

Miyo-mâmitoneyihcikan / Kedih ùùjón “Good Mind” Learning Series:

Strengthening Family Dynamics

Introductions of the participants:

- Who are you?
- Where are you from?
- Tell us a bit about yourself...
- What are you hoping to learn from this session?

Introduction of the facilitator and a brief review of the session:

- Housekeeping:
- Jump in:
- Feedback:
- Request to consider questions involving scenarios...for example...
 - A member within my community is unsure of how to help their teen who is struggling mood problems. Where can I get help?
 - I suspect there is elder abuse within a family. What can I do?

Brief introduction of the severity of mental health:

<https://www.bing.com/videos/search?q=mental+health+first+nations+&&view=detail&mid=EE6C3F50D2C198044665EE6C3F50D2C198044665&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmental%2Bhealth%2Bfirst%2Bnations%2B%26go%3Dsearch%26qs%3Dds%26form%3DQBVD MH>

<https://www.bing.com/videos/search?q=indigenous+canadian+mental+health+facts&ru=%2Fvideos%2Fsearch%3Fq%3Dindigenous%2520canadian%2520mental%2520health%2520facts%26qs%3dAS%26form%3dQBVD MH%26sp%3d1%26ghc%3d1%26pq%3dindigenous%2520canadian%2520mental%2520health%26sc%3d1-33%26sk%3d%26cvd%3dE9935F8B1CC5440FB722493C69C0D028&view=detail&mid=03EABB37B5A860DCBB4803EABB37B5A860DCBB48&&FORM=VDRVSR>

Topics:

Understanding the Impacts of Over Crowding and Poverty, Within the Family

Areas covered:

- Impacts of over crowding
- Impacts of poverty
- How to function?

Healthy Family Dynamics

Areas covered:

- What are some examples of challenging family dynamics?
- What are the characteristics of healthy family dynamics?

- Moving to a place of wellness.

Managing Stress, Within the Family

- How to address stress?
- A list of strategies for managing stress.
- Community tools kits for managing stress.

Boosting Mood Strategies, Within the Family

- Why do you need to boost your mood?
- A list of strategies to boost your mood.
- Community tools kits for boosting your mood.

Questions?

Brief review of resources:

Albert Health Services (AHS) Resources:

Help in Tough Times

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Adult Addiction and Mental Health – North Zone

<https://informalberta.ca/public/common/viewSublist.do?cartId=1017152>

Child and Adolescent Addiction and Mental Health Services – North Zone

<https://informalberta.ca/public/common/viewSublist.do?cartId=1017156>

Addiction Prevention Toolkit

<https://www.albertahealthservices.ca/info/Page14610.aspx>

Alcohol & Health Series

<https://www.albertahealthservices.ca/info/Page13468.aspx>

Antipsychotics Safety Monitoring

<https://www.albertahealthservices.ca/info/Page13747.aspx>

Complex Service Needs Initiative

<https://www.albertahealthservices.ca/info/Page9213.aspx>

Concurrent Disorders (CD) Learning Series

<https://www.albertahealthservices.ca/info/Page14397.aspx>

Developmental Pathways

<https://www.albertahealthservices.ca/info/Page15972.aspx>

Enhancing Concurrent Capability (ECC) Toolkit

<https://www.albertahealthservices.ca/info/Page14889.aspx>

Indigenous Mental Health

<https://www.albertahealthservices.ca/info/Page2762.aspx>

Mental Health Promotion & Illness Prevention

<https://www.albertahealthservices.ca/info/Page8800.aspx>

Opioid Dependency Program

<https://www.albertahealthservices.ca/info/Page3086.aspx>

PACES

<https://www.albertahealthservices.ca/info/Page16083.aspx>

Parents & Guardians – Addiction & Mental Health

<https://www.albertahealthservices.ca/amh/Page2716.aspx>

Psychosocial Disaster Learning Series

<https://www.albertahealthservices.ca/info/Page17072.aspx>

Simple Connections, Strong Families Toolkit

<https://www.albertahealthservices.ca/info/Page16039.aspx>

Suicide Prevention, Risk Assessment & Management

<https://www.albertahealthservices.ca/info/Page14579.aspx>

Trauma Informed Care

<https://www.albertahealthservices.ca/info/Page14579.aspx>

Ways to Wellness Toolkit

<https://www.albertahealthservices.ca/info/Page14579.aspx>

Other Resources:

A Path Forward

https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA_MWSU.pdf

Bear Paw Education

Various videos, podcasts, publications and workshops pertaining to family and wellness:

You can either order these for the community or watch them online.

- Videos: <https://bearpaweducation.ca/videos/>
- Podcasts: <https://bearpaweducation.ca/podcasts/>
- Publications: <https://bearpaweducation.ca/publications/>
- Workshops: <https://bearpaweducation.ca/resources/?type=workshop>

First Nations Health Authority: Healing Through Wellness (BC)

<https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf>

First Nations Health Authority Resources (BC)

https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA_MWSU.pdf

Traditional Medicine and Restoration of Wellness Strategies

http://www.learnalberta.ca/content/aswt/well_being/documents/traditional_medicine.pdf