

Chapter Two

Building Capacity

Build capacity and skills of community members by investing in training and education to strengthen and enhance community assets, partnerships and linkages to improve mental well-being for seniors.



Canadian Mental Health Association Programs



**Canadian Mental
Health Association**
Mental health for all

The Canadian Mental Health Association (CMHA) offers a number of programs that build community capacity and individual skills to understand and enhance mental health at the community level. These programs are typically offered by staff and trained persons associated with CMHA.

In some instances they offer training to other partners. Two staff associated with the Mind, Body and Spirit Project were fortunate to receive training and were able to offer programming.

If you are interested in these programs and think that your organization might like to offer these in your community, contact CMHA and inquire what might be possible.

Canadian Mental Health Association, Nova Scotia Division
Suite 2013-644 Portland Street Dartmouth, Nova Scotia B2W 6C4
Toll Free: 1.877.466.6606
Email: karn.nichols@novascotia.cmha.ca

Art of Friendship

This is an interactive, psycho-educational learning workshop that helps build self-awareness and interpersonal skills through topics such as human behaviour, responsibility & commitment, values, boundaries & trust, as well as dealing with conflict.

The Art of Friendship program provides a group support environment where adults with a mental health issue can further their health and well-being by reducing isolation and building social skills. Participants learn the skills of friendship building, meet new people, and learn about recovery and wellness skills.



Target Audience: Youth and adults 16+

Duration: Nine -1.5 hour sessions (13.5 hours total)



"I work primarily with seniors, many of whom have mental health challenges, but are not always at ease discussing them. These programs empower people by offering opportunities for self reflection, peer support and comfort in knowing they are not alone."

- Michele MacPhee,
Project Staff Member

The **Art of Friendship** is a self-reflective journey in which participants learn the skills of friendship building, meet new people and learn about mental health recovery and wellness skills.

For more information or to register please contact **Michele Mac Phee** (902) 587-2800 ext. 5

**Transportation available*

Brought to you by:



Art of Recovery

The Art of Recovery sessions consist of a series of topics related to the changes that take place for us as we find our way back from a mental health disorder and/or addiction. It is the next step after the workshops found in the Art of Friendship.

The Art of Recovery focuses on what would be helpful in your life journey. It will provide you with tools to look at who you are now and identify who you hope to become and what you need to do by finding and developing strategies that will help you accomplish that goal.

Target Audience: Adults 18+

Duration: Seven -1.5 hour sessions (10.5 hours total)



ART of RECOVERY

Louisdale Lions Club (Transportation provided)

Sept 18 - Oct 11, 2018 (2 afternoons per week)

TO REGISTER: Call 902-587-2800 or email mindbodyspiritpc.dkmchc@gmail.com

The Art of Recovery is a three-week Canadian Mental Health Association course about changes that take place as we find our way back from a mental health challenge and/or addiction. It is provided free of charge on Tuesday and Thursday afternoons at the Louisdale Lions Club. Transportation arrangements can be provided.

The Art of Recovery is a Canadian Mental Health Association (CMHA) course that is being provided by a CMHA-trained facilitator through the Dr. Kingston Memorial Community Health Centre's MIND-BODY-SPIRIT Project.

We will be offering 7 sessions in the following order:

1. TUESDAY Sept. 18th @ 1pm

What is mental health/addiction recovery? Am I in recovery? What does recovery mean to me? Introduction to Stages of Change. Impact of Stigma.

2. THURSDAY Sept. 20th @ 1pm

Stage 1 - Contemplation. Attitude of Hope. Affirmations. Self-Awareness. Recognizing Your Strengths. Self-Care. Power of Negative Messages. Catch It, Check It, Change It!

3. TUESDAY Sept. 25th @ 1pm

Stage 2 - Preparation. Courage. The Dignity of Risk. Risk/Risk Management - 5 Steps. Self-Care.

