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# **West Region Treaty 2 & 4 Health Services**



## **Mental Health and Wellness Training and Presentation 2021-2022**

### **Mental Health First Aid First Nations**

*Mental Health First Aid First Nations is a spark that awakens the courage to have open and honest conversations about mental health with family, friends, and others. It is part of a larger journey that helps strengthen the connections within communities. The MHFA First Nations course is intended for First Nations however, is also recommended for anyone that works with First Nations. This course can be delivered wherever there is a need, such as a First Nations community, urban organization, rural and remote. It is especially important to note this is not a culturally competency or cultural sensitivity course. It is expected that anyone who takes the MHFA First Nations course will already have an existing and ongoing relationship with First Nations people and communities. It is designed to provide an opportunity for First Nations participants and others who work with First Nations to learn and have serious conversations about mental health and wellness. Participants will reflect on their life experiences, acknowledge the historical context of the colonization of Canada and move forward to address and explore ways to restore balance on a journey to mental health and wellness. (20 Hours/2.5 Days)*

### **ASIST**

*Applied Suicide Intervention Skills Training – is an award winning two day interactive workshop that prepares caregivers to provide life assisting suicide first aid intervention using the Pathway for Assisting Life (PAL) model. Participants will be better able to: identify people who have thoughts of suicide, understand how beliefs and attitudes can affect suicide interventions, listen to the story of a person with thoughts of suicide and recognize turning points that connect them to life. Participants will also conduct a safety assessment, develop a safe-plan, and confirm the safety actions to be carried out. (16 Hours/2 Days)*

### **safeTALK**

*Suicide Alertness For Everybody – whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. safeTALK is a three to four hour training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Presentation and video presentation illustrate the importance of suicide alertness, while discussion and practice stimulate learning. Participants will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide, recognize people who have thoughts of suicide, apply the TALK steps (Tell Ask Listen and KeepSafe) to connect a person with thoughts of suicide to a suicide first aid intervention caregiver. (3-4 Hours)*

### **Drug and Alcohol Abuse in the Workplace**

*This presentation provides an overview of signs and symptoms to watch for in relation to drugs and alcohol in the workplace. It discusses key points of support and how to assist someone who may be struggling. Discussion of Human Rights from the perspective of the employer and employee. (1 hour)*

### **Anxiety Disorders in Children**

*This presentation primarily focuses on the different types of anxiety disorders, along with signs and symptoms. It offers themes and examples of how to recognize anxiety even when the child is too young to name what they are experiencing. (1-1.5 hours)*

### **Finding a Needle (What do I do?)**

*This presentation was created for a youth audience. It is quick facts to assist youth if they find a needle and are unclear of what they should do. (20 Minutes)*

### **Marijuana: The Facts- Power Point Presentation**

*The primary focus is for participants to be aware of the long term and short term effects of marijuana use. The advantages and disadvantages to using marijuana. The substance itself is explained in detail as there are different strains of the plant in use. (1 hour)*

### **Harm Reduction (Adult Focused)**

*The primary focus of this presentation is to explain and provide an understanding of the different types of initiatives that are helping people who are addicted to drugs and are not wanting to quit. It emphasizes the role of colonialism and stigmatization as being barriers to receiving services. Huge focus on providing services with an empathetic and non-judgemental lens. (1.5 to 2 hours)*

### **Teen Talk**

*Teen Talk delivers interactive workshops using group brainstorming, small group work, hands-on activities and games to explore and teach content to youth. Teen Talk Components include: diversity, body image, communication skills, dating relationships, Intro to sexuality, mental health, pregnancy options, sexual and reproductive health, Sexually transmitted infections and HIV and substance use awareness. (training time customizable)*

### **The Balancing Hook**

*A responsible gambling initiative developed by the Manitoba First Nations Casino Trust and the Addictions Foundation of Manitoba. It focuses on the importance of wellness and balance within an individual's life and how this relates to gambling and other related Indigenous health and wellness issues. Workshop participants gain an increased understanding of how gambling works, the range of gambling behavior, and the prevention of problem gambling. The workshop can be adapted depending on the audience, whether delivered to community members or to front-line workers. Additional topics for front-line workers may include screening, identification, early intervention, and enhanced knowledge and skills in working with individuals experiencing problems with gambling. The Balancing Hook training is accredited by the Indigenous Certification Board of Canada, April 2018.*

