The CASS Report

January 2023

Every year you make a resolution to change yourself. This year, make a resolution to be yourself.

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HAPPY NEW YEAR!

The CASS Report

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Standard Statement

The service provider is committed to promoting and protecting the rights of individuals accessing services and making certain their rights are centred on respect, personal choice and control, freedom of expression, confidentiality and privacy, and the prevention of abuse and neglect.

To maintain an intentional focus on the individuals' rights, the service provider:

• maintains the knowledge and skills to promote, support, educate and advocate for the rights of the individuals it serves,

- endeavors to be culturally competent and
- maintains a process to review, respond to and remediate complaints or conflicts regarding service delivery.

The emphasis on personal rights guides service delivery and interactions with individuals, their families, and their natural supports.

SEASONAL DEPRESSION

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Seasonal depression is real!

Formally known as Seasonal Affective Disorder (SAD), the Mental Health Foundation defines SAD as a form of depression that people experience at a particular time of the year or during a particular season – mainly during the winter season.

Its' okay to feel a bit low as we battle our way through the frosty months. Consider following these tips to help boost your mood:

- Keep active It can be hard to exercise during the winter, but it's important to keep your body moving. Consider taking the stairs at work or switching to athome workouts if it's too cold to go outside. Also check out the Sit Less Move More campaign to get moving in the workplace.
- Make the most of natural light Getting some fresh air, and exposing yourself to bright natural light can be effective in reducing SAD symptoms. Try going for a short stroll on your lunch break, and making the most out of the daylight.
- Eat well Cutting out junk food, and incorporating more fruits, and veggies in your diet can really make a difference in the way you feel, especially during the winter. Check out our blog on the Role of Diet in Mental Health to learn more.
- Get a vitamin boost Less sunlight means less Vitamin
 D. Taking supplements is a good way to get your daily
 dose of Vitamin D, and other essential vitamins.
- Unwind Long and cold work weeks can really take a toll on your well-being. Make some downtime for yourself, and do something to relax and de-stress.
- Reach out to people Open up to family and friends about how you're feeling. You can also join support groups which is a good way to share your experience with others who are going through something similar.

We want to hear from you!

Would you like to add something to the newsletter please submit



Check out the CASS Website – www.c-a-s-s.org for all your training requirements. Once logged in, go to Training in the Staff Quick Links section for a complete list of required (and, some optional) training. If you have questions email training@c-a-s-s.org

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Please let your coordinator know your training days so schedules can be altered to accommodate your client.

Abuse Awareness Training – on the CASS Website - expires every three years

Open Future Learning (OFL) – Two modules of OFL are mandatory for all CASS Staff – "Challenging Behaviours" and "Introduction to Your Role". Email training@c-a-s-s.org to register for OFL. No expiration. Challenging Behaviours – Part II – on the CASS Website - no expiration

Medication Administration – If you need Med Admin for your position with CASS, email training@c-a-s-s.org to register for this course. When you have completed the course, please email linda.mcnaull@c-a-s-s.org to arrange a time for the practicum.

Health and Safety - on the CASS Website - no expiration

First Aid/CPR – First Aid/CPR – Staff needing to update their First Aid/CPR need to be sure the trainer is Government of Alberta OH&S Approved. The following link gives a list of the approved training providers: http://humanservices.alberta.ca/working-in-alberta/1348.ht

Mental Health First Aid Mental Health First Aid (MHFA)– January 18 and 19, 2023

Is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis?



Updated Process: 1) E-transfer the CPI course payment of \$50 CAD (tax included) to cpi@c-a-s-s.org

2) Signup for CPI by selecting your preferred date using Calendly link https://calendly.com/sarah-mcmillen-cpi/cpi-training

3) DAY 1 CPI Training (Online) - Complete online component no later than the Monday before selected CPI date (link emailed 2 weeks before chosen date). If not completed by then, participant can't attend the DAY 2 CPI Training (In Person)

4) DAY 2 CPI Training (In Person) – 09:00 to 15:30 at the old CASS office on the CPI date that was selected. DAY 2 CPI Training includes review/discussions of the online portion and the physicals

5) The instructor will email the CPI blue cards to training@c-a-s-s.org upon the completion of the entire CPI training for updating. The original blue cards will be emailed to the participant's home address