



**United Way**  
Thompson Nicola Cariboo

# Community Health and Well-Being:

on the path to resiliency after the 2017 BC wildfires

November 5, 2018

Laura Dewar and the Community Wellness Team

# 2017 wildfires and now 2018...

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“Multiple hits” – mudslides in burnt areas, flash floods and many wildfires

Smoke exposure

Loss

Sudden upheaval/  
change  
in environment



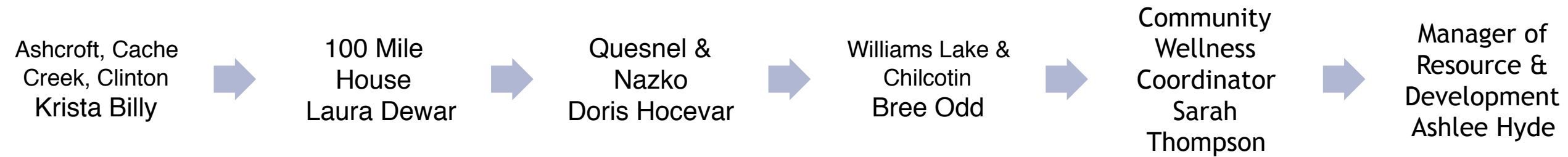
Repeated exposure  
to stress (e.g. multiple  
evacuation orders)

Pre-existing health conditions

Anticipation of fire activity

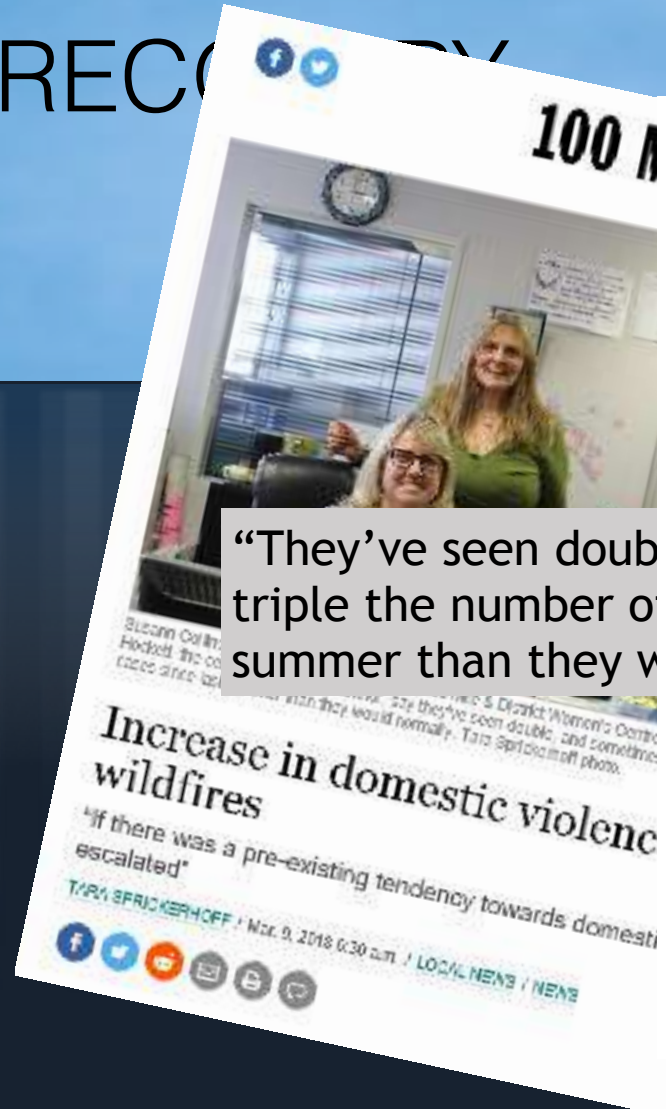
Prolonged exposure to stress (e.g. long evacuation orders)

# Community Wellness Team



RECOGNITION

what if talk



# B.C. Wildfires 2018: Mental health a concern as smoke chokes province

Health experts say the fear of climate change may be causing a lot of anxiety.

TIFFANY DRAWFORD Updated: August 23, 2018



Smoke from hundreds of wildfires burning around B.C. could be harming more than just your physical well-being, say health experts.

It may also lead to poor mental health.



The Canadian Mental Health Association is urging B.C. residents to practise self-care and good mental wellness during this prolonged stretch of poor air quality caused by the more than 500 wildfires burning around the province. That may include getting lots of rest, exercising indoors, spending more time with friends, and speaking to a professional if the anxiety persists more than a couple of weeks.



“Maya Russell, a spokeswoman for the Canadian Mental Health Association, said for many British Columbians the smoke is causing anxiety about climate change.”

involving mental health

on will be at the 100 Mile B.p.m.

COMMUNITY

Students are having panic attacks enough to prevent the coming to school and also seen suicidal thoughts more so than before.”

