

THE

CENTRE

FEB. 2016 NEWSLETTER/FAMILY & COMMUNITY WELLNESS CENTRE

We're
here
for
you

Suicide
prevention
How you
can help



NISICHAWAYASIIHK FAMILY & COMMUNITY
CREE NATION WELLNESS CENTRE

**SPEAK UP, REACH
OUT, YOU ARE NOT
ALONE. SUICIDE
EFFECTS EVERYONE**

Resources Available for Youth:

R.C.M.P Emergency: 484-2288 or 484-2837

Teen Talk: 1 (204) 784-4090

**FCWC Counselling Services:
307-0798 (After hours)**

**FCWC Counselling Services:
484-2341 (Work hours)**



in this issue

Let's not make tragedy and trend in the community. Since late last year, the NCN Family and Community Wellness Centre, in partnership with NCN Chief and Council, has developed more resources for those dealing with a crisis.

We will continue to address the issue of suicide with preventative measures along with a support services to those dealing with a recent loss.

In this issue you will find an urgent message from FCWC officials, as well as find the resources for those who are dealing with trauma or mental health issues.



We're here to help

Suicide is not the answer

FCWC officials urgent call to youth

Tragedy has hit the community of Nelson House again, with a recent death by suicide in January that has officials with the FCWC and Band and Council urgently responding. This most recent death was a Child and Family Services ward, under the care of the agency. The sudden passing, along with another death by suicide in December, has officials putting out an urgent call to youth in the community. This is not the way out.

"Once you leave this earth it's over. You're family line ends with you," says NCN Family and Community Centre CEO Felix Walker. "I explained that to the young people I said, 'look, it may be a way out for you. But you're family history ends because there's nobody behind you.' Think about that for a second because there is no successor behind you."

Crisis support workers are on-call, while officials with the FCWC are busy training to respond to these cases, and meeting with youth. Counselling Services held a suicide prevention and sharing session at the Centre, while Walker stepped into the schools to speak directly with youth.

"We're going to give each of you the tools to get out of it yourselves. So we're going to incorporate Safe Talk in the school, so that that they can do peer to peer. The teachers are going to be trained in Safe Talk, our foster care providers are going to be trained in Safe Talk and any interested parent is going to be trained," says Walker.

About 4000 Canadians die by suicide every year. Suicide is the second-most common cause of death among young people, but men in their 40s and 50s have the highest rate of suicide.

People who die by suicide or attempt suicide usually feel overwhelmed, hopeless, helpless, desperate, and alone. In some rare cases, people who experience psychosis (losing touch with reality) may hear voices that tell them to end their life. Many different situations and experiences can lead someone to consider suicide.

Known risk factors for suicide include:

- A previous suicide attempt
- Family history of suicidal behaviour
- A serious physical or mental illness
- Problems with drugs or alcohol
- A major loss, such as the death of a loved one, unemployment, or divorce
- Major life changes or transitions, like those experienced by teenagers and seniors
- Social isolation or lack of a support network
- Family violence
- Access to the means of suicide

If you or someone you know is contemplating suicide, or is dealing with trauma, depression, anxiety or other issues, contact the Crisis Support Line at 204-484-2341. The FCWC Counselling Services department is also available to all NCN members. We're here to listen, we're here to help.



INHALE
EXHALE
RELAX

Good for
the mind,
body and
spirit. Yoga
improves
flexibility,
builds
muscle
strength
and
increases
blood flow
among
other
benefits.

=====

FCWC
Tuesdays &
Thursdays
6 - 7 p.m.



NISICHAWAYASIHK FAMILY & COMMUNITY
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“I’m listening”

How to speak with someone that needs your help

If someone you know is living with a mental illness, it can be difficult to know who to respond to them. Like other health problems, those with mental illnesses need extra love and support. The Canadian Mental Health Association outlines how you can help a friend and family member

How can I help?

Studies also show support from family and friends is a key part to helping someone. This can include parents, children, siblings, spouses or partners, extended families, close friends and others who care about us like

neighbours, coworkers, coaches and teachers.

"The most important thing families have to do is accept you completely, with all your faults. Families can help by saying "You're okay, we love you, and you'll get better," Mariam, 31, in recovery from depression (via CMHC).

Knowing when something is wrong—or right:

Getting help early is an important. Family and friends are often the first ones to notice that something is wrong. Finding a treatment that works is often a process of trial and error, so family members may also be the first to see signs of improvement. • How do I do this?

-Learn more about the signs and symptoms of different mental illnesses. Also learn more about how treatments work so that you know what side effects you may see, when to look for improvements and which ones to look for first. A recent review found that when the family is educated about the illness, the rates of relapse in their loved ones were reduced by half in the first year.

