



Embracing Life: Northern Saskatchewan Working Together
Agency Responses to Pre-Workshop Matrix Activity

Matrix 1: Existing Programs and Services
Matrix 2: Gaps and Services in Programming
Matrix 3: Awareness of Best Practices

Matrix 1: Existing Programs and Services

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Community Level	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> Health Clinic encourages a healthy lifestyle <p>PAGC Health and Social Development</p> <ul style="list-style-type: none"> Community Health Nurse Home Care Nurse Diabetes Educators Working groups (interagency) in most communities; Montreal Lake, Sturgeon Lake, James Smith, Cumberland House, Shoal Lake, RECN Members from Shoal Lake, RECN, Cumberland House, James Smith, Sturgeon Lake, Little Red and Montreal Lake have attended PAGC’s HOT program. A good foundation for living a balanced lifestyle and healing. <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> Drop-in - one afternoon a week, youth ages 13-17 can visit the YAPRS offices. Includes opportunities for engagement with staff, snacks, games, socialization. Special activities outside of the weekly drop-in are also planned and made available to youth. Drop-in - one afternoon a week, youth ages 13-17 can visit the YAPRS offices. Includes opportunities for engagement with staff, snacks, games, socialization. Special activities outside of the weekly drop-in are also planned and made available to youth attending drop-in. 	<p>North Sask Victim Services</p> <ul style="list-style-type: none"> ASIST Training La Ronge Service Providers <p>PAGC Health and Social Development</p> <ul style="list-style-type: none"> Build capacity within communities by training local trainers in ASIST and safeTALK Interagency approach 3 year Community safe plan in RECN ASIST workshops annually in Red Earth, Shoal Lake, James Smith, Cumberland House Mentorship for NNADAP workers beginning in RECN and Shoal Lake to support development of program and Pathways to Healing Outreach .RECN is continuing on year two of their safeplan educating and mentoring community members to facilitate programs to decrease the violence against women and girls. This method allows for sustainability of programs that work. Formation of the Youth <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> Drop-in Counselling - counselling for youth aged 10-18 and their families in the Lac La Ronge Area relating to substance abuse, abuse and addiction. Related issues are addressed including; mental health and suicide ideation as it pertains to substance use/dependency. 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> Assisting medical staff in the community to ensure the situations remain safe for everyone involved. <p>PAGC</p> <ul style="list-style-type: none"> Crisis Response Teams in RECN and Shoal Lake; training individuals from other communities. Formation and training of Mental Wellness Teams in Shoal Lake, Red Earth, Cumberland House and James Smith in beginning stage Council (YAC) within RECN. Leadership from the Heart, Recipe for Success <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> Counseling, ASIST Training 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> Victim Services are provided for those involved. If possible, people are referred to professionals in the field. <p>PAGC</p> <ul style="list-style-type: none"> Cultural Ceremonies and Teachings (sweats) Debriefings Counselling Elder Support Education as needed



