

tipaachimuwin

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creehealth.org/pim-news

WHAT IS A PSYCHOEDUCATOR?

Allied Health reports

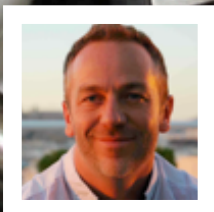
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March is Nutrition Month



Message from Dr. Rob Carlin

Wachiya. Hi. Kwey. Bonjour.

Editor

Iain Cook

Contributors this month

Dr. Rob Carlin

Malika Hallouche

Catherine Godin

Katherine Morrow

Front cover photo credit:
Youth Fusion Waswanipi

Have something to contribute to
tipaachimuwini? Contact Iain Cook
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At our Department meeting in Val D'Or, we spent some time talking about healthy and supportive environments. One of the models presented at our meeting framed supportive environments in terms of the physical, sociocultural, political, and economic environments. This clearly fits with Eeyou Nation Vision Statement on health and social services from 1999. In this vision statement the word balance was used. Crees need to be balanced: physically, mentally, spiritually, emotionally.

Many of our public health programs and interventions have focused on the physical environment. However, stories in this Newsletter remind us about the importance of addressing the other aspects of the environment in which we live. The description on psychoeducators outlines their clinical role in addressing some of these non-physical healthcare needs. Also, the article from the INSPQ illustrates how the social environments of adolescents can influence their physical behaviours in terms of nutrition and physical activity. Our department will try to focus more on these other aspects of miyupimaatisiwin over the coming year(s).

Dr Rob Carlin
interim Head of Public Health



Present better: Use the 10/20/30 Rule of PowerPoint

by Guy Kawasaki (reprinted from: http://blog.guykawasaki.com/2005/12/the_102030_rule.html)



Ten is the optimal number of slides in a PowerPoint presentation because a normal human being cannot comprehend more than ten concepts in a meeting. If you must use more than ten slides to explain your business, you probably don't have a business.



You should give your ten slides in twenty minutes. Even if setup goes perfectly, people will arrive late and have to leave early. In a perfect world, you give your presentation in twenty minutes, and you have forty minutes left for discussion.



The majority of the presentations that I see have text in a ten point font. As much text as possible is jammed into the slide, and then the presenter reads it. However, as soon as the audience figures out that you're reading the text, it reads ahead of you because it can read faster than you can speak. The result is that you and the audience are out of synch.

The reason people use a small font is twofold: first, that they don't know their material well enough; second, they think that more text is more convincing. Total bozosity.

Force yourself to use no font smaller than thirty points. I guarantee it will make your presentations better because it requires you to find the most salient points and to know how to explain them well.

So please observe the 10/20/30 Rule of PowerPoint.

Guy Kawasaki is a Silicon Valley author, speaker, investor and business advisor. He is author of several books, including *Enchantment: The Art of Changing Hearts, Minds, and Actions*.



Allied Health: Psychoeducation

What is a Psycho-educator?

by Allied Health

Psychoeducators are trained to help people who are struggling or may be facing adaptive and behavioral adjustment difficulties in various aspects of their lives. Psychoeducators primarily work in the field.

Besides doing clinical assessment and developing treatment plans, they also design and run programs tailored to meet their client's needs. They are concerned with both prevention/education and treatment.

- **Developmental and behavioral assessment** - global development, developmental delay, behavior difficulties, person with mental health difficulties.
- **Support in the actual environment** - psycho-education programs; social, practical and conceptual skills, anxiety and other mental health needs of management, mental health prevention.
- **Screening and prevention of adaptive behaviors**
 - Group intervention (workshops), early stimulation, Support group and Self help care program, prevention/ intervention of health risk or adjustment problems.
- **Public awareness of needs of all ages** - bullying, harassment, post-suicide intervention, implication in various week thematic (such as Breastfeeding Week, Mental Health/Smile Week).

- **Crisis intervention** - prevention and post-intervention on various topics such as suicidal risk, mental health resources information.
- **Support to people and family facing intellectual, cognitive, physical or sensory disability** - daily living skills maintaining and autonomy protection and security.

Here is the CHB team of Psychoeducators:

Jacques Barette (Chisasibi), Cindy Cavanagh (Waskaganish), Sophie Lollier (Waswanipi), Lisebeth Dodon (Oujé-Bougoumou), and Paul Ntakirutmana (Mistissini).

