



Treaty 8 Health Learning Series: Young Adult Mental Wellness Miyo-mâmitoneyihcikan / Kedìh ùùjón “Good Mind”

TREATY 8 HEALTH AUTHORITY OF ALBERTA

JULY 16, 2020

Young Adult Mental Wellness

- When young adults are feeling pain sometimes they feel they have no way out, it isn't that they want to not be here, they have a hard time living.
- The four parts of body is in need of Inner: Circle
- Dealing with Feelings and Emotions
- Dealing with Behavior
- Finding Balance
- Walking in Balance
- Outer:
- Caring Behavior
- Caring Eyes
- Caring Heart
- Caring Mind

Date		Session Focus	Key Teachings/Discussions	Presenters
Young Adult Mental Wellness	<ul style="list-style-type: none"> -Anxiety -Depression -Healthy Friendships -Resources for each session 	AHS North Zone	July 2, 2020	1.5 hours
Young Adult Mental Wellness	<ul style="list-style-type: none"> -Self-injury -Suicide Ideation -Dealing with Loss -Resources for each session 	AHS North Zone	July 16, 2020	1.5 hours
Adult Mental Wellness	<ul style="list-style-type: none"> -Grief & Loss -Acute Stress -Substance Abuse & Mental Health -Depression -Trauma -Healthy Relationships -Resources for each session 	AHS North Zone	August 20, 2020	1.5 hours
Family Dynamics	<ul style="list-style-type: none"> -Boosting mood strategies for families -Coping with stress for families -Healthy Family Dynamics -Poverty / Over Crowding -Resources for each session 	AHS North Zone	September 17, 2020	1.5 hours
Elder Mental Wellness	<ul style="list-style-type: none"> -Isolation / Loneliness -Elder Abuse -Dealing with Illnesses -Death of loss -Resources for each session 	AHS North Zone	October 15 th	1.5 hours
Health Care Workers Mental Wellness	<ul style="list-style-type: none"> -Acute stress -Depression -Dealing with Loss -Resources for each session 	AHS North Zone	November 19, 2020	1.5 hours
TBD	TBD	AHS North Zone	December 10, 2020	1.5 hours

Self-Injury, Suicidal Ideation, and Dealing with Loss

Young Adult Mental Wellness

The Breath Project: <https://thebreathproject.org/>



Self-Injury

What is self-injury?

Self-injury means that someone hurts them self on purpose but doesn't intend to end their life.

Self-injury itself isn't a mental illness, but may be a sign that someone needs care and support. In some cases, self-injury can be a sign of a mental health problem.

People self-injure for many different reasons:

