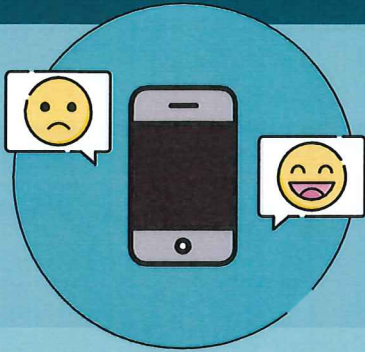




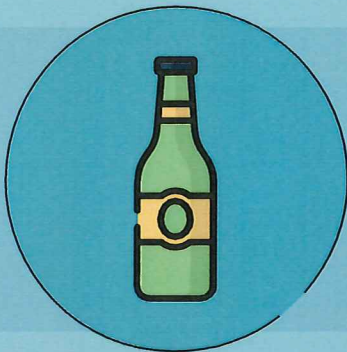
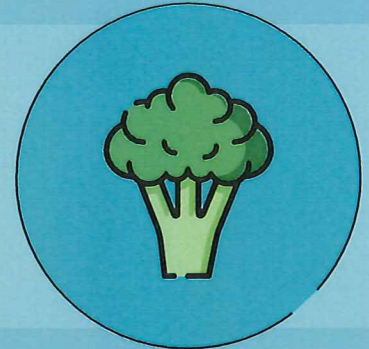
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

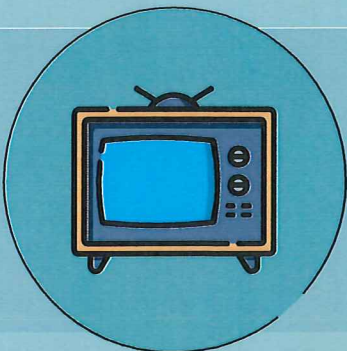
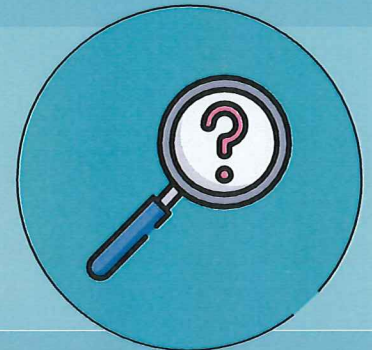
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

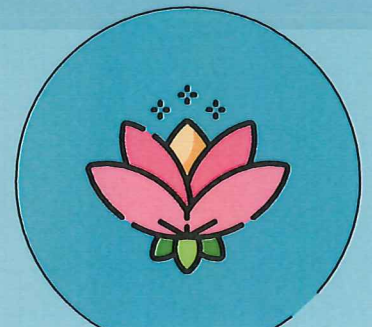
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



COVID-19 and Mental Health at Work

In distress? Contact your Employee Family Assistance Provider or call 9-1-1*

Employees may be experiencing a high degree of uncertainty, anxiety, stress, and worry about the health and safety of their family members, and how COVID-19 (coronavirus) may disrupt their personal lives and worker. It is important for all of us to acknowledge these impacts and to engage in open communication about them, including on ways to maintain and support our mental health. It is particularly important to recognize and support those who may be more directly involved in the management of the situation, and those who have been instructed to self-isolate or who may be suffering from symptoms of COVID-19.

***9-1-1 for medical emergencies only. If you are in distress about potential exposure to COVID-19, call your local health authority.**

SEEK HELP

Managers/Supervisors

Employees may wish to speak to their managers/supervisors, who will be able to advise them on what services are available to them, as well ongoing discussions while working from home.

Confidential short-term or crisis counselling

You can access confidential, short-term or crisis counselling 24 hours a day, 365 days of the year. The Employee Family Assistance Program (EFAP) offers services by phone, in-person, mobile app, and through e-counselling.

Employee Family Assistance Program

For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.

For immediate assistance, contact EFAP at **1-844-880-9142** or visit workhealthlife.com

Access Health Care

Your Public Service Health Care Plan (PSHCP) covers some prescription and medical expenses, including psychological services. Enrollment, coverage information and more is available on the [PSHCP website](#) or through [SunLife Financial](#) directly.

STAY INFORMED

You should follow the advice provided by the Government of Canada to the general population. Information specific to the Northwest Territories, including frequently asked questions, is also available on the [Health and Social Services website](#). Unionized employees may also consult their union representative as needed.

