

The way to Wellness...



# Workplace Wellness Health Promotion Programs and Resources In Your Community 2018



*Algoma*  
**PUBLIC HEALTH**  
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[www.algomapublichealth.com](http://www.algomapublichealth.com)

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## **Benefits of Workplace Health Promotion**

### ***What is Health Promotion?***

Health promotion is the process of giving people the ability and the opportunity to take control and improve their health.

### ***Why Workplace Health Promotion?***

The majority of adults spend 1/3–1/2 of their waking hours at work. The workplace provides a place where it is possible to reach a large number of adults, talk to them about making healthy lifestyle choices and support them in their efforts. Good employee health... makes good business sense!

### ***Benefits to the Workplace:***

- Improved staff morale
- Reduced absenteeism
- Improved productivity
- Reduced group health claims
- Fewer on the job accidents
- Enhanced corporate image

Workplace Health Promotion Programs and Resources are available through Algoma Public Health and Community Partners to workplaces in Sault Ste. Marie and most areas throughout the Algoma district. Please call to see if they are available in your area.

## Algoma Public Health

Algoma Public Health is committed to promoting health in the workplace. As health professionals, we provide direct service, consultation, and/or refer to resources available in our community through community partners such as: Algoma Family Services, Canadian Cancer Society, Canadian Mental Health Association, Heart and Stroke Foundation, and the City of Sault Ste. Marie Public Libraries. We will assist your workplace and provide your employees with information they can use to make healthier lifestyle choices and maintain good health.

## Algoma Public Health Resources

### *Displays*

Displays can be set up at your site to raise employee awareness of health issues and topics. Pamphlets and/or handouts will be left for interested employees to take. Call us to discuss or book one of the following displays.

**Low Risk Drinking Guidelines:** Intoxiclock Pro is an interactive tool used to visually demonstrate how drinking different types and amounts of alcoholic beverages raises a person's BAC. The program calculates the time it takes for the body to metabolize that alcohol back to zero BAC. An interactive Pour Challenge will increase awareness of standard drink sizes and Canada's Low Risk Alcohol Drinking Guidelines.

**Dangers of Alcohol Impairment:** The Danger In Every Step (DIES®) Roadside Sobriety Test and Stairs Challenge Mat is an interactive activity designed to raise awareness of the dangers and consequences of alcohol impairment. Users will be challenged with a roadside sobriety test and/or walking down a set of stairs while wearing Fatal Vision® goggles with varying levels of impairment.

**DIES® Winding Sidewalk Mat:** This interactive activity will have users attempt to walk a winding path or sidewalk while wearing Fatal Vision® goggles with varying levels of impairment. By participating in this activity, users will become aware of the consequences of falling off of a sidewalk or path, and will understand the dangers of walking home while impaired.

**Fatal Vision® Goggles:** Participants will experience the various ways in which alcohol can impair balance, vision, reaction time, and judgment. Simple activities will be performed with the Fatal Vision® goggles such as walking a line, standing on one leg, tossing a ball, or grabbing an object. Users will become aware of the potentially dangerous consequences of alcohol impairment.

**Roadside Sobriety Test:** The Line Detector® is an interactive experience, allowing

users to “walk-the-line” while wearing Fatal Vision® goggles. Sirens will alarm and harm-reduction messages will be given to users who deviate from the line.

**SUM-IT-CUP® (Standard Drink Units):** This educational tool will test your ‘bartending skills’ by providing hands on experience with pouring and measuring a volume of liquid in order to determine the number of standard drink units for various popular alcoholic beverages.

**You Call the Shots (Standard Drink Units):** This brightly colored table top banner shows the audience how many standard drink units are in popular alcoholic drinks. Remember, just because a drink is in one glass does not mean it’s just one drink. Underestimating the amount of alcohol in a drink can lead to impairment levels higher than you may have anticipated. As a bonus, this banner also provides the calories contained in 52 popular alcoholic beverages.

**Smash Match® Impairment Challenge:** Think you have what it takes to match and place simple traffic-related shapes on the Smash Match® mat? Try it ‘sober’, and then attempt it while wearing the Fatal Vision® goggles. Not hard enough for you? The final attempt will be made while wearing Fatal Vision® goggles, while someone is asking you questions as you attempt to complete the activity. Users will learn how impairment in our senses can greatly decrease our ability to accomplish tasks.

