Inuusittiaringniq
News from Nunavut's Wellness Community
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Winter 2018, Issue #5

Canada Prenatal Nutrition Program in Igloolik

The Canada Prenatal Nutrition Program (CPNP) in Igloolik is held at the local Igloolik Headstart facility. The program takes place twice a week on Tuesday and Thursday evenings for about an hour and a half each. The Igloolik CPNP aims to educate moms and parents on parenting skills, cooking for the family, breastfeeding, and education around the overall health and wellness of the babies, family, and community.

The program is funded by the Department of Health through Igloolik's Community Wellness Plan, as CPNP was identified as a priority program by the Community Health and Wellness Committee.

Although CPNP is intended for pregnant mothers and breastfeeding mothers, many people and organizations are involved in making the Igloolik CPNP a success. There is a CPNP coordinator and CPNP assistant that plan the week's activities and shop for healthy foods and snacks. The Hamlet of Igloolik, the Community Wellness Coordinator, the Community Health Representatives (CHRs), and Elders come together to help coordinate, plan, and carry out the activities and provide health and wellness education. Local hunters and the Hunter's and Trapper's Organization also help by providing country food for the program when it is available.

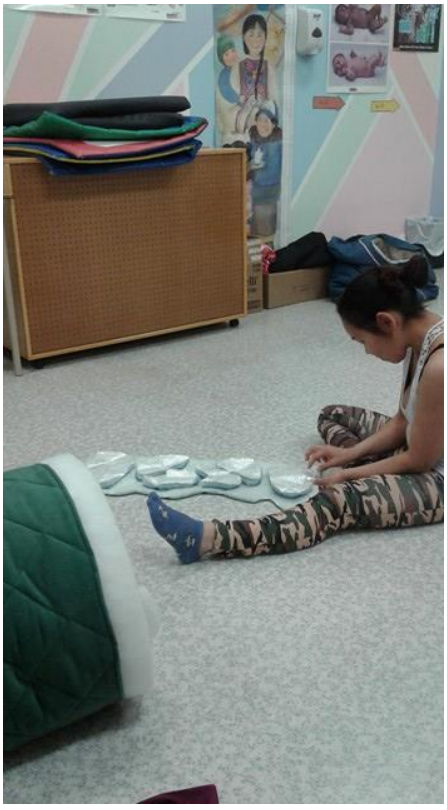
> "When they are in the sessions, participants of the CPNP discuss various topics, and sometimes an Elder is there to provide further guidance and help inform the program."
> – Benedicte, Community Wellness Coordinator

The most common activities that are held in the program include sewing, crafting, and learning to cook healthy meals. In addition to these skills, CPNP participants also learn about breastfeeding, traditional parenting skills, and Fetal Alcohol Spectrum Disorder (FASD) through various education resources and training.

Participants of the Igloolik CPNP have an opportunity to bring their children while they participate in different activities.

Sometimes an Elder speaks to the participants about the mental health of young parents and about the harms that tobacco and cannabis use (commonly known as marijuana) can have on babies.

From time to time, there may be issues that come up, and many people come together to help fix any problems. For example, as it's an older facility, there are some electrical problems where the stove may not be working. Another example is if a couple is experiencing relationship troubles, the CPNP Coordinator works with the Elder to help resolve the issue, and the Elder provides guidance on how to help the couple build and maintain a happy, healthy relationship.



A participant of the Canada Prenatal Nutrition Program in Igloolik working on a project

Igloolik CPNP

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Up and Coming: Mother's Mental Health Resource

In January 2017, the Department of Health is releasing a new resource on Mother's Mental Health called '*When Being a Mom is Harder than you Thought*'.

This resource has information on baby blues and post-partum depression, and has activities that can be used to support mothers, and to promote positive coping skills for anyone dealing with stressful and hard periods in life. It also provides information for partners and those who support moms.

Please contact your local CPNP Coordinator or Community Health Representative for more information on how to get involved in a session with this resource.

