



WHAT'S NEW

Our Way: Working from Culture Gathering

From June 12-14, representatives from 13 Yukon First Nations, together with representatives from Yukon Government, gathered together to discuss mental wellness in their communities from a First Nations perspective, and to identify opportunities for action moving forward. For the first two days, panel discussions and working sessions focused on how to improve mental wellness through



culture, the experiences and priorities of youth, and cultural supports and community connections. The youth panel in particular was commended for its powerful and moving voices of the next generation of First Nation leaders. Some of the Innovation Fund recipients also shared about their projects.

A third day was held at the Jackson Lake

Healing Camp and included a sharing circle and land-based experiences with leaders Chuck Hume, Marian Bos, Blake Lepine, Dianne Smith and James Allen.

The Mental Wellness Strategy team will be taking the final report from this gathering, and incorporating recommendations into the Year-2 work plans for the upcoming year.

PEOPLE, PROGRAMS & EVENTS

Training Series on Compassion Fatigue, Vicarious Trauma and Resilience in High Stress, Trauma-exposed Workplaces

The THIF Mental Wellness Team is joining resources with the Young Offenders Facility to provide a series of trainings in July and September that will help better inform staff working within Trauma-exposed Workplaces on the risks involved in working with this population and early intervention strategies to prevent the potential emotional and physiological consequences of working in these environments.

Mark your summer calendars for July 20, as you do not want to miss this foundational training! Francoise Mathieu from the Tend Academy will present the most recent research in the field. She will explore assumptions about compassion fatigue and vicarious trauma, the organizational and personal barriers that professionals face, and will offer new and creative approaches to transforming these occupational hazards.

Service providers and those in leadership are all encouraged to attend!



Click for more information on Tend

Monthly Webinar

Upcoming in August: Lynx Project

Lindsay Roberts, from Victim Services, will present on their Lynx Project, which involves working with other agencies in the Yukon to improve justice system response to children and youth who are victims and witnesses of crime.

Date: Tuesday August 1, 2017

@ 12:10pm – 12:50pm



JULY – Upcoming Training

July 12 – First Nations 101

July 20 – Compassion Fatigue and Vicarious Trauma (Beyond Kale and Pedicures)

In order to register for any of the trainings, please visit our online system! Please note that you must pre-register to attend the training.



Dimensions of Wellness

A TedTalk: How to Make Stress your friend (Kelly McGonigal; 14:28 min).



“New research suggests that stress may only be bad for you if you believe that to be the case” (click picture)

Promising Practices

The 3 Arguments for a Focus on Well-Being

- 1 - *Economical*
- 2 - *Educational*
- 3 - *Societal*

Read more at Heart-Mind Online



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.