



# Mental Health IS Health

## Beatrice Wilson Health Centre Wellness counselling department

245 Waller Rd Phone: (204) 627-7410 Fax: (204) 623-5496

OCN crisis line (call or TEXT) 204-623-0519

### Cree Proverb

Be truthful and respectful in our speech, which in itself is a miracle and a gift from the creator,  
that we might use it only to speak good of each other and pass on the good things in life.

Oma ka-pikiskweyak ta-ki kisteyihtomowak mina ta-ki-tapweyak, eyako ayamiwin mitoni  
Mamahtawisihcikewin oma ki-mamawohtawimawanaw ka-ki-miyo-miyikowak,



Wellness department offers 100% confidential services in the areas of education, prevention, and advocacy

- Voluntary and non-judgmental
- Psychiatric assessments and follow ups
- Opioid replacement therapy and follow up
- SMART Recovery for ORT
- Addiction assessments/counselling
- Grief and loss
- One on one support
- Family support
- Spiritual guidance/healing
- Suicide intervention/training
- Anger management
- Parenting
- Non-violent crisis intervention
- Couples counselling
- Off site counselling offered upon Request

- Walk-in services available
- Services open to everyone (youth, families, individuals and elders)
- After hours crisis line

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

## Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school



### Cree Proverb

*Realize that we as human beings have been put on this earth for only a short time and that we must use this time to gain wisdom, knowledge, respect and the understanding for all human beings since we are all relatives.*

"ka-kí-kiskéyihétan óma, namoya kin-wés maka aciyowés pohko óma óta ka-hayayak wasétam askihk, ékwa ka-kakwéy miskétan kiskéyihetamowin,

iyinísiwin, kistéyitowin, mina nánisitatowin kakiya ayisiniwak, ékosi óma kakiya ka-wahkotowak."

<http://www.sicc.sk.ca/archive/heritage/sils/ourlanguages/swampy/eldersquotes/index.html>

Why were we given the Medicine Wheel as Indigenous people? It is a guide to living minopimâtisiwin, yes, but also to understand we are ALL apart of the circle. We ALL belong, we ALL have a role in that circle. The four life stages in the circle represent INFANT, YOUTH, ADULthood and ELDER. You are a part of that circle! What are your gifts? What can you share, learn, give?

minopimâtisiwin is the act of living the good life \*...what does that mean to you? What is your good life? What is your sacred role in living that good life?

\*<http://www.creedictionary.com/search/index.php?q=pim%C3%A2tisiwin&scope=1>

## Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

"Without mental health, there is no health" WHO

Why there is "no health without mental health"

By Michael Friedman, L.M.S.W.

Old or young, neglecting your mental health is bad for your physical health and vice versa. If you have a chronic physical illness such as diabetes or heart disease and you suffer from depression or an anxiety disorder, you are at considerably higher risk for disability and premature death. Depression and anxiety disorders often express themselves through physical symptoms: stomach problems, headaches, backaches, sleeplessness, fatigue, weight loss, or obesity. People in the early or mid stages of a dementia, such as Alzheimer's Disease, are likely to also be depressed and/or anxious, and these co-occurring mental conditions reduce already compromised cognitive functions. If you suffer from a long term, severe mental illness, your life expectancy is at least 10 and perhaps 30 years less than the general population's, largely due to poor health.

## Wellness team:

The Beatrice Wilson integrated care teams strive to offer wrap around services to ensure that clients are getting the best possible care. The Wellness team eliminates all boundaries by seeing anyone that comes through our doors and ensure at least one staff member is available to see individuals on a walk in basis or at a location that they are comfortable in. We currently have eleven staff in our wellness department with a variety of skill sets and backgrounds that allows us to find the best fit for our clients as well as accommodate an individuals' preference to see someone else. Dr. Lawal (Psychiatrist) comes to BWHC to see clients on the first Wednesday afternoon of every month. Dr. Leigh Quesnel (Psychologist) is running programs until the end of April 2019.

The Opioid replacement therapy program has been up and running since Oct 2018 and we are continuously taking in new clients. The learning circles/wellness team ensure adequate supports for these clients as well as those requesting after care when they come back from any addictions recovery centre.