**Cannabis Impairment:** This Fatal Vision® simulation experience comes with six interactive activities where users will learn about the consequence of impairment resulting from cannabis use. Activities will show a loss of (and altered) visual perception, short-term memory loss, and slowed reaction time and decision making.

**For a Healthy Blood Pressure:** About one in five Canadians are at risk of developing heart disease due to high blood pressure. Know your risks and how to maintain a healthy blood pressure.

**Smoke-Free Homes “Breathing Spaces”:** Second-hand smoke is poisonous, and contains over 4,000 chemicals – and more than 40 of them are known to cause cancer. Learn how to make your home and car smoke-free.

**Quitting Smoking Display or Banner Up:** Your employees can find out what stage they are in, if they are deciding to quit. Understand the benefits of not smoking as well as Quit tips for that time when you’re ready to give it up.

**Get Going, Get Active, Be Creative Physical Activity Display:** Fifty-two percent of people in Ontario are inactive, making physical inactivity a definite health issue facing Ontarians today. Learn about Canada’s Physical Activity Guidelines and how much physical activity you should be doing in a week as well as how much your children

should be getting.

**Healthy Eating:** From fat to fibre to veggies and fruits, learn about current healthy eating recommendations.

**Healthy Eating and Cancer Prevention:** It is estimated that about one third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. Learn what it takes to eat healthy.

**Battle of the Beverages (Banner Up):** How much sugar is in your favourite drink? Sugary drinks have too much added sugar and often replace nutritious beverages like milk and 100% fruit juice. We will provide the accompanying handout to find out how much sugar is in your favourite drink, and how you can rethink your drink.

**Concussion is a Brain Injury:** A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury. It is extremely important to seek medical attention immediately if you receive a blow to the head, or body that results in signs or symptoms of a concussion. Learn what those signs and symptoms are.

**Test Your Sunsense:** Exposure to the sun's ultraviolet (UV) rays can lead to: sunburns, skin damage, wrinkles, and skin cancer. Find out how to be sun smart by answering the questions on this interactive display.

**Sunsense Guidelines (Banner Up):** The occurrence of a single sunburn in one's childhood years puts a person at risk of skin damage and skin cancer. Learn how to apply sunscreen, what the SPF number means, and how to protect yourself from the sun's damaging rays.

**Early Detection is the Key Cancer Display:** Roughly 1 out of 2 men and 1 out of 2 women will develop cancer during their lifetime. Ask your doctor about age and risk appropriate screening test. Know your body so that you recognize changes early.

**Going to a Party - Having a Party:** Learn what the Low Risk Drinking Guidelines for men and women are. What a serving of alcohol actually is. Understand what your liabilities are when serving guests at your house, workplace event, or fund-raising sport activities? Find out how to avoid any liabilities and answer the True and False question to test your knowledge.

**Be Food Safe: Cook, Clean, Chill and Separate (Banner Up):** Find out basic food safety to protect yourself and your family and friends. Learn what temperature food should be kept at, how to clean food properly and much more.

**Relax and Enjoy Life!:** We all talk about stress, but we are not always clear about what

it is. This is because stress comes from both the good and the bad things that happen to us. Find out more about stress and how to manage it.

**On The Way to Healthy Living:** This display shows us a number ways to have a healthy lifestyle. Being physically active, eating healthy, managing our stress, living tobacco free and getting regular screening are just some items shown on the display.

**The Way to Wellness:** This display discusses what environmental supports and health policies a worksite can put in to place for their employees to help promote healthy lifestyles. Learn how to promote healthy eating, physical activity and stress management.

**Wash Your Hands – 5 Steps:** It is important to remind people to wash their hands after going to the washroom, blowing their nose, touching pets and before eating, caring for someone who is sick. Learn how to wash your hands and prevent passing germs to yourself and others

### ***Presentations***

Presentations can raise awareness and increase knowledge on a particular topic. The following presentations can be provided at your workplace by staff at Algoma Public Health.

#### **Healthy Living:**

**Know Your Blood Pressure:** About one in five Canadians are at risk of developing heart disease due to high blood pressure. Know your risks and how to maintain a healthy blood pressure. This presentation is 20 minutes.

