



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous



Visit our website cmha-east.on.ca

Mental Health Promotion enquiries:
office@cmha-east.on.ca

329 Pitt Street, Cornwall, ON K6J 3R1
613-933-5845 or 1-800-493-8271

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CMHA Champlain East

MENTAL HEALTH PROMOTION CATALOGUE



Why Mental Health Matters



1 in 5 Canadians
will experience a mental illness.



1 in 3 workplace disability claims
are related to mental illness, and depression is the leading cause of disability worldwide.



Up to 70% of young adults
living with mental health problems report that the symptoms started in childhood.

CMHA Champlain East Vision, Mission and Values



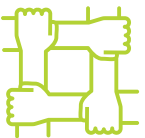
OUR VISION:

Mental health for all



OUR MISSION:

To promote and improve mental health in our community by delivering community-based health programs.



OUR VALUES:

Integrity: We value honesty, professionalism and ethical behaviour.

Excellence: We offer quality services and develop relationships through education, innovation and leading practices.

Accessibility: We recognize and value the richness of individual diversity; and strive to provide timely, appropriate and accessible services that respect the dignity and independence of individuals.

Accountability: We take appropriate measures to ensure services are delivered in a responsible and transparent manner.

Person Centred Services: We make operational decisions and provide mental health care and services that are respectful of individual preferences, needs and values.

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About Mental Health Promotion

Our mental health promotion department is responsible to initiate, coordinate and/or facilitate educational activities and campaigns designed to improve attitudes towards mental illness and promote mental health and well-being.

Priority Goals:

- ➔ Decrease the stigma of mental illness allowing more individuals to reach out and get the help they need.
- ➔ Design and deliver evidence base education training aimed at improving knowledge and skills in the areas of mental health and well-being.
- ➔ Guide and refer at risk individuals who struggle with mental health concerns.
- ➔ Provide knowledge & skills on how to maintain a well-balanced mental health in order to face the daily challenges and conditions that affect our lives.
- ➔ Coordinate awareness campaigns during Bell Let's TALK, Mental Health Week (May), Mental Illness Awareness Week (October) and World Suicide Prevention Day (September).
- ➔ Work in collaboration with community organizations and groups surrounding anti-stigma programs and initiatives.
- ➔ Work with workplaces, schools and community organizations to build prevention & education measures to address psychological health.

How to book a presentation

To book a workshop or training, complete the request online and a member of our team will be in touch with you.
<https://cmha-east.on.ca/index.php/en/training/request-a-workshop>

Fee for Service Training

Scheduled certified training is posted on our website at www.cmha-east.on.ca. To secure your registration, payment is required through Credit Card or PayPal.

If you cannot register online or you are experiencing difficulties with the online tool, please call our office at **613-933-5845**.

Registration deadlines are one week prior to the event date, be sure to register in advance as we cannot accept late registrations.

Cancellations and Refunds

Full refunds, less a \$20.00 administration fee, will be reimbursed when a written request is received seven (7) days prior to the date of workshop. Participant registration may be transferred to another training date.

If CMHA Champlain East cancels a training session, an email notification will be sent. Registrants will have the option of transferring their registration to an alternate training date or receive full refund of the cost of the program by cheque.



Understanding Series

Understanding **mental health and well-being**

Having good mental health, or being mentally healthy, is more than just the absence of illness, rather it's a state of overall well-being. The concept is influenced by culture, but it generally relates to: Enjoyment of life. Having the ability to cope with and 'bounce back' from adversity. This 1 hour workshop will introduce concepts and definitions around mental health as a holistic model.



Understanding **mental illness and stigma**

This 1 hour workshop is intended to dispel common misconceptions regarding mental illnesses and reduce the stigma associated. Participants are introduced to various mental illnesses, their causes, treatments and available community resources.



