



Labrador - Grenfell Health

Mental Health & Addictions

Training & Development Schedule Spring/Summer 2017

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

Fundamental Concepts in Addictions is a prerequisite for this workshop.

Schedule (two days):

- Port Hope Simpson May 17 & 18, 2017

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

Flower's Cove	456-2401, ext 6242
Happy Valley-Goose Bay.....	897-2343
Hopedale.....	933-3388
Labrador City	285-8251
Nain.....	922-2184
Natuashish	478- 8834
Port Hope Simpson.....	960-0234
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):

- Happy Valley-Goose Bay May 30, 2017
- Labrador City June 23, 2017

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: \$40 for manual

Schedule (two days):

- Nain May 25 & 26, 2017

**IF YOU ARE INTERESTED IN BOOKING A WORKSHOP AT YOUR WORKPLACE,
GATHERING PLACE, OR GROUP MEETING, PLEASE CONTACT THE OFFICE NEAREST YOU.**

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):

- Happy Valley-Goose Bay June 7, 2017 6:30 pm—9:00 pm
- Nain May 11, 2017 1:30 pm—4:00 pm
- St. Anthony June 7, 2017 1:30 pm—4:00 pm
- Labrador City June 9, 2017 9:30 am—12:00 pm
- Natuashish June 29, 2017 1:00 pm—3:30 pm

Review of Clinical Issues in Addictions

Topics include:

- Basic communication skills
- Basic assessment
- Relapse prevention
- Recovery process
- Initial interview with substance dependent individuals
- Motivational strategies and process of change

Fundamental Concepts in Addictions is a prerequisite for this workshop.

Schedule (two days):

- Labrador City July 17 & 18, 2017

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 June 15, 2017
1:00 pm - 4:00 pm

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
- Change Talk

Schedule (one day):

- Hopedale June 7, 2017

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):

- Labrador City May 18, 2017 6:00 pm - 8:00 pm
- Happy Valley-Goose Bay August 11, 2017 1:00 pm - 3:00 pm
- Flower's Cove August 29, 2017 10:00 am - 12:00 pm