



Maadjitawin—a new beginning

Booshoo,

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Something New:

We have two new team members in Social Services. Michelle Moses is our new PLAY Coordinator and Debbie Crosson joins us as a FSW.

I am excited about all the possibilities that the PLAY program can offer our youth in addition to what Debbie can add to our team. Please visit both columns in the newsletter where they introduce themselves and their roles.

You can find Michelle at the Recreation Centre as both her and Nicole will be sharing the same space and working together from time to time. Debbie will be at the Health Centre and the Learning Centre.

I wish to tell a story. I know of no other way other than that of singing to convey what I want to share during this time. Since I cannot sing you a story, I shall tell you one instead. Stories have hidden within them teachings that we can take and apply, however we see it, to ourselves. It helps us grow without us realizing it is happening; even when we do not want to grow or move forward. How wonderful our culture is that designed within it are all the tools we need to heal and grow. All we need to do is to reach out to them and to listen.

So here is a story. I hope it will help you. Take what you need from it and no more.

My great-grandfather died a few months before I was born. The stories I have heard about him always told of how great a man he was, that he would give the shirt off his back to help anyone who needed it. He was a hard worker and very smart. I also heard he had a temper, but that it would only last for a little while, then his stubbornness would kick in. However, only kind words were used to describe him this way.

I was born on his birthday. He never got to see me but he knew I was coming. Back

where I am from, the teachings I grew up with say that the first child born within the family (extended or immediate) after someone has died, will carry the spirit of the one who has left.

Because my aunties, uncles and relatives so loved my great-grandfather, I was seen as a great comfort for them during their time of sadness. My birth allowed for them to still have that physical piece of him with them, albeit as a female instead. I am sure my great grandfather's spirit wanted to come back to experience life as a woman; so gifted are our women I cannot blame him for not wanting to be one.

Growing up I was treated like a princess on my dad's side of the family and I could do no wrong. This would hinder me a bit growing up. I have since learned that I can do wrong, much to the worry lines I have left upon my mom, relatives and even my dad who sits and watches me in the spirit world.

I suppose one would say that I was spoiled but I don't think so. I grew up knowing at an early age about life and how it continues even when we think it to be done. I like knowing that my spirit is part of my grandfather's too and some-



times I feel him and his old man teachings. I do know that I have inherited his temper and stubbornness, yet I see those characteristics as helping me when I need them to be there; although my children and friends might see that a wee bit differently. I have learned it's all about balance.

Being human, we need to make sense of what we see and go through in life. Stories help with making sense. And if we cannot make sense of what happens to us, then we may become angry or start to blame. The road ahead may be difficult to walk upon at times, but if we continue to walk upon it as a community and support each other, no matter who we deem as our community (be that our immediate family or friends), then it won't be that way forever; it will only feel that way at the moment.

"...when you are at the center within you, and I am at that place within me, we shall be one." Chief Crazy Horse

Miiwech

Carrienne Agawa



Tove Desmoulin, Family Support Worker

Family Support Program

We are now at the end of October where the trees have already changed color and are getting ready for the next season. I love the fall with its colours and holidays. Pumpkins, goblins and ghosts of gobbled up turkeys is the hallmark of October. Child Abuse Prevention Awareness Week (CAPAW) has just ended and we are getting ready for National Addictions Week in November.

Continuing programs:

The school programs (Second Step)

50+ group meet Tuesdays and Thursdays at the Recreation Centre at 1:15pm. Elders who need a ride can call 229-1836 ext 612.

Upcoming programs:

Women's group

Matrix, an Intensive Outpatient Addiction Treatment program is still continuing in Marathon every Tuesday and Thursday to a closed group. This is a modified version of the original treatment program with the main difference being that we have closed groups and not ongoing, open groups. There will be family groups starting up in November in Pic Mobert and Pic River. This program is run in partnership by Dilico Addictions and Mental Health program, Pic River Health Centre and Pic Mobert Health Centre.

TYPICAL LONG-TERM EFFECTS OF FAMILY VIOLENCE ON CHILDREN BY AGE

Each child will be affected differently by his/her exposure to family violence, however the following are some of the common effects. The behaviors are not exclusive to any one category and may be seen across the age groups. Various factors will determine children's behaviour such as whether or not they have an effective support system, their personality, whether they are experiencing additional stress in their life and whether there was effective intervention.

