



Carmichael Connection

August 2018

HEAD OFFICE
 2219D McGarrigle Road
 Nanaimo, BC V9S 4M4
 Tel: (250) 585-2889
 Fax: (250) 585-2861

CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

EXTREME HEAT WARNING

Excerpts from: https://weather.gc.ca/warnings/report_e.html?bc46

Environment and Climate Change Canada, in conjunction with Medical Health Officials, have issued this alert due to the persistent high daytime temperatures, warm overnight low temperatures and the extended duration of this warm period.

Environment and Climate Change Canada and Medical Health Officers are reminding people to take precautions to protect themselves from the heat, including:

- ✓ Stay hydrated by drinking cold beverages, preferably water.
- ✓ Spend time in an air-conditioned facility for at least several hours every day.
- ✓ Avoid sunburn by staying in the shade and using sunscreen with SPF 30 or more.
- ✓ Never leave people or pets in a parked car.

Extreme heat affects everyone.

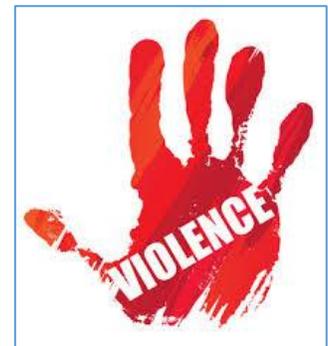
The risks are greater for young children, pregnant women, older adults, people with chronic illnesses and people working or exercising outdoors.

Watch for the effects of heat illness: swelling, rash, cramps, fainting, heat exhaustion, heat stroke and the worsening of some health conditions.

Heat stroke is a medical emergency. If you feel dizzy or disoriented seek medical attention. Call 911 or your local emergency number. If someone has a high temperature and is unconscious or confused or has stopped sweating. Cool the person right away.

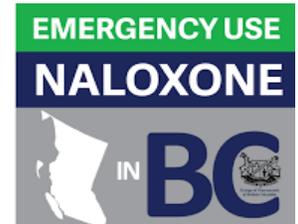
Get informed

- Check the local news for health and safety updates.
- For more information on heat-related illness, call HealthLinkBC at 811.
- Contact your local government to find out what services (such as air-conditioned buildings and public splash parks) are available in your area.



MENTAL HEALTH ALONE IS NO PREDICTOR OF VIOLENCE

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NALOXONE SPRAY

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STAFF SPOT LIGHTS



Birthdays ~ August 2018

Aquila Yuko Fred Nicole
 Heather G Bryan Jen C. Pam M
 Brandie Mark D Kelsey

Staff Draw Winners

June: Jennifer F.



Welcome New Staff & Returns

Muchengeti Derrick Rehka Travis

RANDOM FAST FACTS



T-shirts were originally marketed to unmarried men who didn't know how to sew buttons back on collared shirts themselves.



There really was a Captain Morgan. He was a Welsh pirate who later became the lieutenant governor of Jamaica

OOPS!

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



The Cost of Caring: 10 Ways to Prevent Compassion Fatigue

Excerpts From: GoodTherapy.org Staff
<https://www.goodtherapy.org/blog/the-cost-of-caring-10-ways-to-prevent-compassion-fatigue-0209167>

Compassion fatigue is characterized by physical and emotional exhaustion and a profound decrease in the ability to empathize. It is a form of secondary traumatic stress, as the stress occurs as a result of helping or wanting to help those who are in need. It is often referred to as "the cost of caring" for others who are in physical or emotional pain. If left untreated, compassion fatigue not only can affect mental and physical health, but it can also have serious legal and ethical implications when providing therapeutic services to people.

1. GET EDUCATED

If you know you are at risk for compassion fatigue, taking the time to learn the signs and symptoms can be a helpful means of prevention. The most common signs and symptoms of compassion fatigue include:

- Chronic exhaustion (emotional, physical, or both)
- Reduced feelings of sympathy or empathy
- Dreading working for or taking care of another and feeling guilty as a result
- Feelings of irritability, anger, or anxiety
- Depersonalization
- Hypersensitivity or complete insensitivity to emotional material
- Feelings of inequity toward the therapeutic or caregiver relationship
- Headaches
- Trouble sleeping
- Weight loss
- Impaired decision-making
- Problems in personal relationships
- Poor work-life balance
- Diminished sense of career fulfillment

2. PRACTICE SELF-CARE

Practicing self-care can be a critical method of protecting yourself against compassion fatigue. It is not uncommon for those who are constantly concerned with the needs of others to wind up neglecting their own.