This article is the first in a 4-part series looking at Allied Health's fields of expertise.

6th International Meeting on Indigenous Child Health **Resilience: Our ancestors' legacy, our children's strength**



SAVE THE DATE!

March 20-22, 2015 / Ottawa, Ontario

Join the Canadian Paediatric Society and the American Academy of Pediatrics, in cooperation with the Indian Health Service and the First Nations Inuit Health Branch, Health Canada, for the 6th International Meeting on Indigenous Child Health. Child health providers and researchers dedicated to working with American Indian, Alaska Native, First Nations, Inuit, and Métis children and families are encouraged to attend. Participants will have the opportunity to share model programs and research, and develop practical skills that can be utilized in community settings.

For updated conference information, visit www.cps.ca or www.aap.org/nach.

Deadline for workshop proposal submission: **May 12, 2014.**

Deadline for abstract submission: **November 3, 2014.**



INSPQ releases Ados 12-14 report

Ados 12-14 is a qualitative study carried out among Quebec adolescents with the goal of better understanding the influence of socio-cultural factors on their lifestyle habits (nutrition and physical activity). Carried out in the context of an agreement between INSPQ and the University of Montreal, the study was a response to a call for proposals from the Fonds de recherche du Québec – Société et culture.

The study was based on statements gathered among youth 12-14 years old. Among its principal conclusions, the study notes that these adolescents experience tension between the surrounding discourse on “healthy eating” and a commercial food environment that promotes overconsumption and unhealthy food choices. The statements by youth confirmed that at the beginning of adolescence, social dynamics are of the utmost importance to them, and this influences both their food habits and their physical activity levels. At school, youth with weak social networks may wish to avoid the school cafeteria, and the quality of their nutrition may be influenced as a result. Those who have difficulty with their social relations find themselves trapped in a vicious circle because they have fewer opportunities to be physically active. Certain structured physical activity situations may prove to be demotivating for youth who are less skilled at sports. These examples of diverse socio-cultural influences on the behavior of adolescents enable the reader to better understand the nature of this type of influence. This knowledge should be taken into consideration in the design of improved interventions to promote healthy lifestyles among Quebec adolescents.

http://www.inspq.qc.ca/pdf/publications/1773_Ados12-14DimSocioPratAlimActPhyAdo.pdf

Ados 12-14 est une enquête qualitative auprès d'adolescents québécois visant à mieux comprendre l'influence des facteurs socioculturels sur leurs habitudes de vie (alimentation et activité physique). Réalisée dans le cadre d'une entente de collaboration entre l'INSPQ et l'Université de Montréal, la recherche *Ados 12-14* répondait à un appel de propositions du Fonds de recherche du Québec – Société et culture.

Parmi les principaux constats découlant des propos recueillis auprès des jeunes de 12 à 14 ans, on note que ceux-ci vivent une contradiction entre le discours ambiant sur l'« alimentation santé » et un environnement alimentaire commercial favorisant la suralimentation et l'alimentation malsaine. Les témoignages des jeunes confirment qu'au début de l'adolescence, les dynamiques sociales sont primordiales pour eux et que cela influence tant leurs habitudes alimentaires que leur niveau d'activité physique. À l'école, les jeunes dont le réseau social est faible peuvent vouloir éviter la cafétéria scolaire et la qualité de leur alimentation peut s'en ressentir. Ceux qui ont des difficultés dans leurs relations sociales ont moins de possibilités d'être actifs physiquement et se trouvent pris dans un cercle vicieux. Certains contextes formels d'activité physique peuvent s'avérer démotivants pour les jeunes les moins performants. Ces exemples de l'influence de divers facteurs socioculturels sur les comportements des adolescents permettent de mieux saisir la nature de cette influence. Cette connaissance devrait être prise en compte pour améliorer les actions de promotion des saines habitudes de vie auprès des adolescents québécois.

INFO: Gérald Baril 514-864-1600 x.3508
gerald.baril@inspq.qc.ca.

Success Story: Lift the Lip



CHB oral health educational material recognized by other regions for its visual design and content adapted to First Nations populations.

Lift the Lip is an innovative communications product developed by Malika Hallouche, Oral Health PPRO. Malika was inspired by a pamphlet from the Lanaudière region, and adapted it to the cultural context of Eeyou Istchee.

