



A Holistic approach to Drug Abuse, Addiction and Mental Health Concerns

DID YOU KNOW?

According to the Canadian Centre on Substance Use and Addiction, approximately 21% of the population (about 6 million people) will experience a substance use disorder or addiction at some point in their lifetime. Drug abuse, addiction, and misuse can cause many emotional, social, and physical issues for users, however, the worst risk is death.

Empowering you (and those round you) with the tools to deal with Drug Abuse, Addiction and Mental Health Concerns in Canada .



Best Option Health Services

ABOUT US



We work with individuals, organizations, communities and pretty much everyone directly or indirectly affected by mental health challenges and addictions.

We meet individuals where they are and walk with them towards achieving their identified goals and recovery one step at a time.

HERE IS WHAT WE DO

- Offer **training** in Drug Abuse, Addiction and Mental Health and wellness
- Offer **mental health support** for people struggling with addiction and other issues such as stress, depression and anxiety

- **Consulting Services**

We can help you develop a mental health strategy or a mental health policy for your workplace.

MISSION

Our mission is to support people restore their dignity, rediscover their destiny, and realize their dreams through a non judgemental and person centred approach..

OUR SOLUTION

What makes us different is our 4 pronged holistic approach to tackling Drug Abuse , Addiction and Mental Health struggles.



TRAINING

The course is delivered through fully interactive online multimedia lessons. Each lesson features opportunities for personal reflection and downloadable resources for in-person learning.



COUNSELING

Our nursing staff have training in social work, psychotherapy, and have specialized expertise in dealing with issues specific to drugs and addiction as well as general mental health and wellness issues.



INDUSTRY EXPERTS

Our long-term partnerships with a number of Canada's renowned Subject Matter Experts (SMEs) allow us to provide our clients with the most thorough, industry-specific and legislatively-accurate learning content available, regardless of your company size.



TREE OF LIFE METHODOLOGY

The Tree of Life is a hopeful and inspiring approach to working with children, young people and adults who have experienced hard times.

Level 1 Drug Awareness Course

Course description

This course is designed for employees who work in schools, shelters, and the non-profit sector. It is intended to provide them with knowledge about various drugs, as well as skills to identify someone who is under the influence of alcohol or illicit substances, manage their intoxication safely, and sign them up for appropriate ongoing support.

Learning outcomes

By the end of this course, participants will be able to:

1. Identify the history and classification of psychoactive drugs, the use of drugs across the life span, the impact of heredity and environment on drug use, the development of substance use disorders, community capacities and strength-based principles in addressing substance use disorders.
2. Identify other drugs and addictions, the impact of drug use on mental health, including dual diagnoses or co-occurring disorders, and the impact of decriminalization or legalization of marijuana in addressing substance use disorders.
3. Identify the prevalence of substance use and substance use disorders, health care reforms and integrated care, and the competencies of addiction counseling.
4. Describe psychoactive substances by category (stimulants, depressants, opiates, opioids, hallucinogens, cannabinoids, etc.) and describe their actions on the brain and body, including the mechanisms of tolerance, tissue dependence, withdrawal and craving, as well as other physical and emotional effects.



Modules covered

Module 1 – Introduction to drug and alcohol abuse

In the first Module of our drugs awareness course, you will be presented with information on drug addiction and on issues related to dependency. Furthermore, you will also be presented with useful information on the categories of people who are most vulnerable to developing an addiction disorder. Finally, this Module will conclude with some case studies of drug addiction.

Module 2 – Drugs

In this Module, you will have the chance to learn more about drug Addiction and dependency and the problems associated with them. You will also gain valuable insights into various acts and policies that regulate drug abuse. Finally, you will learn about the support alternatives that are available for those who wish to recover from substance dependency.

Module 3 – Basic counselling skills

In this Module you will look at the various components of a successful counselling alliance of clients who have an ongoing diagnosis of substance use disorder. Furthermore, this Module will also look at motivational skills that counsellors and mental health professionals can use when supporting people with addiction challenges .



Module 4 – Problems associated with dependency

In this Module of our drugs awareness course, you will look at some of the problems experienced by those dependent on drugs. You will have the chance to gain a deeper understanding of how substances can negatively impact various aspects of someone's life, such as work, health, productivity, relationships, self-esteem, and mental health. By the end of this Module, you will have a better understanding of the complexity of issues associated with drug dependency.

Module 5 – Getting treatment and support

Our last Module will look at various aspects of the treatment and support for drug addiction disorders. You will be presented with information on treatment alternatives and side effects that might occur when attempting to quit a certain drug. Furthermore, you will learn how to detect the signs that might show a potential relapse back into addictive behaviours and how individuals who undergo treatment for drug abuse can stay motivated throughout their recovery journey.