4. THURSDAY Sept. 27th @ 1pm

Stage 3 - Action. Dreaming and Scheming. Steps to Making a Change. Feel the fear and do it anyway! Behavior Change Resolution

5. TUESDAY Oct. 2nd @ 1pm

Stage 4 - Stability. How to Become Emotionally Stable Part 1: Retraining Your Emotional Reactions. Part 2: Modifying Your Thinking. Part 3: Modifying Your Habits. Coping Strategies.

6. THURSDAY Oct. 4th @ 1pm

Stage 5 - Resiliency. What is Resiliency? Compare Resiliency to a Business Continuity Planning Lifecycle. Factors in Resiliency. Strategies for Building Resiliency. What is An Action Plan? Why an Action Plan?

7. TUESDAY Oct. 11th @ 1pm

Review of the 5 Stages of Change. Recovery Travel Tips. My Favourite Things List. Wrap up. Invitation to complete a personal action plan called "Strategies for Success Recovery Workbook".

Quotes from Participants

"I understand that self-care is an important part in my recovery."

"I understand what recovery is."

Optimal Aging



Optimal Aging is a four week mental health promotion initiative that promotes psychosocial wellness and builds resilience among individuals of age.

The series provides evidence-based information on brain health and resilience tools to support factors including:

- 1) social activity
- 2) positive thinking
- 3) physical activity
- 4) taking care of one's own mental health
- 5) brain challenge (thought exercises, such as learning something new), as well as health goal setting.

Target Audience: Adults 50+

Duration: Four - 1.5 hour sessions (6 hours total)



Art of Facilitation Workshop



As part of the project, we agreed it was important that we provided opportunities to build capacity for community members to develop their skills so they could offer programs into the future. One of the ways we chose to do this is by offering a learning event called Art of Facilitation. Twenty-five community members participated in the training.

The objective of this day long workshop were:

- Build a common understanding about what facilitation involves.
- Learn the key elements of facilitation from planning to follow up.
- Practice facilitation as part of a group.
- Capture of learnings from the experience.

Through the project there was funding available to engage the StFX Extension Department to develop and offer the training, however, if you wish to offer this type of workshop in your community, there are likely people right in your community who have skills in training and facilitation that you could approach to support you to offer such a workshop.

If living close to a university, someone studying adult education may wish to take this on as a project, often local women's centers and family resource centers have people who are skilled in training, or the local recreation department, literacy council, and community health boards. You do not need to have access to funding to offer a creative and fun learning event to provide older adults in your community skills in facilitation.

Quotes from Participants

"I became aware of groups that share the same interests and are active in their communities. I would like to connect with these groups with the hopes of our community becoming more active."

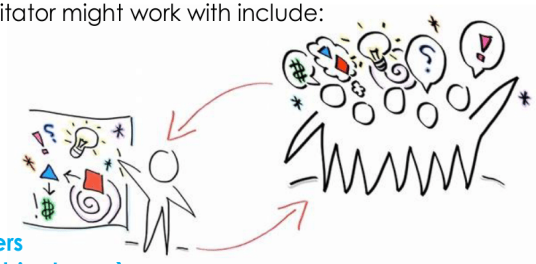
"The session was very helpful and I gained much knowledge on effective facilitation. More importantly were the personal connections made with other participants and potential for future partnerships."

Sample Promotional Poster

OPPORTUNITY FOR FUTURE FACILITATORS

The Kingston Centre's MIND-BODY-SPIRIT Project is looking for volunteers who are interested in becoming facilitators. A **facilitator** is a guide. He or she helps a group of people accomplish common goals. Some groups or areas of interest that a Richmond County volunteer facilitator might work with include:

- Support Groups
- Music Care Providers
- Food Security and Healthy Eating
- Physical Activity Groups
- Mental Health and Well-being
- Drop-in Services
- Curriculum-based Program Leaders
- Community Development (any subject area)



Are you a person who already does work with groups in your community?
Are you interested in starting a group?

The Kingston Centre would like to support future community facilitators with training and resources.

For more information please contact:

Michele MacPhee: seniorsafetycoordinator.dkmhc@gmail.com / 902 587-2800 ext. 5.

