Live Life to the Fullest With Your Ongoing Health Condition.

REGIONAL COORDINATION CENTRE

October 2018 Issue 4

WATERLOO WELLINGTON SELF-MANAGEMENT PROGRAM

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FALL/WINTER EDITION

It is hard to believe the Summer has already come and gone. Our team spent the summer preparing to ramp up our fall and winter programs. Between September and November we have a total of **35** programs for individuals and **3** healthcare provider workshops scheduled.

In this edition, we have included lots of great information on upcoming training opportunities, what's new in 2019, moments of excellence and more! We want to thank all of our leaders who attended our Mental Health First Aid workshop on September 13th + 14th, 2018. We hope this workshop was of great value to your professional development.

If you have any suggestions on the type of content you would like to see in our future newsletters, please contact Justine at justinem@langs.org. You can also find our previous newsletters on our website under the "Other Self-Management Supports" tab.

We are looking forward to another exciting and successful year ahead.

THANK YOU!

Workshop Documentation Reminder

As a reminder, the following forms <u>must</u> be completed and returned to the Self-Management Program for accurate data collection. Every quarter, our team is responsible for reporting on each workshop we have hosted, as well as all documentation that is completed and returned to us. We have had a couple of incidents where workshop surveys were not filled out by the participants or PAM surveys not completed accurately. When this occurs the results leave us with incorrect data collection and reporting. The following list of forms must be returned to the Self-Management Program after <u>each workshop</u>:

- Participant Registration Forms- to be completed by each participant and any walk-ins
- Workshop Participant Surveys
 to be completed by participants on the last day of the workshop
- Attendance Lists- to be completed by the leaders
- **PAM Surveys** (Take Charge Chronic Disease and Chronic Pain workshops ONLY)
 - Week 1 and Week 6 surveys must be completed by the participants
 - Leaders must ensure <u>every</u> participant is associated with an ID # which can be found on both the attendance sheet and the surveys. If you have to assign an ID # for a walkin participant who is not on the attendance sheet, please record their name and ID # on the attendance.
 - Please Note: If the ID#'s are not accurately recorded for the participants, the Administrative Assistant will not able to enter any PAM survey into the system which then becomes invalid data.
 - Please refer to the "*Letter to Leaders*" which is included in every kit. This document provides all the information you need to know about the PAM surveys

MOMENTS OF EXCELLENCE

- "Learned to be more mindful in eating and why I eat the way I do"
- Increased confidence and self worth
- *"Professional, well run program, great information content, amazing instructors"*
- Walking through that door was hard, but I am unbelievably glad I did. The first thing I remember were the speakers gentle voices and their kind approach to everyone here. I felt safety, respect and no judgement. I feel this is where I am allowed to offer my involvement only on a level I am comfortable with, while the leaders somehow still manage to make me feel valued. I will always lean on this experience as my journey to restore my confidence continues."

How Did We Do in Q1? FROM APRIL 1 TO JUNE 30 2018

22 Community Workshops

160 Individuals Trained

2 Healthcare Professional Workshops

29 Healthcare Professionals Trained

WORKSHOP SURVEY STATS71%28%61%

71% Of participants felt

Of participants felt motivated to make lifestyle changes

71% Of participants felt they improved their health and

general well-being

28% Of participants heard about our program from

24%

their family doctor

Of participants heard about our program from their healthcare provider

11%

Of participants heard about our program from friends and family Of participants felt they increased their knowledge

91% Of participants said they would recommend this workshop to a friend



Tea, coffee and sweet treats will be provided ٠

If you are interested in attending our Open House event, please RSVP no later than November 9th to Justine justinem@langs.org

*** For Take Charge Leaders only: when you RSVP, please indicate whether you would like an updated CP or CD leader manual to ensure we have one printed for you ahead of time.

Please Note: Parking is located at the back of the building. There will be signage posted.