Stress Management in the Workplace

Course description

The course will enable participants to consider the management of workplace stress at an individual and organisational level, and will help participants develop and implement effective strategies to prevent and manage stress at work. There will be lots of opportunities to relate the content to the participants' own work environment, and to consider a range of practical stress management techniques that can help team members whilst executing management health and safety responsibilities.

This Training course is designed for:

- Those responsible for teams who are looking to develop techniques to manage stress effectively
- Managers working in high-pressure environments looking to prevent stress becoming an issue
- Teams who want to develop a balanced and stress-free culture and environment.
- Individuals where stress is affecting their performance and their personality

Learning outcomes

By the end of this course, participants will be able to:

1. Understand the source of stress and pressure at work
2. Determine the cause of their stress (stressors) in their work
3. Apply effective skills in managing stress and pressure at work
4. Enhance their coping skills in dealing with stress
5. Improve their skills in managing their body and mind to deal with stress



Modules covered

Module 1: Costs and benefits of reducing work-related stress

Impact and costs of stress on the organisation

Benefits of tackling workplace stress

What is stress/stressors and controls

Module 2: An introduction to stress awareness

The fight or flight response

Is all stress bad for you?

Recognising the signs and symptoms of stress

Module 3: The four sources of stress – emotional, mental, physiological and behavioural

The long term effects of stress

Identifying your personal stress map

Stress management toolkit

Module 4 : Stress management strategies

Review of current stress management techniques being used by the participant

Coping strategies and tips for managing stress

Presentation, individual practical activity and facilitated group discussion

Module 5 Medical Approach to Stress – Drugs

Non-Medical Approach to Stress – Holistic Therapies

Physical Effects of Stress

Understanding Depression & Anxiety

Course description

Anxiety is a common condition experienced by young people that can escalate to a point where it impacts on their general well-being and activities of daily living; brain development and performance . If untreated the risk of developing chronic and enduring mental health conditions increases, as well as the risks of deliberate self harm and suicide.

This beginner's course is aimed at anyone with an interest in mental illness generally, and anxiety and depression in particular. This may include:

- those who are currently experiencing or have previously experienced emotional difficulties,
- family and friends of those who are experiencing emotional difficulties,
- primary (or other) healthcare professionals who have a frontline role in detecting mental health difficulties and offering appropriate support and guidance to those affected.

Learning outcomes

By the end of the course, you'll be able to:

1. Identify anxiety disorders commonly experienced by adolescents
2. Describe the aetiology (causes) of anxiety in young people
Explain what 'stigma' is in relation to mental illness generally
3. Identify between normal and abnormal anxiety states
4. Explain how to assist a young person experiencing abnormal anxiety states

Modules covered

Module 1. “No health without mental health”

Learn about the nature, scale and impact of depression and anxiety among people with physical health problems.

- 1) Introduction
- 2) How big is the problem?
- 3) Why and how do physical and mental illness overlap?
- 4) When does mental distress become mental disorder?
- 5) How do depression and anxiety impact health outcomes?
- 6) Depression, Anxiety and Inflammation

Module 2. Identifying depression and anxiety

Explore approaches to detecting depression and anxiety in people with physical health problems.

1. Challenges to detecting mental health problems
2. Signs and symptoms of depression and anxiety
3. Screening and assessment tools
4. Check your own symptoms
5. Self-management strategies

Module 3 : Strategies

Learn about self-care strategies to promote mental and physical health for people with chronic conditions.

1. Getting active
2. Sleep and health
3. Alcohol and health
4. What is mindfulness and does it work?
5. Mindfulness meditation practice

Modules covered

Module 4 :Talking therapies

Learn about psychological therapies, which involve talking to a professional who is trained in helping people cope with difficult emotions and experiences.

- 1.Types of talking therapy
- 2.Cognitive behavioural therapy (CBT) in practice
3. Thinking traps

Module 5: Medication

Explore pharmacological approaches to treating depression and anxiety.

- 1.Antidepressant drug myth-busting quiz
2. Medication for depression
3. How do antidepressants work?

Why us?

The image displays a grid of six features, each represented by an icon in a blue circle with a dotted border, a title, and a brief description. The features are arranged in two rows of three.

- Lessons**: Story-based lessons that teach core coping skills
- Workbooks**: Exercises designed to help you tackle your symptoms
- Action Plans**: Step-by-step activities to help you put new skills into practice
- Extra Resources**: Tools to help you overcome common challenges
- Alerts & Reminders**: Reminder e-mails and texts to help you stay on track
- Progress Tracking**: Questionnaires to help you monitor your well-being

- Pool of pre-qualified professionals willing and ready to step in as required
- Evolving delivery strategy to ensure alignment with industry best practices
- The right mindset, team, and culture

THANK YOU

We are your partner in dealing with Drug Abuse, Addiction and Mental Health Concerns!

FOR INQUIRIES, CONTACT US.

contact@bestoptioncare.com