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Matrix 1: Existing Programs and Services (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Community Level (cont.)	<p>Keewatin Yatthé</p> <ul style="list-style-type: none"> There are policy manuals at every Community Services Office, as well as Mental Health / Addictions. There is Community Cultural Enhancement Programs at the Youth Centre Traditional Healing Practices Community Development. Strong Inter-agency Group, Community Police Board. 	<p>NHSP</p> <ul style="list-style-type: none"> Community Initiatives Funds Community Grant Program http://www.cifsask.org Patuanak RCMP Presentations given to the school and the Band Hall to prevent various issues. 		
Specific Groups or Communities	<p>MCRHR Youth Service</p> <ul style="list-style-type: none"> Weyakwin group activities - monthly activities for grade 7 - 9 students at Kiskahikan School including sharing circle and activities based in art therapy and skill building. <p>Keewatin Yatthé</p> <ul style="list-style-type: none"> There are Youth Councils that have been put in place as well Student Representative Council (SRC) at the High School in Ile a la Crosse. 	<p>NHSP</p> <ul style="list-style-type: none"> Community Initiatives Funds Community Grant Program http://www.cifsask.org/ NHSP West Side Interagency Team: Supporting Suicide Prevention & Promotion <p>MCRHR Youth Service</p> <p>Education/mentoring for community professionals as requested</p>	<p>North Sask Victim Services</p> <ul style="list-style-type: none"> NSVS in NAD CISD - Teenage to Adult 	<p>North Sask Victim Services</p> <ul style="list-style-type: none"> NSVS in NAD Following all attempts or completions
Regional	<p>PAGC</p> <ul style="list-style-type: none"> Early Childhood Program Coordinator, Maternal Health Program, Embrace Life Progra, Integrated Wellness Coordinators, Moving Towards a Stronger Future (Community Development), Nurse Supervisor, Home Care Coordinator, Dental Therapy Coodinator, Environmental Health Officers, Dietician/Nutritionist, ADI Coordinator, RHSW's (Resolution Health Support Workers), 	<p>PAGC</p> <ul style="list-style-type: none"> HOT Program (honouring Our Traditions; Shaping Healthy Communities), safe TALK, ASIST, MHFA, MTSF, Healing the Heart Outreach, Youth Action Council (YAC), leadership from the Heart and Recipe for Success with James Anderson, Cultural Awareness, Activities and Teachings, National Aboriginal Youth Suicide Prevention Strategy (NAYSPS), 	<p>PAGC</p> <ul style="list-style-type: none"> PAGC Crisis Response Team, Grief Counselling, Healing the Heart Outreach, good Grief Camp for Youth, Formation of Mental Wellness Teams (a work in progress). Cultural Ceremonies and Teachings (sweats), Helpers in the Community Lists for 11 of our communities and the cities in their health district. White Buffalo Inhalant Treatment Centre for girls. 	<p>PAGC</p> <ul style="list-style-type: none"> PAGC Suicide Prevention Toolkit, Cultural Ceremonies and Teachings (sweats, pipe ceremonies etc.) Debriefings/Defusings. Counselling. Elder Support. Healing/Talking Circles. Grief outreach. Identified resources available in and for all communities (Helpers in the Community Lists). Education opportunities.

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Matrix 1: Existing Programs and Services (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Regional (cont.)	<p>PAGC Cultural Awareness Activities and Teachings, Education on all aspects of the medicine wheel (mental, physical, emotional, spiritual), brochures, posters, Smoking Cessation, Parenting Support</p> <p>NITHA</p> <ul style="list-style-type: none"> NITHA HPA is working with NITHA. Communities who are interested in doing the 40 Developmental Asset survey and positive youth development activities. <p>Keewatin Yatthé</p> <ul style="list-style-type: none"> ASIST To Adult Education Classes and Community Members, CISM De-Briefing throughout the Region as needed. Grief & Loss to Front-Line Staff and Local community Members. 	<p>PAGC Helpers in the Community, Lists for 11 of our communities and the cities in their health district, White Buffalo Inhalant Treatment Centre for girls. Valley Hill Youth Treatment Centre, Sakwatamo Family Treatment Centre,</p> <ul style="list-style-type: none"> PAGC Suicide Prevention Toolkit, Assessments for Treatment, Active Measures, One on one grief counselling, Addictions counselling, Gambling outreach, counselling and treatment program, Mentorship for NNADAP workers beginning in RECN and Shoal Lake to support development of program and Pathways to Healing Outreach <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> MCRHR Suicide Framework 	<p>PAGC Valley Hill Youth treatment Centre. Sakwatamo Family Treatment Centre</p>	
Pan-Northern	<p>Population Health Unit (PHU)</p> <ul style="list-style-type: none"> Early Childhood Development Initiatives - Interagency coordination to support; prenatal, early childhood development, parenting Early Childhood Coalition is a significant group of northern agencies Early childhood bonding/literacy Population Health coordinates the Northern Healthy Community Partnership with a wide variety of agencies: RHA, First Nations Health, Education, Recreation, Justice 	<p>NHSP</p> <ul style="list-style-type: none"> NHSP Suicide Prevention Resource: Exploring Strategies for Northern Saskatchewan 		