A good self-care regimen will look different for each person, but it should generally include:

- Balanced, nutritious diet
- Regular exercise
- Routine schedule of restful sleep
- Balance between work and leisure
- Honoring emotional needs

3. SET EMOTIONAL BOUNDARIES

It can be especially important for therapists, social workers, nurses, and caregivers alike to set firm emotional boundaries to protect

themselves. Empathy and compassion are generally at the forefront of a human services career.

The challenge is to remain compassionate, empathetic, and supportive of others without becoming overly involved and taking on another's pain.

4. ENGAGE IN OUTSIDE HOBBIES

Maintaining a solid work-life balance can help protect you from compassion fatigue. When all your time is spent working or thinking about work, it can be easy to burn out. Studies have shown work-life balance is becoming more important to workers, and making time for leisure activities and personal hobbies outside of work can help lower stress levels and improve overall life satisfaction.

5. CULTIVATE HEALTHY FRIENDSHIPS OUTSIDE OF WORK

While it is great to have strong relationships with your co-workers, it is equally important to cultivate and maintain healthy relationships outside of work. It can sometimes be difficult for co-workers to avoid talking about work even outside the workplace. Connecting with friends who are not aware of the ins and outs of your work situation can provide much needed emotional and professional relief.

6. KEEP A JOURNAL

Journaling is an excellent way to process and release emotions that may arise from your line of work. Taking the time to cultivate self-awareness and connect with your personal thoughts and feelings can help prevent suppression of emotions, which can lead to compassion fatigue over time.

7. BOOST YOUR RESILIENCY

Resilience is our ability to bounce back from stress. While some people seem to naturally be more resilient than others, resilience is a skill that can be learned and cultivated.

8. USE POSITIVE COPING STRATEGIES

While it may be tempting to wash away the stress and emotional burdens of your job with alcohol or drugs, this can actually work in the reverse and compound stress in the long run. Consider making a list of positive coping strategies to use in times of stress.

9. IDENTIFY WORKPLACE STRATEGIES

Workplace strategies are often an important part of compassion fatigue prevention. If your employer does not currently have any in place, consider suggesting their implementation.

Some workplace strategies that have been proven to be beneficial are:

Support groups and open discussions about compassion fatigue in the workplace

- Regular breaks
- Routine check-ins
- Mental health days
- Onsite counseling
- Relaxation rooms, massage, meditation classes, etc.

10. SEEK PERSONAL THERAPY

If you find yourself feeling emotionally vulnerable, significantly stressed, or overwhelmed, consider seeing a therapist who can help you process your feelings and implement strategies to help you combat compassion fatigue and maintain a healthy work-life balance.

MENTAL ILLNESS ALONE IS NO PREDICTOR OF VIOLENCE, STUDIES AND EXPERTS AGREE

Excerpts from: Sherry Noik · CBC News

<http://www.cbc.ca/news/health/mental-illness-and-violence-no-easy-answers-1.4761035>

In the wake of a mass shooting — or any other senseless tragedy — the search for answers begins. How could it happen? Could it have been prevented? What can we do to prevent it from happening again?

The question of whether there is a relationship between mental illness and violence — and the potential threat it may pose to public safety — was renewed this week after the family of Faisal Hussain, the gunman in Sunday night's deadly shooting rampage in Toronto, said he was mentally ill.

"Our son had severe mental health challenges, struggling with psychosis and depression his entire life," the statement said.

The vast majority of violence is not perpetrated by people with mental illness. - Dr. Ari Zaretsky, Sunnybrook

Two people were killed and 13 others injured in the attack, jolting a city already rattled by escalating gun violence. Hussain died from a gunshot wound moments after exchanging gunfire with Toronto police officers.

And while some explanation of what may have tormented or even motivated Hussain may add to our understanding, experts agree mental illness is just one of many potential red flags and not a reliable predictor of behaviour.

"The vast majority of people with mental illness are not violent, and the vast majority of violence is not perpetrated by people with mental illness," said Dr. Ari Zaretsky, chief of psychiatry at Sunnybrook Health Sciences Centre in Toronto.

"So I think it's really important to take that message and think about that message."

In Canada, only a fraction of perpetrators of crime are deemed "not criminally responsible on account of mental disorder" — a legal status with a strict definition, which doesn't rule out the possibility of mental illness in those found to be criminally responsible.