#### **Healthy Choices:**

**Smoke-Free Lifestyle:** A useful presentation for both smokers and non-smokers. It discusses the stages of change related to smoking cessation and effects of second-hand smoke. *The presentation is 45 – 60 minutes.*

**Healthy Lifestyles:** This presentation is a general overview of lifestyle factors that contribute a healthy lifestyle. Topics covered are healthy eating, physical activity, stress, tobacco use and alcohol use. *The presentation is 45 – 60 minutes.*

**Healthy Eating:** Today, people are more aware of the importance of good nutrition than ever before. Healthy eating plays an important role in people's overall well-being. Learn about healthy eating and strategies to make healthy food and beverage choices at home and at work. *This presentation is 45 - 60 minutes*

**Sun Safety:** Outdoor workers are up to 2.5 to 3.5 times more likely to be diagnosed with skin cancer. Employees and employers will learn about the new sun safety recommendations as well as prevention of heat stroke and dehydration.

*The presentation is 45 - 60 minutes.*

**Shiftwork Like Clockwork:** About 25% of the Canadian Workforce are shiftworkers. This presentation teaches employees about healthy tips for coping with the stresses of shiftwork and includes: Introduction to Shiftwork and Sleep, Family and Stress, Healthy Eating and Active Living. *The session is 60 - 90 minutes in length depending on worksite.*

**Workplace Wellness Health Promotion:** Learn what elements make a Healthy Workplace as well as what Worksite Health promotion is all about. This presentation reviews what steps you will need to take to build a healthy workplace and how to implement the programs your employees are interested in. *This session is 60 minutes.*

**Let's Get Active:** 63% of Canadians are not active enough to achieve the health benefits they need from physical activity. This presentation talks about the Canadian Physical Activity Guidelines for adults and how much activity we need and what types to give us health benefits. We discuss how to use pedometers as a way of getting started to regular physical activity and how to set personal goals to stay on track.

*The presentation is 45 minutes.*

**Slip Into Sleep:** We spend 1/3 of our lives in a state of unconscious sleep. Why? What is the purpose? Learn about why we sleep, circadian rhythms, what are the stages of sleep, what things rob us of our sleep as well as tips for a good night's sleep.

*The presentation is 45 minutes.*

**Sedentary Behaviour:** Remotes, texting, elevators, escalators, automatic doors, laptops, riding lawn mowers, e-mail, and so much more have been decreasing the amount of activity that we do daily. Most Canadians exceed the 2 hour limit of recreational screen time by 2-3 hours per day. Learn what being sedentary is doing to our health and how we can minimize the effects by getting more active.

*The presentation is 45 minutes*



## ***Policy Development***

One of the best ways to build and sustain a healthy workplace is to develop policies that support and encourage better health for your employees. Policies can be effective in changing the behaviour of all employees. Policies regarding health send a message that employers appreciate the link between employees' well-being and a successful organization.

Information and consultation re: policy development in your workplace is currently available for the following:

- Creating smoke-free properties
- Reducing alcohol misuse
- Increasing physical activity
- Developing a sun safety program for outdoor workers
- Supporting healthy eating practices

## ***Wellness Works Health Exhibition***

The Wellness Works Health Exhibition is an event which will travel to your workplace. Its goal is to enhance your employees' awareness of healthy living and the risk factors that contribute to chronic diseases such as heart disease, stroke, diabetes, cancer and osteoporosis. The Health Exhibition takes approximately 35 minutes per employee to cruise through the fair. Seven employees are scheduled every half-hour. There are 5 displays, which have various activities that the employee can participate in if they so choose.

**The workplace can choose from the many displays that are offered by Algoma Public Health to target health information that your employees are interested in learning about or you can combine other community agencies to help bring a variety of expertise on topics that the workplace chooses.**

It is our hope that this would be a starting point for your workplace to promote healthy lifestyle information and behaviors among your employees. Workplaces also have the option of having participants complete an evaluation questionnaire to identify areas of interest from which future health promotion programs could be initiated.

### ***Booklets & Tool Kits***

#### **Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events**

**Booklet:** Provides suggestions on healthy foods to offer to improve the workplace nutrition environment. (Free)

#### **Paint Your Plate! Create a Masterpiece Workplace Vegetables & Fruit Action**

**Guide Toolkit:** This resource contains practical information and tools to help workplaces increase the amount of vegetables and fruit employees eat at work and at home. Resource available for loan or available free on CD.