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Matrix 1: Existing Programs and Services (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Pan Northern (cont.)	<p>Population Health Unit (PHU)</p> <ul style="list-style-type: none"> Babies, Books and Babies - increase infant literacy in all northern communities 40 Developmental Assets - Population Health is engaged through the NHCP to increase wellbeing, enhance the strengths and resiliency of youth 3. Youth Tobacco strategy - Population Health is engaged through the NHCP in training workshops done in a wellbeing approach to include; communication, relationships, peer pressure <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> NHCP Youth Development Committee, Early Years Coalition Health Promotion Themes <p>NITHA</p> <p>NHCP - Positive Youth Development - NITHA Health Promotion Advisor is a co-chair. No specific target age - grade 6 and up including those not in school and young adults.</p> <p>Northern Early Years Coalition - NITHA Health Promotion Advisor is past co-chair and currently a member. 40 DA survey - for grades 6-12. prenatal to age 5</p>			



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Matrix 1: Existing Programs and Services (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Provincial	NITHA <ul style="list-style-type: none"> Saskatchewan Alliance for Youth and Community Well-being (SAYCW) Health Promotion Advisor is on the steering committee for the development of a youth survey - includes questions on mental well-being. 	PAGC <ul style="list-style-type: none"> Building Partnerships (HUB). Willing to work with First Nations to create their own way of mobilizing communities to support healthy lifestyles and safety. 		
National		PAGC <ul style="list-style-type: none"> Public Safety Canada (Aboriginal Policy Unit) have provided resources and support in developing safe communities through community engagement and building capacity within communities. 		



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Matrix 2: Gaps in Services and Programming in Northern Saskatchewan

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Community Level	<p>NSVS</p> <ul style="list-style-type: none"> NSVS provides awareness <p>Patuanak RCMP</p> <ul style="list-style-type: none"> The school could put on more in-depth health education regarding obesity <p>PAGC</p> <ul style="list-style-type: none"> Training around good health promotion. Suicide is a community problem which needs a community approach to find solutions. Break down the silos or barriers amongst agencies and organizations. Youth workers needed in all communities. All communities should develop a safe plan involving staff and grassroots people. <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> Arts and Creative Activities, Career Development Activities 	<p>NSVS</p> <ul style="list-style-type: none"> NSVS provides awareness <p>PHU</p> <ul style="list-style-type: none"> Youth knowledgeable about what to do if a friend/fellow student/community <p>Patuanak RCMP</p> <ul style="list-style-type: none"> The Band can provide more services to suicide victims. As it stands there is nothing provided at this time by the Band. member is contemplating suicide ("there are no secrets when it comes to suicide") <p>PAGC</p> <ul style="list-style-type: none"> Crisis Line. Local ASIST trainers in some of our communities. All community members should be trained in ASIST or safeTALK. Youth need a voice. Youth and young adults need to feel they belong and have purpose. Youth need to be taught to be responsible and accountable as instruments of change. A strength-based community development approach needs to be implemented. All community members should be involved. Plan for positive change; stick to the plan. Stop doing what doesn't work. Full time mental health workers who live in the community. Involvement of parents. Lack of drug and alcohol outreach in the community. Engaging and empowering community champions. 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> Crisis intervention is quite good in Patuanak but could use more help in transporting people that need to be assessed. <p>PAGC</p> <ul style="list-style-type: none"> Crisis line. People on call other during office hours. Local well-trained teams. <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> ASIST and SafeTalk for youth and community members - these training events have focused largely on working professionals and service providers, however these people are only going to see a certain percentage of those at risk. Efforts to train "laymen" in the community and to train youth are severely lacking and critical for reaching those people not already engaged with services. <p>Keewatin Yatthé</p> <ul style="list-style-type: none"> Suicide Ideation, in some cases attempts are kept quiet. 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> There could be more services in place for people that are affected by suicides as they don't want to speak to anyone in the community. <p>PAGC</p> <ul style="list-style-type: none"> Life focus. Talk openly, honestly and respectfully about mental health and suicide in attempt to address the needs of those at risk and those affected by suicide. Workshops do not work without aftercare and support at the community level. <p>MCRHR Youth Services</p> <ul style="list-style-type: none"> Availability of the CISM Team - most of the team works full time, so what happens if something goes on during the day? Community debrief/counseling (PTSD) - a unified and collaborative approach between provincial resources is required to have enough capacity to even begin to address the impact of suicide at the community level. Need for community-based and community-initiated intervention to address the suicide-related trauma experience by entire communities.