TIPS TO TAKE CARE OF YOUR MENTAL HEALTH

- Get information from reliable sources, such as Canada.ca/coronavirus
- Stay informed but follow news coverage about COVID-19 in moderation. Take breaks from watching, listening, reading to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Take care of your body. Take deep breaths, stretch or practice meditation. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.
- Stay connected. Talk to friends or family about your feelings and concerns.
- Maintain healthy relationships and respect other people's feelings and decisions.
- Show support and empathy to those dealing with difficult decisions.
- Identify what is within your control and try to direct your energy towards what most worries you within your own control.

**adapted from [Centre of Expertise on Mental Health in the workplace](#).*

tools for mental wellness

get grounded.

Whether your mind is racing with anxious thoughts, or you are feeling dissociated from your body - grounding can help. Try these grounding exercises to bring yourself to the present moment and cope with overwhelming emotions.

◆ 5-4-3-2-1 grounding

Start with sitting comfortably, closing your eyes and taking a couple of deep breaths. Now open your eyes and look around you. Name out loud:

- 5 things you can see (ie: within the room and out of the window)
- 4 things you can feel (ie: the texture of your chair, your feet on the ground, something in front of you that you can touch)
- 3 things you can hear (traffic noise or birds outside, air vents, music)
- 2 things you can smell (air freshener, perfume, food)
- 1 thing you can taste (have a piece of gum, chocolate, mint, water)

Take a few more deep breaths to end.

◆ self soothing through the senses

See - change your environment, look at pictures of happy memories, watch a funny or encouraging TV show or YouTube video.

Feel - take a bath, wear your favorite sweatshirt, hold a stress ball or fidget, hold something heavy, run your hands through snow or sand, wrap your arms around yourself and squeeze (self-hug).

Hear - listen to music, meditation guides, talk to a friend on the phone, say a coping thought aloud (ie. feelings are like a wave that comes and goes; this too shall pass; I can be anxious and still handle this situation).

Smell - light a candle, put on your favorite perfume or lotion, go outdoors and smell flowers or trees.

Taste - eat something sour (lemon, sour candy), make a cup of tea, chew some gum.

tools for mental wellness

get grounded.

◆ *really* focusing on something

Start by choosing an object to focus on and hold it in your hand. This could be anything! You may choose a crystal or stone, a figurine, or a piece of fruit. Sit comfortably, close your eyes and take a couple of deep breaths. Now open your eyes and bring your full attention to your object of choice.

Describe this object in detail: colour, patterns, weight, where shadows and light fall on it, feel the texture of the surface in your hand. Take your time with this. Take a few deep breaths to end.

*If you know you are going into a stressful situation, take one of your favorite small objects and put it in your pocket or bag so you can do this exercise on the go.

◆ challenging your memory

Try one of the following and recite the answers in your mind:

Name as many items as you can of a category of choice (this can be anything you choose - names of fast food chains, dog breeds, school subjects, places you've traveled, foods that start with A).

Count backwards by 7, starting at 100.

Choose a colour and think of as many objects of that colour that you can. You can also find all the objects in the room you are in that are that colour.

*Take deep breaths while you complete these exercises and repeat as needed.

◆ practicing deep breathing

4-7-8 breathing: breathe in for 4 sec, hold for 7 sec, breathe out slowly for 8 sec. Repeat.

Calm breath technique: breathe in, hold your breath while you calm your mind of all thoughts, and hold that as you breathe out. Repeat.

Tips for Managers: Managing Remote Employees

Our Employees' Health, Safety and Wellbeing are our #1 Priority

- Please complete the attached **Work from Home Safety Assessment** with your employees as soon as reasonably possible.

CREATE A POSITIVE REMOTE WORK CULTURE

Be Flexible

Be mindful of the fact that your employees might be managing multiple priorities at home. Some employees will have children at home, others will have a spouse or roommate who is also working from home, and some employees could be very isolated in their home environment. As a manager, you need to be flexible with your expectations with reference to employee productivity, the hours your employees will be working, and any additional stressors they may be facing.

Be Patient

With a large number of GNWT employees working from home, be prepared for a transition period. As a manager, you need to be patient as things are not going to run as smoothly as you may be used to. Your employees may be working odd hours, or may have varying access to resources at home, such as limited internet access or internet speeds, limited or no access to VPN, different programs or applications on their home devices, etc.

Continue to Check In Normally with your Employees

It is important that, though work may not be progressing at the same pace as usual, you maintain regular contact with your employees.

- It is important to keep your employees' wellbeing and mental health at top of mind, even when they are working remotely. Ask them how they are doing, coping with the situation, handling multiple priorities.
- Have longer one-on-ones so that you have time to continue to build rapport with your employees.

