

E-MENTAL HEALTH HIGHLIGHT

AUGUST 28, 2023

Online Program - The Brain Story

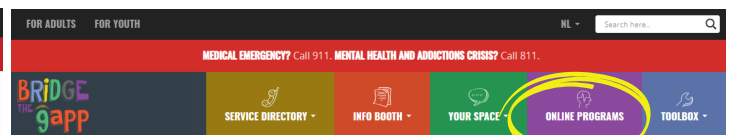
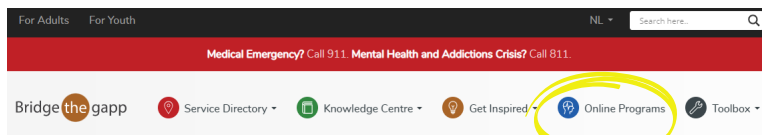


Bridge the gapp

www.nl.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.



BRAIN STORY
CERTIFICATION

A free online learning program to increase knowledge of how adverse childhood experiences impact brain development and can increase risk for mental health and addictions and other concerns. Using scientific knowledge, the Brain Story helps increase the understanding that mental health and addictions are chronic health conditions, not moral conditions or due to lack of willpower. Available in English and French.

IS THE COURSE FOR ME?

Brain Story Certification provides detailed scientific information for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is challenging, but is designed to be interesting and comprehensible to many people, with or without a science background. This course is designed primarily for individuals seeking certification in professions such as health care, policy-making, academia, justice, education, social work, and child care. However, anyone interested in brain development, mental health, and addiction is likely to find the content interesting and is encouraged to enroll.

WHO TEACHES THE CONTENT?

The course faculty for Brain Story Certification comprises 39 of North America's and Europe's leading experts in neurobiological development and its connection to physical and mental health, including addiction. Their video lectures are excerpts from Symposia hosted in Alberta between 2010 and 2014.

WHO IS PROVIDING THIS COURSE?

The Brain Story course is provided by the Alberta Family Wellness Initiative (AFWI) and its parent organization, the Palix Foundation (a private philanthropic organization based in Alberta, Canada).

WHAT ARE THE PREREQUISITES?

There are no prerequisites for the course. Learners may find the content in the What We Know section of this website to be useful background information.

IS THE COURSE GRADED?

Learners seeking certification will need to pass multiple-choice evaluation questions at the end of each module.

To earn certification, learners must answer 100% of the questions correctly. However, numerous attempts to answer the multiple-choice evaluation questions are permitted in Brain Story Certification. Learners who are not seeking certification may choose to participate in some or all of the evaluation, or may skip the questions and focus exclusively on the learning content.

WHAT KIND OF TIME COMMITMENT IS REQUIRED?

Each module includes videotaped lectures from our expert faculty, some reading and completion of a quiz. The time it takes to complete the course varies from participant to participant.

