

Pathways to Health Brainstorm

Goals:

- To offer practical examples of people, activities and resources that can help youth navigate through a challenging time.
- To offer an opportunity for youth to personalize information on coping and resources.

Have Ready:

- Flipcharts with “Who can I talk to?”, “What do I like to do?” and “What do I like about myself?” written at the top.
- Pathways to Health handout (see below)
- Markers

Instructions:

- When someone is going through a tough time, it can be difficult to think of things that you like about yourself, things you like to do or even who you can talk to. That is why we make a list of people, places, and things we enjoy that might help us during a hard time.
- Ask youth, **“Who can I talk to?” “What do I like to do?” and “What do I like about myself?”** and flipchart their responses.
- Have the group answer the questions as a large group first while you flipchart their answers. This can also be done by posting the three flipcharts and having groups of youth rotate through each flipchart adding their answers.

Sample Flipchart:

Who Can I Talk To?

- Friend
- Family member
- Teacher
- Elder
- Pets or animals

- Guidance counsellor
- Support workers
- Medicine people
- Spiritual people like Traditional Healer or Pastor
- Parole Officer
- Klinik Crisis Line: 1.800.322.3019
- Manitoba Suicide Prevention & Support Line: 1.877.435.7170
- Kids Help Phone: 1.800.668.6868
- First Nations and Inuit Hope for Wellness Help Line: 1.855.242.3310
- Manitoba Farm, Rural & Northern Support Line: 1.866.367.3276 (Chat Support Line too.)
- If in Winnipeg, Klinik Drop-In Counseling (545 Broadway Ave. Winnipeg), Youth Mobile Crisis Unit: 949.4777

Debriefing “Who can I talk to?”

- Validate that we all need to feel supported and listened to especially when things are tough.
- Ask youth, **“What could you say you if you called a helpline?”** Validate any responses and explain that the people on the lines are trained counsellors who are there to listen and try to help. Assure youth the counsellors will not hang-up on anyone for not talking right away or not knowing what to say. They know that calling a helpline takes a lot of courage, and they will wait with you until you find the words.
- Provide each youth with a resource page of all the website and helpline numbers. See the handout in the Teen Talk website.
- If it makes sense to do so, provide a small amount of information about each resource specifically those that are youth friendly and local or ones that operate 24/7 like crisis lines. For example, youth can access programs at the Child Adolescent Mental Health Program (free) through referral by a teacher, counsellor, or self-refer without a doctor’s note.

Sample Flipchart:

What Do I Like To Do?

- Hang-out with friends
- Call people I know
- Be outside
- Play video games
- Talk to people / have conversations
- Play or listen to music
- Watch movies
- Play sports, dance, sing, ride bike, drum
- Read poetry or create your own
- Go shopping
- Build or fix something
- Masturbate or have sexy time
- Meditate and pray
- Smudging
- Spend time with Elders
- Go to ceremonies
- Spend time with family

Debriefing “What do I like to do?”:

- Validate their responses and highlight that the things we enjoy doing can also lift our spirits and help us when we are feeling down.
- If we look into cultural practices, we can often find rituals, activities and ceremonies that promote mental health and deal with stress. One indigenous cultural and spiritual tradition that is from this land is smudging. Smudging includes burning medicines like sage, cedar and sweet grass, to cleanse and heal. Smudging can be used to help someone de-stress, get through a hard time or to maintain mental wellness. People may also smudge to connect to their spirituality. Smudging can also be part of reclaiming indigenous identity, culture and power.
- If youth have substances use on their lists, we have to acknowledge

that substance use or self-medicating is a choice some people make. Substance use is not necessarily a problem for everyone and it can potentially lead to problems in the long run like addictions.

- Please see the Substance Use Awareness chapter for games and activities on substance use.

Sample Flipchart:

What Do I Like About Myself?

- Funny
- Kind
- Good friend
- Helpful
- Smart
- Good listener
- Good gamer
- Sporty
- Excellent T.V. watcher
- etc.

Debriefing “What do I like about myself?”:

- We have found that often times youth say nothing or say that they don't know. Ask youth, “**Is it OK to like ourselves?**” (Yes!) Sometimes we might be worried others will call us conceited or say we are full of ourselves but we know each person is special and has great talents.
- We are supposed to like ourselves. It is important to know and explore the good things inside us in order for us to take care of ourselves and get to a place of mental wellness. Plus when we show that we like who we are and believe in ourselves, it gives others' permission to feel good about themselves too.
- Have youth fill out their own copy of the Pathways to Health handout to keep it handy for whenever they need it.

Pathways to Health

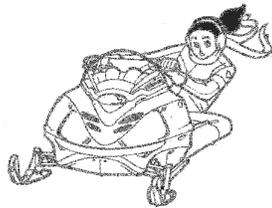
People I can talk to:



Things I like to do:

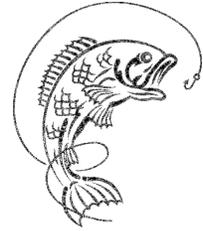


Things I like about myself:



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People I can talk to:



Things I like to do:



Things I like about myself:

