



WELCOME

The First Nations Telehealth Network is proud to partner with Little Warriors. Little Warriors is a national, charitable organization based in Canada committed to the awareness, prevention and treatment of child sexual abuse. In April we will launch a new Telehealth series hosted by the First Nations Telehealth Network and Little Warriors. This series titled *Trauma Information*, will start on April 19th with the Be Brave Ranch Overview session. More information on this session is below. The *Trauma Information* series will be presented by the staff at Be Brave Ranch. This 6 part series will provide participants with information about trauma, abuse, healing and attachment. Make sure to subscribe to the [First Nations Telehealth Portal](#) to receive emails and information about this upcoming series. For more information on Little Warriors and the Be Brave Ranch visit www.littlewarriors.ca

On the right of side of this newsletter, users can access a survey link. This link will redirect you to a short survey about your Telehealth experience/needs. Your feedback is critical for our team to help bridge and deliver important programs. The survey should take approximately 5 minutes or less. As always, we thank you for your continued support.

– First Nations Telehealth Network

NEWS



IMPORTANT OUTAGE INFORMATION

There will be a network wide outage scheduled on **April 23, 2018**. We apologize for any inconvenience this might cause. These outages are important to ensure all equipment and servers are up to date and functioning at top performance. During this outage, **no videoconference sessions** will take place. Further information on the upcoming outage will be posted on the First Nations Telehealth Portal (www.firstnationsth.ca)

UPCOMING EDUCATION SESSIONS



**Canadian Mental
Health Association**

**Association canadienne
pour la santé mentale**

Canadian Mental Health Association Presents

SUICIDE AWARENESS: MYTHS & FACTS

Date: April 18, 2018

Time: 10:00 am – 11:30 am

The First Nations Telehealth Network (FNTN) welcomes Laurie from the Canadian Mental Health Association. Join us to discuss the impact of suicide and common myths and beliefs

Learning outcomes:

- Common beliefs about suicide
- Statistics
- Where to access more information

How to Register: To attend this session please register on the First Nations Telehealth Portal at www.firstnationsth.ca

Target Audience: Anyone who is interested in expanding their knowledge on suicide awareness

Please Note: This presentation will not be recorded for future viewing. If you are unable to attend this session, please subscribe to our network to receive notifications about any related upcoming sessions.



Survey Request

The First Nations Telehealth Network needs your help! Please consider filling out this short survey. All information and feedback is valuable in helping us provide communities with important services and information. The following survey can be completed online and will take less than 5 minutes of your time. [Click Here](#) to complete the survey



New Education Recordings

There were over fifteen education sessions presented to the First Nations Telehealth Network during the month of March. Of these fifteen education sessions, six have been recorded and will be available to view on the First Nations Telehealth Portal

Session 1: Be Brave Ranch Overview

April 19 2018

10:00 am – 11:30 am



The First Nations Telehealth Network invites you to join the first of six sessions in the Trauma Information series. Participants in this session will learn about the Be Brave Ranch. This multi-modal intensive, treatment facility offering children year long treatment for childhood sexual abuse and assistance and support for their parents. The vision of Be Brave Ranch is *to provide a safe and secure place of treatment and healing, aimed at the mind, body, heart and spirit of child victims and their families*

Learning Outcomes

- Overview of Be Brave Ranch
- Multimodal therapy structure
- Services for families and the family centered approach

Presented by: Dr. Wanda Polzin, MA, RSW, EdD

Dr. Wanda Polzin is currently the Clinical Director at Little Warriors/Be Brave Ranch, a Sexual Abuse Treatment Centre for Children and Youth. She has extensive clinical and programming experience working with in the field of child and family mental health and addictions as well as child and family services. Her clinical interests are in addressing the needs of complex child and family trauma and attachment, sexual abuse, and complex mental health and addictions. She has specialized training in the areas of evidence-based trauma treatment, Concurrent Addiction and Mental Health, developmental trauma and attachment, as well as FASD.

Trauma Information Series Session 1 of 6

This will be a 6 part series focused at providing participants with information about trauma, attachment, abuse and healing. Each session will be hosted by the First Nations Telehealth Network and presented by the workers at Little Warriors.

HOW TO REGISTER— You can register for this session on the First Nations Telehealth Portal (www.firstnationsth.ca)

TARGET AUDIENCE— Anyone who is interested in expanding their knowledge about trauma and the Little Warriors organization

For more information [Click Here](#) to visit the Little Warriors/Be Brave Ranch website.

For any further questions please contact the First Nations Telehealth Network at **1-888-999-3356** or vchelp@firstnationsth.ca



The Schizophrenia Society of Alberta Presents: Peer Support Information 101

Date: April 26, 2018

Time: 10:00 am - 11:30 am

In February 2018, the Schizophrenia Society of Alberta (SSA) joined the FNTN to discuss facts about schizophrenia and related disorders. This session was impactful and provided users with incredible real life knowledge on psychosis. This presentation helped the First Nations Telehealth Network form a valuable partnership with SSA. Through this partnership we are able to provide First Nations communities with education sessions that will not only teach health professionals how to help those suffering from schizophrenia but provided those living with schizophrenia, much needed support.

Join us on April 26 to discuss Peer Support opportunities in your communities. Peer support sessions are facilitated from SSA and helps those suffering from schizophrenia and related disorders.

Learning Outcomes

- What is peer support
- How can peer support help those living with Schizophrenia and their supports
- How to access these services from a First Nation community

How To Register– You can register for this session on the First Nations Telehealth Portal (www.firstnationsth.ca) or click the button below.

Target Audience– . If you feel that peer support is needed in your community please attend this session.



Session Calendar

Are you interested in attending FREE education sessions? Visit the First Nations Telehealth Portal (www.firstnationsth.ca) and view the Education calendar. All free education sessions are posted and available for users to register.



Join our electronic mailing list to get the following right to your inbox:

- Emails on recently added sessions
- Reminders on upcoming education session deadlines
- Electronic version of the monthly First Nations Telehealth Newsletter
- Important information on upcoming sessions and information on the FNTN

CONTACT US



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