Cambridge Ontario N1R 8J8 1:30pm- 3:30pm

STAY CONNECTED WITH US



Social media is a great way for us to advertise our programs and workshops throughout the region of Waterloo Wellington. We have our informative website which explains in detail our programs and workshops and our easy to use on-line registration process. We also have our Twitter account with over 250 followers and just recently we have added FACEBOOK to our platform.

As many of you know Facebook is a way for people to stay connected with family and friends as well as groups and organizations. Our Facebook page

will be slightly different in that it will be more of an information page where we will be able to share and promote our programs and workshops. Our goal will be to have this available by January of 2019.

We encourage our leaders to follow us at facebook.com/wwselfmanage



wwselfmanage facebook.com/wwselfmanage

www.wwselfmanagement.ca

REMINDER: CONTACT INFORMATION UPDATE

This is a reminder to all leaders to make sure you have updated your mailing address with us. It is important to inform us if you have moved because we need to ensure we are sending leader stipends to the proper mailing address. Please click on the link below to update your contact information and

Click Here



Wellington Dufferin Guelph Public

Health 160 Chancellors Way Guelph, ON EOC Community Meeting Room (Basement 48) 1:00pm- 5:00pm

This is a FREE event! Registration is required Please contact Justine at Justinem@langs.org Or call 519-947-1000 ext 255

BRIDGES CERTIFIED TRAINER & FACILITATOR ELAINE WEIR



PROFESSIONAL DEVELOPMENT OPPORTUNITY INSPIRING ACTION FOR CHANGE:

ADDRESSING THE CHALLENGE OF POVERTY

STRATEGIES FOR PROFESSIONALS & COMMUNITY

JANUARY 23, 2019

Addressing poverty is the responsibility of the whole community. The *Bridges Out of Poverty* workshop provides key strategies when working with individuals living in poverty. Gain a deeper understanding of the challenges and strengths of people living in poverty.

Topics include:

- increasing awareness of differences in economic cultures
- explore the hidden rules of economic class and examine how those differences effect the opportunity for success
- examine the impact of poverty on families
- identify ways to improve relationships and develop new tools to better address individual needs

The Self-Management Program would like to extend the invite to our leaders who are interested in attending the half-day seminar. If you would like to secure your spot, please contact Justine (justinem@langs.org) directly to register.

Thank you

Medical Marijuana

As a reminder to our leaders, questions around the use of marijuana might become more common in our *Take Charge Chronic Pain program*.

Please review the tips to address these questions:

- Remember that the *Take Charge* program is a scripted program, and as a certified leader, you must follow that script. You are encouraged to state that if necessary
- Use the strategies you have learned in your leader training to re-focus the conversation
- Suggest they speak to their health care provider or encourage them to seek out other resources, such as the Public Health Agency of Canada
- Try not to offer your personal opinion on marijuana, either for or against

Whats New in Our Workshop Kits?

For all *Take Charge Chronic Disease/Pain* and *Craving Change* workshops, every kit will contain green Self-Management tote bags to be handed out to each participant.

This tote bag will be helpful for participants to store their workshops materials as well as a great way to advertise our program!

LOOKING AHEAD INTO 2019. . .

\Rightarrow Cancer, Thriving and Surviving

In 2019 we are hoping to be able to offer the SMRC's Cancer, Thriving and Surviving program . A provincial funding decision for leader training is expected in January/February. The workshops will be led by 2 trained leaders, one or both of whom are themselves cancer survivors. Cross-training will be an option for those already trained in the Chronic Disease Self-Management program. More information will be communicated once funding has been secured.

⇒ M.A.S.T. - Mindful Awareness Stabilization Training

In early 2019 we are planning on offering this program on mindfulness that was developed by St Michaels Hospital. The purpose of this 4 week workshop is to introduce individuals that are suffering from anxiety and depression to mindfulness practices that they can build upon weekly and gradually feel more balanced and present in their lives. MAST will be a good companion workshop for the Chronic Conditions, Chronic Pain and Craving Change programs.