CHALLENGES OF REMOTE WORK

Loneliness and Isolation

Prolonged isolation can impact employees' mental health, in extreme cases leading to things like anxiety and depression. As a manager, you need to be aware of this. Do what you can to engage with your employees whenever possible. Also, encourage employees to connect with friends and family on their down time (by phone or video call), or to get out of the house for a walk and some fresh air (as long as such advice does not contradict the recommendations of the NWT Chief Public Health Officer).

Communication Issues

Be aware that with an absence of body language and facial cues, and even oral cues (like tone of voice), employees are more likely to assume negative intent when you say something that could be perceived as "threatening" (such as when you offer a critique, feedback, ask a question, etc.), and the same goes for you.

Without any of the non-verbal cues to discern intent from what we see and hear, communication issues can easily arise. Try to resolve long email back-and-forths with a phone call.

Work-Life Balance

It might be extremely difficult for employees to separate work and life when they are working remotely. With no commute to separate work time and personal time and no requirement for professional attire when working remotely, employees may struggle to separate their work from their home lives.

STRATEGIES AND TOOLS FOR MANAGING REMOTE EMPLOYEES

The following list of strategies and tools is a general list and is, by no means, exhaustive. Make sure to take into account the nature of your work and the realities that your team faces when implementing any of the suggested strategies or tools.

Use Phone Calls (or video calls and screen sharing, where secure means are available)

- Video conferencing allows employees to be more present, especially during team meetings
- Using video calls for 1:1 meetings helps you to engage better with your remote employees. It becomes easier to check on their mental health and wellbeing when you are having discussions face to face
- Some conferencing platforms allow screen sharing (ex. Zoom and GoToMeeting)

Be Responsive and Available

- Try to avoid lags in communication when answering questions from your employees
- Set out clear expectations with employees around communication, and priorities while employees are working from home

Check in Frequently and Regularly

- Daily stand-ups: Set up a morning check-in with your employees so you can see how they are coping and set priorities and you gear up for the day ahead
- Weekly/bi-weekly one-on-one meetings: Make sure to schedule times to check in to each of your direct reports individually

Be Strategic in your Communications

- Set guidelines with your employees about daily needs: Some people work better with a shopping list of questions and thoughts while others like a trickle
- Having appropriate communication with employees on urgent tasks will ensure all employees are working with the same priorities.

Stay Focused on Goals Not Activity

- It is important to manage expectations and stay focused on goals when embracing a remote workforce
- Don't worry as much about what is being done. Instead, concentrate on what is being accomplished

Keep Employee Recognition Top-of-Mind

- Make sure you are actively recognizing the efforts your employees are putting in while working remotely
- Train your employees to give recognition to others they are working with

Ask for Feedback

- Ask your employees how they are coping with working remotely, and what you can do to help
- Some employees might require more coaching as they adapt to working remotely, where others might find that frequent check-ins disrupt their flow

Mental Health and Addictions Support during COVID-19

24/7 Crisis Support

1800 668 6868
KidsHelpPhone.ca

Kids Help Phone

**Native Women's**
Association of the NWT
1 (866) 459-1114

1-800-661-0844
NWT Help Line



**YWCA**
NWT
A TURNING POINT
FOR WOMEN
1 (866) 223-7775



Kamatsiaqtut
Nunavut Helpline
1-800-265-3333

Mental Health Support

Yellowknife Community Counselling Office

A few same day appointments are available each day and all day Wednesdays, phone lines open at 8:30

1 (867) 767-9110 ext. 3

Arctic Indigenous Wellness Foundation

Telephone sessions available with traditional counsellors, available from 9:00-12:00 & 1:00-5:00

1 (867) 447-1095

Rainbow Coalition

Telephone support is available to all people with particular focus on youth including 2SLGBTQQIPAA+ issues and experiences, sexual health, identity and parenting.

1-867-444-7295

Addictions Support

Alcoholics Anonymous

Online meetings are available across Canada

<https://aa-intergroup.org/directory.php>

24/7 NWT Quitline

Confidential help line for smokers who want to quit

1 (866) 286-5099

Addiction Program Support

Phone counselling is available if you are a former client of:

Poundmakers

1 (866) 458-1884

Aventa

1 (403) 245-9050

Edgewood

1 (866) 947-5911

Fresh Start

1 (844) 768-6266

Shelters

Yellowknife Women's Society

An emergency shelter that serves adult women. Individuals who are intoxicated are welcome after 5:00pm.

1-867-873-2566

Sobering Shelter/Day Centre

For individuals experiencing homelessness and/or need a safe place to stay while intoxicated.