**Workplace Wellness Champion Award Program:** This program is based on a comprehensive set of strategies and components that will encourage all workers and their families to take steps to improve their health and wellness. Workplaces can achieve a Bronze, Silver, or Gold Award. Application Kit is available on our website at [www.algomapublichealth.com](http://www.algomapublichealth.com). (Free)

**Workplace Wellness Toolkit:** This toolkit was developed to assist organizations in creating a healthy workplace. It outlines the steps involved in setting up a workplace health program and includes resources and workable templates to assist you. Available on our website at [www.algomapublichealth.com](http://www.algomapublichealth.com). (Free)

**Algoma Public Health's Community Wellness Team is available to assist on a consultation basis to help develop and implement any further workplace wellness endeavors.**

**For more information, contact the Community Wellness Team, Algoma Public Health at (705) 942-4646 or 1-866-892-0172.**

***Other Department Services at Algoma Public Health:***

Community Alcohol/Drug Assessment Program  
Community Mental Health Support Services  
Infant & Child Development Program

**Public Health Programs:**

Dental Services  
Environmental Health Services  
Infection Control Program  
Nutrition Services  
Speech and Language Preschool Program  
Communication Development Services

**Nursing Services:**

Genetic Counseling Services  
Reproductive Health Program  
Infant & Child Services  
Parent-Child Information Line  
Child & Youth Health Services  
Community Wellness Program  
Tobacco Use Prevention Program  
Sexual Health Program  
HIV Anonymous Testing Information Line  
Vaccine Preventable Disease Program

**Contact Information**

Algoma Public Health  
294 Willow Avenue  
Sault Ste. Marie, ON P6B 0A9  
Phone: (705) 942-4646 TF: 1-866-892-0172  
Fax: (705) 942-1688  
[www.algomapublichealth.com](http://www.algomapublichealth.com)

## Algoma Family Services

Algoma Family Services is a provider of specialized services for children, youth, adults and families in the Algoma District. Services are evidence-based, client-centered, family-focused and delivered by a team of skilled professionals.

### Mental Health First Aid:

*Mental Health First Aid (MHFA)* and *Mental Health First Aid for Adults Who Interact with Youth (MHFA-Y)* are two day evidence supported educational programs that teach participants how to:

- Preserve life where a person may be a danger to themselves or others
- Provide immediate empathic responses to prevent mental health problems from worsening
- Provide referrals to professional mental health services
- Promote recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

One in three Canadians will experience a mental health problem at some point in their life. *MHFA-Y* targets people who are in frequent contact with young people, such as teachers, parents, coaches, volunteers, college and university students and staff, to identify mental health concerns and use appropriate mental health first aid strategies. MHFA provides skills and knowledge to the general public in how to recognize the signs and symptoms of mental health problems and respond to a mental health crisis. MHFA and MHFA-Y also aim to reduce the stigma attached to mental health problems through information that promotes better understanding and acceptance of these particular health issues.

**For more information to arrange a workshop for your workplace, please contact:**

Algoma Family Services  
 205 McNabb Street  
 Sault Ste. Marie, ON P6B 1Y3  
 Phone: (705) 945-5050  
<https://www.algomafamilyservices.org/>

## Canadian Cancer Society

The Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Thanks to the work of our volunteers and staff, and the generosity of our donors, the Canadian Cancer Society is leading the way in the fight against cancer. The Canadian Cancer Society:

- Funds excellent research for all types of cancer
- Advocates for healthy public policy
- Promotes healthy lifestyles to help reduce cancer risk
- Provides information about cancer
- Supports people living with cancer

## Displays

**Smoker's Helpline Display:** Smoking is a very addictive disease and those trying to quit need support to help them in their efforts. Learn how to contact the Helpline for support, tips on how to quit, how do I choose a stop date and much more?

**Sunsense Awareness:** Skin cancer is the most commonly diagnosed cancer in Canada. Find out how your employees who work outside or who are active outside can prevent skin cancer and be sun smart.