⇒ Further Leader Development

As professionals, we know that development is important for our continued learning. One way we thought we could bring more professional development to you, was through a short monthly or perhaps bi-monthly email that would include strategies, tips, insightful TED talks, magazine articles and videos. Our hope would be to send off a trial email before the end of November and then bi–monthly beginning in January. If you are **not** interested in receiving an email from us, please email Kim at <u>kimba@langs.org</u>

UPDATED LEADER MANUALS

Recently, we have had reports from co-leaders regarding not having the same leader manual version, which can lead to frustration and workshop disruption. Most leaders will have the version that was most current at the time of their leader training (e.g. 2012-2017).

If you would like an updated leader manual please contact Justine no later than **November 9th** indicating which program (*CD or CP*) and we will have a copy printed for you for pick up at our Leader Open House scheduled on *Friday November 30th*. If you are not able to attend the open house we will arrange for it to be sent with the materials for the next workshop you lead. **Warning**: Only those who contact us with a request by November 9th will receive a new leader manual.

The versions from our most recent training sessions in 2017 are as follows:

- Chronic Disease Canadian Oct, 2016v2
- Chronic Pain North American (no Canadian version) August 2016 v2.

This year we are not training any new chronic conditions or chronic pain leaders.

Big White Wall®

Big White Wall[®] is a free online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. Support is available **24 hours a day, 7 days a week, 365 days a year.** People come to Big White Wall[®] for help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges. To learn more about this program, <u>click here</u>.

Support Network

An anonymous and stigma-free environment. Members follow their own path towards better mental wellbeing.

- Peer support through our online community
 - Resources for self-management
 - Information and advice
- Guided support programmes on a range of common issues
 - Monitored 24/7 by trained clinicians



BounceBack Ontario® a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

To learn more about BounceBack Ontario® services, <u>click here.</u>

Live Therapy

One-to-one online therapy with registered and accredited counsellors and Cognitive Behavioural Therapists.

- Sessions available seven days a week, 7am to 11pm
- Sessions take place via text, audio and secure video
- Sessions can be booked quickly, with no waiting lists
 - Members choose their therapist
- Live Therapy clients have access to the Support Network

All Take Charge/Chronic Pain workshop kits will contain wallet cards and flyers for the Big White Wall ® and BounceBack® programs. The cards will be kept with the Community Resources Sheets and can be left out for the participants to take if they are interested.







Susan learned about the Self -Management Programs through a friend and became certified as a leader in Self- Management of Chronic Pain in August of 2015. She also became a certified leader in Self-Management of Chronic Conditions in December 2015. Since being certified she has helped facilitate over 20 workshops for both Hamilton and Waterloo-Wellington Self-Management programs. She enjoys witnessing the change in the participants from the first class where many are low and have lost hope to the last class where they have found hope again and often have created new friendships and a new support circle.

Susan is a registered social worker who is not currently practicing however the Self-Management programs allow her to continue to help people in a different way. She has also been trained to facilitate Brief Action Planning and Choices and Change which are both workshops based on Motivational Interviewing and are provided to health care professionals in the community.

Susan is married with three children and a house full of animals. She helps her husband with his retail business, sells fresh chicken eggs from her hens on her hobby farm and her favourite quote is *"It is better to be kind than right!"*





Linda Curry

In 2006, Linda started a new and exciting career in the Health and Wellness field becoming certified as a Senior's Fitness Instructor. After volunteering for 1 year with the WALC program at Grand River Hospital Linda became employed at Fairview Centre for Health and Wellness in Cambridge. Teaching group exercise classes, fitness coaching, and facilitating other wellness programs has become a passion for Linda. Linda says it has been challenging and fun to continue to learn and upgrade her skills. She has since become a Certified Chair Yoga instructor and also completed the Bone Fit training through Osteoporosis Canada.

Facilitating the "Take Charge" Self Management Programs has also been a great learning experience and helpful in her personal growth.

In Linda's spare time she likes to garden and camp at their farm in the Wingham area. This is where Linda practices on her djembe drum!





Self Management Program

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