To cope with anxiety or depression

To cope with loss, trauma, violence, or other difficult situations

To 'punish' themselves

To turn emotional pain into physical pain

To feel 'real' and counter feelings of emptiness or numbness

To feel euphoria

To regain control of their bodies

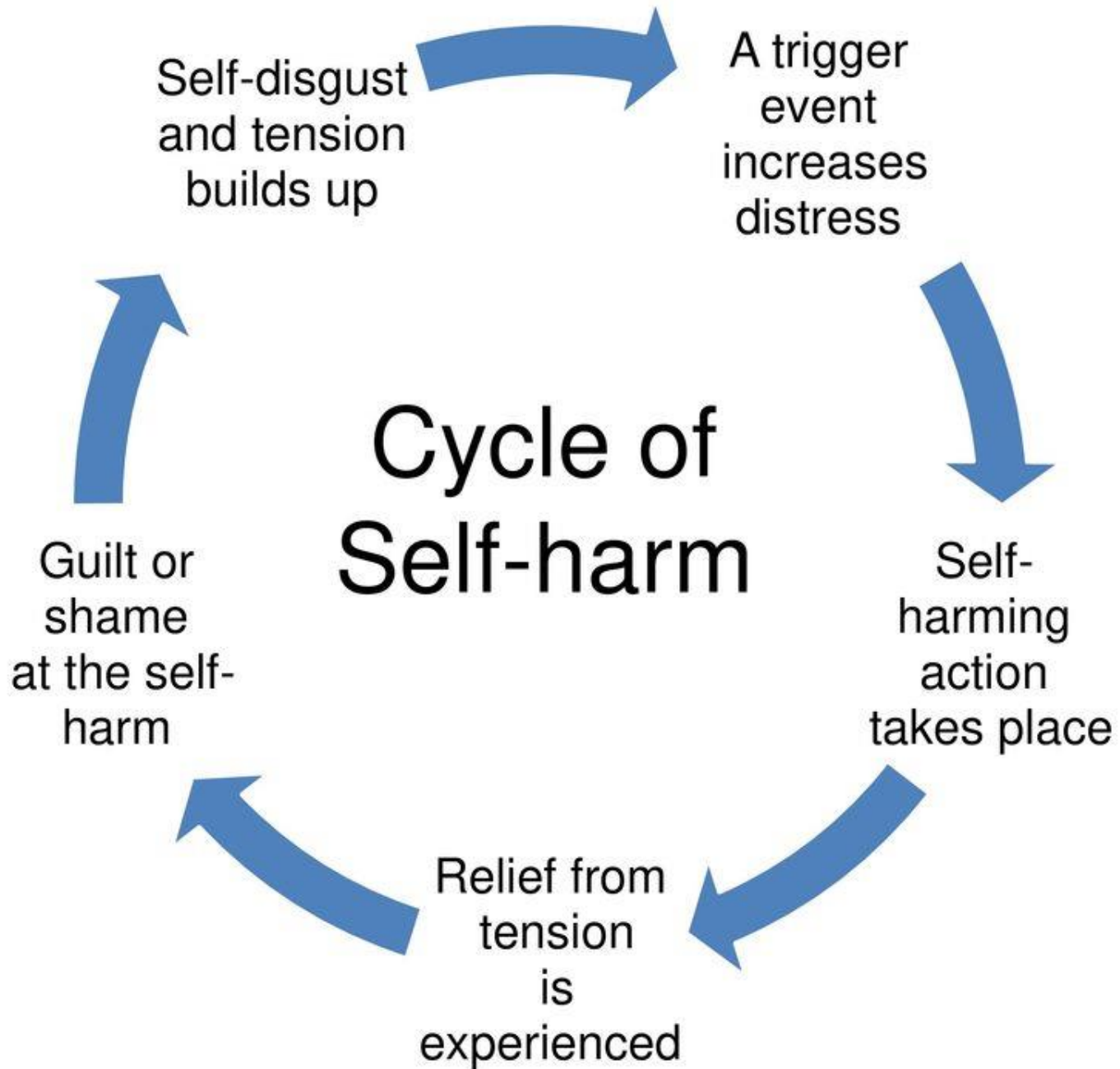
To simply feel better

Why Self-Injury?

People cope with difficult thoughts, feelings, or situations in different ways.

Some people cope by injuring themselves on purpose—and it may be the only way for them to feel better.

Self-injury may seem frightening, but it's important to look beyond the injuries and see what's really going on.



Common acts of self-injury



Common Misconceptions about Self-Harm

- It is a failed suicide attempt
- The injury is not very bad, so it is not serious
- It is just an attempt to get attention
- It is a sign that someone has been abused
- People who self-harm do not feel pain
- It is a phase/fad that people grow out of
- Only found in people who are part of the *emo* or *goth* culture

Warning signs

- Unexplained frequent injuries, such as cuts and burns
- Unexplained scars
- Wearing long pants and long-sleeved shirts all the time, even in warm weather
- Low self-esteem
- Problems handling emotions
- Problems with relationships



How can I help a loved one?