## Presentations

**Live Well, Be Aware, Get Involved:** Healthy living is key to fighting cancer. About half of all cancers can be prevented through healthy living and policies that protect the health of Canadians. In this presentation you will learn about:

- How to reduce your cancer risk by making healthy choices every day
- How to detect cancer early by knowing your body and getting screened
- How to fight for change in your community to help reduce the cancer risks

**Women's Health:** 48% of all cancer cases in Canada are found in women, in this presentation you will learn about:

- The most common cancer for women
- What you can do to reduce your cancer risk
- Screening programs

**Cervical Cancer:** The main risk factor for developing cervical cancer is infection of the cervix with Human papillomavirus (HPV). In this presentation you will learn about:

- Early symptoms of cervical cancer
- Screening test to detect the 'precancerous' cell changes which may lead to cervical cancer
- Risk factors and ways to reduce your risk

**Breast Cancer:** Screening is key to fighting breast cancer because it can detect the disease early when it is most treatable. In this presentation you will learn about:

- Breast cancer
- Risks factors for the disease
- What you can do to reduce your risk
- Screening tests

**Men's Health:** 51% of all cancer cases in Canada are found in men, in this presentation you will learn about:

- The most common cancers found in men
- What you can do to reduce your risk
- Screening tests

**Prostate Cancer:** Prostate cancer is the most commonly diagnosed cancer in Canadian men. In this presentation you will learn about:

- Prostate cancer
- Risks factors for the disease
- Things you can do to reduce your risk

**Colorectal Cancer:** If found early colon cancer is 90% treatable. In this presentation you will learn about:

- Colon cancer risk factors
- What you can do to reduce your risk
- Screening tests for men and women

**Testicular Cancer:** Testicular cancer is on the rise for young men. In this presentation you will learn about:

- Testicular cancer
- What you can do to reduce your risk
- What to look for

**Tobacco:** Tobacco use is the number one preventable cause of cancer. Did you know that the majority of smokers want to quit (65% in Ontario), 40% will make at least one quit attempt each year, but only 5% will be successful without assistance? Fortunately, quit lines, such as the Canadian Cancer Society's Smokers' Helpline greatly increase

these odds, more than doubling the chances of quitting successfully. In this presentation you will learn about:

- Tobacco: Addiction and Habit
- Why people smoke / Why people quit
- Support from Smokers' Helpline
- Tips and strategies for quitting

**Early Detection and Screening:** If found early many cancers are more treatable. In this presentation you will learn about:

- Screening and testing for cancer in men and women

**Sun Safety:** Skin cancer is the most common cancer in Canada. In this presentation you will learn about:

- The link between sun exposure and skin cancer
- Ultraviolet radiation from the sun's rays
- *SunSense* tips that will keep you safe while outdoors
- Latest news about vitamin D
- Link between indoor tanning and melanoma skin cancer
- Myths about the health benefits of indoor tanning
- What the society is doing to prevent skin cancer in young people

**Environmental and Occupational Carcinogens:** Radon is the second cause of lung cancer after smoking. Radon is naturally occurring and can be found in almost all indoor air, including in homes, offices, schools and any other indoor environments. In this presentation you will learn about:

- What is radon
- Key Facts
- How radon gets into homes
- What you can do

**Healthy Eating:** Up to 35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. In this presentation you will learn about:

- The truth about food marketing
- How to read food labels
- Foods that increase cancer risk
- Foods that reduce cancer risk

**Physical Activity:** Up to 35% of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. In this presentation you will learn about:  
The types of physical activity that reduce cancer risk

- The amount of activity needed to reduce cancer risk
- Tips on how to become more physically active

- Get active, stay active

### **Books and Brochures**

A wide range of topics on cancer prevention, risk reduction, i.e. breast cancer, prostate cancer, skin cancer, lung cancer, etc. at no cost.

### **Peer Support Services**

The Canadian Cancer Society offers support for people living with cancer and their family members and friends. They can connect people living with cancer to others who have shared a similar experience, as well as provide one-to-one and group support services. This service is free, confidential, responsive and accessible. Support is just a phone call away – 1-800-263-6750

### **Smokers Helpline**

It's a free, confidential service for smokers. Learn how our service works or register online for the self-directed quit program. Get exercises, tips and tools to help you quit and join our online support group to share your experiences. Or call us – a quit coach can answer your questions, help you develop a personal quit plan or refer you to programs and services in your community. And if you want to support someone who's trying to quit, we can give you tips on how to help.

1-877-513-5333

Monday to Thursday: 8:00 a.m.–9:00 p.m.

Friday: 8:00 a.m.–6:00 p.m.

Saturday and Sunday: 9:00 a.m.–5:00 p.m.

Text messaging support available

<https://www.smokershelpline.ca/>

### **CancerConnection.ca online community**

A cancer diagnosis can make you feel alone and raise many questions and concerns. Our online community – CancerConnection.ca – helps people with cancer and their loved ones share their experiences and build supportive relationships.