1-867-873-3272

The Salvation Army

Provides various services such as residential housing, shelter, dinner and case workers.

1-867-920-4673



NTHSSA • ASTNO



24/7 Crisis Outreach Mental Health Resources

Kid's Help Line

Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868

Text CONNECT to 686868

NWT Help Line

The NWT Help Line offers free support to residents of the Northwest Territories, 24 hours a day, 7 days a week. It is 100% free and confidential.

The NWT Help Line also has an option for follow-up calls.

1-800-661-0844

NWT Quitline

The NWT Quitline is a free 24 hours / 7 days a week confidential help line for smokers who want to quit.

1-866-286-5099

Native Women's Association of the NWT

Telephone-based emotional support, information and referrals to victims of crime and tragedy to all individuals in the NWT.

1-867-873-5509

Kamatsiaqtut Help Line

Toll-free, anonymous and confidential 24/7 helpline for residents of Nunavut.

1-800-265-3333

YWCA NWT Crisis Line

For women who are experiencing violence.

1-866-223-7775



NTHSSA • ASTNO



Mental Health Supports

Arctic Indigenous Wellness Foundation

Phone sessions are available with traditional counsellors for those that would like support during our healing camp shut down in the NWT.

William Greenland- **867-446-1346**

Annie Mitsima- **867-688-3027**

Ruth Mercredi- **867-444-1949**

Community Counselling Program Office

Telephone and virtual counselling services are available for all NWT residents.

767-9110 - Yellowknife

Addictions and Recovery Services

Tree of Peace Friendship Centre

Tree of Peace is also providing phone counselling to anyone on their current case load. Our understanding is that they are reaching out to their existing clients since their staff are now working from home.

1-867-873-2864

Poundmakers

Offering phone counselling for former clients who are struggling

Toll free 1-866-458-1884

Fresh Start

Offering 24 hour phone counselling to former and non-clients.

Toll free 1-844-768- 6266

Aventa

Offering phone counselling to former clients

(1-403-245-9050 or 1-403-541-4659 evenings and weekends)



NTHSSA • ASTNO

Edgewood

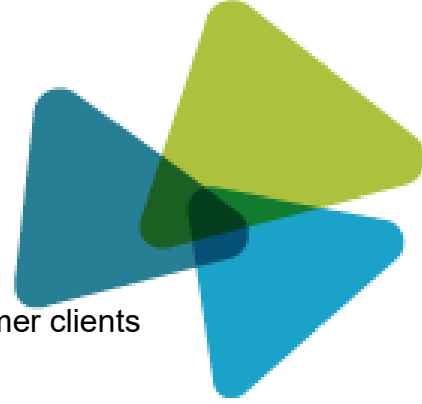
Offers 1 year of Wagon app support and phone support to all former clients
Toll free 1-866- 947-5911

AA is offering online meetings Canada –Wide

(<https://aa-intergroup.org/directory.php> or <https://www.intherooms.com/home/>)

Mental Health Commission of Canada

Offering an online framework to assist individuals with choosing appropriate mental health apps which would best meet an individual's needs (mentalhealthcommission.ca)





NTHSSA • ASTNO



Shelters

Yellowknife Women's Society

The Yellowknife Women's Society Emergency Shelter serves adult women. Meals are provided throughout the day. Individuals who are intoxicated are welcome after 5:00pm

1-867-873-2566

YWCA Alison McAteer House

For women who are experiencing violence. If you are experiencing violence, please call the local RCMP or the YWCA NWT Crisis Line.

1-866-223-7775

Sobering Centre

The Day Centre is for people who may be experiencing the effects of intoxication and are experiencing homelessness. The Sobering Centre accepts all adults who are need a safe place to sleep off the effects of intoxication or other substances, regardless of their housing status.

1-867-873-3272

The Salvation Army

Provides various services such as residential housing, shelter, dinner and case workers.