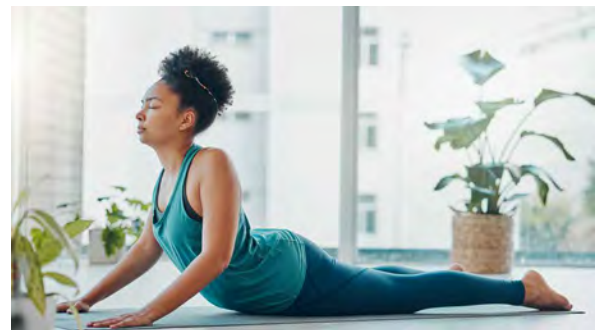
Understanding **happiness**

The workshop "Understanding Happiness" will introduce concepts around well-being by exploring optimism and motivation so you can get the most out of life. Based on the New York Times Best Seller "The Happiness Project" by Award-winning author Gretchen Rubin. While certainly a part of well-being, happiness alone doesn't give life meaning. We will explore the barriers to happiness as well as strategies to change the way we think and react to everyday life situations. Understanding happiness helps enable you to cultivate your talents, build deep lasting relationships with others, feel pleasure, and contribute meaningfully to the world. "Well-being" takes the stage front and center, and happiness will be explored through interactive exercises to help participants explore their own attitudes.



Understanding **stress management**

In this 1 hour stress management workshop we will explore concepts, tools, strategies, and a variety of techniques that help reduce stress and the negative impacts stress has on our mental and physical well-being. This session will help you recognize the stressors and signs of stress in your own lives, practice strategies and introduce resources / support.



Understanding **mindfulness**

This workshop is based on mindfulness practices - the basic human ability to be fully present & aware. A strong focus on stress reduction techniques including the relationship between our mind and body is explored. The workshop includes both theory and practical exercises that guide participants through experimental learning followed by group discussions.



*Sessions can be modified to fit a specific timeframe.

Workplace Mental Health

(please contact office@cmha-east.on.ca for quote)



Mental Health Works Series: Each session is 1 hour
(sessions can be combined)

Mental Health Works provides capacity building workshops for employees and employers that are person centred, evidence based, and solutions focused. Mental Health Works helps to build and strengthen psychologically healthy workplaces through workshops and collaboration. We specialize in customizing our workshops and training to help your organization thrive. Topics include:



Workplace & Mental Health

This presentation is our most basic introduction to workplace mental health. It provides a high-level introduction to Mental Health Works, mental health awareness, responding to some common issues, and the National Standard for Psychological Health and Safety in the Workplace.

Mood & Depression

This presentation provides a high-level overview of how mood impacts work. It takes a particular focus on depression in the workplace and guides participants through the Mental Health Works three-gear method of addressing it.

Stress & Anxiety

This presentation provides a high-level overview of how stress and anxiety might impact work. It takes a particular focus on anxiety in the workplace and guides participants through the Mental Health Works three-gear method of addressing it.

Post-Traumatic Stress Disorder & Operational Stress Injury

This presentation provides a high-level overview of how post-traumatic stress disorder (PTSD) and operational stress injury (OSI) might impact work. It takes a particular focus on OSIs in the workplace and guides participants through the Mental Health Works three-gear method of addressing it.

Substance Use & Addictions

This presentation provides a high-level overview of addictions and substance use concerns. Using the Mental Health Works three-gear method, participants will learn how to identify and talk about substance use in the workplace.

Traumatic Stress & Compassion Fatigue

This presentation provides a high-level overview of secondary traumatic stress and compassion fatigue. Using the Mental Health Works three-gear method approach, participants will learn how to begin building resilient workplaces.

Psychological Health & Safety

This presentation provides a high-level overview of psychological health and safety in the workplace. It introduces the National Standard for Psychological Health and Safety in the Workplace, as well as accommodation and return to work involving mental health.

Isolation and Loneliness

This presentation provides a high-level overview of how isolation and loneliness affect work, the workplace and our mental health. It focuses specifically on the experience of enforced isolation due to physical distancing measures, and provides concrete tools that can be used to mitigate the stress this causes.

