



Carmichael Connection

June 2017

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

SURREY MEMORIAL BEGINS BRAIN STIMULATION TRIAL FOR YOUTH SUFFERING FROM ADDICTION

Excerpts from: [CBC News](http://www.cbc.ca/news/canada/british-columbia/surrey-memorial-begins-brain-stimulation-trial-for-youth-) Posted: May 25, 2017
<http://www.cbc.ca/news/canada/british-columbia/surrey-memorial-begins-brain-stimulation-trial-for-youth->

Neuro-engineer says treatment helps those where other options have failed

A clinical trial for a type of brain stimulation therapy is underway at Surrey Memorial Hospital, and one expert says it can help youth suffering from addiction and depression, when all other options have failed.

Faranak Farzan, an assistant professor of mechatronic engineering at Simon Fraser University, says transcranial magnetic stimulation — or TMS — is much less invasive than other methods of brain stimulation, like electroconvulsive therapy or shock therapy.

"Transcranial magnetic stimulation is essentially stimulating your neurons through very short pulses of magnet that's stimulated and directed to a specific part of the brain. It does not hurt. It causes the neurons to fire up and change their activity over time when it's repeatedly delivered on that area over days," said Farzan, who is also the chairperson for Technology Innovations in Youth Addiction Recovery at the university.

When you're suffering from a mental health issue like addiction or depression, she explained, your brain gets stuck in certain loops and it cannot get out of those states.

The treatment re-configures the brain tissue and helps it find a new, healthier feedback pattern.

Different from shock therapy

Farzan said TMS is different from shock therapy, which uses electric currents passing through the brain of a sedated patient to trigger seizures.

In some cases, shock therapy has caused short term confusion and long term memory loss.

She says transcranial magnetic stimulation — which she has tested out on herself — feels more like a "light tapping sensation on the scalp."

In general, Farzan says there are fewer side effects than shock therapy, although some patients report headaches.

Patients undergoing TMS remain awake and alert, and the magnetic device is non-invasive.

Alternate therapy

The most promising aspect of the therapy may be its potential to help patients where other options have failed.

Using data from trials in the University of Toronto at the Centre for Addiction and Mental Health, Farzan said, about 30 per cent to 50 per cent of youth who had failed other treatments including antidepressant treatments and behavioural therapy responded to this treatment.

"In addiction, it's possible that this sort of treatment gives them a baseline so that they can then go through a more long term recovery in a more effective way."

The clinical trials run in partnership with the John Volken Academy, the City of Surrey, Simon Fraser University and the Surrey Fire Fighters Charitable Society.



HETEROSEXISM

Definition

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Lifeworks!

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STAFF SPOT LIGHTS



Birthdays ~ June 2017

- Melanie Precious
- Bah Chovie
- Samantha
- Jason

Staff Draw Winners

MAY: Jordan Kevin B. Jonathan C.



Welcome New Staff & Returns

- Susan Uzo Sofia
- Precious Anesu Chovie

RANDOM FAST FACTS



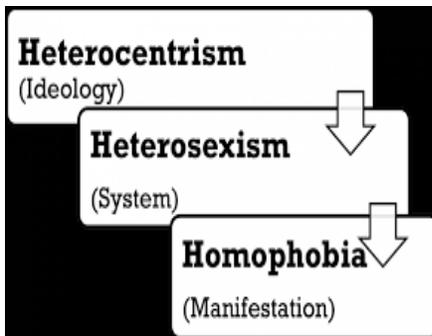
Russia didn't consider beer to be alcohol until 2011. It was previously classified as a soft drink



The potatoes closest edible relative is the eggplant

OOPS!

If we have missed anyone off the Staff Spotlights please contact the office so we may correct in the next issue. Thank you!



HETEROSEXISM

Submitted by: Cathy Bontogon, Residential Coordinator

Heterosexism is the thought, belief or idea that being heterosexual, or 'straight' is superior, normal and 'right' as opposed to being gay, lesbian, or bisexual.

Homophobia literally means being afraid of those who may be gay, lesbian, or bisexual.

Because of this fear (and often contempt), people who are homophobic often treat those who are gay, lesbian, or bisexual negatively. The following are some examples:

- Name calling or jokes against someone's sexual orientation.
- Acts of violence against people who are gay, lesbian, or bisexual.
- Denying same sex couples the right to be married.

Homophobia remains one of the hardest subjects for both young people and adults to talk about. Much of this challenge, comes from being unaware about the 'myths and facts' of Lesbian/Gay/Bisexual/ Transgendered (LGBT) issues. It is important for everyone to know that when we talk about diversity, homosexuality, heterosexuality, bisexuality and other sexualities are also a part of our society and one of the ways in which we all differ. LGBT people and communities have been primary targets of discrimination for a very long time.

The fact remains that people, especially youth who identify themselves as being either lesbian, gay, or bisexual have limited resources, and support. About 30% of LGBT youth drop out of high school without finishing grade 12 because of verbal and physical harassment and violence

HETEROSEXUAL PRIVILEGE

Heterosexual privilege is an advantage given to heterosexual persons simply because they are heterosexual.

and other barriers that make up homophobic environments (Vos-Browning, 1995).

"Often all it takes is someone to perceive that someone else is gay, lesbian or bisexual for that second person to be treated differently."

HETEROSEXUAL PRIVILEGE

Prom/School Dances - At many high schools same-sex couples cannot attend proms, etc. School dances are intended to promote heterosexual relationships.