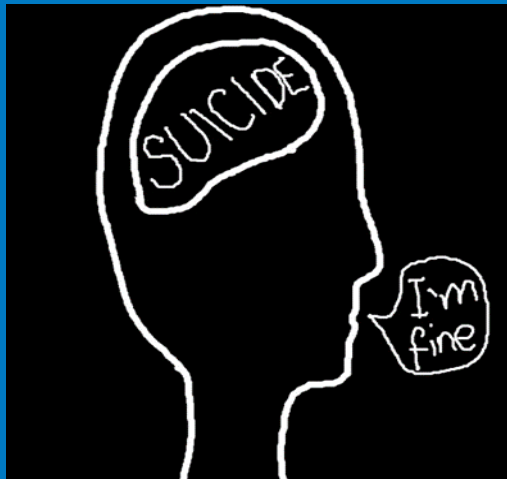
- It's okay to ask about self-injury.
- Talking about self-injury won't make someone start hurting themselves.
- It's a good idea to learn more about self-injury before you start the conversation.
- It can be difficult to hear what your loved one has to say.
- Self-injury may not make sense to you and you may wonder why someone would hurt themselves, but your loved one's feelings are very real. Learning more can help you give support that respects your loved one's experiences.
- Instead of focusing on your loved one's self-injury behaviours, it may be more helpful to focus on your concern for their well-being.
- Don't demand that your loved one immediately stop self-injuring. New healthy behaviours take time to learn. Instead, focus on supporting new behaviours and celebrate your loved one's small steps forward.
- Avoid guilt, shame or judgement—these can get in the way of open and trusting relationships.
- Seek help or support for yourself, if you need it.

Resources

WEBSITE: (MORE) MENTAL HEALTH ONLINE RESOURCES FOR EDUCATORS
[HTTPS://MORE.HMHC.CA/COURSES/CES-PARENT-MODULES/WHAT-IS-SELF-HARMING-BASICS-FOR-PARENTS-TO-KNOW/](https://more.hmhc.ca/courses/ces-parent-modules/what-is-self-harming-basics-for-parents-to-know/)

WEBSITE: CANADIAN MENTAL HEALTH ASSOCIATION:
[HTTPS://CMHA.CA/DOCUMENTS/YOUTH-AND-SELF-INJURY](https://cmha.ca/documents/youth-and-self-injury)

Questions?



Suicidal Ideation





Suicide-Related Behaviours

Include:

- Suicidal Ideation (thoughts)-thinking about or considering suicide
- planning suicide
- attempting suicide

Misconceptions of Suicidal ideation & Behaviour

- Suicide only affects individuals with a mental health condition.
- Once an individual is suicidal, he or she will always remain suicidal
- Most suicides happen suddenly without warning
- People who die by suicide are selfish and take the easy way out. A suicidal person only wants attention
- Talking about suicide will lead to and encourage suicide

Facts about Suicidal ideation

- Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness
- The act of suicide is often an attempt to control deep, painful emotions and thoughts an individual is experiencing. Once these thoughts dissipate, so will the suicidal ideation.
- Warning signs—verbally or behaviorally—precede most suicides. Therefore, it's important to learn and understand the warnings signs associated with suicide.
- Typically, people do not die by suicide because they do not want to live—people die by suicide because they want to end their suffering. These individuals are suffering so deeply that they feel helpless and hopeless.
- Talking about suicide not only reduces the stigma, but also allows individuals to seek help, rethink their opinions and share their story with others. We all need to talk more about suicide.

