



WHAT'S NEW

Innovation Fund

- The second call for applications closed on September 2, 2016. \$390,000 was awarded to 10 organizations across Yukon.
- Four additional proposals will receive funding through the Department of Health and Social Services for their capacity building projects.
- For additional information on the recipients: <http://www.hss.gov.yk.ca/16-319.php> Thank you to all applicants for your dedication and passion for mental wellness in Yukon.

Working Groups - Update

- **July** – Working groups met to begin work on developing logic models & work plans.
- **August** – Input provided by the working groups was formatted into draft plans.
- **September** – Working groups met to begin reviewing the draft work plans.
- **September/October** – Visits to the communities will take place in order to learn more about each communities' needs.
- Once community visits are complete, ideas and feedback from the visits will be incorporated into work plans. Groups will meet again and work plans will be finalized.

Mental Illness Awareness Week (October 2 – 8, 2016)

- An annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

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PEOPLE & PROGRAMS

Meet ISYY – Integrated Supports for Yukon Youth!

On August 16th, 2016, the Integrated Supports for Yukon Youth (ISYY) opened at 2090A Second Avenue. The Yukon Mental Wellness Strategy is about creating a comprehensive continuum of services throughout the lifespan. ISYY provides a location for all youth, ages 12 to 24 and their families' access to government services and information on existing community resources; ISYY is open Tuesday to Saturday 2pm to 10pm. The philosophy of ISYY is to provide services afterhours, in one location, services that are holistic, needs based and person centered. ISYY assists individuals and families to navigate and access complex support systems. Work is underway with other government and community services and organizations to provide comprehensive services that are preventative, informative and responsive. We advocate for the youth and families that we work with, identify gaps in services and have been working with our partners in a collaborative manner to improve communication and enhance service delivery for all Yukoners. ISYY staff are; Leon Meyn, Aryn Clarke, Ben Monkman, Nicole Duncan and Jane Bates, if you need more come through our door.

Monthly Webinar

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

October will feature 5 days of webinars - beginning on Monday October 3. The webinars will be presented by Mental Health Services and will highlight different topics during Mental Illness Awareness Week.

Mental Illness – An important conversation
Monday October 3 @ 12:10 – 12:50pm

[REGISTER ▶](#)

Recognizing depression and getting help
Tuesday October 4 @ 12:10 – 12:50pm

[REGISTER ▶](#)

October – Upcoming Events

So what's psychosis anyway?

Wednesday October 5 @ 12:10 – 12:50pm

[REGISTER ▶](#)

How can I help someone with a mental health problem?

Thursday October 6 @ 12:10 – 12:50pm

[REGISTER ▶](#)

Learn about the *Living Life to the Full* course

Friday October 7 @ 12:10 – 12:50pm

[REGISTER ▶](#)

Dimensions of Wellness

Social Wellness: Involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

A TED talk, 'Why we laugh' by Sophie Scott.
"Did you know that you're 30 times more likely to laugh if you're with somebody else than if you're alone?"

Click the picture to watch the video



Promising Practices

An article exploring the idea of Mindfulness in children who experience anxiety. Some helpful techniques and examples are listed at the end of the article.

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