

**NISJ Trauma Aware Practice Training Program Description for Community Based  
Workers  
Fall and Winter 2014-2015**

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Northern Institute of Social Justice, in partnership with Council of Yukon First Nations, proposes to offer courses to Community Based Front Line Workers based on training needs identified in Health and Social Development Commission meetings, the Situational Analysis of Health and Social Front Line Workers report (2010) and other reports and meetings through CYFN. The following course descriptions are part of a Trauma Aware Practice (TAP) Training Program put together specifically for Yukon First Nation Community Based Workers. Travel will be covered for 1-2 front line workers from each community.

**Mental Health First Aid for Northern Peoples**

*Angela Neufeld, Instructor, is a Registered Psychologist and Counsellor at Yukon College, who delivers this training program for the Northern Institute of Social Justice, Yukon College.*

Mental Health First Aid for Northern Peoples is a 20 hour (3-day) training course delivered in six modules. Participants will learn how to provide initial help to people who are showing signs of a mental health deterioration or experiencing a mental health crisis.

The following mental health issues are covered: mood disorders, anxiety disorders, psychosis, and substance use disorder.

The following mental health situations are covered: suicidal behavior, overdoses, panic attacks, reactions to traumatic events, and psychotic episodes.

Tentative dates: Early December or mid-late January

**Trauma Training – Instructors:** Jackie MacLaren, trainer/consultant; and First Nations Initiative (FNI), Yukon College Instructors Tosh Southwick and others.

Trauma Training was developed for the NISJ by Jackie MacLaren and Tosh Southwick, Director, First Nations Initiative, Yukon College and her staff.

Jackie is currently in private practice. Her background includes nursing in Iqaluit, setting up Mental Health Services for the Baffin Region, and serving as the first Mental Health Coordinator at Whitehorse General Hospital, and working on the Community Mental Health Team. She is a Trauma Therapist and has worked for over 20 years with former residential school students. Jackie is a Lead Counsellor for the three Territories for the Truth and Reconciliation Commission events and facilitates training and healing workshops throughout the north.

Tosh Southwick is the Director of the First Nations Initiative (FNI) at Yukon College. Along with her team, Tosh has worked with the NISJ to develop and deliver Yukon First Nations History and Cultures Training, and the “Yukon Context” component of the Trauma Training program. They have worked with Yukon First Nations to develop the content that they use in these and other programs; they also work with the Cultural Competencies resource material coordinated by CYFN with Yukon First Nations.

The 3-day Trauma Training was developed collaboratively by Jackie and FNI. It is intended for those who provide support services to individuals exposed to trauma material or who work with trauma survivors. The

focus is Yukon-specific with an overview of historical traumas within the Yukon First Nation communities such as the Gold Rush, the Indian Act, the Alaska Highway, Residential Schools and Land Claims. Trauma Aware Practice and Vicarious Trauma are presented from a Western perspective and linked with the First Nation experience. Participants will be provided with information, skills, and tools for dealing with their work in relation to trauma. For safety reasons, this program is not recommended as a healing workshop as the information can be overwhelming and it is not intended to re-victimize survivors of trauma.

Tentative dates: January 20-22

### **Individual Crisis Intervention and Peer Support**

*Michael Swainson (EMT), Instructor, delivers this training program for the northern Institute of Social Justice, Yukon College. Michael is a Whitehorse-based trainer with extensive Yukon experience as a first-responder in emergency medical services.*

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. As physical first aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first aid". This program is designed to teach participants the fundamentals of, and a specific protocol for, individual crisis intervention.

This 2-day training program is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques in the fields of Business & Industry, Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

Topics addressed include:

- Psychological crisis and psychological crisis intervention
- Resistance, resiliency, recovery continuum
- Critical incident stress management
- Evidence-based practice
- Basic crisis communication techniques
- Common psychological and behavioural crisis reactions
- SAFER-Revised model
- Suicide intervention
- "Do no harm"

Completion of this course and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

Dates confirmed: October 14-15