1-867-920-4673

Anthony Jones

From: Warren Gillis
Sent: October 19, 2020 2:50 PM
To: Andrea Steed; Ann Pischinger; Anna MacLeod; Anthony Jones; Brenna MacKay-Johnson; Chelsea Bradbury; Cindi Loutit; Colinda Laviolette; Courtney Kaeser; Delores Taylor; Dianne Dul; Doreen S. Schaefer; Eileen Tourangeau; Emilie Hudson; Erica McDonald; Flora Abraham; Gaby Koehler; Genevieve Cote; Georgina Skippings; Janelle Minute; Jenny Belyea; Jessica Shymkiw; Katherine Lapointe; Kelly Kenny; Khaled El Mostapha; Kimberly Bennett; Kristen Froese; Kristy Evans; Krystal Brown; Laura Hunter; Linda Germo; Lois Mezenberg; Loretta L. Laviolette; Marie-Pier Garant; Mary Cochrane-MacDonald; Mary-Lynn Berton; Michaela Douglas; Michelle A MacDonald; Miranda Norn; Nilam Ambawalage; Rhona Kindopp; Saskia Van Mourik; Sonia H. Davenport; Trudy Rose
Cc: Adam Wiedrick; Athena Sharp; Augustine Okolie; Balaji Rajasekaran; Bradley Brake; Cheyenne Paulette; Chris Heidema; Donna Bourque; Doug Meidl; Duncan Burke; Dwight Norn; Ed Hunter; Eugene Gagnon; Freda Emile; Gordon Villeneuve; Jeremy Beamish; Jerry Dion; Kelvyn Modeste; Kyle Laviolette; Margo Ziemann; Paul Cumming; Robin Durno-Allen; Shane Mandeville; Thomas Mabbitt; Toko MacDonald; Travis Phinney; Treyton Bird; Tyrrell Phinney; Warren Gillis
Subject: FW: Health and Wellness Supports and Resources
Importance: High

FYI

Warren

From: Lynn Brookson
Sent: Monday, October 19, 2020 2:39 PM
To:
Cc:
Subject: Health and Wellness Supports and Resources
Importance: High

***Please share with staff in your division or program area.
Thank you.***

Sent on behalf of Christy Campbell, Client Service Manager

Good Afternoon,

With the latest news we want to remind management and employees of the Health and Wellness supports and resources available to them. This news may or may not bring heightened anxiety or stress to some therefore please ensure employees are aware that the GNWT has supports in place.

The MyHR [Emotional and Mental Health Resources](#) page houses all available mental health and well-being resources including:

- [AbilitiCBT](#) - program to help address anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.
- [Employee and Family Assistance Program \(EFAP\)](#) - connect you with resources to assist with emotional concerns such as stress and anxiety, as well as financial and family matters and other issues that may occur during this time.

- [LifeSpeak](#) - total well-being platform where GNWT employees and their families can access expert information and videos on a wide range of topics. Use **GROUP ACCOUNT** with password = **gnwt**
- [Community Supports](#) – Local and National supports.

There are also [Wellness Webinars and Training](#) on the Learning and Development Calendar that are available for registration.


Sincerely,
Christy

Christy Campbell
Client Service Manager / Gestionnaire du service à la clientèle
Tel: 1-867-767-9154 Ext. 14152

KEEPING UP WITH YOUR MENTAL HEALTH -COVID 19 EDITION-

A FUN PRESENTATION COMING TO YOU FROM FSCC ☺

THE EXTRA STRESS THAT NOBODY NEEDS – COVID 19

- **Fear**
 - **Social Isolation**
 - **Catastrophizing potential outcomes**
 - **“what if” thinking**
 - **Concern for family**
 - **Added workplace pressures and changes**
- 

ISOLATION – IMPORTANT BUT DIFFICULT

Humans are social beings – we are not meant to be isolated – look at what happened to Tom Hanks in Castaway ---

Isolation leads to

- lowered moods
- Throw off sleep patterns
- Mess with your focus
- Loneliness is known to affect your emotional and physical health

TIPS TIPS TIPS

- **Use technology to connect**
 - Facebook messenger video chat
 - Google hangouts
 - FaceTime
 - Skype
- **Online board games that you can play with friends**
- **Set time aside to call your friends and family**
- ***Appreciate you social interactions at work... those working from home don't get that opportunity !!!***



Photo credit: www.thecorncob.com

Make a conscious effort to connect!

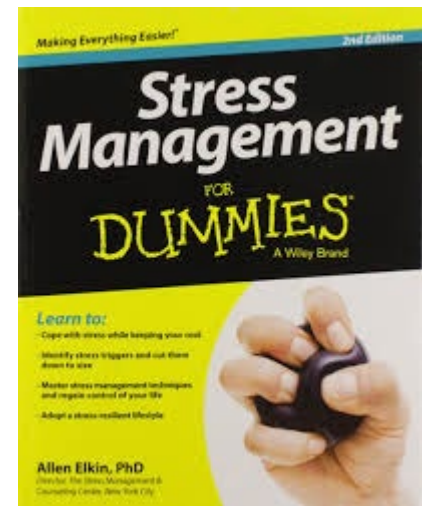
STRESS REDUCTION FOR DUMMIES

****More stress reduction tips to follow****

- Bring extra attention to regular healthy habits (i.e. diet, sleep, exercise, etc.)
- List what you believe is adding stress to you life
- Go through list and prioritize
- Address the things that have a low effort and/or high stress reduction reward first
- Let go of some things – “will this matter tomorrow?”

