

PACES Learning Pathway – Phase 2 (Developing)

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 2: Developing

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.

Developers: Recovery Alberta – Provincial Practice Supports

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Global Learning Objective

Phase 2: Explain standard treatment practices and the skills needed for treating individuals experiencing substance use, mental health, or co-occurring disorders.

Course Descriptions

Module Title	Learning Objectives	Approx. Duration
Welcoming and Engaging Practice	- Define what welcoming and therapeutic engagement is. - Explain welcoming practice and the elements that affect a welcoming environment. - Describe how to welcome and engage in an authentic and effective manner. - Explain why therapeutic engagement is vital to successful treatment outcomes. - Discuss the links between Patient and Family Centered Care and welcoming and engaging practice.	45 mins

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Screening & Brief Intervention	- Identify the difference between screening and assessment for concurrent disorders. - Describe brief interventions. - Explain the goals and benefits of a standard approach to screening for concurrent disorders. - Discuss interview styles and types of screens. - Discuss the screening and assessment practices within Connect Care. - Recognize the factors to consider when selecting a screening tool. - Identify commonly used evidence-informed screening tools for substance use disorders, gambling and gaming disorders, and mental health assessments. - Apply a standard approach to screening.	40 mins
Intoxication & Withdrawal – Part 1	- Identify clinical signs and symptoms of intoxication and withdrawal from alcohol, cannabis, entactogens, and hallucinogens. - Explain the physiological mechanisms of alcohol, cannabis, entactogens, and hallucinogens. - Understand and offer typical treatment options to individuals seeking treatment. - Understand the general practice principles of supportive withdrawal management. - Apply safe and effective withdrawal management options chosen by individuals.	60 mins
Intoxication & Withdrawal – Part 2	- Identify clinical signs and symptoms of intoxication and withdrawal from opioids, sedative/hypnotics, stimulants, caffeine, nicotine, and inhalants. - Explain the physiological mechanisms of alcohol, cannabis, and hallucinogens. - Understand and offer typical treatment options to individuals seeking treatment. - Understand the general practice principles of supportive withdrawal management. - Apply safe and effective withdrawal management options chosen by individuals.	60 mins
Comprehensive Assessment	- Define comprehensive assessment. - Explain comprehensive assessment as part of clinical decision-making. - Identify the steps and approaches for a comprehensive assessment. - Apply the assessment process.	40 mins

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Integrated Treatment and Recovery Planning	- Define integrated treatment and recovery planning and its key elements. - Describe how integrated treatment and recovery planning is important to clinical work. - Identify who is responsible for integrated treatment and recovery planning. - Describe how to develop an integrated treatment and recovery plan. - Summarize documenting an integrated treatment and recovery plan.	40 mins
Comprehensive Interventions: An Overview	- Define comprehensive interventions. - List factors that affect decision-making when choosing an intervention. - Identify common approaches and interventions used in AMH services. - Practice selecting approaches and interventions.	45 mins
Change & Motivational Interviewing (MI)	- Define motivational interviewing and describe the transtheoretical model of change. - Explain the history of motivational interviewing and supporting strategies. - Interpret the method and processes of motivational interviewing. - Identify common challenges in implementing motivational interviewing. - Practice recognizing the stage of change and applying MI.	45 mins
Introduction to Cognitive Behavioural Therapy (CBT)	- Define CBT and identify its guiding principles and elements. - Describe and name three levels of cognition. - Explain an overview of CBT treatment. - Describe various cognitive and behavioural techniques used in CBT. - Differentiate CBT from other forms of therapy.	60 mins
Introduction to Dialectical Behaviour Therapy (DBT)	- Describe the brief history of DBT and identify key considerations for treatment. - Explain the stages and delivery of DBT. - Describe DBT assessment, formulation, and treatment planning in individual DBT work. - Identify and describe core skills utilized in DBT group skills training.	75 mins
Transitions in Care	- Define transitions in care and how they align with the patient-first strategy and collaborative care. - Describe when, where, and how transitions in care occur.	40 mins

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	- Identify policies and procedures used in managing transitions. - Explain the importance of information transfer in care transitions as a Required Organizational Practice (ROP). - Identify other considerations for planning transitions and challenges that can occur.	
Comprehensive Pharmacological Interventions for Mental Health Disorders	- Explain the principles of pharmacokinetics and pharmacodynamics to understand drug absorption, distribution, metabolism, and elimination in the context of mental health disorders. - Analyze the potential benefits, risks, and limitations of pharmacotherapy in the context of mental health disorders. - Describe the major classes of medications used in the treatment of mental health disorders. - Identify the appropriate pharmacological treatments for different mental health disorders, such as depression, anxiety, schizophrenia, bipolar disorder, and ADHD.	80 mins
Comprehensive Pharmacological Interventions for Substance Use and Addiction	- Explain the principles of pharmacokinetics and pharmacodynamics to understand drug absorption, distribution, metabolism, and elimination in the context of substance use disorders and behavioural addiction. - Analyze the potential benefits, risks, and limitations of pharmacotherapy in the context of substance use disorders and behavioural addiction. - Describe the major classes of medications used in the treatment of substance use disorders and behavioural addiction. - Discuss the pharmacological treatments available for various substance use disorders, including alcohol use disorder, opioid use disorder, nicotine use disorder, stimulant use disorder, and gambling disorder.	60 mins
Overview of Pharmacological Interventions for Concurrent Disorders	- Explain the principles of pharmacokinetics and pharmacodynamics to understand drug absorption, distribution, metabolism, and elimination. - Analyze the potential benefits, risks, and limitations of pharmacotherapy. - Articulate the pharmacological treatments available for various concurrent disorders. - Discuss medication adherence.	45 mins
Considerations for Women in Addiction and	- Explain the prevalence and impact of trauma and violence on women with substance use disorders. - Apply trauma and violence-informed care principles in addiction and mental health treatment.	65 mins

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Mental Health Treatment	• Recognize the importance of gender-specific programming and treatment approaches. • Distinguish screening and assessment tools for women. • Implement strategies to address barriers to treatment and promote social support networks.	
Considerations for Youth in Addiction and Mental Health Treatment	• Explain the developmental considerations impacting youth health and well-being. • Recognize the interplay of addiction and mental health in youth health. • Recognize how trauma experiences and cultural factors impact the development of addiction and mental health concerns in youth. • Describe the importance of collaborating with multidisciplinary teams when supporting youth facing mental health and addiction challenges.	85 mins

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