Health Anxiety

This presentation is all about how a pandemic can cause intense feelings of anxiety regarding our health and the health of our loved ones and friends. Using evidence-based methods, it will impart skills managers and staff can use in the context of business resumption to mitigate anxiety about returning to the workplace in a latent COVID-19 environment.

Mindfulness at Work

This presentation talks about mindfulness, what it is, what we can do to achieve it, and introduces staff to skills that can be used to improve health, wellness and performance. Being more mindful of our thoughts and feelings enables better conversation.

Mental Health and Telework

With telework becoming more common during the COVID-19 pandemic, this session addresses the unique challenges this brings to caring for and about employee mental health. It will provide a high-level overview on how we can build psychologically-healthy and safe workplaces when the place of work is the home.

Mental Health for Frontline Staff

This presentation covers the importance of resiliency and how to manage difficult situations and critical events within the health care environment. It will impart a high-level awareness on mental health and the unique challenges health care workers face given the uncertainty, stress, and long hours of their work.

Mental Health for Telehealth

This presentation covers those workers whose job it is to speak with clients over the phone or other communications means. Paying particular attention to the increase in workload as it relates to the COVID-19 pandemic, participants will learn how to manage stress, take 'smart breaks', and ground themselves during difficult working conditions.

School Programs

TAMI - Talking About Mental Illness (Panel Talk)

Talking About Mental Illness Panel Speakers –This presentation is an opportunity for students to hear a short testimony of persons living with mental illness. The testimony is offered assembly style allowing participants to ask questions and engage in discussions in order to break down the stigma. Additionally students will learn key terms surrounding mental health/illness and community resources. The TAMI Panel includes 3-4 guest speakers coached and trained by CMHA to deliver an impactful testimony of lived experience with a strong focus on hope and recovery.

Mood Walks

Mood Walks - Combines physical health, mental health, social connection and nature for optimal health and well-being. Schools are invited to sample a seasonal (4) session program as a train the trainer model for teachers and support staff to implement in their classroom. CMHA staff or volunteer will lead 4 Mood Walks sessions, provide resources, and implement wellness themes to interested classes with the goal of teachers continuing the Mood Walks program throughout the year. All themed Mood Walks materials will be provided to interested teachers following the sample program.

Mental Health 101

This 1 hour workshop is designed to increase students awareness about mental health/mental illness and decrease the stigma. Information on depression, anxiety and stress will be explored including available resources and self-care strategies.

Optional: Invite a guest speaker(s) for part 2 of Mental Health 101

BounceBack Youth (Grade 10-12)

This 1 hour workshop will introduce concepts around CBT a structured, time-limited, problem-focused and goal oriented form of psychotherapy. CBT helps people learn to identify, question and change how their thoughts, attitudes and beliefs relate to the emotional and behavioural reactions that cause them difficulty. Information on how to access the FREE CBT program “BounceBack” will be included.

Living Life To The Full - Fee for materials

Living Life to the full is an 8 session mental health promotion program for youth. The skill building program helps to manage stress, low-mood and anxiety symptoms. This in-class or virtual group-based program teaches skills to face common challenges in life to become more resilient. The course includes fun activities and group challenges to help youth practice and develop their skills. Topics include: self-esteem, managing unhelpful thoughts, problem solving and much more. Each student will receive 9 booklets pre-order is needed 1 month in advance of start date. Cost per student will be the responsibility of the school unless funding is available.



Certified Training

Check our events page for training opportunities open to the public:
<https://cmha-east.on.ca/index.php/en/events>

Book a private training (Minimum 10 people):
<https://cmha-east.on.ca/index.php/en/training/request-a-workshop>



MHFA Standard (Minimum of 10 participants)



Fee for service

Mental Health First Aid Standard is a two day interactive course focused on adults interacting with adults in all environments. The program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in adults.

