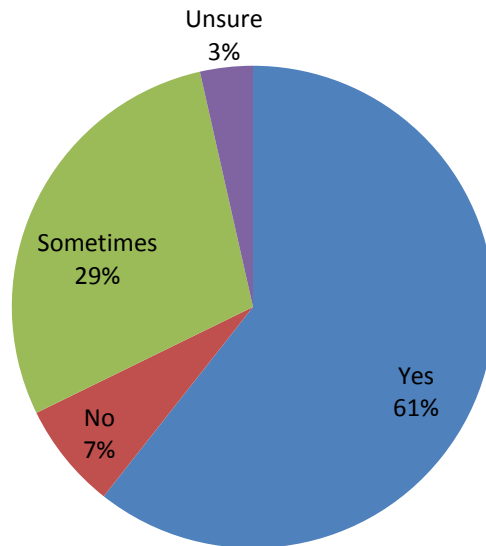
### Lenth of Time Employed in MHAS n=94



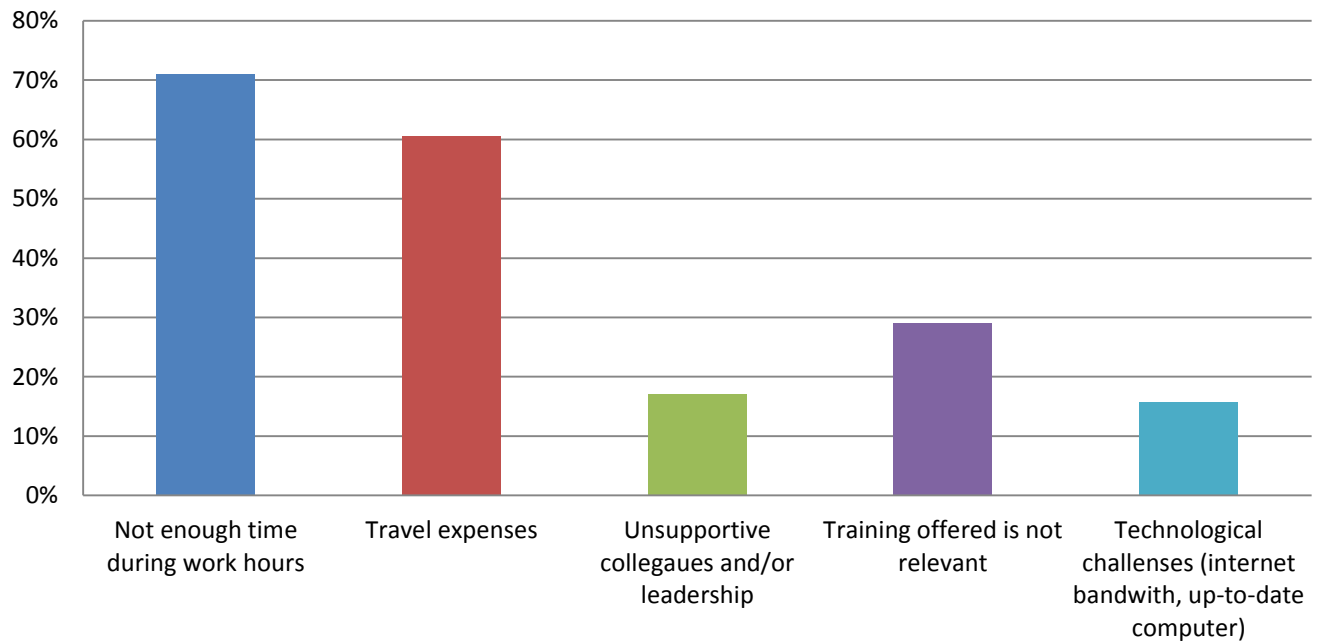
### Past Participation in Provincial Training Opportunities