Students are directly connected with the anxiety but has said he has seen a rise in students seeking help from services outside of school due to their inability to

They've been affected by the ability to find people to talk to and for them to make the cognitive leap to understand how far they go in depth to where the anxiety has an impact.”



PARADIGMS/MINDSETS

aloneness

supports

anger

guilt

fear

hopelessness

mental health



# Community health and well-being

- ▶ How do we improve resiliency in our communities?
  - ▶ Identify/address gaps and needs in mental health services
  - ▶ Identify regions that need targeted outreach services
    - ▶ Certain populations, such as FN, front-line wildfire workers or post-partum mothers



# Building resiliency

- Wellness seminars



**100 MILE HOUSE WELLNESS SEMINAR**  
A FORUM FOR PEOPLE WITH WILDFIRE-RELATED STRESS

**SEMINAR INFORMATION**

Date: Tuesday, May 20th, 2024  
Time: 10:00am - 1:00pm  
Venue: 100 Mile House  
1000 Lakeshore Drive, Suite 100  
North Vancouver, BC

**Who should attend?**

- Individuals who have experienced, or are currently experiencing, the impact of wildfire-related stressors, such as property loss, displacement, loss of income, and other challenges.
- Individuals who are currently experiencing or have experienced wildfire-related stressors, such as property loss, displacement, loss of income, and other challenges.
- Any other wildfire-affected workers who desire to learn more about the seminar and its benefits.

Supported By: 

Disaster Psycho-social (DPS) 




**STRONG ENOUGH**  
Building mental wellness & community resiliency together

**5 FOCUSED SESSIONS**  
*(All sessions are free)*

**Monday June 4th** 2pm-4pm  
Business owners, managers, HR  
The Pioneer Complex

7pm-8:30pm  
Parenting Anxious Children  
Catholic Bethel Church

**Tuesday June 5th** 10am-12pm  
Mental Health Professionals Focus  
The Pioneer Complex

2pm-4pm  
Indigenous Focus  
The Pioneer Complex

7pm-8:30pm  
Community, all welcome  
Catholic Bethel Church

**FEATURING**



Dr. Kristen Bubb, Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic.

She is an engaging speaker who regularly provides educational workshops on mental health issues.

**JOIN US TO LEARN ABOUT:**

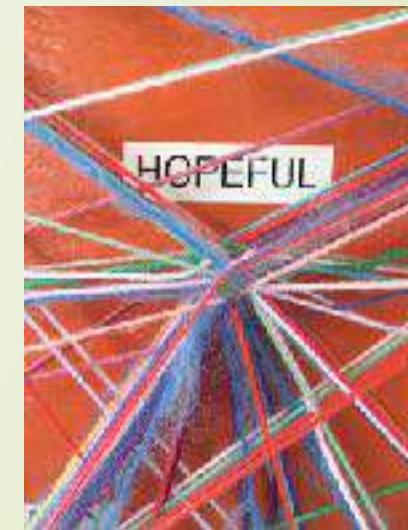
- Supporting friends, family, and neighbours.
- Removing barriers of stigma and fear to address mental health needs after trauma.
- Understanding and normalizing anxiety and developing strategies to manage stress.
- Equipping care professionals with tools to further their practice with clients.





# Building resiliency

- ▶ Wellness seminars
- ▶ Wildfire Anniversary events
  - ▶ Brings the community together
  - ▶ Creates positive memories
  - ▶ Creates opportunities to identify needs, create connections and provide education



# Building resiliency

- Wellness seminars
- Wildfire Anniversary events
  - Brings the community together
  - Creates positive memories
  - Creates opportunities to identify needs, create a plan, and provide education

## Training seminars

- Psychological first-aid
- Crisis intervention training (e.g. CISD)
- Suicide awareness (ASIST and safeTALK training)

### SafeTALK Workshops Suicide Awareness and Referral

*How do you respond to a friend who may be at risk of suicide?  
You know that most people considering suicide  
do not want to die, but they do want help.  
This half-day or evening workshop will help you recognize  
a friend at risk, and give you tools for effective referral.  
Your understanding words can save a life!*

Join us for one of three  
SafeTALK workshops at  
St. Peter's Anglican Church  
(downstairs in McLeod Hall)  
549 Carson Drive, Williams Lake  
Facilitator: Kathy Prevost, CMHA



Wednesday, October 24: 1 pm - 4:30 pm  
Thursday, October 25: 6 am - 12:30 pm  
Thursday, October 25: 6 pm - 9:30 pm

Tuition is free. Snacks, coffee and tea will be provided.  
Please contact us to register, or to request more information:

250-392-4248

[info@stpeters.ca](mailto:info@stpeters.ca)

<http://www.facebook.com/StPeterVLC>

Please leave your name, contact information and preferred session time.