And most of the worst mass killings in Canada have not been officially attributed to mental illness:

There was speculation after the fact that École Polytechnique shooter Mark Lépine had a personality disorder or psychosis, but he was never formally diagnosed.

Zaretsky said there is a potential for violence by someone with severe mental illness such as psychosis — unless their illness is treated and under control, in which case "they are no more likely than the general population to perpetrate a violent act." "Not a primary contributor".

The role of mental illness in violent crimes has been studied extensively, but no clear links have emerged.

Kevin Cameron, executive director for the Canadian Centre for Threat Assessment and Trauma Response, estimates that major mental illness is a variable — "but a variable, not a primary contributor to risk" — in no more than 25 per cent of mass shootings.

"What we do see is all these other variables: childhood trauma, family dysfunction, maybe drug and alcohol abuse, relationship issues, all merging," Cameron told CBC News in an interview. Any combination of these issues may be

Cameron, who led the crisis response team after the 1999 school shooting in Taber, Alta., said it's a myth that people just "snap."

"Reality is, many of the mass killers had no history of violence until the day they walked into a community, a school, a church and opened fire," Cameron said.

Perpetrators communicate intentions

He said perpetrators usually leave a trail of clues along the way.

"One of the things people do consistently ... is communicate ideas and intentions prior to. They talk to others. They make concerning statements."

An extensive FBI report on mass killings in the U.S. reached much the same conclusions, saying shooters show a range of what it called "concerning behaviours."

"In light of the very high lifetime prevalence of the symptoms of mental illness among the U.S. population, formally diagnosed mental illness is not a very specific predictor of violence of any type, let alone targeted violence," the report said.

In the aftermath of a mass shooting, attention also turns to policing practices, access to guns and underlying socioeconomic conditions that can give rise to crime.

Conflating the violence with mental illness only further stigmatizes people, said Arthur Gallant, a mental health advocate who has himself been diagnosed with depression, anxiety and borderline personality disorder.

"It is very troubling seeing what happens and misconceptions as to what mental illness is, what it looks like and how it manifests itself," Gallant, 28, said in an interview with CBC News.

"People with mental illness such as myself live very freeing, fulfilling lives. I am able to work and maintain a full-time job. I travel. I hang out with my friends."

He said explaining away a mass shooting or other violence is just too simplistic. "When we link mental illness to a tragedy such as this, it somehow makes us feel better that it wasn't this person's fault and something they could not control and something made them do this."

UP COMING EVENTS**International Overdose Awareness Day**

prevention and remembrance

INTERNATIONAL OVERDOSE AWARENESS DAY**August 31, 2018**<https://www.overdoseday.com/category/canada/>**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.
- No travel-related costs.
- An engaging and interactive format.
- Multiple participants in the training for one connection price.

<http://www.carf.org/Events/Webinars/>**BC DAY****August 6, 2018**

Ontario pharmacist urging B.C. to opt for naloxone spray over needle to treat overdose

Excerpts from: By [Robyn Crawford](#) Reporter CKNW

<https://globalnews.ca/news/4335556/east-coast-pharmacist-urging-b-c-to-opt-for-naloxone-spray-over-needle-to-treat-overdose/>

An Ontario pharmacist is recommending that the B.C. government adopt the use of naloxone nasal spray to fight the opioid crisis.

“British Columbia unfortunately has been the hardest hit with this issue across Canada.”

The Ontario government introduced the free nasal spray this past spring, and as a result say they’ve noticed a significant rise in the number of people getting naloxone kits of their own.

Pharmacist Alison Tario says the spray is much less abrasive than the naloxone needle that the B.C. government currently provides.

“If someone has overdosed on an opioid, someone who might be helping them only has to insert the nozzle into the nostril, push one button to deploy the drug into the nasal cavity,” she said.

“There’s absolutely no reason why you couldn’t give it to anyone, and it’s the same dose for children, for adults, for seniors, it’s very, very easy to use.”

Tario also said it’s especially important this time of year to have options like this available.



“We talk a lot about using it at music festivals and concerts and that sort of thing.”

Naloxone only works on opioid related overdoses, like heroin or fentanyl.

Carmichael Connection

Serving Nanaimo to Campbell River

Randi's Place ~ Wellington Place ~ Oceanside Place ~ Creekside Place ~ Shamrock Home ~ Hammond Place ~
Uplands Home ~ Harbourview Place ~ Matt & Dan's Home ~ Buckley Bay Home ~ Bronte's Home ~
Martin Place ~ Outreach Home ~ Sherbourne Home ~ Nim Nim House ~