
April 13, 2022

Mental Health Webinar for Residents and 5 Days of Wellness for Mental Health Week 2022

OARC is pleased to partner with the Canadian Mental Health Association (CMHA) to offer a mental health and wellness education session tailored for residents on Wednesday, May 4th from 2pm-3pm.

In this one-hour webinar, Jill Dennison, Mental Health Promotion and Resilience Facilitator, will deliver a general overview of mental health in older adults, while dispelling myths and addressing the stigma associated with mental illness. Jill will also share some practical wellness tips, highlight some free resources that people living in long-term care settings can access, and provide tips for using validation therapy techniques. Opportunities to support peers who might also be struggling will be explored. This session will conclude with tools and strategies for moving forward, and a live question and answer period.

Register today for this informative session:

https://us06web.zoom.us/webinar/register/WN_RYrptlm2SL2dRezOJN281w

About our guest speaker: Jill Dennison is a Mental Health Promotion and Resilience Facilitator with the Canadian Mental Health Association in Hamilton. A graduate of Wilfrid Laurier University, Jill provides education to the community as a Mental Health First Aid Instructor, an ASIST (Applied Suicide Intervention Skills Training) Instructor, a safeTALK instructor and a facilitator of the Mental Health Works program. Jill is also coordinator of the TAMI (Talking About Mental Illness) program. Jill is a wife and mother of 3 adult children and two furbabies.



OARC recommends: Work with your LTC home teams to arrange a live screening of this webinar with small groups of residents and/or bring together Residents' Council leaders to build their capacity and understanding of this important area that affects so many. Plan to hold a discussion to debrief and share key learnings afterwards.

Join OARC for 5 Days of Wellness during Mental Health Week

Health and wellness looks and feels different for everyone. For Mental Health Week 2022, OARC invites you to work with your home teams and plan to incorporate these wellness initiatives into your Program Calendars/Activity offerings for the week of May 2-8. You might even come up with your own activity ideas based on resident input!

Mindfulness Monday – Plan to incorporate a mindfulness minute or meditation activity into your day. These may include (but are not limited to):

- Breathing Exercises
- Guided Meditation, Body Scan or Body Awareness exercise
- Journaling
- Therapeutic Colouring
- Connecting with Nature

Talk Tuesday – Consider using an article from the Canadian Mental Health Association to inspire and guide a small group discussion about wellness and peer support at your home:

[Empathy: the key to peer support](#)

[Listening to understand, not to judge](#)

[The art of listening in six simple steps](#)

[The power of empathy](#)

[Empathy: A skill you can learn](#)

Webinar Wednesday – Register today for the session outlined above.

Thoughtful Thursday – Join OARC's [Resident Forum](#) and share how you support your own wellness and that of your peers

Fact Sheet Friday- Stay Tuned as OARC Releases a new Fact Sheet with Tips to incorporate wellness discussions into your Residents' Council meetings and identify supportive partners in your long-term care home.

Supporting mental health and wellness is an ongoing, year-round commitment.

This year, the [Canadian Mental Health Association's Mental Health Week campaign](#)

hashtags include #GetReal and #MentalHealthWeek. At OARC we're committed to #GetReal about this topic, keep the conversation going, and offer tailored education opportunities to residents to promote increased understanding and awareness.

Thank you for sharing this initiative at your home.