

## BENEFITS OF LAUGHTER

- Decreases Stress
- Sends Signals to the Brain that you're in a Good Mood
- Relaxes the Body and Releases Feel Good Chemicals
- Shifts Your Perspective
- Lowers Blood Pressure
- Improves Alertness/ Creativity and Memory
- Improves Sleep
- Strengthens Social Bonds
- It Cost Nothing to Laugh



"It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either"  
~Unknown



# MTW News

## Mapping the Way

Multi-Disciplinary Mental Wellness Clinical Team

VOLUME 1 ISSUE 2

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## I Feel Better Now!

Beginning this fall, Mapping the Way will be partnering with DHSD to deliver a Trauma Program for Children.

The *I Feel Better Now!* group will meet twice a week, while Mapping the Way is in Hopedale, for four to five months or until the Program is completed.

The group is intended for youth 8 – 14 years of age, and is a way for children and youth to be in a supportive environment in which children's reaction to loss can

be normalized, thereby reducing the impact of the trauma. When the loss involves trauma, the child must cope with the trauma before dealing with the loss issues.

Parent and/or caregiver involvement helps as well. During orientation to the program, they are given information and coping strategies to help their children process the trauma. There will be an intake, feedback and summary throughout the eight sessions.



If you are interested in having your child/ child in care participate in the *I feel Better Now!* support group please contact us.

Ask to speak to Cathey or Reta at Mapping the Way: 896-4480

## "Career Fair"

On September 26, 2012 Mapping The Way team members Lisa Dennis, Leeanne Fowler and Cassandra Chaulk partnered up with Sheshatshiu Innu School's Guidance Counsellor— Roche Collins and the province's Career Development Liaison Officer— Sherry Turner, to host a half day Career Fair at Sheshatshiu Innu School. Some of the presenters included a Fireman, a Heavy Duty Mechanic, an Electrician, an Educator, a Nurse, an Occupational Therapist, a Social Worker, and a Journalist. There were also present-

ers from PAL/Innu Mikun Airlines and Nalcor. Several Aboriginal role models were presenters. There was high student attendance and participation. Feedback was positive from all groups attending.

Studies show that "lack of occupation leads to lack of purpose, which can trigger depression, suicide or violence." (Townsend and Polatajko 2007) As well, Kirmayer's research showed that "Suicide risk decreases if youth are doing well in school, or if youth attend

church at least once a week during the past year." Mapping The Way is looking for your feedback on ways to encourage kids from six and up to dream about their future! Please feel free to contact us with ideas.





6 Hillcrest Drive  
 P.O. Box 1016 Station C  
 Happy Valley - Goose Bay, NL  
 A0P 1C0

Phone: 709-896-4480

Fax: 709-896-4660

[www.labradormappingtheway.com](http://www.labradormappingtheway.com)



Beauty \* Calm \* Deep Breathing \* Harmony \* Heal \*  
 Meditation \* Music \* Peace \* Prayer \* Quiet \*  
 Relaxation \* Relief \* Walks

## October was Occupational Therapy Month

Questions & Answers with Mapping The Way's Occupational Therapist : Lisa Dennis

**Q: Occupational Therapy awareness month is October; can you tell me a little about what Occupational Therapy is?**

**A:** An Occupational Therapist is a health professional (university trained) who works with clients of all ages (birth to death) with various impairments, diseases or disabilities – physical, mental, emotional, developmental or spiritual. Occupational Therapy has the following proverb at the heart of its philosophy. “Give a man a fish and he eats for a day. Teach a man to fish and he eats for a lifetime. “ (Chinese proverb). They help patients perform a wide range of daily living and working activities that are essential to daily life, including eating, cooking, dressing, bathing, mobility, meal preparation, transportation and occupation (job, volunteer work, school work) so they can live independent, satisfying lives. OT’s look at how the environment may affect a person’s functioning and teaches people how to make changes to their environment so that they can function better.

**Q: What type of conditions can benefit from OT?**

**A:** Occupational therapists work with clients diagnosed with many conditions, including mental, physical, emotional, and developmental issues. An Occupational

Therapist works with seniors to keep them safe in their home; children with developmental delays and disabilities; injured employees to help get them back to work; people having mental illnesses and/or addictions; people with a terminal disease and palliative patients; basically anybody that is not able to live their lives as they are used to due to a disease or disability.



**Q: Tell me how you first got involved with OT?**

**A:** I first decided to become an OT when I entered university. I wasn’t accepted into the program due to low physics and chemistry marks, but after talking with the director of the department and expressing my interest in OT, she decided to let me give it a try. So three days later I was in OT school! There was a lot of obstacles to overcome and I did struggle with some of the courses, but I worked hard and never gave up fighting and I made it! I love being an OT and it was worth the fight! Mapping The

Way will have four OT students joining the team in the new year from January to April. It will be good opportunity to have more OT exposure to Labrador.

**Q: What sort of Activities/Events have you been working on?**

**A:** Right now I am putting together capacity building activities such as FASD workshop, Handwriting without Tears workshop, and a Sensory Processing Disorder in-service. I will be teaching strategies to help teachers and those working with kids with FAS, ADHD, and Sensory processing disorder. Such strategies include: the Alert program, and parts of the Brain Gym.

**Q: What can we look forward to in regards to Occupational Therapy with Mapping The Way?**

**A:** I will be providing treatment to children using different modalities to increase functioning of 7 out of 8 of their senses... We have 8 senses not 5! They are: sight, smell, taste, hearing, touch, balance, body awareness and interoception. Look for treatments such as therapeutic listening, Interactive Metronome and Astronaut Training Protocol, to name a few. As well I will be offering violence prevention training and an introduction to the 12 step recovery program at Labrador Correctional Center. I also hope to offer an exciting and empowering exercise program to girls ages 14 and up.