MHFA for Adults who Interact with Youth (Minimum of 10 participants)



Fee for service

Mental Health First Aid for Adults who interact with youth is a two-day interactive course focused on adults interacting with youth in all environments. The program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in youth.

safeTALK (Minimum of 10 participants)



Fee for service

safeTALK is half day training that prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care. safeTALK is for anyone who wants to help prevent suicide; front line workers, clergy, volunteers, parents, teachers, youth 15+, law enforcement, first responders.

ASIST (Minimum of 10 participants)



Fee for service

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be thinking of suicide and work with them to create a plan that will support their immediate safety using the PAL (Pathway for Assisting Life) model.

LivingWorks Start

Learn life-saving skills anytime, anywhere. In just 90 minutes online, LivingWorks Start teaches participants to recognize when someone is thinking about suicide and connect them to help and support.

Register online here: <https://www.livingworks.net/start>
or email office@cmha-east.on.ca for more information.



Targeted Programs

Agriculture Wellness Ontario

agriculturewellnessontario.ca includes three programs:

Farmer Wellness Initiative

A free 24/7 individual counselling service:

farmerwellnessinitiative.ca



In the Know

An education workshop by and for the farming community:
agriculturewellnessontario.ca/in-the-know



The Guardian Network

A community-based volunteer suicide-prevention network that we are currently recruiting trainees for:
guardiannetwork.ca



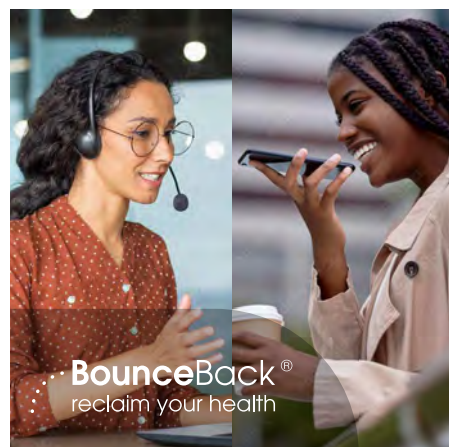
Farmers experience stress and suicide ideation at a higher rate than the average population. The Canadian Mental Health Association, Ontario, is proud to support farmers' mental health and well-being with our community-based programming and free services in collaboration with the OFA, Ontario and Canadian Governments, and the University of Guelph.

Talk Today

This program aims to promote the mental health of young athletes and to spread awareness about the benefits of positive mental health throughout communities across the country. All participants receive training in Suicide Prevention, a program that teaches individuals to recognize persons with thoughts of suicide and how to take action. Coaches, team staff and parents who provide support to the players can also receive this training. Program includes awareness home game events.

BounceBack – Information Session

BounceBack® is a skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Learn about the free Provincial program that gives you access to CBT materials and resources that can be customized to fit your needs or your clients needs. You will have access to workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions. Book this 1 hour information for your team to learn more about the program and how to access.



Wellness & Community Programs

Living Life To The Full - LLTTF (Skill building program)

Living Life To The Full is an 8 session mental health promotion program for youth and adults. The skill building program helps to manage stress, low-mood and anxiety symptoms. This in-person or virtual group-based program teaches skills to face common challenges in life to build resiliency. The course includes fun activities and group challenges to help participants practice and develop their skills. Topics include: self-esteem, managing unhelpful thoughts, problem solving and much more. Each participant will receive 9 booklets. This program is offered to anyone who wishes to participate on a regular rotation in both SDG/PR. To sign up for the next sponsored program visit our events page.

- ➔ Register for the next open (public) group here: <https://cmha-east.on.ca/index.php/en/events>
- ➔ **Book a workshop**

Mood Walks (Promoting physical and mental wellness)

Mood Walks is a program led by CMHA, ON designed to encourage and support the mental and physical health of participants through exposure to the healing effects of nature, participation in physical activity, mental wellness skills and engagement with their community. This community program is open to anyone who would like to participate. Program is delivered over 4 sessions every season. To sign up for the next Mood Walks program in your community visit our events page.