### **Community Services Locator**

Our community services locator (CSL) is a directory that helps cancer patients, caregivers and healthcare providers find the services they need. We have over 4000 cancer-related services listed. You can search for: emotional support programs, homecare, how to get to your cancer treatment, where to find a wig or prosthesis etc.



## **Cancer Information Service**

Our Cancer Information Service is a national, toll-free service available to cancer patients, caregivers, families and friends, the general public and healthcare professionals. We'll take all the time you need to answer your questions and give you information about: cancer treatment and side effects, clinical trials, coping with cancer, emotional support services, prevention, help in the community, complementary therapies etc. Our service is available Monday to Friday in English and French. For other languages, we can access an interpreter service.

## **Wheels of Hope Transportation Program**

The Canadian Cancer Society offers support for people who can't afford the cost of travel, are not physically well enough to use public transportation or feel uncomfortable facing travel alone. Patients registered with our Wheels of Hope transportation service will be picked up and taken to their appointment by a volunteer driver. This is a shared-ride program that not only provides transportation but also offers a friendly, supportive environment along the way. If a volunteer driver is not available or if it's too far to travel using volunteer drivers, we may be able to help you access other public transportation options. All of our transportation services are coordinated locally.

## **Contact Information**

Canadian Cancer Society - Algoma & District Unit  
390 McNabb Street  
Sault Ste. Marie, ON P6B 1Z1  
Phone: (705) 253-4781 TF: 1 888 930-8883  
Fax: (705) 946-3020  
E-mail: [algoma@ontario.cancer.ca](mailto:algoma@ontario.cancer.ca)  
[www.cancer.ca](http://www.cancer.ca)

## **Canadian Mental Health Association**

Mental health in the workplace affects us all, whether we are employers or employees. When mental health issues are not addressed and treated appropriately, there can be considerable personal and financial costs to both individuals and organizations. Fortunately, with prevention, early treatment and support, many of these costs can be significantly reduced or eliminated entirely. Forward thinking organizations have already begun to focus on what they can do to support the mental health of their employees. Given predictions that depression will be the second leading cause of disability by 2020, we can expect mental health in the workplace to be a key management issue for many years to come.

### **Reasons to improve workplace mental health:**

- 500,000 Canadians, in any given week, are absent from work due to mental health problems
- 1 in 3 workplace disability claims are related to mental illness
- 70% of disability costs are attributed to mental illness

### ***Certified Trainings***

All Certified Trainings include resources and training materials and participants receive a certificate upon completion.

### **Applied Suicide Intervention Skills Training (ASIST)**

This 2-day (15 hours) workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Almost a million caregivers have received this training. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. ASIST is an intensive, interactive and practice dominated course designed to help caregivers recognize risk and learn how to intervene to prevent immediate risk of suicide.

\$220.00 per person

### **ASIST Refresher (for those who have been trained in ASIST)**

Like First Aid and CPR – ASIST trained caregivers need a refresher to stay current and review the skills learned in their 2 day training. We recommend that caregivers complete this refresher every 2-3 years. This half day training will help caregivers to feel comfortable, confident and competent in intervening with a person who is at immediate risk of suicide.

\$50.00 per person

### **Mental Health First Aid**

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. The program does not teach people how to be therapists. It does teach people how to: Recognize the signs and symptoms of mental health problems.

Provide initial help.

Guide a person towards appropriate professional help. This 2 Day training provides participants with a better understanding of mental health, mental health challenges and where help is found in the community.

\$150.00 per person

### **safeTALK**

safeTALK is a 3 hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to say safe – this training teaches people to recognize what those invitations to help may be, to ask directly about suicide and to help a person keep safe.

\$50.00 per person

### ***Workshops***

#### **Mental Health 101**

Improve mental health awareness and psychological health and safety in your organization.

Mental health 101 provides employees with an understanding of various mental health issues, builds mental health awareness and helps reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their mental wellness and for providing compassionate support and understanding to colleagues, friends and family.

1 Hour: \$150 / 3-hours: \$400.00

### **Stress Essentials** – A popular Lunch and Learn option

Stress can have a detrimental effect on the health and wellbeing of employees, as well as a negative impact on productivity.

Learn to recognize signs and symptoms of stress as well as simple but effective tools and strategies for manage stress.

1 Hour: \$150.00

### **MHW Core**

A full day workshop that include workplace mental health, mood and depression, stress and anxiety and psychological safety.

