

Stay Connected

What's Happening

SPRING 2017

RECENT INITIATIVES



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

The Working Mind: Train the Trainer Certification Workshop:

Workplace mental health is fast becoming one of the highest priority concerns among Canadian employers.

In May the Council, in collaboration with the Nova Scotia Trucking Safety Association, offered a five day Train the Trainer program delivered by the Mental Health Commission of Canada. Eleven participants took part in the five day facilitator training. Seven participants representing continuing and community care sector employees: Highland Community Residential Services; Northwood; Riverview Home Corporation; Shannex Incorporated; and the Health Care Human Resource Sector Council completed the training. The Council is licensed for two years by the Mental Health Commission of Canada to facilitate the one day Working Mind program for Managers and the half day program for staff.

The Working Mind is an evidence-based program designed to reduce the stigma and address and promote mental health and resiliency in the workplace.

"The Working Mind" in your organization:

- Reduce the stigma of mental illness
- Increase awareness of mental health
- Offer resources to maintain positive mental health and
- Increase resiliency



Health Care
Human Resource Sector Council

For more information and to stay in touch, please join our mailing list by emailing Catherine Martin at admin@hcsc.ca and be sure to check the website often for updates www.hcsc.ca

UPCOMING TRAINING

Compassion Fatigue for the Helping Professionals:

The Council, in collaboration with Barefoot Facilitation Inc., is pleased to announce we will be holding another compassion fatigue workshop in Truro on September 19th, 2017.

Are you a helping professional? If so, you may know that people in the caring professions often experience compassion fatigue. Compassion fatigue is described as a profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career. During this workshop, you will learn about the signs and symptoms of compassion fatigue and identify personal self-care strategies to deal with compassion fatigue and increase stress resiliency.

To register: <https://hcsc.ca/training-and-development/>

Nursing Leadership Program - Western Region:

Facilitated by Allison McEachern; McEachern & Associates

The leadership Program responds to the identified needs of Home Support Nurse Leaders recognizing:

* Every home is a different workplace with its own set of challenges, both physical and psychological.

* Home Support Nurse Leaders often supervise employees at a distance. Their staff work in sometimes remote locations, far from central office.

* Home Support Nurse Leaders must develop good relationships not only with their clients, their family members and other health care providers. Each of those groups may have expectations that differ from the other.

Registration Information:

Best Western Bridgewater NS
Module 1: September 26, 2017
Module 2: October 10, 2017
Module 3: October 24, 2017

To register visit: <https://hcsc.ca/training-and-development/>