

The way to Wellness...



Workplace Wellness Health Promotion Programs and Resources In Your Community 2018



Algoma
PUBLIC HEALTH
Santé publique Algoma

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 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
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
705-759-0458 ext. 231

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/>