Hello, my name is Sarah Linklater from Nisichawayasihk Cree Nation, I am fluent in Cree and I have worked with BWHC for over three years as a Psychiatric Nurse and recently took on an additional role as supervisor in the department. I have enjoyed the challenges in working alongside the wellness team to build up our department to better meet the needs of the community. The wellness team is thankful for the enthusiasm of community members in supporting our efforts.

In my spare time I enjoy spending time with family/ friends or reading



My name is Rueben Personius and I am the Behavioural Health Facilitator at the Beatrice Wilson Health Centre. I am the youngest son of Paul and Rose Personius, married to my beautiful wife Janna Personius and we are blessed with 3 beautiful children. I have been working with Opakwayak Health authority since October 2009 and been involved in numerous roles within the organization. My current role as the BHF allows me to carry a client case load and oversee the mental, physical, emotional and physical spheres of the learning circles. The learning circle staff also make up the MIKO wellness team that provides capacity building, follow up care and preventative work to the outlying SCTC communities.

In my spare time I enjoy spending time with my family and friends or playing sports



*My name is Adrienne Reason and I work for Beatrice Wilson Health Centre as a Behavioral Health Clinician for the Wellness Department. This involves counselling individuals and families as well as accessing resources and services for those requiring assistance. I have lived in northern Manitoba for almost 15 years and have worked within many of the Swampy Cree Tribal Council communities. I am a strong advocate for Indigenous women and their families involved in the child welfare system. I enjoy working with people and supporting them to seize opportunities that help them to reach their potential and achieve emotional, mental, physical and spiritual well-being.*

## Wellness team (cont'd)



I am a grandmother of 10 and a mother of 4 and I value spending time with family and extended family. I love spending time on the lake or sitting outside at the fire in the summer.

My name is Marcella Fenner, I am originally from Cormorant, Manitoba and I have worked with children in a school setting for 28 years. I have just recently begun working at Beatrice Wilson Health Center in June 2018 as a Learning Circle Facilitator-Emotional Wellness (Counsellor). I have lived in The Pas for the last 6 years and I am enjoying getting to know the community of OCN and the people that have spent their lives here.

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Breanna is a Learning Circle Facilitator for physical wellness at Beatrice Wilson Health Centre. Breanna plans events for active living in the community of Opaskwayak Cree Nation. Breanna has accomplished a Healthy Living Training and will be attending more training sessions, In her spare time Breanna enjoys a variety of sports and also enjoys traveling.

Benefits of Physical Activity-reduces depression and anxiety, Assist in Stress management, Strengthens bones, Improves self-esteem, Improves heart efficiency and much more.

Suggestions for activity can be emailed to Breanna.jacksonstoltz@ocnhealth.com or contact her at the Beatrice Wilson Health Centre.

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Jeremy Sinclair was born and raised in Opaskwayak Cree Nation. Jeremy has extensive experience working with youth in the community, having worked in the areas of youth leadership, health, education, social development, as well as sports and recreation. Jeremys educational background in counselling is trauma informed therapy from the Prairie Region Centre for focused Oriented Therapy. The services Jeremy provides is one on one counselling as well as group facilitation in mental wellness.

In his spare time Jeremy enjoys time with his son and goes to the gym



## Wellness Team (cont'd)



### Learning Circle Facilitator/Physical Wellness

My name is Shawn and I've been with Opaskwayak Health Authority for almost three years. You will often find me in the community or the schools promoting nutrition, diabetes education and awareness and healthy living. I truly love my job that I get to connect with people and share some of the fun ways that we can learn about the foods that we choose to put in our body. Did you know that a can of coke has 10 teaspoons of sugar??!! I have three children and my hobbies include spending time at the lake, camping and gardening.

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My name is Kevin Kapay I am a Plains Cree of Day Star First Nations, Saskatchewan. I am happy to serve the People of Opaskwayak and working with the Opaskwayak Health Authority. I work fulltime as the Learning Circle Facilitator - Spiritual Wellness Counsellor. I also offer services as an Alcohol and Drug Addictions Counsellor helping many on the road to recovery for the past 11 Years for those seeking sobriety and treatment recovery. Since working with Beatrice Wilson Health I had the opportunity to work as a family support worker. As for Spiritual practices offered I share native healing practices by offering smudging ceremonies, singing sacred healing songs; The Healing Sessions I offer are gentle and friendly, offering confidential healing sessions for all peoples seeking spiritual wellness. I enjoy many of OCN Members I have met, they only made me feel welcomed and part of the Opaskwayak Community and I thank you for your kindness and acceptance.