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Matrix 2: Gaps in Services and Programming in Northern Saskatchewan (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Specific Groups or Communities			NSVS NSVS provides formal de-briefing, and individual 1:1 support NSVS provides services to clients who self-identify or through referrals from RCMP	Keewatin Yatthé <ul style="list-style-type: none"> • Where we see a gap is the area of Critical Incident Stress Management at the Community Level throughout the Region. Community people have to be trained. • Follow – up on discharge for clients returning to their communities is lacking (communication). One area we need to focus is CISM for the children 4 & 5 year old and how to de-brief them. NSVS NSVS provides CISM
Regional	PAGC <ul style="list-style-type: none"> • Break down the silos or barriers amongst agencies and organizations. Suicide is a problem that needs a unified response. 	PAGC <ul style="list-style-type: none"> • Insufficient resources for youth engagement and empowerment. MCRHR Youth Services <ul style="list-style-type: none"> • Suicide Education - as far as we know there is no one providing education and information regarding suicide and warning signs to students and the population in general. • While this is a critical gap, it is also essential that this gap is addressed in the measured and researched way as awareness campaigns relating to mental health have been shown to increase stigma rather than reduce it. • Needs to be done, but needs to be done RIGHT. 		MCRHR Youth Services <ul style="list-style-type: none"> • Communications between communities- a suicide in one community could affect others.



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Matrix 2: Gaps in Services and Programming in Northern Saskatchewan (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Pan-Northern		<p>NSVS</p> <ul style="list-style-type: none"> Regular ASIST training for front line staff for all involved agencies <p>NSVS</p> <ul style="list-style-type: none"> Offer Mental Health First Aid as a basic course for 1. More training required on how to support families post suicide Front line service providers need resources following a completed suicide where a weapon was used. The potential of bio-hazards, where remains should be deposited - hospital? Perhaps a check sheet could be developed with resources/ hazards placed in a sealed envelope could be available for such situations. Does Health have anything like this available? 	<p>PHU</p> <ul style="list-style-type: none"> Lack of awareness of health line for suicide prevention/intervention/post-vention. 	
Provincial		<p>PAGC</p> <ul style="list-style-type: none"> Insufficient resources 		
National		<p>PAGC</p> <ul style="list-style-type: none"> Insufficient resources. Federal government more interested in punitive measures than positive change to meet the needs of the constituents. 		
General Comments	<ul style="list-style-type: none"> Efforts around the north are too disjointed and uncoordinated (ex. Efforts of health and education not well coordinated). Follow through over a long enough period to see results is an issue - changing strategies/approaches often means efforts are not sustained long enough to see results and breeds disengagement. 			



