

OCASI

The Ontario Council of Agencies Serving Immigrants

Is pleased to announce an online webinar series focusing on:

Mental Health and Trauma Informed Care for Service Providers

This 6-day webinar series is designed for service providers across the province working with newcomer communities. The series will provide an overview of fundamental mental health principles and follow with approaches to culturally competent and trauma informed care. The series will end with a crisis intervention workshop focusing on conflict resolution and promoting resiliency. The webinar series is designed to be stand alone and participants can choose to attend webinars of interest, though you are encouraged to attend all webinars and complete the series. To enroll in the webinar, follow the Eventbrite link below for each webinar. We encourage you to use your organization email address when registering for the webinars.

Webinar Series Schedule:

Webinar 1: Overview on Mental Health – What It Is – Demystifying Mental Health

October 15, 2020 | 2-3:30p.m.

This workshop touches on the physical and mental health conditions affecting newcomers' full integration and broadens the scope of settlement services to include early identification and appropriate referrals for newcomers with signs and symptoms of mental illness.

Register here: <https://ocasimhpwebinar1.eventbrite.ca>

Webinar 2: Mental Health and Stigma

October 22, 2020 | 2-3:30p.m.

This workshop will invite people with lived experience to promote culturally competent best practices and reduce the stigma of mental illness among service providers and in the communities. The training aims to strengthen front line workers' ability to develop effective care plans for clients.

Register here: <https://ocasimhpwebinar2.eventbrite.ca>

Webinar 3: Effective Support – Cultural Competence

November 5, 2020 | 2-3:30p.m.

This workshop aims to strengthen participants' knowledge in a culturally responsive approach and enhance their capacity towards culturally competent practices, which is critical for a welcoming community with such a diverse population

Register here: <https://ocasimhpwebinar3.eventbrite.ca>

Webinar 4: Trauma Informed Care – What Does It Mean and How It Can Be Provided

November 12, 2020 | 2-3:30p.m.

The purpose of this interactive workshop is to introduce trauma-informed practices to intervening and communicating with immigrant and refugee populations. The presentation will examine the impact of trauma. This will create the context for learning core principles of trauma-informed practice while reflecting on current practice approaches used. Using interactive exercises and discussion, trauma-informed practices will be applied to relevant scenarios.

Register here: <https://ocasimhpwebinar4.eventbrite.ca>

Webinar 5: Service Provider Self Care and Resiliency (Amid COVID-19)

November 19, 2020 | 2-3:30p.m.

The purpose of this interactive workshop is to help individuals recognize the signs of distress within themselves and in particular during COVID-19. The presentation will define and explain the difference between burnout, compassion fatigue and vicarious trauma. Effective self-care practices will be discussed both from an individual and organizational perspective. Through small group discussions, participants can share their own self-care practices.

Register here: <https://ocasimhpwebinar5.eventbrite.ca>

Webinar 6: Crisis Intervention – How to Mitigate Situations When Staff Face with Clients

November 26, 2020 | 2-3:30p.m.

The workshop will focus on building the capacity to support diverse clients in distress and foster resiliency, including discussion on strategies and key steps to achieve these goals.

Register here: <https://ocasimhpwebinar6.eventbrite.ca>

What equipment do I need to use to join the webinars?

All you need:

- Windows or Mac computer
- Internet connection (broadband is best)
- Microphone and speakers (built-in or USB headset)

Most computers have built-in microphones and speakers, but you will get much better audio quality if you use a headset or handset.

If you have any questions, please contact our team at mhpresearch@ocasi.org