

PERSPECTIVES

SEEING ONESELF® NEWSLETTER

ELSIPOGTOG FIRST NATION



Artist: Aleighsha Jordan
Grade 11 graduate, Belleville, Ontario

“Lynn Francis, Director of Economic Development, Elsipogtog Mi’kmaq First Nation, New Brunswick, provided valuable leadership in preparing for the Seeing Oneself® Facilitator Training course, April 18-19, 2017. Lynn and her community partners, including “J” Division RCMP, are creating a path through capacity building to reach the goal of establishing a means by which youth will continue forward and contribute to developing a self-sustaining indigenous culture and thriving community.”

Dr. Nancy Comeau, program developer



Mission:

To support youth in their efforts to realize and achieve their positive goals by providing coordinated care, guidance and education that encompasses spirit, heart, mind, and body in a personally meaningful way.

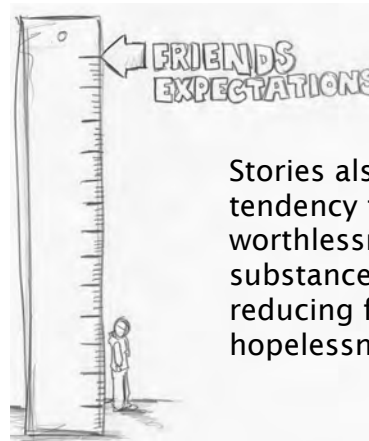
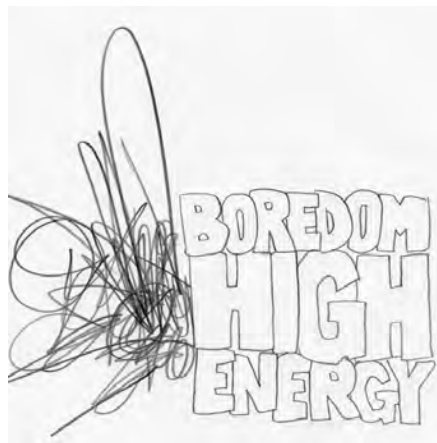
ABOUT YOU DISCOVER IDENTIFY CHALLENGE ACCOMPLISH

Real life stories from adolescents and inspirational artwork help make the 3 youth manuals come alive for participants.



Some of the stories are about youth with a fear of anxiety related experiences whose reasons for using substances may include relieving stress and negative physical sensations of anxiousness and nervousness.

Other stories involve young people who crave excitement and intense experiences. Among their reasons for using substances are satisfying their need for stimulation, or to relieve boredom and work off excess energy.



Stories also involve youth with a tendency toward feelings of worthlessness whose reasons for substance use can include reducing feelings of sadness, hopelessness, guilt and despair.

Delivery

Engaging sessions are designed for age groups between 12 and 19. The program offers communities a culturally grounded evidenced approach to dealing with underlying reasons for substance use. Participants learn skills to help minimize inclinations toward alcohol and other drug use and apply strategies to identify and achieve their current and longer term positive goals. Community facilitators have used the Seeing Oneself® program within and outside schools, in youth centres as well as counselling and treatment settings. In a recently reported evaluation of three sites, including two high schools and one youth treatment centre in Saskatchewan, Carolyn Camman notes: "All three sites varied considerably in program format, from one-on-one programming on an as-needed basis to regular delivery as part of structured group programming. Regardless of delivery method, all staff and youth surveyed were generally supportive of the program. Demand for the program was high..." The full report can be accessed at:

http://www.usask.ca/cfbsjs/research/pdf/research_reports/SeeingOneself.pdf



Personality Powers Potential!

“Our youth have so much potential and we as adults need to put our investments into them.”
 Rose-Marie Stewart, Seeing Oneself® facilitator



Implementation Sites	
New Brunswick	Elsipogtog First Nation Tobique First Nation
Ontario	9 Heavens Healing Academy
Saskatchewan	Leading Thunderbird Lodge
Prince Edward Island	Youth Justice Services

Cultural Relevance

Aboriginal Elders from across Canada offer life knowledge and experience to help provide guidance for the Seeing Oneself® program.

During the interactive sessions, young people explore the impact of personality on their decision-making, emotions and behaviour while considering personal interests and plans. Elders share wisdom on issues about addiction as well as teachings from their experience about what is important to say to youth.

be truthful

be gentle

be fearless



seeingoneself.com