### **Triple P Parenting**

*A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (12 years & under) that are mild and uncomplicated by a high level of family stress. Practitioners provide 3-4 sessions over a period of 4-6 weeks. Sessions adhere to Triple P format and can be done in person, over the phone, or as a combination of both. Parents will receive Triple P information sheets and a Positive Parenting Booklet. Triple P is used in more than 25 countries and can be used confidently with most parents regardless of culture, or religious or linguistic background.*

### **Bimaadiziwin/Traditional Teachings (Adult/Youth Focused)**

*Throughout history, Anishinaabe communities of Treaty 2 & 4 area have relied on the sharing of stories, teachings, lessons and knowledge to maintain spiritual and cultural identity. Traditional practices and cultural way of life revolves around the interconnections between all of creation. Bimaadiziwin "Life" Teachings is intended to preserve the importance of Anishinaabe culture and provide traditional teachings to promote Minoayawin (healing). The presentation is not intended to replace or to provide a substitute for any other religion or cultural beliefs. In practice, one can expect some blending of Aboriginal spiritual practices, traditions and Christianity. (Topic/Time Dependent)*

### **Beyond the Hurt (Bullying Prevention)**

*Through this customizable presentation, youth will understand bullying, harassment and discrimination, how youth can use their personal power to resolve and prevent these problems, and how to find and use resources to respond to bullying, harassment and cyber bullying. (Avg. time/1 hr)*

### **Diabetes and Depression**

*We may not realize how difficult it is for a person who is living with diabetes. We can miss important needs they may have and be unaware of the factors affecting their lives. Presentation looks at the difficulties and ways in which we can help. (approximately 2 hours)*

### **Traditional Parenting-Supporting the Next Generation**

*By: Kristy Chartrand RSW, BSW, BFNAC inspired by the work of Janet Fox - First Nations people have always had the knowledge that when you raise a child holistically, this prepared them to make positive life choices. Healthy relationships, healthy children, would in turn lead to healthy communities. This training is a brief conversation starter on how we can begin to prepare the next generation through our teachings as a source of strength and identity.*

### **Grief and Loss (Adult Focused)**

*The Grief & Loss presentation provides information about grief & loss and how we can help. Stages of loss, types of loss, coping, ways to honor our loved ones, are discussed. The presentation shares various aspects of grieving and stories that demonstrate there is another side to grief that is hopeful and meaningful. (approximately 5 to 6 hours)*

### **Indian Residential School Program Presentation (Youth/Adult Focused)**

*What is colonization? When did it begin and what was the Indian Residential School and its lasting effect on the Indigenous People of Canada. Through activities, video presentation and discussion this presentation explores in a safe and respectful manner. (1-2 Hours)*

### **Men's and Women's Groups (Brandon Office)**

*The Purpose of the Men and Women's Group is to promote Healthy Living by organizing cultural workshops and tracking presentations by different service providers from the West Region focusing on mental, physical, emotional and spiritual wellness. Some activities and presentation include: ribbon skirt making, beading, sharing circles, movie & game night, feasts, wellness walks, drumming, AFM, Healthy Eating, and Grief and Loss.*

### **Community Crisis Planning (Thunderbird Partnership Foundation)**

*This Training course was built to provide training for community members on the Community Crisis Planning, Prevention, Response, and Recovery Service Delivery Model (SDM) developed by the Thunderbird Partnership Foundation in partnership with the First Nations Mental Wellness Continuum framework. The SDM Training was developed to provide a reference guide that supports communities, to plan, prevent, respond and recover from crisis. It includes information sheets, videos, and other helpful resources for reference to support community capacity.*

*To view and download the Service Delivery Model please go to:*

*<https://thunderbirdpf.org/nnapf-document-library/>*

*To view a training trailer please check out:*

*<https://vimeo.com/574594884>*

### **WRTHS Customized Youth Presentations:**

*WRTHS can provide Awareness Presentations for issues like Mental Health, Suicide Prevention, Bullying, Well Being, etc. Please discuss with a WRTHS contact for more information and availability.*

*Please note that some trainings require additional support staff from West Region Treaty 2 & 4 Health Services, for example, Mental Health First Aid requires a Cultural Support Worker present. West Region Treaty 2 & 4 Health Services also notes that some training material may not be suitable for younger ages, and will advise of age appropriateness. We look forward to bringing a training/presentation to your West Region community!*

*For More Information/Inquiries Please Call: West Region Treaty 2 & 4 Health Services @ 204-622-9400*