PDA's (Public Displays of Affection) – Heterosexual couples show affection in the hallways and at school events. Same-sex couples cannot show affection like heterosexual couples can.

Dress Codes - At some high schools, dress codes prohibit males from wearing dresses or skirts. This reinforces gender roles that support a heterosexually based society.

Class Content - What is taught in classes is usually taught with a heterosexual bias and an assumption that all students are heterosexual. Homosexuality is rarely talked about in classes

Assumption of Heterosexuality -Everyone assumes someone is heterosexual unless that person tells them otherwise. This is why gays and lesbians have to 'come out' to their friends and family. Imagine if heterosexuals had to come out to their friends and family.

Workplace - Gays and lesbians have been fired from jobs because of their sexual orientation.

Mental Health Support

Submitted by: Carmela Tavor. Executive Administrator/Co-Owner

At Carmichael Enterprises, we believe in keeping healthy employees at work. This is why we feel it is important for our eligible employees to have access to the Best Employee and Family Assistance program, Ceridian Lifeworks. It is our hope that all eligible employees are taking advantage of this confidential service.

Every year, one in five Canadians will experience a mental health problem, whether it's a struggle with depression, anxiety, addiction, severe stress, or another issue. And millions more will be affected by a mental health issue in someone they love.

Contact LifeWorks, toll-free 1-866-331-6851, any time: Are you concerned about a child who may be suffering from anxiety, a family member who may be abusing opioids, or about an issue in your own life? Their caring, professional consultants are available 24/7 with expert advice and confidential support.

Log in any time to the program website: This month, see the Mental Health Support feature on their home page. You'll find links to articles, infographics, and a new podcast, "Managing Your Moods," featuring Christine Padesky, clinical psychologist, bestselling author, and cognitive behavioural therapy expert. She describes simple research-tested skills you can learn to improve your mood and boost happiness.

LifeWorks is here to support you and your loved ones through whatever challenges you may be facing.

Visit www.lifeworks.com or login.lifeworks.com.

Please refer to your LifeWorks wallet card for website username and password.

- Carmela Taylor

24/7/365 Clinical Support

Mental health problems, including non-clinical diagnoses like stress and burnout, are estimated to cost Canadian employers \$33 billion annually in lost productivity. LifeWorks delivers support and resources to promote emotional well-being.

- EAP-appropriate: individualized approach to counseling.
- Live chat support and life coaching.
- Live webinars with experts in field on various wellness and clinical topics.
- Unlimited routine crisis support.
- Address concerns and help navigate life changes to improve productivity, engagement and retention."



UP COMING EVENTS



NATIONAL HEALTH & FITNESS DAY

June 3, 2017

<http://nancygreeneraine.ca/fr/national-health-fitness-day>



CARF Canada

Webinars ~ CARF is committed to providing the highest quality education and training opportunities in a format that promotes ease of access and participation. Our web-based trainings offer you the following:

- Training in the comfort of your own office or home.
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- An engaging and interactive format.
- Multiple participants in the training for one connection price.

<http://www.carf.org/Events/Webinars/>



MEN'S MENTAL HEALTH AWARENESS DAY

June 13, 2017

Woman with Down syndrome to compete in Miss USA pageant

Excerpts from: [Alexander Maveal Global News](#)

<http://globalnews.ca/news/3402297/woman-with-down-syndrome-enters-miss-usa-pageant/>

A Minnesota woman is looking to make history by becoming the first person with Down syndrome to enter the Miss USA pageant's regional competitions.

Mikayla Holmgren, a Bethel University student and avid dancer, has been accepted to compete in the Miss Minnesota USA pageant after applying online.

"I want to do this. My mom is so freaked out but I want to do this," Mikayla told local media. "I want to do this, on my own and I'm really, really proud of myself," she added.

The 22-year-old, who believes beauty begins on the inside, will take part in the state competition this November in hopes of qualifying for the nationally televised final next spring.

"Outside beauty, it's like inside out because I'm thinking about what's gorgeous. Like happy, joyful," Mikayla told WCCO. "I'm just really excited, it's out in the world and people are going to know about this."

Mikayla, who won the title of Minnesota Junior Miss Amazing in 2015, has already started preparing to take the stage in the fall, practising her interview skills and walking in high heels.

The pageant judges competitors on three categories: evening gown, swimsuit and interview

Mikayla's family hopes her appearance in the competition will help inspire others.



"She's an ambassador. She's going to be a leader and stands firm for others that maybe don't know how to achieve things," Mikayla's mother, Sandi Holmgren, said.

"Hats off to the selection committee for taking a broader picture and looking back and saying, look at her credentials and say let's go for it," added Craig Holmgren, Mikayla's dad.

"I want the world to know that Downs Syndrome does not define me," Mikayla wrote on a crowdfunding page that was set up to help cover her costs. "With your help, I can help break through walls."

It's not the first time the Miss Minnesota USA pageant has been used as a platform to show beauty in all forms.

Last year Halima Aden, who was born in a Kenyan refugee camp, became the first Muslim woman to wear both a hijab and burkini during the competition.

Carmichael Connection

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Uplands Home ~ Harbourview Place ~ Matt & Dan's Home ~ Buckley Bay Home ~ Bronte's Home ~
Outreach Home ~ Sherbourne Home ~ Nim Nim House ~