My favorite Hobby is singing and playing guitar performing especially for the OCN Elders at the McGillivray Senior Care. Thank you for your time reading my Biography, if you are around Beatrice Wilson Health Centre drop by and see me, I will always be glad to meet you.

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Brian A Ballantyne has worked with Opaskwayak Health Authority for over 25 years in different roles. Brian is working in the NNADAP program, this requires doing addictions assessments and making referrals for treatment as needed.

Office hours: Monday, Wednesday and Friday 8:30– 12:00 noon

## Integrated Care Team #3 Opioid Replacement Therapy Team

Opioid replacement therapy (ORT) is an effective treatment for addiction to opioid drugs such as morphine, heroin, oxycodone, hydromorphone (dilaudid), fentanyl, Percocet, and codeine (Tylenol #3). The therapy involves taking an opioid medication, such as methadone (methadose) or buprenorphine (suboxone). These medications work to prevent withdrawal and reduce cravings for opioid drugs. People who are addicted to opioid drugs can take ORT to help stabilize their lives and to reduce the harms related to their drug use.



My name is Karen Polischuk, I was born and raised in a family of 9 children on a Hobby farm, 3 mile east of The Pas on Rall's Island Road. I moved to Winnipeg, MB to pursue a Nursing Degree. While there, I met my husband of 39 years. We moved back to The Pas in 1989 and raised our two children and enjoy time with our eight grandchildren who all live within two miles of our home on Clearwater Lake. I have been blessed with many opportunities to have experienced a diverse nursing practice over the past 43 years.

My present nursing practice includes the breakthrough programing for Opioid Replacement Therapy (ORT) for those clients with opioid addictions. We have a great team of two doctors who alternate coming in once per month for Induction of clients into the program, an ORT Nurse (me), who follows the clients closely throughout the induction phase and beyond. In addition, we have a Behavioral Health Clinician who has been assigned specifically for the program to work with each of the clients to set new behavioral goals and work on methods of change. A Support Group is being established, and lots of positives have been noticed in a short 3 months of the program being up & running. It has been so exciting to be part of this great team.

Tansi,



My name is Andrea Young and I am a Behavioural Health Clinician with the ORT (opioid replacement therapy) program at the Beatrice Wilson Health Centre. I provide counseling and support for community members on their road to recovery. I am also starting up a SMART Recovery (Self-Management And Recovery Training) program for individuals looking to recover from addictions (alcohol, drugs, gambling, or self-harm).

In my spare time I enjoy spending time with family, reading, doing cultural activities, and snuggling with my rescue dog Gracie. I value these moments as I realize doing these things help my mental health and enable me to be a helper in the community.

While in university I attended cultural ceremonies and visited with Elders when times got challenging. It was difficult to admit I needed help, at first, but I learned no one was judging me but myself. I received nothing but support, guidance, and encouragement from these trusted helpers. I also realized there is no "magic pill" in one's healing journey. Some days are challenging and cause me to question why I got out of bed. Some days are ho-hum and some days are amazing. But, like I was taught in my healing journey every day is a gift and even if I could just appreciate at least one thing that day it was something. In my learning I've realized practicing gratitude is like using a muscle, the more you use it the more you strengthen it.

# Suicide: What to do when someone is suicidal

*When someone you know appears suicidal, you might not know what to do. Learn warning signs, what questions to ask and how to get help.*

[By Mayo Clinic Staff](#)

When someone says he or she is thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should take talk of suicide seriously, or if your intervention might make the situation worse. Taking action is always the best choice. Here's what to do.

## Start by asking questions

The first step is to find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about hurting yourself?
- Are you thinking about suicide?
- Have you ever thought about suicide before, or tried to harm yourself before?
- Have you thought about how or when you'd do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

Asking about suicidal thoughts or feelings won't push someone into doing something self-destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings.