Dawn Ostrem: mindbodyspiritpc.dkmhc@gmail.com / 902-587-2800

Conversations on Death and Dying

As people age and members of their families and friends die, some seniors may become anxious or become depressed when facing their own immortality. Death is part of the cycle of life, and talking about it is an important part of aging. The prospect of dying raises questions about the nature and meaning of life and the reasons for suffering and dying.

Preparing for death often means finishing a life's work, setting things right with family and friends, and making peace with the inevitable. Spiritual and religious issues may also be important to many dying people and their families.

People vary in their comfort level in talking about death and dying and regarding the amount of information and involvement in decision making that they want.



Grieving is a normal process that usually begins before an anticipated death. According to Elisabeth Kübler-Ross, a pioneer in death and dying studies, dying people often experience five emotional stages: denial, anger, bargaining, depression, and acceptance.

The reality is that you will grieve forever. You will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same. Nor would want too.

Elisabeth Kübler-Ross & David Kessler
From *On Grief and Grieving*

Grief.com

Community participants came together to discuss death and dying and discover ways that as a community they can look to offer additional support and services to support people.

A one day facilitated workshop allowed participants to explore concepts such as a Death Cafe and Indigenous Perspectives on Death and Dying.

If this is something you might be interested in there are likely people in your community who you reach out to assist with offering such a workshop. Volunteers or staff involved in palliative care, local health care providers like social workers or family physicians would be great resources.



In addition, there are many excellent websites that provide information:

- <https://deathcafe.com/>
- <http://www.nshealth.ca/content/palliative-care>
- <http://nshpca.ca/>

Quotes from Participants

"The conversations are spawning innovation in how we can talk about death."

"People really care about our community - about living and dying."

"Indigenous ways of death and dying linked to important rituals for all - intercultural."

Mental Health First Aid



Mental Health Commission of Canada
Commission de la santé mentale du Canada



One of the ways we chose to build capacity in our communities was by accessing the training offered through the Mental Health Commission of Canada. Mental Health First Aid (MHFA) is an evidenced based program that is international in scope. Participants were provided with two days of training.

MHFA was selected as it has been proven to be very effective and has helped participants to not only increase their knowledge and confidence about signs, symptoms and risk factors of mental health problems. It also improved mental health literacy and changed attitudes and behaviors.

Throughout the duration of the project, four Basic Adult courses were offered with close to 50 members from our communities participating in training in Mental Health First Aid (MHFA).

While there is a specific course for seniors now available, it was not possible to access trainers at the time of the project. You can find course descriptions in resource section.

For more information on the various courses available, see link below.

<https://www.mhfa.ca/en/course-types>

Quotes from Participants

"What I valued most, personally, about this training is having the tools to understand mental health at a basic level."

"I feel having a basic awareness of current mental health first response practices is key to motivating people in the community around mental health programs and services."



Mental Health First Aid

continued

Possible Sources of Funding and Support

Nova Scotia Health

In addition, in some instances there are staff trained within Nova Scotia Health, Mental Health and Addictions that can also be approached to offer the two-day training course

Mental Health Foundation of Nova Scotia

<https://www.mentalhealthns.ca/mhfirstaid>

Department of Seniors – Age Friendly Community Project Funding

<https://novascotia.ca/age-friendly-grant/>

Community Health Boards

Check to see if mental health or social isolation is a priority for your local Community Health Board and look at applying for funding.

<https://www.communityhealthboards.ns.ca/wellness-funds>

MENTAL HEALTH FIRST AID FREE TRAINING

Kingston Centre / L'Ardoise, N.S.

MAR 20-21, 2019



St. John Ambulance

The MIND-BODY-SPIRIT Project is offering FREE Mental Health First Aid training (\$100 value) to volunteers and service providers in Richmond County on MAR 20-21, 2019 at the Dr. Kingston Memorial Community Health Centre in L'Ardoise, N.S. For more information or to register please call the Kingston Centre at 902-587-2800 or email: mindbodyspiritpc.dkmchc@gmail.com

Example of Training Ad



The Mind, Body, and Spirit Project offered a free training course in Level 1 Music Care and invited local organizations to reserve one seat in the program to develop the skill set of people in the community who work with older adults. Organizations were contacted directly and invited to send someone to the training.