- ➔ Register for the next open (public) group here: <https://cmha-east.on.ca/index.php/en/events>
- ➔ **Book a workshop**



Fundraising & Community Engagement

Become a Champion for Mental Health

CMHA Champlain East does not receive funding to provide mental health promotion and education. We rely on the generosity of our community to help us raise funds for much needed mental health literacy programs in our community.

If interested in hosting a fundraiser in support of CMHA Champlain East please contact office@cmha-east.on.ca

Ways to get involved:



Host a fundraiser (Schools, individuals, workplaces)



Attend an annual fundraising event



Donate directly <https://cmha-east.on.ca/index.php/en/donatemenu>



**United Way
Centraide**
Stormont, Dundas
& Glengarry



United Way
East Ontario

We are a United Way Member agency:

CMHA Champlain East is grateful for the support provided by our United Way agencies in SDG/PR. Through their support CMHA is able to offer a wide range of mental health literacy programs.



Annual Campaigns

World Suicide Prevention Day (September)

The 10th of September each year focuses attention on the issue of suicide and suicide prevention to reduce stigma and raise awareness among organizations, government, and the public, giving a singular message that suicide can be prevented. CMHA Champlain East is committed to creating suicide safer communities through education and annual campaigns.



Bell Let's Talk Day (January) Anti-Stigma

The annual Bell Let's Talk Day and awareness campaign has become one of the world's largest conversations about mental health, encouraging Canadians and people around the world to talk and take action to help reduce stigma and promote awareness and understanding so everyone can get the help they need. CMHA Champlain East is committed to reducing stigma in our communities through education and annual campaigns.



Mental Health Week (May)

Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health. The core objective of Mental Health Week is to promote and encourage healthy ways to preserve and protect mental health. CMHA Champlain East is committed to promoting mental wellness and resiliency in our communities through education and annual campaigns.



Mental Illness Awareness Week (October)

Mental Illness Awareness Week is a national campaign that seeks to inform and educate Canadians about the reality of mental illness. It provides us with an opportunity to address misconceptions about mental illness and improve our understanding of mental health. CMHA Champlain East is committed to improving understanding of mental illness in our communities through education and annual campaigns.



➔ For more information go to our events page at:
<https://cmha-east.on.ca/index.php/en/events>

Resource Page

If you are looking for help now:

Crisis

911- Emergency
Crisis Line Adult Eastern Ontario 1-866-996-0991
Crisis Line Youth Eastern Ontario 1-877-377-7775
Crisis Text Line Canada Adult & Youth
Text: Connect 686868
Kids Help Phone 1-800-668-6868

Canadian Mental Health Association

CMHA Champlain East (SDGA/PR)
613-933-5845 /1-800-875-6213
Find your local CMHA Branch:
<https://cmha.ca/find-help/find-cmha-in-your-area>

Self Directed Mental Health Supports

BounceBack – Telephone Coaching (Anxiety, low mood, stress) Free CBT Program
<https://bouncebackontario.ca>

Wellness Together - Mental Health and Substance Use support <https://www.wellnesstogether.ca/en-CA>

Local and Provincial Resources
(All services are available in French and English)

Suicide Prevention / Information / Support

Suicide Prevention Coalition of Champlain East
<http://www.reachoutnow.ca>

TALK Suicide Canada (provides nationwide, 24-hour, bilingual support to anyone who is facing suicide)
<https://talksuicide.ca> 1-833-456-4566 / Text 45645

Information and Referral (Find resources in your community)

211 Ontario (Connects people to the social services, programs and community supports they need)
<https://211ontario.ca> or dial 211

Connex Ontario (Connects People to Mental Health and Addiction Services)
www.connexontario.ca
1-866-531-2600 or Text CONNEX to 247247