Examine your thinking – is it mostly positive or negative?

- Is it helpful for you to think that way today?
- What kind of thinking would make you experience less stress?
- Can I look at this differently that could reduce my stress?



Self-talk is HUUUGEEE



Photo credit: toyshoponline.com.au

and YOU control your thinking!

REDUCING NEGATIVE STIMULI

There is tons of negativity on the news and social media...

Try to limit your exposure to negativity

- Lay off the endless Facebook scrolling
- Not So Fun Fact: social media can have negative effects of anxiety and mood
- Other fun fact, the endless scrolling designed into Facebook's homepage wall, affects your brain in the same way as gambling addiction... I know pretty scary
- Use social media for the positive things – connecting with friends and posting pictures of your dog...



Photo credit: moody.af.mil



Old People Technology Meme |
www.picturesso.com

Photo credit: www.picturesso.com



Photo credit: memesmonkey.com



Photo credit: memesmonkey.com

Try to increase your exposure of positivity!

SELF-TALK

NO YOU ARE NOT CRAZY FOR TALKING TO YOURSELF


- **Interesting Fact! Talking to yourself is healthy, in fact most people talk to themselves all day every day, but don't notice that they do it. Self-talk is a healthy cognitive process.**
 - The way to talk to yourself, and I know you talk to yourself, everyone does, but not everyone notices it – shapes your cognitive processes and in turn shapes your emotional and behavioural responses

- **Self-talk shapes your brain...not physically shapes your brain (well in some ways it does.. But that's pretty complex).**
 - It shapes the pathways in your brain, and the more you practice positive self-talk or positivity in general, the more you train your brain to notice the positive things that occur in your life everyday.

- **Your Brain is a Powerful Tool, and if you don't Control it, it will Control You...**
- **Positive self-talk is extremely helpful in managing stress**
- **Be kind to yourself!!! (self-compassion)**
 - "Today will be a good day"
 - "You can do this"
 - "One day at a time"
 - "I did what I could today, now I can relax"
 - "This will pass"
 - "I got this"
 - "I have a job to do, and I will do it"
 - "I deserve to be happy today"
 - "Stress is ok, I'll get through it"



Photo credit: biglifejournal.com



Self talk is the most powerful form of communication because it either empowers you or it defeats you.

Photo credit: dontwastaday.blog

Express Gratitude on a daily basis and increase your mood significantly over time!

What are you Grateful for today?

STRESS REDUCTION THROUGH UNDERSTANDING THE ROLE CONTROL PERCEPTION

Your perception of control and perception of control on the outcomes in your life, are highly related to the way in which people experience stress and manage stress.


Ask yourself: Is there anything I can do in the here-and-now to fix this problem? If not, what's the use in creating yourself extra stress – try to let it go:

- “There’s nothing I can do about it right now – no sense of me spending energy worrying about it”

Ask yourself: What is within my control, that I can do today, to positively influence my outcome? Once you do that, reassure yourself:

- “I did everything I can within my control right now, there’s nothing more I can do – no sense stressing myself out right now”
- “I called my family and told them I love them, that’s all I can do from isolation right now”



 alamy stock photo

XD8054
www.alamy.com

Photo credit: www.alamy.com

Recognize what you CAN and what CAN'T control
Try to let go of the stress attached to what you can't control

IT'S TIME TO BRING BACK THE FUN



What are the things that naturally bring you joy?

What are the things you do to relax?



- Take a nice long warm bath?
- Go for a walk? Fresh air? Out in nature?
- Inside movie date with the hubby or the wifey?
- Cooking yourself a nice meal?
- Binge watch the Tiger King on Netflix?
- Have a glass of wine....



Photo credit: thecinemaholic.com



A glass of wine may be relaxing for you but please avoid using alcohol as a go-to coping mechanism...



Behavioral activation is designed to increase your contact with specific positively rewarding activities.

Fun fact, behavioural activation alone, can treat depression as good as any cognitive technique... not that you are depressed... but just fun to know how powerful it truly is.

“With great power comes great responsibility” ~Spiderman’s Uncle

BREATHE IN, BREATHE OUT, AND BREATHE SOME MORE

1. Deep breathing soothes the nervous system – it's magical I know

2. Practice meditation, there are tons of benefits

3. Check out your App Store, there are tons of apps to help you!

4. YouTube is your friend !

Check out link below:

<https://www.youtube.com/watch?v=LJQOoAw0BjY>



Photo credit: yourwdwstore.net

You + YouTube = Friends!!