In infants, there may be a disruption in eating and sleeping routines, fearful reactions to loud noises, excessive crying, physical neglect, delays in development. For preschool children, some symptoms are that they may suffer from low self esteem, have frequent illnesses, lack concentration, eating and sleeping disturbances, separation anxiety, excessive crying and anger or aggression. Between the ages of 5 to 12, the symptoms are similar to preschool children but also may include PTSD, bullying, problems with peers, alcohol/drug abuse, depression, self harm, disruptions in school, and withdrawal. As they move into the 12 to 14 years of age, they may also display suicidal thoughts, alcohol/drug abuse, inappropriate sexual behavior, running away, problems in school and with peers. The later years of adolescence sees the increase of all of the behaviors.

The above was adapted from Health Canada: A Handbook for Health and Social Service

Providers and Educators on Children Exposed to Woman Abuse/Family Violence, 1999.

A CHILD'S SAFETY PLAN

This plan was developed to help mothers teach their children some basic safety planning. It is based on the belief that the most important thing that children can do for their mothers and their families is to protect themselves. Although children often try to stop the violence by distracting the abuser or directly interfering in the abusive episode, they cannot stop the abuse. It is important to tell the child that the best and most important thing to do is to keep themselves safe.

Developing a safety plan may depend on your children's age and developmental ability. Children who are exposed to woman abuse can be deeply affected. It is very frightening for them to witness violence, whether it is directed at them or at someone they love. Personal safety and safety planning are extremely important. Children should learn ways to protect themselves. Below is a list of things you can do to develop a safety plan for you and your children.

Tell your children that the most important thing is for them to be safe. Children should know that it is not their responsibility to make sure that their mother is safe

The first step of any plan is for the children to leave the area where the abuse is happening. Have your children pick a safe room/place in the house, preferably with a lock on the door and a phone

Teach your children how to call for help. It is important that your children know not to use a phone where they can be

seen by the abuser. This puts them at risk. Talk to your children about using a neighbour's phone or a pay phone if they are unable to use a phone at home. If you have a cell phone, teach your children how to use it.

Teach your children how to call for help.

Make sure that your children know their full name and address.

Role play with your children and practice what they will say when they call for help

For example: Dial 911. An operator will answer and say:

"Police, Fire, Ambulance."

Your child should say:

Police.

Then your child should say: My name is _____. I need help. Send the police. Someone is hurting my mom. The address here is _____. The phone number here is _____.

It is important for children to leave the phone off the hook after they are finished talking, otherwise the police may call the number back for verification. This could create an even more dangerous situation for you and your child/children

Pick a safe place to meet your children, out of the home (i.e. known neighbour, fire or police station), after the situation is safe for you and for them (so you can easily find each other).

Teach your children the safest route to the planned place of safety for them.

Joyce Harasym, Addictions Worker

OPIOID INDUCED PAIN SYNDROME (HYPERALGESIA)

Have you ever been prescribed opioid medications like oxycodone, morphine, or hydrocodone for chronic pain relief and discovered that your pain was getting worse and your dosage was being increased to try and relieve the pain? There may be an answer as to why this is happening.

The definition of Opioid Induced Pain Syndrome is: an increased sensitivity to pain that can be caused by the very medications used to treat chronic pain.

Opioid pain medications (narcotics) has helped people with chronic pain relief, however, there are drawbacks to using these medications on a continuous basis. Opioid Induced Pain Syndrome is one of them. Evidence suggests that taking opioid medications can cause this condition, which increases sensitivity to pain. This condition occurs when an increase in the use of opioids such as (morphine, oxycodone, methadone, and hydrocodone) results in a reduced tolerance for pain and an increased sensitivity to discomfort, meaning you feel more pain and you may have pain where you did not have it before.

Chronic pain sufferers may not know or understand that this is happening and may increase their dosage. Tolerance to opioid medication can develop quickly and this can lead to

physical and/or psychological dependence. Opioid dependency (addiction) is serious and may need to be treated professionally.

Opiates are meant to treat moderate to severe pain. Because Opioid-Induced Pain Syndrome increases the patient's pain tolerance, it is recommended that doctors should consider this condition when patients have increasing pain and do not respond to increasing doses of opioid medications. Continuing to increase the dosages of opioids is dangerous and can result in dependence (addiction), overdose, coma, and/or death.

It is crucial for people who are undergoing chronic pain management to educate themselves about their chronic pain condition as well as the most effective treatment options available for them. For example many people experiencing frequent headaches, especially migraines, do not realize that the medication they are using can actually be increasing the frequency and severity of the pain. The use of opioids to treat migraines can lead to an increased risk for what is called transformed migraines. Transformed migraines are chronic, daily headaches that are vascular in quality, meaning that they are throbbing in nature. Many people are prescribed opioids for migraine headache even though they are not an FDA (Food and Drug Administration) approved medication for migraine treatment.

