



## WHAT'S NEW

### Innovation Fund – What is it?

- A new \$1 million fund to help support communities in Yukon to develop & deliver initiatives in order to improve mental wellness for all Yukoners.
- First round of proposals were due **June 30, 2016** & will be selected based on how well they align with the strategy and meet the 8 guiding principles
- **September 2, 2016** will be the final submission date for a second round of proposals
- Successful applications from round one will be highlighted here next month!

### Mental Wellness Summit

On June 23 & 24, 2016, over 150 people from a variety of organizations attended the Mental Wellness Summit that was held over a 2 day period at Kwanlin Dün Cultural Centre. The purpose of the Summit was to brainstorm ideas and gather solutions to support the first steps of the Strategy moving forward. A sacred fire open and closed the Summit and different activities and experiences such as 'The Blanket Exercise' (Led by *Our Voices* and *V2K*), multiple working sessions and story based learning exercises saw everyone coming together, connecting, sharing knowledge and building stronger relationships.



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We were fortunate enough to have 2 guest speakers attend the Summit. Dr. William J. Mussell talked about the importance of not working from separate 'silos' within mental health, but the importance of building a collaborative & integrated system. Elizabeth Manley (Silver Medal – 1988 Olympics) spoke on the second day about her personal experience growing up as an athlete battling depression.

## PEOPLE & PROGRAMS

A lot of interest has been expressed around the Strategy's committees and who exactly is involved. Without further ado ...

Working Groups	Chairs of Committees	Sponsors of Committees
<b>Child, Youth &amp; Family Focused Initiatives</b>	Catherine Elliott	Gloria Coxford & Jane Bates
<b>Improving Access</b>	Sherri Wright	Cathy Stannard & Michele McDonnell
<b>Capacity Building</b>	Stacey Burnard	Lori Duncan, Jeanie Dendys, Carmen Gibbons & Ian Parker

\* Each group will also have a First Nation Delegate from the Health & Social Development Commission

**Feedback:** Feedback is greatly appreciated. Please fill out a quick survey to help us learn about what you thought about this note and about what you would like to see in the future.

<https://www.surveymonkey.com/r/YukonMentalWellness>

### Monthly Webinar

Please follow the link below to pre-register for the free webinar & you'll also receive a reminder email closer to the event.

#### July's webinar:

Moving Forward: Alcohol & Drug Services

**Date:** Tuesday July 5, 2016

@ 1:00pm – 2:00pm

**Link :**

<https://forwardtogether.webex.com/forwardtogether/onstage/g.php?MTID=eeb3c37ec3d782316fbe8040d5c1a7cf5>

### July – Upcoming Events

All Working Groups:

- Child, Youth & Family Focused Initiatives
- Improving Access
- Capacity Building

and Community Advisory Committees will have a full planning day in July (date to be announced)

- July 20 & 21 – Training Opportunity (location & training to be announced)

### Dimensions of Wellness

**Environmental Wellness:** Leading a lifestyle that is respectful of and in harmony with your environment.

Enjoy this Ted Talk: Nature. Beauty.

Gratitude by Louie Schwartzberg:

[http://www.ted.com/talks/louie\\_schwartzberg\\_nature\\_beauty\\_gratitude](http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude)



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### Promising Practices

An article from BBC Health Check about different and unique ways that countries and charities are working together to get healthcare to 'far-flung places'.

<http://www.bbc.com/news/health-35372495>