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	Health Promotion	Prevention	Crisis Intervention	Post-vention
Community Level	<p>MCRHR Youth Service</p> <ul style="list-style-type: none"> Youth Engagement based on Relationships. <p>Patuanak RCMP</p> <ul style="list-style-type: none"> Promoting good health. 	<p>PHU</p> <ul style="list-style-type: none"> Training on suicide awareness and first aid to youth and community members (ASIST, Safe Talk or QPR - question,persuade,refer) to youth and community members is a well-known best practice - so training goes beyond "service providers" - like the analogy of health care workers being trained in heart attack treatment but great strides were made through CPR training at the local/community level to members of the public 4. RCMP's quick response to complaints regarding suicide. 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> RCMP's quick response to complaints regarding suicide <p>MCRHR Youth Service</p> <ul style="list-style-type: none"> ASIST, SafeTalk 	<p>Patuanak RCMP</p> <ul style="list-style-type: none"> Victim Services
Specific Groups or Communities				
Regional		<p>PAGC</p> <ul style="list-style-type: none"> ASIST. safeTALK. MHFA. Youth Engagement. Grief Recovery Outreach. 40 Developmental Assets. Circle of Courage. CASP National Suicide Prevention Strategy. American Indian Life Skills Development Curriculum. Aboriginal Youth: A Manual of Promising Suicide Prevention Strategies. White J., Jodain N., 2003. Acting on What we Know: Preventing Youth Suicide in First Nations. Advisory Group on Suicide Prevention, 2003. 	<p>PAGC</p> <ul style="list-style-type: none"> Mitchell and Everly; Crisis Intervention 	<p>PAGC:</p> <ul style="list-style-type: none"> Talk. Being a heart with Ears. Cultural Ceremonies and Teachings (sweats, pipe ceremonies etc.) Debriefings/Defusings Counselling. Elder Support. Healing/Talking Circles. Grief Outreach. Identified resources available in and for all communities. (Helpers in the Community Lists). Education opportunities. Do no glamorise or romanticize the death. After a Suicide: A Toolkit for Schools, American Foundation for Suicide Prevention, 2011.



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Matrix 3: Awareness of Best Practices (cont.)

	Health Promotion	Prevention	Crisis Intervention	Post-vention
Pan-Northern				
Provincial	Keewatin Yatthé <ul style="list-style-type: none"> Saskatchewan Suicide Protocols For Saskatchewan Health Care Providers A Framework For the Assessment And Management Of People At Risk Of Suicide March 2012 			
National				
General Comments	NITHA <ul style="list-style-type: none"> Positive Youth Development - many models are good- 40 Developmental Assets, youth engagement, Circle of Courage, Community Development. There is good evidence that youth mental well-being can be impacted. These can be used at all levels of service - community to national. 	NITHA <ul style="list-style-type: none"> Early Childhood Development - it's well documented that the early childhood years are a key time for emotional/mental well-being development - attachment parenting, support for vulnerable families, preschool programs, all have evidence to support. 	Northern Education <ul style="list-style-type: none"> Provincial curricula at various grade levels, Health curricula, Wellness and Life Transitions and focus primarily on Health Promotion. Gap in that topics are not as explicit as they could be and therefore addressed inconsistently throughout schools. As a strength, this could allow room for individual communities 	



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Survey Participants

Agency / Organization	Contact Person	Phone Number	e-mail address
1. North Sask Victim Services	Betsy Kelly	(306) 425-3235	northsask1@sasktel.net
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3. Population Health	Dr. James Irvine	(306) 425-8588	James.Irvine@mccrha.sk.ca
4. Patuanak RCMP	Cst. Mitchell Farmer	(306) 396-4600	mitchell.farmer@rcmp-grc.gc.ca
5. PAGC Health and Social Development	Linda Cairns	(306) 765-5305 / (306) 961-5718	lcairns@pagc.sk.ca
6. MCRHR Youth Services	Amanda Frain	(306) 425-8560	youthservices@mccrha.sk.ca
7. NITHA	Linda Gilmour Kessler	(306) 763-1351	lkessler@sasktel.net
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