

PACES Learning Pathway – Phase 1 (Beginning)

General Information

The Provincial Addiction and Mental Health Curricula & Experiential Skills Learning Pathway (PACES) is an evolving five-phase sequential learning pathway providing accessible, self-paced, and personalized mental health and addiction education for all skill levels. It advances learners from a basic understanding to a mastery of the competencies required to assess, treat, and support recovery from addictions, mental health, or co-occurring disorders through eLearning modules, educational videos, simulated clinical scenarios, virtual skill-building sessions, and reflective practice tools.

Phase 1: Beginning

Course Access

Learners with MyLearningLink Access: Connect to MyLearningLink through the staff intranet and search for “PACES” to complete and catalogue these modules as part of your learning record.

External Learners: For learners who do not have access to MyLearningLink, the modules are accessible at the following link: www.ahs.ca/paces. Please follow the directions on the page to take the modules and to request a certificate.

Duration: Varied due to length of individual modules – see below for more details.

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Global Learning Objective

Describe foundational concepts related to substance use disorders, behavioural addiction (gambling and gaming), and co-occurring mental health disorders that commonly present in individuals accessing mental health and addiction treatment services.

Course Descriptions

Module Title	Learning Objectives	Approx. Duration
Expectations for Care	- Recognize the importance of engagement when developing relationships with those in need of addiction & mental health services. - Identify evidence-informed approaches to addiction and mental health care that meet the needs and expectations of patients and families.	60 mins

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	Identify personal biases regarding addiction and mental health that may impact care provision.	
Understanding Addiction	- Define addiction and understand its complexities. - Explain the biopsychosocial-spiritual model of addiction. - Identify the criteria and level of severity required for diagnosing a substance use disorder.	60 mins
Understanding Psychoactive Substances	- Identify the <i>Diagnostic and Statistical Manual of Mental Disorders Fifth Edition, Text Revision (DSM-5-TR)</i> drug classes associated with substance use disorder. - Describe the prevalence and impact of each substance. - Explain the addiction liability and short and long-term effects of each substance.	60 mins
Understanding Gambling Disorder	- Identify the three essential components of gambling and the various gambling activities. - Define problem gambling and understand its complexities, including the impacts of gambling disorder. - Recognize the vulnerability and risk factors for gambling disorder among higher-risk groups.	60 mins
Understanding Internet Gaming Disorder (IGD)	- Define Gaming and review the elements of Game Design. - Identify the advantages and disadvantages of game playing. - Define IGD; and the diagnostic criteria for IGD. - Learn preventative measures to reduce excessive game playing and the development of IGD. - Identify the similarities and differences between electronic gaming and gambling.	60 mins
Understanding Mental Health and Mental Health Conditions	- Define Mental Health along its continuum from mental wellness to mental health disorder. - Identify the biopsychosocial-spiritual components of mental health. - Characterize the most common mental health conditions classified within the DSM-5-TR. - Distinguish strategies to prevent stigmatization of mental health conditions and promotion of mental wellness.	60 mins

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Understanding Concurrent Disorders	• Define the term concurrent disorders. • List the causes, connections, and risk factors for concurrent disorders. • Identify the most common combinations of concurrent disorders. • Describe an integrated approach to concurrent capable care.	60 mins
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