The long term use of opioids to manage chronic pain also increases patients' sensitivity to certain types of pain. Opioid-Induced Pain also can develop with methadone-maintained drug abusers as researchers from the University of Adelaide, in Australia reported in the March 2009 issue of the *Journal of Pain*. An important finding of the study is that not only addicts have more pain sensitivity, but chronic pain patients have it as well.

To learn more about this topic, please see the following websites.

<http://www.medindia.net/news/healthwatch/opioid-induced-hyperalgesia-oih-an-emerging-treatment-challenge-102659-1.htm#ixzz26qwUFhUr>

http://blog.nj.com/njv_david_kerr/2009/12/pain_medication_may_increase_t_1.html

Upcoming events:

National Addictions Awareness Week (NAAW) Planning : November 5th

NAAW—November 18th to November 24th

Continuing events:

Matrix Program—closed group



Thought Corner

"The difference between perseverance and obstinacy is that one often comes from a strong will, and the other from a strong won't."

Henry Ward Beecher

"As human beings, our greatness lies not so much in being able to remake the world... as in being able to remake ourselves."

Mahatma Gandhi



Nicole Desmoulin, Recreation Coordinator

Recreation and its Impact on Mental Health

Recreational and leisure activities are central to feeling connected to community life.

Research has consistently indicated that physically and socially active recreation and leisure activities are related to a higher quality of life in the general population, as well as in people with various disabilities. This is especially true of activities that help people feel a part of a community, including such simple activities as eating in a restaurant, visiting a library or walking in a park. But research has also found strong relationships between physical activity and physical health as well as between physical activity and mental health.

Physical Recreation

Involvement with a variety of leisure activities can help individuals lead more active and healthier lives. Many recreational activities require the movement of large muscle groups and can be aerobic, which improves cardiovascular health. Hiking, biking, swimming, gardening and dancing are good examples. Physically active pastimes such as these are most beneficial if they are done routinely, and the pleasure derived from them makes this more likely. Recreational and leisure involvement also promotes health by providing a buffer for stress and creating a sense of balance. For instance, recreation and leisure can give people a break from a stressful situation. Indeed, physically active recreational activities can

be powerful proactive coping strategies, (i.e., efforts to prevent stressful events before they occur). Social support, sport/exercise and miscellaneous non-social activities, such as painting or writing, are examples.

Social Recreation

Socially active recreation is also important to one's health. In fact, friendships may be the hidden factor in greater longevity. Research supports the importance of social networks in maintaining health and reducing re-hospitalizations of persons with mental illnesses. Recreational activities have the potential to increase social involvement and friendships in many ways, for many recreational activities, such as playing cards or being on a sports team, need the involvement of others.

Other recreational pursuits allow people to meet new friends who share common interests. Talking with acquaintances about movies or books or taking an adult education class or a course helps individuals have a social life outside of their family and give them opportunities to forge new relationships. Finally, some recreational activities, such as movies or concerts, are often just reasons to get together with friends and help maintain social relationships.

Taken from http://tucollaborative.org/comm_inclusion/recreational_leisure.html

As some of you may be aware of, the Recreation Centre is currently undergoing changes and that will be reflected in the

programming that I offer. There will be specific nights where adults will be encouraged to come out and participate in a variety of recreational/social events during the week aimed at increasing well-being and/or physical health. In saying that, any suggestions on what you would like to participate in, please do not hesitate to email me or call (229-3699).

We are currently having a silent auction of 7 paintings done by the youth which represent the 7 Grandfather teachings. Please come out and show your support by bidding on the paintings. You can contact me for more information.

Drum socials will continue to be put on once a month and will be located at the Sacred Fire across from the church. Please call me or see the flyers when put out.

For more information about events, please see the Pic River Social Services site on facebook, the community channel, the Pic River website or call me.

Nicole

**"Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; no to offer an escape from life, but to provide a discovery of life."
-Author Unknown**



Michelle Moses, *PLAY* Coordinator

Boozhoo, Aaniin; Hello to all.

A quick introduction about myself, for those who I have not had a chance to talk to. My name is Michelle Moses. I was born and raised on Fort William F.N. I'm a mother of two beautiful daughters, Kaitlyn (4 yrs old) & Elaina (14 months), as well as a proud spouse and partner to Raymond Moses. Together we have created a beautiful family and truly enjoy the blessings of raising our children alongside the community of Pic River.

Over the summer, I have returned to work from maternity leave. Before I took leave, I was a part time team member with the Home & Community Care program. I've also been employed with Northern Ontario School of Medicine, Pic River Development Corporation (PRDC) and part time program relief at the Pic River Daycare. Within the last year I've also completed Native Early Childhood Education Diploma with Cambrian College and was the valedictorian for my graduating class.