The goal was to use this training to spread knowledge about music care among volunteers and front-line workers in Richmond County.

21 participants included staff from local long-term care facilities, adult group homes, local hospital, palliative care society, continuing care and individuals working with older adults in the community. Staff involved in the MBS project also participated in a two-day session.

Music Care Training is offered in three distinct certificate courses that provides training for professional, volunteers and family caregivers.

The course curriculum was developed by Room 217 Foundation, a trusted leader in Music Care research, resources, education and training.

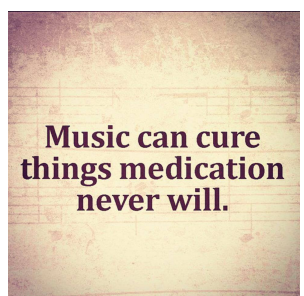
This training is available in the community and also as an exclusive in-house training.

Designed for anyone regardless of musical inclination or ability, Music Care Training complements and strengthens other scopes of practice.

Quotes from Participants

"It was a valuable learning experience as it gave me an easily accessible tool with which to bridge communication gaps in a meaningful way."

"It has assisted me in my role by understanding the skills people with music care training can provide to the community."



Music can cure things medication never will.



Level 1 - Fundamentals of Music Care: Theory and Context –

The learning goals of this course as outlined on their website are:

- Describe the goals of music care and how they can be applied to care settings.
- Discuss the context and impact of music care within a changing healthcare system.
- Situate music care as an approach rather than a scope of practice.
- Internalize the impact of rhythm, melody and timbre in care situations.
- Demonstrate a sensitivity to the impact of sound and music in a care space.
- Show awareness of a range of music care resources and provide examples.
- Utilize 10 music care strategies.
- Build confidence using the voice as an instrument of care.
- Develop a proposal for a music care initiative in a real-life care setting.

For more information <https://www.room217.ca/music-care-training>

Music Care Training
April 16-17, 2018 - Louisdale Lion's Hall



FREE

MIND-BODY-SPIRIT
Community Volunteer
Training Opportunity
*No Need to have a musical
background*

In Level 1 Music Care students will learn about:

- Positive and adverse power of music in care
- Practicing musical skills and building confidence using them
- Developing their own approach to making music a part of their care communities

To apply for this FREE training please fill out an online application using this link:
<https://form.jotform.com/80073255692256>

Applications are accepted on a first-come, first-served basis AND on how you plan to practice music care skills in a way that involves seniors in your community (as described in your application).

For more information please contact Dawn Ostrem (MBS project coordinator) at mindbodyspiritpc.dkmchc@gmail.com or 902-631-5890



YOUR WAY TO WELLNESS

Understanding the connection between mind and body is an important step in to reduce the incidence of co-existing conditions and support older adults already living with mental health issues while managing chronic physical conditions.

Mental health and physical health are so closely linked that it is important to pay attention to seniors who are living with chronic physical health conditions because they can experience depression and anxiety at a much higher rate than the general population. As people becoming older, there is a higher likelihood that they may also develop new health conditions. Learning to manage and live with these health issues can become even more complex if also dealing with social isolation, or a recent loss.

"Being physically active, socially connected and challenging your brain can improve your long-term health and can help you to bounce back from illness. These risk factors along with a positive attitude toward aging and addressing mental health are key modifiable factors to reduce overall dementia burden by up to 35%."
(Lancet, July 2017)

Programs like Your Way to Wellness offered by Nova Scotia Health provide opportunities for older adults to come together with others experiencing similar life challenges and improve their overall health. Your Way to Wellness is a free chronic disease self management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life.

Groups meet weekly for two and half hours for six weeks and are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend as well.

Participants learn how to:

- Set goals and problem solve
- Improve communication with health care providers, family and friends
- Eat healthier and become more active
- Manage symptoms
- Make daily tasks easier
- Improve self-confidence
- Manage fear, anger and frustration



For more information, please call 1-888-672-3444 or e-mail yw2w@nshealth.ca.