Suicide WARNING SIGNS

**MAKING
SUICIDE**
threats

**NEGATIVE
VIEW
of SELF**



A sense of
HOPELESSNESS
OR
NO HOPE
for the
FUTURE



ISOLATION
or
**FEELING
ALONE**



**AGGRESSIVENESS
and
IRRITABILITY**

SUBSTANCE
abuse

GIVING
things **AWAY**

 **Possessing
LETHAL
MEANS**

Making **funeral**
ARRANGEMENTS

**FEELING LIKE A
BURDEN**
to others

ENGAGING
in "risky"
BEHAVIORS

**SELF-
HARM**
like
CUTTING
behaviours


**FREQUENTLY
TALKING**
about
DEATH

DRASTIC
changes in
MOOD
and
BEHAVIOUR





PREVIOUS
suicide
ATTEMPTS

History of
SUBSTANCE
ABUSE



Physical
DISABILITY
or
ILLNESS



RELATIONSHIP
PROBLEMS

Some
Important

RISK
FACTORS
for suicide



Losing a
FRIEND or
FAMILY MEMBER
to **SUICIDE**

ACCESS to
HARMFUL
MEANS



Recent
DEATH of a
FAMILY
MEMBER

or a

CLOSE
FRIEND



MENTAL
HEALTH
CONDITION

Ongoing
EXPOSURE to
BULLYING
behavior





PARENT
connectedness

CONNECTIONS
to other
NON-PARENTAL
ADULTS



academic
ACHIEVEMENT



SCHOOL
SAFETY



PROTECTIVE
FACTORS

awareness
of and
ACCESS
to local
HEALTH
SERVICES

CLOSENESS
to **CARING**
FRIENDS

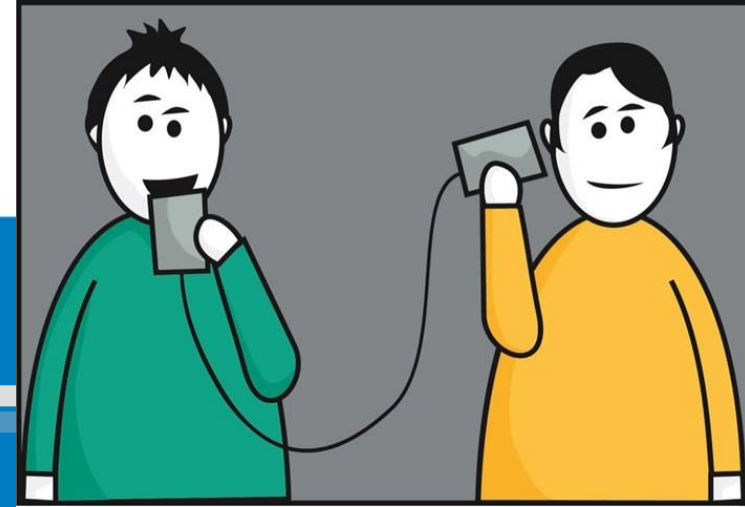


NEIGHBOURHOOD
SAFETY



overall
resilience

Responding to Suicidal Ideation



- **Mention changes you have noticed**
“I notice that you are spending more time alone, is something troubling you?”
- **Remain calm**
- **Remind them you care**
- **Ask direct questions if you think they are considering suicide –**
“Are you thinking about hurting or killing yourself?” If yes, ask if they have a plan and the means to carry out the plan. The more detailed the plan, the higher the risk. Getting the answers to these questions can help better understand the mindset of the youth and get them the necessary help.
- **Do be prepared to act immediately**

What to do when someone is struggling with suicidal ideation

Taking action is always the best choice.

- **Start by asking questions**-offering an opportunity to talk may reduce the risk of acting on suicidal feelings.
- **Look for warning signs**
- **Ask for help**- don't try to handle the situation alone.

Resources

[HTTPS://WWW.SUICIDEINFO.CA/](https://www.suicideinfo.ca/)

WEBSITE: SUICIDE PREVENTION RESOURCE CENTER-
GRANDE PRAIRIE.

[HTTPS://WWW.SP-RC.CA/CONTACT-US](https://www.sp-rc.ca/contact-us)