I've been tasked with the great honor of the *PLAY* Coordinator for Pic River. *PLAY* is a program under the Right To Play organization, which is a global initiative that believes every child/youth deserves the right to play. *PLAY* simply put is a program which stands for Promoting Life-skills in Abo-

original Youth, *PLAY*. In using play, I aim to create and empower youth with a positive aspect on life, the community, each other and overall emphasize the importance of youth having a voice. A voice to create positive change.

Often it is heard from our youth that they are bored; that there is nothing to do in the community, that they want change. They now have the ability to be part of that change from not only the ground level here in the community but also from other levels outside of the community. As parents we need to encourage the youth to be part of the change they so desperately want and need. It is hard work for sure, but well worth it as our youth grow into the next stage of their lives.

I will be implementing a Youth Leadership Program (YLP), geared to the grades 7/8 and high school levels. The focus will be of creating community awareness, awakening leadership qualities, enhancing existing skills, as well as promoting healthy and positive life styles, but most importantly...having fun!

I sincerely look forward to working with our youth in the community, to help them gain a voice and re-ignite that power within to make a difference in Pic River. Keep an eye out for posters, and an ear open for events. The events and

activities the youth will plan are sure to be a blast, and will definitely require the support of all community members.

I will be hosting programs at the high school and Recreation Center. Please see the Pic River Social Services facebook site or Pic River website for events.

If truly our youth are the future then we need to provide them with the tools to move through it so that when they come back to the community they will guide us through.



I can be reached at 229-3699 or by email at: michelle.moses@picriver.com

Miigwech,

Michelle Moses

PLAY Coordinator



"You can discover more about a person in an hour of play than in a year of conversation."
Plato



Debbie Crosson, Family Support Worker

The Importance of Parental Involvement

Parental involvement can take many forms, including helping with homework, coaching youth sports, leading scout troops, getting to know a child's teachers and friends, and much more. The specific form is less significant than the involvement itself. Research consistently shows that children with involved parents tend to do better in school, stay out of trouble, and avoid drug and alcohol abuse.

Involvement in School

Being involved in your child's education can be helpful in many ways. You can be involved by helping your kids prepare for school and get extra help if they need it. Children of involved parents consistently have higher test scores, better attendance and higher self-esteem.

Awareness of Problems

By being involved in your children's lives, you can spot trouble sooner and get your kids help faster. The early signs of anxiety, depression, eating disorders and other mental disorders can be subtle, such as a comment made in passing, a change of eating and sleeping patterns, dropping old friends and spending more time alone or with different people, and poor school work.

Becoming Responsive

By getting involved in your child's school and social life, you might find yourself becoming more responsive to your child's needs in all areas—emotional, social, spiritual, intellectual, etc. Involved parents report greater confidence in their own parenting and decision-making skills. Involvement also improves a parent's attitude toward a child's school and toward education in general.

Reinforcement

By being involved in your child's activities, you reinforce a couple of important concepts. First, parent involvement signals to your child that this activity is important; the child feels that you respect and value him and his choices and priorities. Involvement also reinforces the idea that a parent isn't just someone who works and takes care of the home, but rather is a multidimensional person who can offer a variety of skills, talents and experiences to an activity. Finally, your involvement in activities outside the home reinforces the vital understanding that you are there for your children, no matter what the setting.

Setting Examples

You want to teach important lessons that will help your children later in life. By getting involved early and often, you can help pass along countless lessons. You can establish the importance of reading by taking your kids to the library and helping them pick out books. You can teach the value of physical activity by playing tennis or other sports with your children. And you can demonstrate that involvement is a key part of parenting, so when your children become parents, they will have that experience to draw upon and carry forward.

<http://www.livestrong.com/article/191766-why-parent-involvement-is-important/#ixzz2Avxrb8SB>

Greetings;

I would like to let you know that as of October 1, 2012 I have been and I am now part of the Social Services team.

My office is at the Health Centre and I can be reached there on Tuesdays, Thursdays and Fridays. I'm looking forward to working with the families and the children in another capacity. However, I will still be at the Children and Family Learning Center on Mondays and Wednesdays.

As a Family Outreach Worker some of my duties/roles include: being a mental health resource, Early Childhood Educator, assist in the COHI Children's Oral Health Initiative – Fluoride Varnishing, doing home visits, and provide programming such as the Fair Start Screener, Esso Family Math and Seed of Empathy. I am also a Health & Safety Representative. I love working with families, doing home visits, programming and being out and about in the community. I can be reached at The Children and Family Learning Center 229-0198 or at The Health Center 229-1836 ext. 614, so if you need someone to talk to give me a call or drop by.

Debbie Crosson

Family Outreach Worker

We worry about what a child will become tomorrow, yet we forget that he is someone today.
~Stacia Tauscher