Funded by a grant from the Anglican Church of Canada



**PWRDF**  
The Princess's World Relief  
and Development Fund

## Workshops

### Comprehensive Crisis Preparation & Response



#### Individual and Group Crisis Intervention Training With Val O'Leary



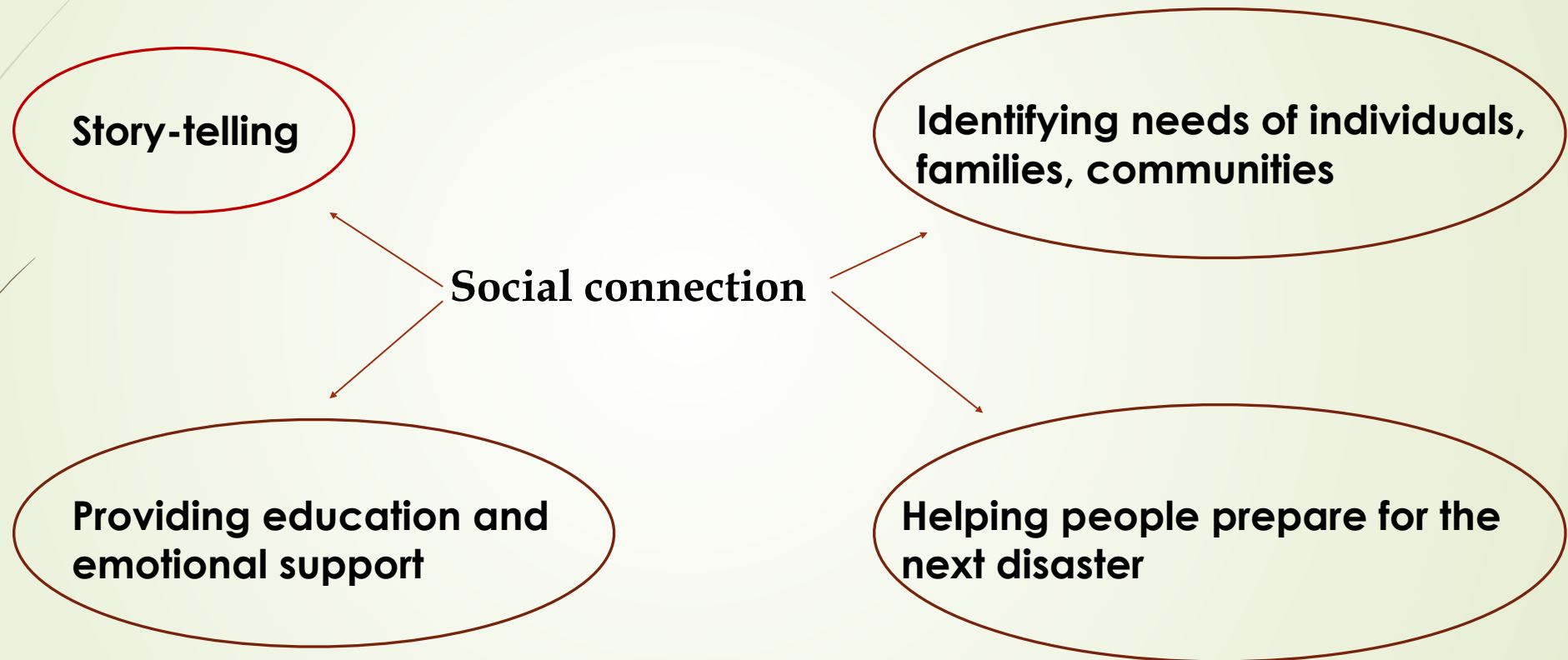
Dates and Times:	Individual	Day 1:	October 4, 2016	8:00am-noon
		Day 2:	October 4, 2016	8:30am-noon
	Group	Day 1:	October 4, 2016	1:00pm-4:30pm
		Day 2:	October 5, 2016	8:30am-3:00pm

Location:	St. Timothy's Church basement, 105 Backstock Road, 500 Mile House, BC
Particip. limit:	20 participants
Fees:	Please bring your lunch
Cost:	\$45.00 for materials and \$25.00 per workshop. If a financial hardship, please let us know.

500 Mile House & District Women's Centre Solely for Women and Facilitated by Val O'Leary of  
For further information regarding registration, please contact: Kallie Moody at the  
WORKSHOP COST: \$70-\$80/HR



# Building resiliency “take home” points



# TO RESILIENCY

## EVENTS

sharing stories  
Getting back to work  
connecting with others ↑

## PATTERNS

keeping things in perspective ↓ stress/  
anxiety  
overcoming new obstacles

## STRUCTURES

easier  
events to share lived experiences and  
connect  
mental health awareness ↑  
initiatives  
mental health services ↑

## PARADIGMS/MINDSETS

connected loved  
supported  
trusting hopeful





# Community resilience: moving forward

[laura@unitedwaytnc.ca](mailto:laura@unitedwaytnc.ca) 250-395-0020

