

# Community

When our community is in a state of peace, it can share that peace with neighboring communities.

The Dalai Lama

## Child/Youth Mental Health

Mental health problems relate to our behaviour, emotions and relationships.

Serious mental health problems in childhood can include depression, unmanageable behaviour, and an inability to get along with others. These problems can cause much stress and heartache to children, their families, their teachers, and the community. In addition, they often lead to even more serious mental health problems in adulthood.

A wide range of programs and services staffed by well-trained professionals who are connected to other local and provincial services is available to support your child and your family.

### Peer Mediation/ Restorative Practices

The Peer Mediation/Restorative Practices worker is an ambassador of the Restorative Practice model in the community providing training to those interested in becoming facilitators as well as promoting the model through public speaking engagements in schools and to interested groups.

As the restorative practice model is more widely adopted, the worker will support the development of a local Restorative Practices network.

### WrapAround (Nipissing)

WrapAround is an innovative team-based process that assists both individuals and families with complex needs to find solutions to unique problems and improve overall well-being.

WrapAround is community based and is supported by a partnership of community agencies, organizations, businesses and volunteers.

Through the WrapAround process, a team of people chosen by the family, including friends, family and some professionals, work together to identify and connect the family to helpful supports and services.

The plan is individualized, and is built on the family's strengths and assets and respects the family culture. WrapAround provides a trained facilitator who works with the family to identify a team and bring them together to create a plan to address the family's needs.

### School-Based Mental Health – YooMagazine.net

YooMagazine.net is an interactive health awareness program designed for young people, parents and teachers. The goal of this online magazine is to provide young people with accurate physical and mental health information to improve overall well-being and provide helpful hints towards some of the tough decisions our youth are faced with today. For example:

- Food is Fuel!  
The facts on nutrition
- Stress Explained  
What is it? Do you have it? What to do about it.
- De-Stress  
Learn the ABCs of Stress and Stress Relief
- Self Harm & Help Seeking?  
Five things you need to know.  
How to get help
- Go Fitness!  
Helpful hints on getting active
- What's in the mix?  
Drugs, alcohol and substances. How they affect you;
- Mental Health  
Mental Health and Mental Illness. What's the difference?
- Boys Health  
Owner's manual and body book
- Relationships  
Finding romance, making friends
- Sexual Decision Making  
Ready to do it? Done it?
- Summer Time  
Beach knowledge and job safety
- Girls Health  
Owner's manual and body book.
- Fitting In/Meet Your Bully  
Fitting-in, bullying, victimization



### Treatment Foster Care

Treatment Foster Care is a community partnership between Hands, and the Nipissing-Parry Sound Children's Aid Society whereby children who are best served in a family environment are placed in a specialized family foster care setting with a high level of support from both organizations.

Hands facilitators provide training and ongoing mental health clinical support to foster parents who are interested in offering treatment foster care in their homes.



## Hands

TheFamilyHelpNetwork.ca

Helping families and everyone in them.

For more information call the toll free number at 1.800.668.8555 or visit the website at [www.thefamilyhelpnetwork.ca](http://www.thefamilyhelpnetwork.ca).