Photo credit: dreamstime.com

EXERCISE!

No need to become a marathon runner or a power lifter overnight...

Just 30 minutes of exercise will

- (1) Make you feel like to accomplished something (uh BONUS!!!!)
- (2) Release endorphins in your brain that increase mood and reduce stress
- (3) Play a role in maintaining your physical health

Note: Exercise is awesome for stress reduction –“Fancy Scientist People said so...”



Photo credit: pinterest.ca



Photo credit: dreamsime.com



Photo credit: wallpaperflare.com

WE'RE ALMOST DONE...

If you feel like you need additional help, please reach out to a mental health professional

Resources Available to you:

a) LifeSpeak can be accessed through the following link by signing into the GROUP ACCOUNT with password: gnwt

<https://gnwt.lifespeak.com/welcome>

b) The GNWT has supports in place through the Employee Family Assistance Program. For immediate and confidential assistance 24 hours a day, 7 days a week, call 1-844-880-9142 or visit www.workhealthlife.com

c) Or, feel free to contact Kevin Dionne (contact info on next slide)

**We will get through these hard times
TOGETHER as a TEAM!!**

THE END



Photo credit: 123rf.com

Kevin Dionne, MA
Corrections Counsellor
Fort Smith Correctional Complex
P: 867-872-6560 and/or 867-872-6581
E: Kevin_Dionne@gov.nt.ca



WE'RE HERE FOR YOU

Free telephone support. Learn skills to manage:
Behaviour issues (3-12 years old)
Anxiety issues (6-18 years and older)

Strongest
Families
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From: [Lorraine McDonald](#)
To: [Alvina Sibbeston](#); [Angela Hamilton](#); [Diane Chisholm](#); [Joseph Fourstar](#); [Justin Minute](#); [Laverne Cameron](#); [Michelle J. Smith](#); [Noella Cayen](#); [Sharon Caudron](#); [Curtis Gill](#); [Don Mabbitt](#); [Jeff Lamoureux](#); [Orlando Kerr](#); [Trenna Corrigal](#); [Andy McKay](#); [Anthony Beck](#); [Brent Townend](#); [Brian Morin](#); [Cheryl Melanson](#); [Daniel Beck](#); [David Sanguiez](#); [Deloris Shiels](#); [Dennis Parker](#); [Faye Johns](#); [Garett Flaherty](#); [Heather Johnson](#); [Ian Thiesson](#); [Jack Bassett](#); [Jacqueline Carriere](#); [Jason Salter](#); [Jeanette Mandeville](#); [Jonathan Wallington](#); [Kenneth Boyer](#); [Kirk Alcos](#); [Kristy Cooper](#); [Luke Campbell](#); [Marek Napiorkowski](#); [Norenda Unka](#); [Robert Haley](#); [Serena Skavinski](#); [Therese Fordy](#); [Tristan Cross](#); [Vanin Gill](#); [Vince Mckay](#); [Warren Durocher](#)
Cc: [Kristy Cooper](#); [Brent Townend](#)
Subject: RE: Standing Order 7.02.03 Epidemics and Outbreaks Updated
Date: Wednesday, March 25, 2020 5:38:03 PM
Attachments: [Precautions - Droplet.pdf](#)
[PPE Putting on and removing.pdf](#)
[Precautions - Contact.pdf](#)
[Correctional Facility SMCC Screening Questionnaire for Contractor and Vi....pdf](#)

In addition, moving forward there will be a new folder that will be created tomorrow for any updated information that this circulated – Titled “SMCC Pandemic Communication”. Please ensure that you take the time to review this folder.

Prior to the beginning of shift, supervisors have been tasked to provide oncoming supervisor and staff verbally of any new changes. It is imperative that we continue to work closely together in managing our operation so that we can keep all the occupants of SMCC as safe as possible.

If there are any questions or concerns, please discuss with your supervisor. If they are unable to provide you with the answer, they will assist in getting you a response as soon as possible.

These are trying times for all the staff and inmates at SMCC; as well as other correctional facilities as we all work through the challenges before us. We do appreciate your patience and recognize that this is a very stressful time for everyone.

Please remember to use EFAP to help manage your well-being. Self-isolation when you are away from work, will only help support your home life as well as protect your work environment and colleagues.