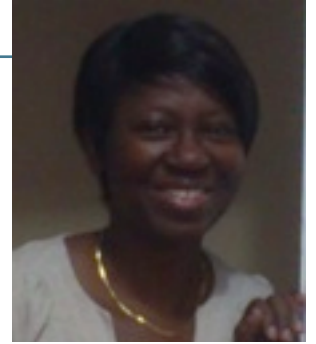
Following an agreement between the CHB and the First Nations and Inuit Branch of the ISBE (l'Initiative en santé buccodentaire pour les enfants) the flyer *Lift the Lip* is going to be used in other First Nations communities in Québec. As well, Region 17 (Nunavik) has been given permission to reproduce and distribute the flyers and posters produced by the CHB Oral Health Team.

Lift the Lip can be found online on our website: <http://creehealth.org/library/online/lift-lip>

PIMUHTEHU NEWS

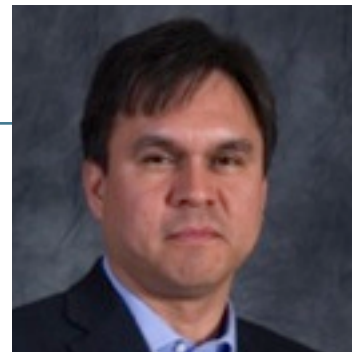
Congratulations Anne Foro

Anne Foro (SERC Team, Surveillance) was nominated to the position of Director, Program Planning, in the Pimuhteheu Group, reporting to Laura Bearskin. She will supervise a unit consisting of Louella Meilleur (Coordinator, Current and Ambulatory Services Planning), Head of Awamiiniwachuwanouch / Mental Health Services Planning and Jason Coonishish (Pre-hospital and Emergency Measures Planning).



Au revoir Gregory Brass

Gregory Brass is now the former Coordinator of the Regional Mental Health Department. He left the Cree Health Board in February and is now working at the Cree Cultural Institute in Ouje-Bougoumou.



Val d'Or presentations

The powerpoint presentations from the Public Health Department Meeting held in Val d'Or February 11-13 can be found here: <http://creehealth.org/library/online/public-health-department-meeting-presentations>

Kwey Grace Ortepi and Catherine Washipabano

There are 2 new members of our admin team. Grace Ortepi is replacing Sherry Crowe for a period of 1 year. Grace is based in Chisasibi and works closely with Laura Bearskin. The other member is Catherine Washipabano who also be based in Chisasibi. Catherine will be our Finance person as well as carrying out other tasks.

Come to the Employee Drop-In

Want to know what is happening at Public Health and Pimuhtheheu Management Meetings? For an update, come to the Employee Drop-In, which follows each Management Meeting.

Public Health Management (standing invitation for Pimuhtheheu managers)	Time	Employee Drop In
Friday, March 7	9-10:45	10:45-11
Friday, March 21	9-10:45	10:45-11
Friday, March 28	9-10:45	10:45-11
Friday, April 4	9-10:45	10:45-11
Friday, May 9	9-10:45	10:45-11
Friday, May 16	9-10:45	10:45-11
Friday, May 23	9-10:45	10:45-11
Friday, May 30	9-10:45	10:45-11
Friday, June 20	9-10:45	10:45-11
Thursday, June 26	9-10:45	10:45-11

Employee Drop-In
(update on Management Meeting)

Call-in number is 1-877-534-8688
Conference ID: 2101030#

Face-to-face management meetings
in Mistissini:

April 7-11
June 2-6

Mystery Photo of the Month. What’s going on here?



Eeyou Istchee Regional Recreation Events Calendar

All these events are communications 'openings'; opportunities to reach specific target audiences (for example, setting up information tables).

March 2014

March 6-9, 2014	31st Annual Senior Hockey & Broomball Tournament	Chisasibi
March 6-9, 2014	Minor Hockey & Broomball Tournament	Mistissini
March 13-16, 2014	Minor/Junior/Old-Timers Hockey & Broomball	Wemindji
March 13-16, 2014	HAT Championships Single Letter A Teams	TBD
March 14-16, 2014	Senior Volleyball	Eastmain
March 14-16, 2014	Rupert River Cup	Waskaganish
March 20-23, 2014	Mark Petawabano Junior Hockey Tournament	Mistissini
March 21-23, 2014	JBMHL Championships	Whapmagoostui
March 21-23, 2014	Minor Hockey & Broomball Tournament	Eastmain
March 21-23, 2014	HAT Championships Single Letter B Teams	TBD
March 27-30, 2014	HAT Championships Double Letter	TBD
March 27-30, 2014	Whale Cup 12th Edition	Whapmagoostui
March 27-30, 2014	JBMBBL Championships	Wemindji



Lunch and Learn at CBC North

by Iain Cook

Did you know?

