Recommended Educational Resources

In this document, service providers will find a useful list of recommendations based on previous research and clinical practices. In addition, service providers will locate resources including websites, videos, brochures, and articles that they can use to assist families in navigating the use of digital technology.

Websites

- Canadian Centre for Child Protection: https://www.protectchildren.ca/en/
- Media Smarts - Canada's Centre for Digital and Media Literacy: https://mediasmarts.ca/
- Common Sense: https://www.commonsense.org
- EducationEmpowerKids.org: https://educateempowerkids.org
- healthychildren.org: https://www.healthychildren.org/English/Pages/default.aspx
- healthychildren.org – Family Media Plan: https://www.healthychildren.org/English/media/Pages/default.aspx
- Fight the New Drug: https://fightthenewdrug.org
- Protect Young Minds: https://www.protectyoungminds.org
- Screen Agers Screen Time Contracts: https://www.screenagersmovie.com/contracts
- Screen Agers Tech Talk Tuesday Blog: https://www.screenagersmovie.com/tech-talk-tuesdays\
- The Center for Internet and Technology Addiction: https://virtual-addiction.com/
- Recovery College Calgary: http://www.recoverycollegecalgary.ca/courses/
- Recovery College Edmonton: https://recoverycollegeedmonton.ca/
- Specialist LINK: http://www.specialistlink.ca/
- Family Smart: http://www.familysmart.ca/
- Galileo Educational Network: http://galileo.org/
- Net addiction: http://netaddiction.com/
- The Centre for Addiction and Mental Health(CAMH) - Mental Health and Addiction 101 Series: http://www.camhx.ca/education/online_courses/mha101/youthandtechnology/Youth_and_Technology_.htm
- TechAddiction: http://www.techaddiction.ca/
- mindyourmind: http://mindyourmind.ca/
- American Academy of Pediatrics (APP): https://www.aap.org/en-us/Pages/Default.aspx
- International Classification of Diseases 11th Revision: https://icd.who.int/en
- American Psychological Association (APA): https://www.apa.org/
- American Psychiatric Association (APA): https://www.psychiatry.org/
- The Centre for Addiction and Mental Health (CAMH): https://www.camh.ca/
- The Canadian Mental Health Association (CMHA): https://cmha.ca/
- MyHealthAlberta.ca: https://myhealth.alberta.ca/
- Bell Let's Talk: https://letstalk.bell.ca/en/
- Can we talk: http://canwetalk.ca/

For more information, contact Provincial Information and Child, Youth, and Family Initiatives Standards at informationandcyfistandards@ahs.ca.

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Addiction & Mental Health

Articles, Brochures, and Booklets

These materials are evidence-based resources that increase awareness and understanding about the interaction of digital technology and mental health.

- Mitchell, K. J., & Wells, M. (2007). Problematic Internet experiences: Primary or secondary presenting problems in persons seeking mental health care. *Social Science & Medicine, 65*, 1136-1141. Retrieved from http://www.unh.edu/ccrc/pdf/CV131.pdf
- Kuss, D. & Lopez-Fernandez, O. (2016). Internet addiction and problematic Internet use: A systematic review of clinical research. *World Journal of Psychiatry, 6*(1): 143-176. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4804263/
- Canadian Paediatric Society. (2017). *Screen time and young children: Promoting health and development in a digital world*. https://www.cps.ca/en/documents/position/screen-time-and-young-children
- Canadian Centre for Child Protection. (2018). *Parenting Tweens and Teens in the Digital World*. https://www.protectchildren.ca/en/order/product/214:en/
- eMentalHealth.ca. (2019). *Unplug (from Technology) and Connect: Keeping Families Strong in a Wired World*. Retrieved from https://www.ementalhTealth.ca/Ontario/Unplug-from-Technology-and-Connect-Keeping-Families-Strong-in-a-Wired-World/index.php?m=article&ID=26722
- The Centre for Addiction and Mental Health (CAMH). (2007). *Addiction An information guide*. https://www.camh.ca/-/media/files/guides-and-publications/addiction-guide-en.pdf
- CAMH. (2016). *Youth, family and interactive technology*. http://www.camh.ca/-/media/files/youthfamilyinteractive-onlinebrochure-pdf.pdf
- Calgary Reads. (2020).*I'm Ready Booklets*. https://calgaryreads.com/resources-2/tukay/
- Canadian Paediatric Society. (2017). *Screen Time and Young Children: Promoting Health and Development in a Digital World.* https://www.cps.ca/en/documents/position/screen-time-and-young-children

Videos:

Below are some useful videos on problematic use of the internet, gaming, and digital technology for service providers who work with addiction and mental health

Concurrent Disorders Learning Series: Dr. Potenza: CSAM 2016 Behavioural and Substance Addictions:

The presenter of this video provides a good overview of how DSM-5 was improved to include Internet Gaming Disorder, and also explains a basic understanding of behavioural (process) addictions.

https://www.youtube.com/watch?v=36MvUmnC78w&index=44&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&t=0s

Concurrent Disorders Learning Series: Dr. Joel Billieux: Risk associated with the development of diagnostic criteria for behavioural addictions:

This video highlights important aspects of behavioral disorders and dysfunctional coping strategies versus healthy passions. The presenter considers the terminology of unhealthy coping strategies, and analyzes the impact of behavioural addictions on people from both a symptom and process based criteria.

> https://www.youtube.com/watch?v=PfqcD3RFPKo&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&index=44

Concurrent Disorders Learning Series: Daniel Kardefelt- Winther: When can new diagnostic categories do more harm than good (Internet Gaming Disorder)

The host of this video discusses risks of pathologizing normal, healthy behavior. The presenter analyzes the imprecise line between healthy and harmful behaviour; and concludes by noting the need for further research involving youth as participants, rather than subjects.

> https://www.youtube.com/watch?v=TrHrAuZqeSI&index=47&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8

Concurrent Disorders Learning Series: Floriam Rehbein, Contribution of different diagnostic criteria to the assessment of gaming (2016)

This video shows the concurrent disorders and differential diagnosis in Internet Gaming Disorder, Internet Addiction, Internet pornography, and gambling. The presenter notes how further study and research are necessary to avoid false positives during diagnosis process.

> https://www.youtube.com/watch?v=JMHWN6b5XDo&index=45&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8

Concurrent Disorders Learning Series: Susumu Higuchi – Application of gaming disorder criteria for treatment seeking patient (2016)

This video shows the diagnostic guidelines for Gaming Disorder (GD), and highlights how there are non-essential criteria for the diagnosis of GD.

> https://www.youtube.com/watch?v=81J3ZLNaKgE&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&index=123