Thank you,

Lorraine

From: Lorraine McDonald
Sent: March 25, 2020 5:13 PM
To: [Alvina Sibbeston](#); [Angela Hamilton](#); [Diane Chisholm](#); [Joseph Fourstar](#); [Justin Minute](#); [Laverne Cameron](#); [Michelle J. Smith](#); [Noella Cayen](#); [Sharon Caudron](#); [Curtis Gill](#); [Don Mabbitt](#); [Jeff Lamoureux](#);

Orlando Kerr; 'Trenna Corrigan'; Andy McKay; Anthony Beck; Brent Townend; Brian Morin; Cheryl Melanson; Daniel Beck; David Sanguiez; Deloris Shiels; Dennis Parker; Faye Johns; Garrett Flaherty; Heather Johnson; Ian Thiesson; Jack Bassett; Jacqueline Carriere; Jason Salter; Jeanette Mandeville; Jonathan Wallington; Kenneth Boyer; Kirk Alcos; Kristy Cooper; Luke Campbell; Marek Napiorkowski; Norenda Unka; Robert Haley; Serena Skavinski; Therese Fordy; Tristan Cross; Vanin Gill; Vince Mckay; Warren Durocher

Cc: Kristy Cooper; Brent Townend

Subject: Standing Order 7.02.03 Epidemics and Outbreaks Updated

Importance: High

To all staff,

Attached is updated Standing Order 7.02.03 Epidemics and Outbreaks which is to be read and **signed off ASAP**. Supervisors of are ensure this is done with each corrections staff on duty, prior to March 31, 2020.

New sign off sheet at Control.

Lorraine

From: Lorraine McDonald

Sent: March 14, 2020 12:53 PM

To: Alvina Sibbeston; Angela Hamilton; Diane Chisholm; Joseph Fourstar; Justin Minute; Laverne Cameron; Michelle J. Smith; Noella Cayen; Sharon Caudron; Curtis Gill; Don Mabbitt; Jeff Lamoureux; Orlando Kerr; 'Trenna Corrigan'; Andy McKay; Anthony Beck; Brent Townend; Brian Morin; Cheryl Melanson; Daniel Beck; David Sanguiez; Deloris Shiels; Dennis Parker; Faye Johns; Garrett Flaherty; Heather Johnson; Ian Thiesson; Jack Bassett; Jacqueline Carriere; Jason Salter; Jeanette Mandeville; Jonathan Wallington; Kenneth Boyer; Kirk Alcos; Kristy Cooper; Luke Campbell; Marek Napiorkowski; Norenda Unka; Robert Haley; Serena Skavinski; Therese Fordy; Tristan Cross; Vanin Gill; Vince Mckay; Warren Durocher

Cc: Kristy Cooper; Brent Townend

Subject: Standing Order 7.02.03 Epidemics and Outbreaks - Sign Off Sheet

Sign off sheet has been placed in Standing Order binder at Control. All staff to are to have read and signed off by March 31, 2020.

From: Lorraine McDonald

Sent: March 13, 2020 5:19 PM

To: Alvina Sibbeston; Angela Hamilton; Diane Chisholm; Joseph Fourstar; Justin Minute; Laverne Cameron; Michelle J. Smith; Noella Cayen; Sharon Caudron; Curtis Gill; Don Mabbitt; Jeff Lamoureux; Orlando Kerr; 'Trenna Corrigan'; Andy McKay; Anthony Beck; Brent Townend; Brian Morin; Cheryl Melanson; Daniel Beck; David Sanguiez; Deloris Shiels; Dennis Parker; Faye Johns; Garrett Flaherty; Heather Johnson; Ian Thiesson; Jack Bassett; Jacqueline Carriere; Jason Salter; Jeanette Mandeville; Jonathan Wallington; Kenneth Boyer; Kirk Alcos; Kristy Cooper; Luke Campbell; Marek Napiorkowski; Norenda Unka; Robert Haley; Serena Skavinski; Therese Fordy; Tristan Cross; Vanin Gill; Vince Mckay; Warren Durocher

Cc: Kristy Cooper; Brent Townend

Subject: Standing Order 7.02.03 Epidemics and Outbreaks

Importance: High

To all staff,

You are to review that attached new standing order for Directive 7 Contingency Planning, 7.02.03 Epidemics and Outbreaks.

This will be uploaded onto Share Point and sign off sheet to follow.

Supervisors are to ensure that staff have reviewed and understand.

Appendix B Health Screening Questionnaire has been added to forms and is implemented effectively immediately.

Thank You | Mársı | Kinanāskomitin | Merci | Haǰı' | Quana | Qujannamiik | Quyanainni | Máhsı | Máhsı | Mahsi

Lorraine McDonald
Warden
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Department of Justice
Government of the Northwest Territories

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