Seeking help:

Families and friends can help their loved one find out what treatment is best for them. They can also be key in letting professionals know what's going on, filling in parts of the picture that the person who's ill may not be well enough to describe on their own.



Lots of love...

WITHOUT THE RISK

PROTECT the person you love
by practicing safe sex and getting
regular check-ups and tests for STIs.

NURSES AVAILABLE

to answer your questions in-person
or by phone Monday to Friday from
9 a.m. - 4:30 p.m.
(204) 484-2341 ext. 2252



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- How do I do this?

-Offer to make those first appointments with a family doctor to find out what's wrong or accompany your loved one to the doctor—these steps can be hard if your loved one doesn't have much energy or experiences problems with concentration. If you do accompany the person, work with them to write down any notes or questions either of you have in advance so that you cover all the major points. If your loved one wants to do it on their own, show them your support and ask them if there's anything you could do to help.

- TIP: You can't always prevent a mental health crisis from happening. If your loved one needs to go to hospital, try and encourage them to go on their own. If you're concerned that your loved one is at risk of harm, they may receive treatment under BC's Mental Health Act. It may be necessary in certain cases, but involuntary treatment can be complicated and traumatic for everyone.

Helping with medications, appointments and treatments: If you spend a lot of time around your loved ones, you can help them remember to

take their medications. You may also be able to help tell a doctor why

medications aren't being taken as they should be. Similarly, you may be

involved in reminding your loved one to do their counselling homework or

use their light therapy treatment each morning, or reminding your loved

one to make or keep appointments for treatment.

youth resources

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NISICHAWAYASIHK FAMILY & COMMUNITY
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Brain food

Helping your mind, through your stomach

It may be time to consider sprucing up your diet, in a way that doesn't just benefit your waistline. As we age, our body ages along with us. However, research is showing that you can increase your chances of maintaining a healthy brain well into your old age by adding these smart foods to your daily regimen.

Certain foods can also improve your memory, keep your brain functioning at it's best, and make you happier.



*avocado

The monounsaturated fats in avocados help improve blood flow which then contributes to a healthy and happy brain. Bring on the guacamole! Recipe suggestion: Southwest guacamole dip.

*blueberries

Often referred to as the "brain" berry, this fruit is high in antioxidants, which promote a powerful and healthy mind. Some research has suggested that eating more blueberries can improve memory in older adults at risk for dementia.

*blackberries

Eating blackberries can help the brain soak up new information. The fruit contains polyphenols that encourage communication between neurons allowing the brain to be more open to learning new things. Look up the recipe for peach blackberry trifles.

*pumpkin seeds

Loaded with zinc these tasty seeds enhance memory and thinking skills. Recipe suggestion: garlic parmesan pumpkin seeds.



*nuts

Snack on some mixed nuts the next time your craving something salty. These guys are loaded with vitamin E and will help keep your brain active and healthy. Research shows that eating nuts may help to decrease cognitive decline and improve memory. Get a recipe for honey spiced nuts



*salmon

Salmon and other fatty fish such as tuna and mackerel are rich in omega-3 essential fatty acids. What does this mean for your brain you ask? Without a diet rich in Omega-3s a human brain cannot function to its best potential. Get a recipe for West Coast cedar-planked salmon



*beans

An excellent source of complex carbohydrates, beans and most legumes help provide a steady supply of glucose for the brain. The glucose is used for energy and keeps the brain focused for a longer period of time. Beans like chickpeas are an excellent source of magnesium, which aids in blood flow to the brain. Try a recipe for hearty hummus and vegetable soup with pancetta.



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*dark chocolate

Need an excuse to eat chocolate all the time? Here's your meal ticket! Dark chocolate contains flavonoids that are a type of antioxidant said to keep a healthy brain. These same flavonoids can be found in grapes, red wine, beer and apples. Try a recipe for dark chocolate and granola.

*broccoli

Tell the kids their eating brain food next time you serve up broccoli at dinner. This veggie is filled with antioxidants and plant compounds called carotenoids that are highly protective of the brain. Recipe suggestion: broccoli frittata.

*coffee

Don't ditch your java habit just yet; research shows that coffee drinkers reduce their odds of developing Alzheimer's disease later in life. Try a recipe for affogato ice cream and coffee here.





NISICHAWAYASIHK FAMILY & COMMUNITY CREE NATION WELLNESS CENTRE

About

The Family and Community Wellness Centre was established to support holistic wellness by providing different opportunities to members of Nisichawayasihk Cree Nation. The Centre provides services in Public Health, Child and Family Services, Counselling and other family and community needs programs. It has sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Vision

Nisichawayasihk Mithwayawin

Mission

In unity, we promote community awareness, empowerment, and a safe environment towards holistic wellness.

***For more information and resources on the FCWC visit us on Facebook and find links to our website.