### Encouraged and Supported by Leadership to Participate in Provincial Training

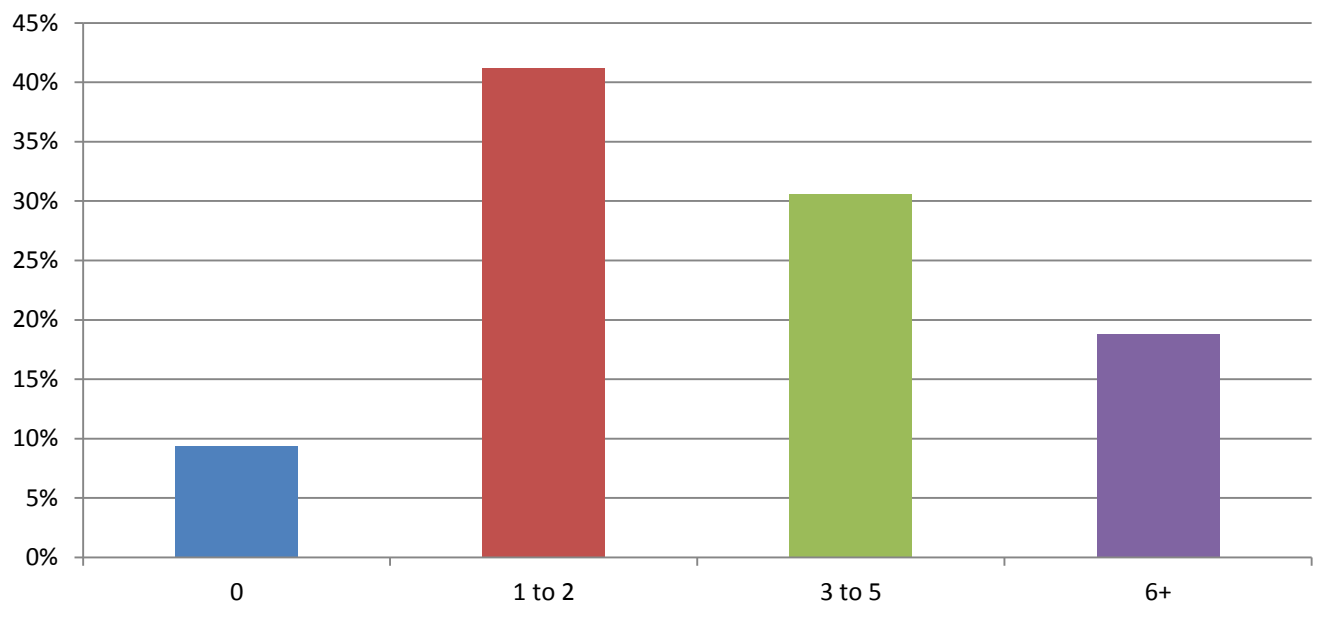
n=85



## Barriers to Participating in Provincial Training n=74

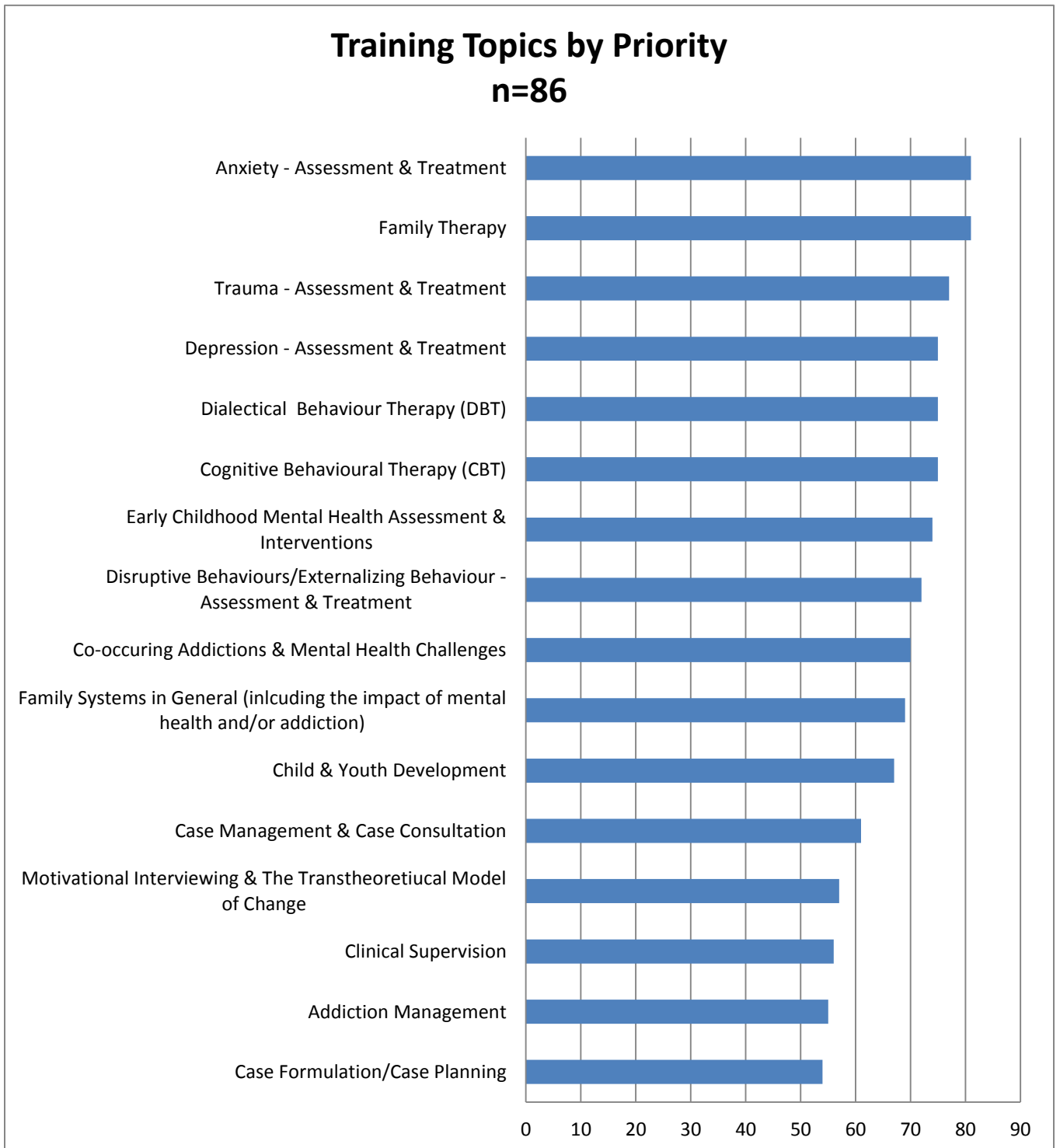


## Number of Provincial Training Events Accessed n=85



## Recommended Areas for Professional Development

The following graph details the recommended topics for future professional development that matches the needs of the working group. The total count is a combination of topics rated as intermediate and high priority. Interestingly, these results are almost identical to the 2014 Survey.



Clinicians were asked: Think of a time when you were a new clinician (or you currently are new), what training did you receive or wish you could receive that would have been helpful to have early in your career? Responses included (n=75),

- Dual diagnosis
- CBT, DBT, and Motivational Interviewing
- Solution Focused approaches and Client Directed Outcome
- Anxiety Disorders
- Parenting and Family Systems
- Suicide Prevention
- Trauma
- Play Therapy
- Gaming Addiction
- How to conduct a counselling session and counselling basics
- Ethical dilemmas, detachment from clients, avoiding burn-out
- Mental Health fundamentals and symptomology of diagnoses
- Specifics on Autism and FAS
- Mentorship

The Provincial Training team is starting a video library of pre-recorded webinars that provide basic background information on a topic and some tips and suggestions for working with those issues in sessions. Some of the topics we are currently working on are: working with transgender youth, psychosis 101, and building self-regulation in children. Clinicians were asked if they had any suggestions for topics for online webinars of local clinicians sharing knowledge in working with specific clients and below are the suggestions.

- Cultural competency
- Medicine wheel assessment tool
- Attachment disorder
- FAS treatment/cognitive challenges
- Child and Adolescent development
- Functional Behavior Assessment
- Sexuality
- Early childhood trauma and brain development
- Sensory issues
- Play therapy
- Trauma and its impact
- Mental health work with newcomers
- Working with self-harming youth
- Strength based or narrative interventions
- Team work and collaboration
- Eating disorders
- Meditation and mindfulness
- Internet/social media/cell phone addiction
- Parental engagement

## **Conclusion**

There was a 27% increase in respondents in the 2017 survey compared to the 2014 survey. Thank you to all the professionals who took the time to complete the survey. These results will be used to guide future training provided by the Provincial Training team. Our goal is to make the training material relevant, up-to-date and accessible to accommodate for busy schedules and to help strengthen the skills of clinicians.