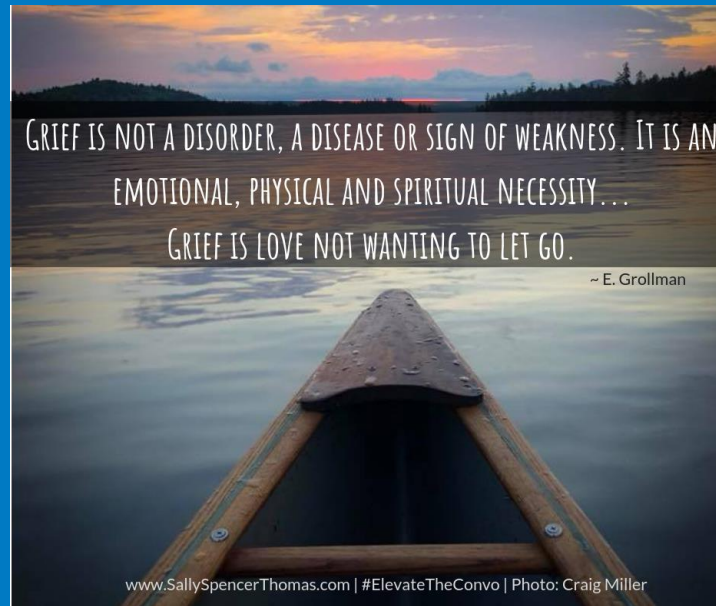
MENTAL HEALTH HELP LINE

1-877-303-2642 - 24 HOURS/7 DAYS A WEEK

[HTTPS://WWW.SUICIDEINFO.CA/RESOURCE/INDIGENOUS-SUICIDE-PREVENTION/](https://www.suicideinfo.ca/resource/indigenous-suicide-prevention/)

Questions?

