



Labrador - Grenfell Health

Mental Health & Addictions

Training & Development Schedule

Winter 2018

Youth & Drugs

This workshop provides individuals working with youth enhanced knowledge and skills in the areas of identification, assessment and case management of young people experiencing problems as a result of substance use.

Topics include:

- Stages of use
- Basic assessment
- Goal Setting
- Psychosocial development and tasks of adolescence
- Risk & Protective Factors and reasons for youth substance use
- Importance of motivation in working with youth
- Initial interview with substance dependent individuals

Schedule (two days):

- St. Anthony February 6 & 7, 2018
- Labrador City March 12 & 13, 2018

Fundamental Concepts in Addictions is a prerequisite for this workshop.

Presentations

Mental Health & Addictions offers various presentations throughout the region. Some presentation topics include:

- Eating Disorders
- Mental Health in the Classroom
- Mood Disorders
- Youth and Substance Abuse
- Opioids & Overdose
- Mental Health and Wellness
- Mindfulness
- Stress Management

IF YOU ARE INTERESTED IN BOOKING A WORKSHOP OR A PRESENTATION, PLEASE CONTACT THE OFFICE NEAREST YOU.

To register for any of these workshops, please contact Mental Health & Addictions to obtain an application form or visit www.lghealth.ca:

Forteau	931-2450, #5, then #2
Flower's Cove	456-2401, ext 6246
Happy Valley-Goose Bay	897-2343
Hopedale.....	933-3388
Labrador City	285-8251
Port Hope Simpson	960-0234
Roddickton	457-2215, ext 234
St. Anthony.....	454-0326

Fundamental Concepts in Addictions

This workshop provides basic information and awareness in the area of alcohol and other drug addictions. This workshop is a prerequisite for other workshops.

Topics include:

- High risk groups
- Drug classifications
- Helpful caregiver attitudes
- Addictions and the family

Schedule (one day):

- Hopedale January 26, 2018
- Labrador City February 23, 2018

Applied Suicide Intervention Skills Training (A.S.I.S.T)

Applied Suicide Intervention Skills Training (ASIST) is a training course for anyone aged 16 or older who wants to be able to provide suicide first aid. The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Cost: \$45 for manual

Schedule (two days):

- Happy Valley-Goose Bay April 10 & 11, 2018

Mental Health First Aid Canada

Mental Health First Aid (MHFA) is a training course developed to help people provide initial support to someone who may be developing a mental health problem or is experiencing a mental health crisis. This course trains people to provide mental health first aid to a person until appropriate professional help is received or until the crisis is resolved.

Schedule (two days):

- Flower's Cove February 20 & 21, 2018

Topics include:

- Mood Disorders
- Substance Use Disorder
- Suicidal behavior
- Reactions to traumatic events
- Anxiety disorders
- Psychosis
- Overdoses
- Psychotic episodes
- Panic attacks

Cost: \$35 for manual



FASD 101: Introduction to Fetal Alcohol Spectrum Disorder

This three-hour introductory workshop will highlight the most promising interventions and strategies for supporting people with Fetal Alcohol Spectrum Disorder

Topics include:

- Introduction to FASD
- Understanding Challenges
- Working from a Strengths Perspective
- Effective Strategies

Schedule (three hours):

- Happy Valley-Goose Bay February 8, 2018 6:00-9:00 p.m.
- Flower's Cove March 6, 2018 1:00-4:00 p.m.

Mental Health First Aid Canada: For Adults Who Interact with Youth

Mental Health First Aid (MHFA) is a training course developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. This course focuses on mental health problems and first aid for youth ages 12 to 24. The information in this course is meant to assist education professionals, health care providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

Schedule (two days):

- Labrador City March 7 & 8, 2018
- Roddickton April 17 & 18, 2018

Topics include:

- Mood Disorders
- Substance Use Disorder
- Suicidal behavior
- Anxiety disorders
- Psychosis
- Reactions to traumatic events
- Eating disorders
- Deliberate self-injury
- Overdoses
- Psychotic episodes
- Panic attacks

Cost: \$35 for manual



Motivational Interviewing

This workshop provides an introduction to Motivational Interviewing (MI). Motivational Interviewing is a way of talking with people about change that was first developed for the field of addictions. This approach has broadened and become a favored approach for use with a wide variety of populations in many different settings.

Topics include:

- What is Motivational Interviewing
- Ambivalence
- Stages of Change
- MI approaches
- Basic strategies of MI

Schedule (one day):

- Labrador City April 24, 2018

Anti-Stigma Campaign: Stop the Secret. Stop the Stigma

In this 2.5 hour presentation you will learn what stigma is, mental illness vs. mental health, warning signs and how to help.

Schedule (2.5 hours):

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| • Port Hope Simpson | January 24, 2018 | 1:00 - 3:30 p.m. |
| • Happy Valley-Goose Bay | February 8, 2018 | 1:00 - 3:30 p.m. |
| • Labrador City | February 8, 2018 | 9:00 - 11:30 a.m. |
| • St. Anthony | March 13, 2018 | 10:00 a.m. - 12:30 p.m. |

Suicide TALK

In this two-hour session, participants will openly deal with the stigma around suicide and focus on the question, "should we talk about suicide?"

Topics include:

- How suicide is a serious community health problem that is often misunderstood
- How personal and community beliefs about suicide affect suicide stigma and safety
- How to get involved in life protection, preservation and promotion activities in the community

Schedule (2 hours):

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| • Red Bay | January 23, 2018 | 7:00 - 9:00 p.m. |
| • Happy Valley-Goose Bay | January 24, 2018 | 1:30 - 3:30 p.m. |
| • Labrador City | January 25, 2018 | 6:00 - 8:00 p.m. |
| • Happy Valley-Goose Bay | March 21, 2018 | 9:30 - 11:30 a.m. |