

## EFR19-30 Mental Health First Aid Through a First Nations Perspective



### PRESENTED BY

**Emily Delver & Sandra Cardinal**



### SERIES SESSIONS

Date	Time
March 19, 2019	9:00 AM - 5:00 PM
March 20, 2019	9:00 AM - 5:00 PM
March 21, 2019	9:00 AM - 5:00 PM



### LOCATION

**Goodfish Lake Health Center - Box 272**

### FEE

**\$230.00**

### QUESTIONS?

#### Contact Us:

**780-623-2248**

### REGISTER ONLINE

**Visit our website to register:**

**[lnes.ca](http://lnes.ca)**

## Program

Mental Health First Aid First Nations is a spark that awakens the courage to have open and honest conversations about mental health with family, friends, and others. It is part of a larger journey that helps strengthen the connections within communities.

This course is for everybody who takes it in a First Nations community setting. It is designed to speak to First Nations participants about mental health, where participants reflect on their life experiences and acknowledge the historical context of that experience. And from this, explore ways to restore balance on their journey to wellness.

The EAGLE Model

In the MHFA course, you will gain a solid understanding of the 5 basic actions of **EAGLE**:

**Engage** and evaluate the risk of suicide or harm

**Assist** the person to seek professional help

**G**ive reassurance and information

**L**isten without judgment

**E**ncourage self-help strategies and gather community supports

**EAGLE** is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.

#### Key Outcomes

- Increase awareness of the signs and symptoms of the most common mental health problems
- Increase awareness of the pathways to recovery
- Increase confidence and skills to help those developing a mental health problem or in crisis

#### Crisis First Aid Skills To Be Learned

- Substance Overdose, acute stress reaction, panic attack, suicidal behavior, self-harm and psychotic episode

#### Course Details

1. Mental Health Journey
2. Foundations of Mental Health First Aid
3. Pathways to Recovery: Mood-related Disorders
4. Pathways to Recovery: Substance-related Disorders
5. Pathways to Recovery: Self-Harm
6. Pathways to Recovery: Anxiety and Trauma-related Disorders
7. Pathways to Recovery: Psychotic Disorder
8. Journey to Wellness

*This learning opportunity is being offered through curriculum implementation funding from Alberta Education.*

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## Presenters

### Emily Delver

I am a Cree Woman from the Saddle Lake Cree Nation. A mother of 2 sons and 1 grandson. I have worked with First Nations people for the last 40 years in several capacities: from Teacher's Assistant for an Adult Education Program right out of high school, an Aboriginal Theatre Company in Winnipeg, MB – Awasikan Theatre, Aboriginal Affairs in Alberta, Native Counselling Services of Alberta – Courtworker/Supervisor and a Family Support Worker/Supervisor for a Housing First Program in Calgary with Metis Calgary Family Services. After

being away from my home community for 35+ years it is a pleasure to be working with people of my home community once again. I am now working in Saddle Lake at Eagle Healing Lodge as the Coordinator for the Indian Residential Schools Program. In my years away I have learned and acquired skills and teachings I draw from to help our people in the Treaty 6 area. Walking in Two Worlds is a lifelong learning journey and being able to balance it with the Sweetgrass Road is always challenging.

#### **Sandra Cardinal**

Tansi, my name is Sandra L. Cardinal and I am a proud member of Saddle Lake First Nations. I am very proud to be a facilitator for Mental Health First Aid. My background is in teaching, I spent 20 years with our local Elementary school and presently work as a Program Manager for our Eagle Healing Lodge. I work with a great team of NNADAP counsellors, front line workers, youth mentors as well as our great receptionist.

I am a life long believer in FAITH, HOPE and LOVE. I strongly believe in the helping field, that it takes community to heal from within to become stronger as Indigenous women. The stronger women become, families are healthy and happy.

As a Certified Grief Counselor I support the community by providing one-on-one counselling, groups as well as supporting our people at funerals. I sing gospel with our local choir, which includes my younger sister and friends. I love to sing, read and write. I strongly believe in journaling, which has greatly helped me along my healing journey.

As a single parent to two daughters, I raise four of my nieces who joined our home almost a year ago. Since that time our home has been loud and boisterous, and full of laughter, hormones and all which comes with a houseful of girls!

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### **Registration Notes**

Registration includes a continental breakfast and lunch.