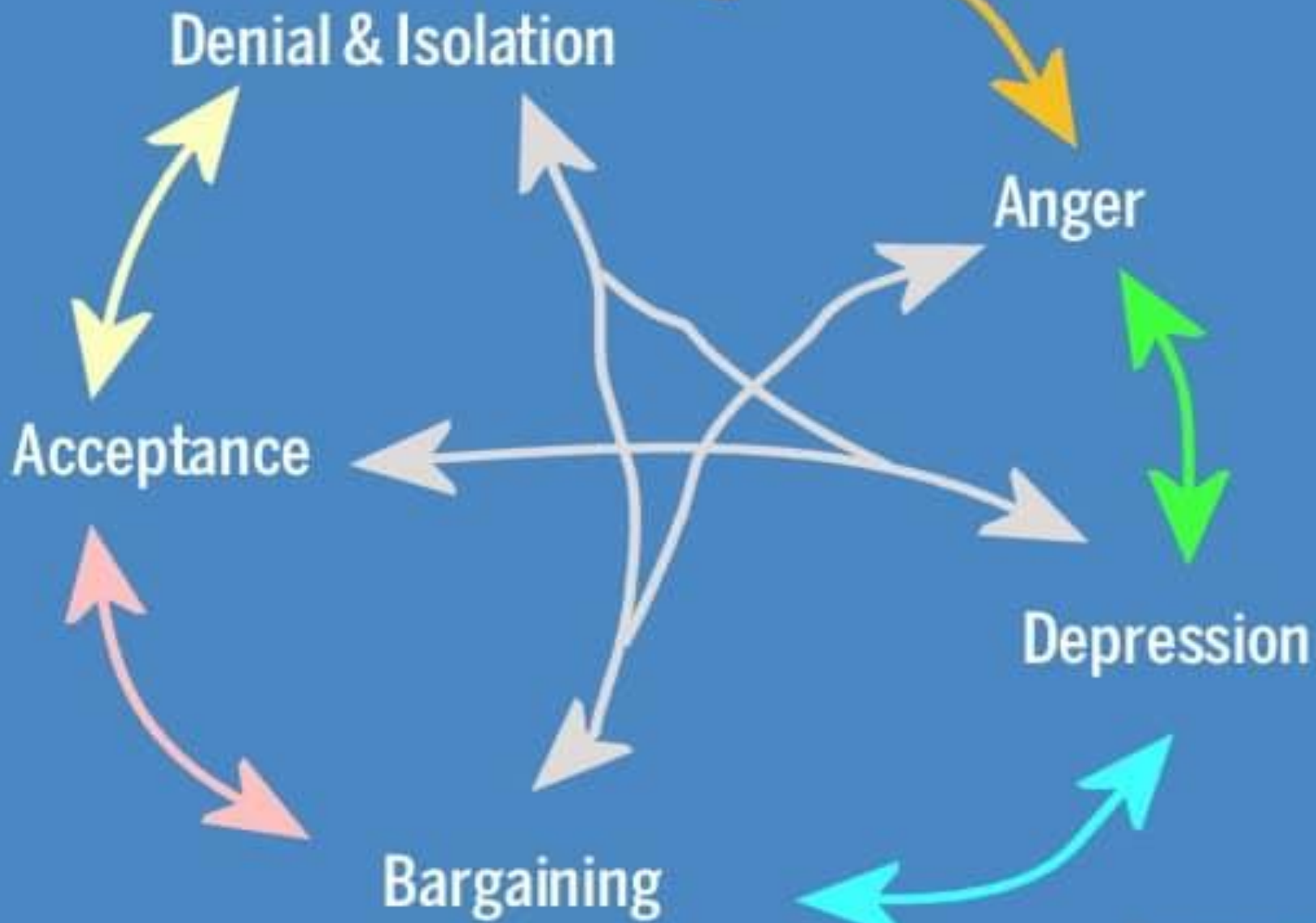
Grief and Loss



Pandemic/Isolation/Ceremonies/Celebrations



5 Stages of Grief



Life as Usual

Integration

Loss Occurs

- Usual ups and downs
- The familiar
- Daily routines

Self

- More energy
- Looking ahead
- Renewed hope
- Re-adjustment

- Resistance
- Disbelief
- Numbness
- Disorientation
- Confusion

Shock

- Fear
- Anger
- Guilt
- Sadness
- Search for Meaning

Acknowledgement

Chaos

New Understanding

New Beginnings

Questions?



BE IMPECCABLE WITH
YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING
PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

THE FOUR AGREEMENTS

DON'T MAKE
ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

ALWAYS
DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

BY DON MIGUEL RUIZ



CLOSING-Colleen
Prayer-Colleen

Wâhkômiwêw Program

Wâhkômiwêw staff will support youth, parents and caregivers.

During the COVID-19 pandemic, our services follow the directives of the Chief Medical Health Officer of Alberta. This means we can offer:

Telephone, social media, and curbside supports

Limited in person contact with precautions (masks, physical distancing)

Basic supplies to maintain health and wellbeing

Child and youth necessities (games, puzzles, books, etc)

Access to smudge kits and traditional medicines

Phone 780-532-9359

Proud member of the **Grande Prairie and Area Family Resource Network**

Need Help?

Mental Health Help Line 1-877-303-2642. available 24 hours/7 days.

Rural Crisis Line 1-800-232-7288. available 24 hours/7 days.

Kids Help Phone 1-800-668-6868. available 24 hours/7 days.

Text "CONNECT" to 686868

KidsHelpPhone.ca

Website: First Nations Health Consortium

<https://www.abfnhc.com/>

Website: Native Counselling Services of Alberta

www.ncsa.ca

Need Help?

Indigenous Health Cultural Support Line **TOLL FREE 1-855-735-6766**

Hours of Operation:

Mondays 4:00 –8:00 p.m.

Tuesdays 4:00 –8:00 p.m.

Thursdays 4:00 –8:00 p.m.

Fridays 4:00 –8:00 p.m.

For more information or to
provide feedback email: Indigenous.healthprogram@ahs.ca

Resources

www.teenmentalhealth.org

Website: Canadian Mental Health Association. <https://cmha.ca/>
<https://www.heretohelp.bc.ca/infosheet/coping-with-mental-health-crises-and-emergencies>

<https://www.mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/art-20044707>

<https://www.healthlinkbc.ca/health-topics/hw29139>

<https://www.canada.ca/en/public-health/services/suicide-prevention/about-suicide.html>

<https://www.alberta.ca/indigenous-youth-suicide-prevention.aspx>