

Eastern Health Announces Recipients of Community Addictions Prevention and Mental Health Promotion Fund

January 15, 2015 - St. John's, NL: Eastern Health today announced 11 recipients for the Community Addictions Prevention and Mental Health Promotion Fund. Grants were awarded to projects and programs that aim to provide prevention and harm reduction strategies to reduce problematic substance use and/or gambling, promote mental health and challenge stigma.

"At Eastern Health, we believe that the greatest outcomes are achieved when we work together with our communities and partners who share our vision of *healthy people, healthy communities*," said Beverley Clarke, Vice-President responsible for Mental Health and Addictions at Eastern Health. "This fund does exactly that – it provides us with the opportunity to build partnerships and support innovative programs that improve the health and well-being of our communities and the people we serve."

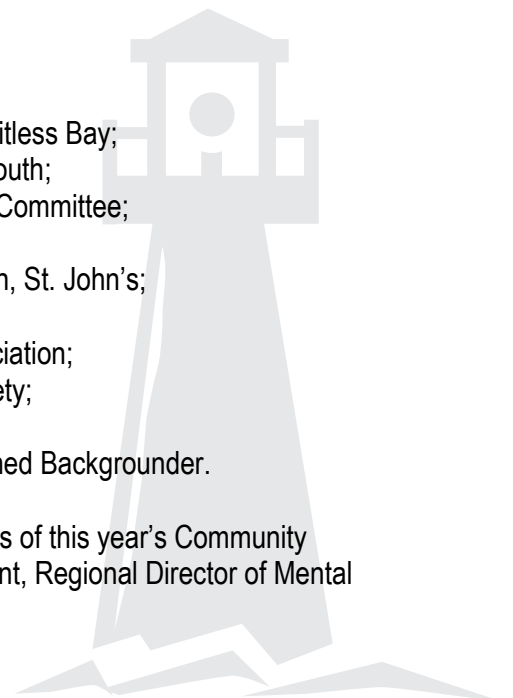
The fund, which was first introduced in December 2009, is an initiative of the Department of Health and Community Services. It is administered by the four regional health authorities: Labrador-Grenfell Health, Western Health, Central Health and Eastern Health. Since 2009, Eastern Health has been allocated over \$260,000 from the Department of Health and Community Services for the fund, including the funding provided to this year's recipients.

This year, Eastern Health distributed a total of \$44,172 towards projects that support mental health promotion and addictions prevention, with a maximum grant amount of \$5,000 per project. Successful applicants included the following:

- *FRIENDS*, Boys and Girls Club of St. John's;
- *Community Skate/Bike Park*, Lethbridge Park Committee;
- *Strengthening Connections*, Waypoints, St. John's;
- *Being Fit and Healthy – The Senior Way*, O'Conner 50+ Club, Witless Bay;
- *Mindfulness Matters*, Holy Spirit High School, Conception Bay South;
- *Making Waves*, Placentia-Cape Shore Community Connections Committee;
- *Welcome*, The Pottle Centre, St. John's;
- *YMCA Alternative Suspension Program*, YMCA Northeast Avalon, St. John's;
- *STEP*, The Splash Centre, Harbour Grace;
- *Voices Heard and Answered*, Bay Bulls to Bauline Athletic Association;
- *Starting Early with Positive Mental Health*, Trinity Historical Society;

More detailed information about each recipient can be found in the attached Backgrounder.

"On behalf of Eastern Health, I would like to congratulate the 11 recipients of this year's Community Addictions Prevention and Mental Health Promotion Fund," said Kim Grant, Regional Director of Mental



Health and Addictions at Eastern Health. “We are pleased to provide these organizations with the support they need to put their innovative ideas into action and help them to promote mental health and prevent addiction issues in our communities.”

Eastern Health’s Strategic Plan for 2014-2017, *Together, We Can*, emphasizes a population health approach to support better health outcomes for our communities. The Community Addictions Prevention/Mental Health Promotion Fund mirrors Eastern Health’s strategic plan by offering financial support to programs that provide communities with sustainable resources in dealing with mental health promotion and addictions prevention.

For more information about the Community Addictions Prevention and Mental Health Promotion Fund, including a description of [this year’s recipients](#), please visit www.easternhealth.ca/yourhealth.