CBC North is an important media partner. They broadcast two Cree language radio shows Monday to Friday (Eeyou Dipajimoon and Winschgaoug), and one weekly French show (Boréale Hebdo).

www.cbc.ca/winschgaoug/

www.cbc.ca/eyoudipajimoon/

www.cbc.ca/borealhebdo/

Their weekly Cree-language TV show *Maamuitaau* is seen across the province.

www.cbc.ca/maamuitaau/

CBC North has been holding *Lunch and Learn* sessions at their Montreal office to give radio and television staff a chance to get to know some of the key players in Eeyou Istchee, including elected leaders and entity representatives.

It allows them a chance to learn more about how the organizations operate, get to know the people, understand the deeper context behind the stories, and hear about upcoming events and programs they may want to cover.

It also allows their guests to get to know the CBC North team, what they do and how they operate, and to share

information that might be of interest to their listeners.

Sometimes these sessions follow an interview on their noon show, Eeyou Dipajimoon. The lunch discussion is not recorded and is for background only.

It usually lasts about an hour, from 1 to 2 p.m.. CBC North provides a lunch for the guest(s).

Interested? Contact Iain Cook (icook@ssss.gouv.qc.ca or 514 220 5649)

Vous trouverez ci-joint le lien vers le dernier numéro du Bulletin national d'information Investir pour l'avenir.

<http://www.saineshabitudesdevie.gouv.qc.ca/extranet/pag/index.php?bulletin-pag>

BOARD NEWS (Feb. 6)

from Katherine Morrow, Corporate Communications

Au revoir Thomas Jolly

Community Representative and former Vice-Chair Thomas Jolly of Nemaska resigned from the Board of Directors. This was his last meeting. L. George Pachanos will replace Thomas Jolly on the Audit Committee for a term expiring in December 2014. Eva Louttit and Patricia George were nominated to the Evaluation Committee, joining Dr. Kitty, Reggie Tomatuk and Bella Petawabano.



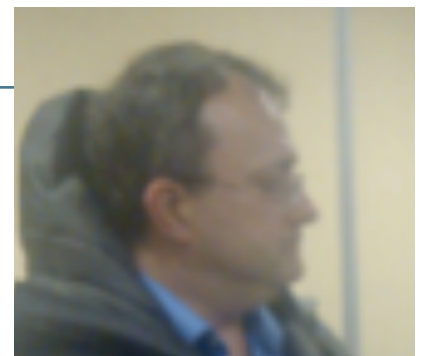
CPDP to develop client satisfaction survey for Home Care Services



Dr. Kitty, Board Representative for Clinical Staff, outlined problems that she has observed with Home Care services, in Chisasibi and other communities. Home Care provides home visits by nurses and other workers, to help people including elders, people recovering from surgery, etc. to carry out their daily activities. It is an essential service for these individuals and their families. The problems seem to stem from weaknesses in training and orientation of home care employees. To understand and address these issues, the Quality of Medical Act Committee of the Council of Physicians, Dentists and Pharmacists (CPDP) is developing a client satisfaction survey that will be sent to all clients and family members who receive home care services, in all 9 communities.

Au revoir, Martin Meilleur

The Executive Director, Mabel Herodier, and the outgoing Director of Finance, Martin Meilleur, informed the Board of steps being taken to ensure a smooth transition around the departure of Mr. Meilleur. Martin Meilleur was also Interim Assistant Executive Director of Administrative Services, a position that is still vacant and has been re-posted. In the interim, Mabel Herodier will take on the role of AED Administrative Services in addition to her regular duties. The revised job description for Director of Finance was approved and the position will be posted soon.



Board of Directors meeting summaries available online

<http://creehealth.org/library/online/board-directors-meeting-summaries>



March is Nutrition Month

Nutrition Month 2014 is designed to inspire us to get back to cooking basics and to involve children and youth in food preparation. A collection of tasty recipes from CHB nutritionists can be found online, at: creehealth.org/news/community-stories/simply-cook-and-enjoy