## Look for warning signs

You can't always tell when a loved one or friend is considering suicide. But here are some common signs:

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born"
- Getting the means to take your own life, such as buying a gun or stockpiling pills
- Withdrawing from social contact and wanting to be left alone
- Having mood swings, such as being emotionally high one day and deeply discouraged the next
- Being preoccupied with death, dying or violence
- Feeling trapped or hopeless about a situation
- Increasing use of alcohol or drugs
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things, such as using drugs or driving recklessly
- Giving away belongings or getting affairs in order when there is no other logical explanation for doing this
- Saying goodbye to people as if they won't be seen again

Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above



## For immediate help

If someone has attempted suicide:

- Don't leave the person alone.
- Call the local RCMP detachment or your local emergency number right away. Or, if you think you can do so safely, take the person to the nearest hospital emergency room yourself.
- Try to find out if he or she is under the influence of alcohol or drugs or may have taken an over-dose.
- Tell a family member or friend right away

If a friend or loved one talks or behaves in a way that makes you believe he or she might attempt suicide, don't try to handle the situation alone:

**Get help from a trained professional as quickly as possible.** The person may need to be hospitalized until the suicidal crisis has passed.

## Available resources:

Local RCMP.....(204) 627-6200

Local band constable .....(204) 627-6242

The Pas hospital.....(204) 623-6431 ..press 9

Opaskwayak Health Authority.....(204) 627-7410

Addictions Foundations of Manitoba.....(204) 627-8140

Suicide crisis line:.....1-888-322-3019

First Nations and Inuit Hope for Wellness Help Line....1-855-242-3310

MKO Mobile Crisis....1-844-927-5433 crisisresponse@mkonorth.com

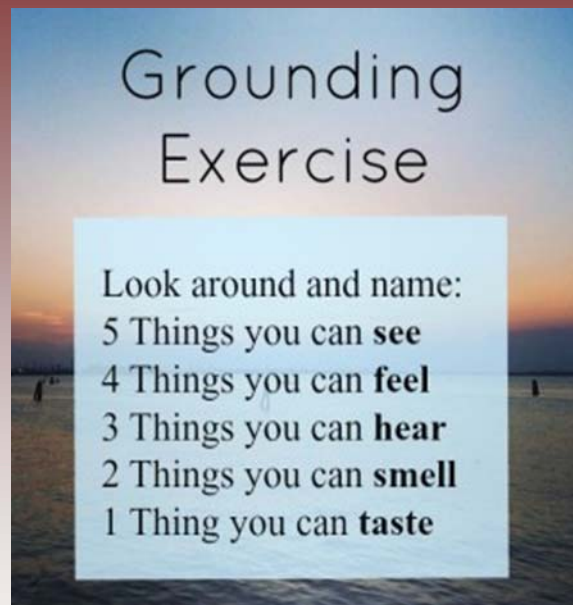
Opaskwayak Health Authority PDA website: [www.oha-pda.ca](http://www.oha-pda.ca)

**Join us on our Beatrice Wilson Health Centre Facebook page for programs, information and live feed**

# Which Is It?

| Everyday Anxiety   | Anxiety Disorder   |
|--|--|
| Worry about paying bills, landing a job, a romantic breakup, or other important life events                          | Constant and unsubstantiated worry that causes significant distress and interferes with daily life                               |
| Embarrassment or self-consciousness in an uncomfortable or awkward social situation                                  | Avoiding social situations for fear of being judged, embarrassed, or humiliated  |
| A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event | Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one                                |
| Realistic fear of a dangerous object, place, or situation  | Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger                          |
| Anxiety, sadness, or difficulty sleeping immediately after a traumatic event   | Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before |

For more information on anxiety and how to cope, Contact:  
Beatrice Wilson Health Centre wellness team 204-627-7410



## Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

**5-4-3-2-1 Technique** Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>



## Wellness Counselling Regular sessions

Mondays AA meetings (traditional room)  
2-3pm with additional support immediately after

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Spiritual wellness group (traditional room)  
Fridays 2-3pm with additional support immediately after

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Above sessions are offered every week except holidays

Help us help you

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