About Eastern Health

Eastern Health is the largest, integrated health authority in Newfoundland and Labrador employing approximately 13,000 dedicated employees and serving a population of more than 300,000 people. The authority has an annual budget of approximately \$1.3 billion and offers the full continuum of health and community services including public health, long-term care, community services, hospital care and unique provincial programs and services. Its geographic boundaries extend from St. John’s west to Port Blandford including all communities on the Avalon, Burin and Bonavista Peninsulas.

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Media contact:

Angela Greenslade
Media Relations Manager (Acting)
T: 777-1426
angela.greenslade@easternhealth.ca

Backgrounder

Recipients of Community Addictions Prevention and Mental Health Promotion Fund

FRIENDS

By: Boys and Girls Club of St. John's

Awarded \$5,000, this project focuses on teaching children and youth skills to cope with their feelings of fear, worry and depression by building resilience and self-esteem. It also teaches cognitive-behavioural and emotional skills in a simple, well-structured format. This project will target children and youth, ages 5-12.

Community Skate/Bike Park

By: Lethbridge Park Committee

Awarded \$5,000, this group will develop an area for youth to engage in physical activity such as skateboarding and biking with the overall goal of promoting physical activity to decrease the number of youth becoming involved in substance use behaviour.

Strengthening Connections

By: Waypoints, St. John's

Awarded \$5,000, this group will use funding to facilitate a seven week program that will engage and partner with adolescents who have experience with trauma and are currently in the care of Child, Youth and Family Services. This program will promote trauma informed self-regulation through the use of self-regulation tools and techniques they can utilize.

Being Fit and Healthy – The Senior Way

By: O'Connor 50+ Club, Witless Bay

Awarded \$5,000, this group will use funding to run a program which incorporates the importance of physical and mental health in seniors (50+) through provision of activities within and outside the community of Witless Bay. These activities will focus on fitness within the community, fitness outside the community and socialization/reduction of isolation among seniors.

Mindfulness Matters

By: Holy Spirit High School, Conception Bay South

Awarded \$4,997, this group will use funding to target two healthy living classes at Holy Spirit High School (approximately 50 grade 10 students) with mindful tools that will help them manage stress, anxiety and different situations, as well as increase their emotional resilience, and develop attentiveness.

Making Waves

By: Placentia-Cape Shore Community Connections Committee

Awarded \$5,000, this group will facilitate a series of community media events that will support and foster the development of supportive communities, promote mental health and support child, parent and/or family development. This will be achieved via radio broadcast with a target population of the community of Placentia and the other communities within the Cape Shore area.

Welcome

By: The Pottle Centre, St. John's

Awarded \$3,100, this group will use funding to purchase resources required to welcome new members into the Pottle Centre. These resources and materials will provide information which promotes mental health services within the community and information regarding mental health.

YMCA Alternative Suspension Program

By: YMCA Northeast Avalon, St. John's

Awarded \$4,780, this group will use funding to implement an Alternative Suspension Program with the target population of high school students who are suspended or at risk of suspension. This program works in partnership with high schools to provide an alternative to students being sent home and left to their own devices. Instead, alternative suspension staff accompany the individual through the suspension process over the course of three to five days. This program seeks to intervene with youth at a time of crisis, and to take an otherwise negative situation and turn it into a learning opportunity.

STEP

By: The Splash Centre, Harbour Grace

Awarded \$3,200, this funding will be used to implement the "STEP" Students Trained for Educating Peers Program which focuses on structured workshops surrounding mental health and handling crisis situations. This program will provide education and training to select students, who can then take their skills and knowledge to their schools to become peer trainers. These students will also have the ability to create support groups within their school (for example: LGBTQ+/Straight Alliance Groups, support groups, after school peer support). The target population is youth aged 14-18 years.

Voices Heard and Answered

By: Bay Bulls to Bauline Athletic Association, Bay Bulls

Awarded \$3,650, this group will offer a series of workshops based on identified needs within the Bay Bulls to Bauline area. Topics to be considered in these workshops include healthy relationships, cyber citizenship, dealing with stress, addictions, healthy eating and positive body image. The target population is reflective of all individuals within the catchment of preteen to 50+.

Starting Early with Positive Mental Health

By: Trinity Historical Society, Trinity

Awarded \$1,125, this group will use funding to support the development and implementation for programming within the Bishop White School in Port Rexton. This will include a target population of children ages 10-18. The project will include different initiatives within school grades with the goal of heightening awareness around decision making regarding substance use and increasing skills regarding coping with stress, anxiety, etc.