\$800.00 Can register up to 20 people

### **MHW In Focus**

Half day workshop focusing on one topic: workplace mental health, depression and anxiety, or mental health and safety.

\$400.00 Can register up to 40 people

### **MHW Essentials**

One hour presentation focusing on one topic: mental health at work, mood and depression, stress and anxiety or mental health and safety

\$150.00 Can register up to 40 people

### **Workplace Wellness**

Improve workplace mental health and learn strategies to reduce absenteeism and disability leave costs.

This workshop provides education on the impact of mental health problems in the workplace and identifies factors within the workplace that affect mental health. Learn to identify and minimize employee stress, recognize the signs of bullying and develop strategies to improve well-being and address Canada's new Psychological Health and Safety Standard.

2 hours: \$300.00

### **Dealing with Challenging People**

Change the way you see and respond to difficult situations and learn to handle difficult conversations with skill and confidence.

Learn strategies to recognize mental health concerns and address various behaviours (e.g. verbal aggression, negative talk, sense of entitlement, safety). Learn valuable skills and methods to change the dynamic, de-escalate and support individuals and groups.

3 Hours: \$400.00

### **Contact Information**

Canadian Mental Health  
386 Queen Street East  
Sault Ste. Marie ON P6A 1Z1

Lisa Carricato, Mental Health Educator  
[lisa@cmhassm.com](mailto:lisa@cmhassm.com)  
705-759-0458 ext. 231

## Heart and Stroke Foundation

The Heart and Stroke Foundation strives to be your most reliable source of heart disease and stroke information. We are also the largest non-commercial source of funds for heart disease and stroke research in the country. We do this through people support – volunteers, donors and employees. We also offer a variety of services and resources.

### ***Presentations***

**Your heart beats like crazy. Atrial Fibrillation:** Discusses what A-fib is and how it raises your risk of a stroke.

**Ease the Pressure:** How to find out if you have high blood pressure, the steps to minimize or reduce your risk of high blood pressure.

**Stress: What Is Stress?** What causes stress and the different types of stress and how it impacts on our bodies. How stress relates to heart disease and stroke, risk factors for heart disease and strategies for coping with stress. (30-35 minutes)

**Protect Your Health:** Identifies risk factors for cardiovascular disease and how to control them, an overview of heart disease and how doctors diagnose and treat them.

**Heart Healthy Kids:** This presentation is geared to children aged 8 – 14 years. Talks about heart health and healthy living for children and youth.

### ***Community Education Programs***

**Blood Pressure Clinics:** Every Thursday from 1 – 4 pm, at the Heart and Stroke Office located at 59 Great Northern Road.

**Mass CPR/AED Training** – By request the Heart and Stroke Foundation can provide a training session on the basics of CPR and AED usage. This is not a certification course but is designed for the general population for those who have never taken CPR or would like to refresh their skills.

**CPR/AED Certification courses** – Certification course for those professional who need basic CPR certification for their employment.

### **Books and Binders**

1. Recovery Road
2. The Canadian Family Guide to Stroke
3. Angioplasty

4. A Change of Heart - Recovering From Heart Disease
5. Surviving Transplantation
6. Let's Talk About Stroke
7. Tips and Tools for Everyday Living: A Guide for Stroke Caregivers
8. Management of Acute Stroke
9. Fit Kids

**Videos (English)**

1. CPR
2. Speaking from Experience – Survivor stories

***Videos (Ojibwe and dubbed in English) Oji-Cree***

1. Heartbeat of the Anishnawbe Nation

***Online Health e-Tools***

1. Healthy Weights Action Plan
2. Blood Pressure Action Plan
3. Heart and Stroke Risk Assessment
4. 30 Days to a healthier heart – App

**Contact Information**

Heart and Stroke Foundation  
59 Great Northern Road  
Sault Ste. Marie, ON P6B 4Y7  
Phone: 705-253-3775  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

## **City of Sault Ste. Marie Public Libraries**

The City of Sault Ste. Marie Public Libraries offers a wide variety of resource material and videos on a variety of topics, available for loan at your convenience.

### **Contact Information**

Centennial Library  
50 East St.  
Sault Ste. Marie, ON P6A 3C3  
705-759-5230

Korah Branch  
556 Goulais Ave.  
Sault Ste. Marie, ON P6C 5A7  
705-759-5249

<http://ssmpl.ca/home/>