Embrace Life Council: Delivering safeTALK Training

safeTALK is a half-day training (3 - 4 hours) in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training. Anyone aged 15 or older can learn the safeTALK steps. The Embrace Life Council (ELC) hopes to train every person in Nunavut in safeTALK. The program is funded by ELC through their agreement with Bell Canada.

safeTALK training can be delivered in boardrooms, conference rooms, and office areas with space enough for up to 30 participants. ELC collaborates with anyone interested in hosting the training in their community: high schools, Nunavut teachers, Community Justice, family services workers, wellness coordinators, interested community members, etc.

safeTALK helps participants become alert to suicide. People who are more alert to suicide are better prepared to connect those who have thoughts of suicide with help. Over the course of the training, safeTALK participants will learn to:

- notice and respond to situations where suicide thoughts may be present;
- recognize that invitations for help are often overlooked;
- move beyond the common tendency to miss, dismiss, and avoid suicide;
- apply the TALK steps: Tell, Ask, Listen, Keepsafe; and
- know community resources and how to connect someone with thoughts of suicide to these resources for further suicide-safer help.

Most people with thoughts of suicide don't want to die. Instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person experiencing thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, Elders, coaches, or crisis-line workers – among the many who have suicide intervention training.

safeTALK is delivered by ELC staff who have been trained in safeTALK delivery. safeTALK features both presentations and interactive elements. Trainers will facilitate participants' involvement through:

- trainer presentations;
- diverse selection of audiovisuals;
- interactive discussion and questions;
- TALK steps practice;
- TALK wallet card; and
- "You can talk to me" stickers

Participants of the safeTALK training in Rankin Inlet

Upon completion of the training, all participants get a certificate. As of January 30th, 2017, there have been seven safeTALK trainings offered in Nunavut. 129 individuals have received certificates. There are currently five additional trainings scheduled to the end of 2017.

Embrace Life Council

Phone: (867) 975-3233

Toll-free: 1-866-804-2782

Email: embracelife@inuusiq.com

Web: inuusiq.com

The website includes many resources for individuals, community groups, and frontline workers.

Grocery Store Tours Pilot Project: Hall Beach

Grocery store tours complement existing nutritional consultations when a dietitian visits a community, helping their clients make healthier store-bought food choices. When done in small groups, grocery store tours share knowledge about nutrition foods and simple changes that family members can make right away. An emphasis is put on country food as well, which are at the center of a balanced diet for all family members.

The main goal of these tours is to help fight chronic disease in the community by reducing the consumption of processed and sweetened food. It is the first step towards improving physical and mental health, increasing physical activity, and strengthening relationships between parents and children. Young children will often see increased confidence and better energy through healthy eating that will translate into higher energy and concentration at school and being able to engage in sports and activities.

Hall Beach Grocery Store Tour Participants and Dietitian

During the tours, activities are held at the local stores and can include:

- Practical tips to buy healthier food for the whole family while saving money;
- Comparing different products and learning how to read food labels; and
- Sampling new foods and learning recipes.

Any individual who brings food home for themselves or their families benefits from grocery store tours as they are an opportunity for people to learn how to make better decisions when purchasing food, how to save money when grocery shopping, and tips on buying unprocessed and unsweetened foods as much as possible.

> "Parents can also teach children about what they have learned, or better yet, bring them along so that they too can learn alongside their parents."
> – Madonna, Regional Clinical Dietitian

The tours can also be done in partnership with the CHR. Collaborating with Public Health Nurses and others also strengthens the session. Making sure this service is always aligned with the communities' needs is a key factor to the success of the program.

Grocery Store Tours Pilot Project

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About this Newsletter

Inuusittiaringniq means "living well together." This newsletter presents stories about community wellness work across Nunavut and other information for community-based wellness leaders. Each issue profiles successful projects and new initiatives. We focus on practical details about what is working well so we can learn from each other's experiences.

To suggest a story, please email us at *embracelife@inuusiq.com*.

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