



WHAT'S NEW

- Health and Social Services Launches Mental Wellness App Pilot -

- In April, Health and Social Services launched a pilot project and subsequent evaluation focusing on mental health mobile applications (“apps”).
- The pilot project has two focus areas:
 - Incorporating a mental health app into existing services to determine if it helps Yukoners manage their own mental health.
 - Incorporating a mental health app into volunteer classrooms to determine if it supports promotion and prevention education.
- Teachers who volunteered were provided with a resource guide designed with the Centre for Addiction and Mental Health specifically for Yukon to assist teachers in presenting mental wellness concepts to their students.
- Youth participants are using a mental wellness app, called [Booster Buddy](#), to learn about managing their personal wellness. Adult participants are using [WellMind](#).



PEOPLE, PROGRAMS & EVENTS

Save the Date! May 31 and June 1, 2017

Preventing & Managing Opioid Addiction/Misuse Through Innovative Models of Care

Key Speakers



NP. Mae Katt

A member of the Temagami First Nation, Mae is a nurse practitioner recognized for her experience with community-based models of care, including the innovative use of suboxone in rural and remote communities.



Dr. Launette Rieb

A family physician certified by the American Board of Addiction Medicine and the Canadian Society of Addiction Medicine. Dr. Rieb will be leading a session on addictions; and another designed for physicians: “Opioid. Prescribing for Managing Chronic Noncancer Pain”.

-----This event will take place at the Kwanlin Dun Cultural Centre-----

More info coming out soon.

Monthly Webinar

Please click on the button below to pre-register for the free webinar!

May's webinar: **Handle With Care**
Presented by: **Leona Corniere and Debra Kapaniuk from the Child Development Centre)**

Date: Tuesday May 2, 2017
@ 12:10pm – 12:50pm



MAY – Upcoming Training

May 8 & 9

→ *Skills for Psychological Recovery*

May 24 & 25

→ *Applied Suicide Intervention Skills Training (ASIST)*

May 30 & 31

→ *First Nations: History and Culture*

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



Dimensions of Wellness

WellAhead Webinar: Communicating the importance of social and emotional wellbeing in schools.

Date: May 31 – 11am PST



click picture to register for this webinar

Promising Practices

How to Keep Technology from disrupting your happiness – by Kira M. Newman

“Technology can bring Happiness.... But technology can also bring anxiety, stress, and frustration.”

