



# Canadian Mental Health Association - Calgary Region

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Community Education and Wellness

Presented on November 17, 2023

# Land Acknowledgement

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In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, and the Chiniki, Bearspaw, and Wesley First Nations, more commonly known as the Stoney Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta. This Land Acknowledgement reminds us of the histories that precede us, highlights our responsibilities going forward, and helps bring us together on a shared journey of Truth and Reconciliation.



# Overview

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It is Canadian Mental Health Association – Calgary Region’s (CMHA Calgary) mission to be **a leader in reducing the impact of mental health or substance use concerns in community**. For more than 65 years, we have provided a **person and family-centred integrated service model focused on early intervention and prevention that delivers a measurable increase in community resiliency**.

CMHA Calgary builds awareness, and provides education and support for individuals and families living with a mental health or substance use concern. **We provide community-based programs, including supportive and independent living, suicide bereavement and peer support for families and individuals, and community education for adults and youth**. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.



# Community Mental Health and Wellness

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## YouthSMART

CMHA Calgary's YouthSMART Initiative (**Youth Supporting Mental Health and Resiliency Together**) integrates mental health learning opportunities in local junior and senior high schools, as well as youth community groups. Operating for over a decade, and reaching close to 25,000 young people each year, YouthSMART provides mental health education, proven to generate an awareness of mental health topics, combat stigma, and encourage appropriate help seeking behaviours amongst Calgary and area youth.



# Community Mental Health and Wellness

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## EQUIPPED

EQUIPPED is an online mental health education platform that offers free, self-directed courses for young adults.

EQUIPPED currently offers three courses: Mental Health Awareness and Stress Management & Healthy Coping, and Skills for Being There. A workbook accompanies each course and provides the opportunity for young adults to brainstorm and explore the concepts taught through activity-based learning. Each course takes approximately an hour to complete, but can be paused and resumed at any time.



Scan the code to check out EQUIPPED!





# EQUIPPED

Scan the code to check out EQUIPPED!



EQUIPPED offers online courses and resources for emerging young adults (16 - 24 years old) to expand their mental health and wellness knowledge.

- SHORT COURSES**  
Each course only takes about an hour to complete
- DOWNLOADABLE WORKBOOKS**  
Download a workbook to practice your skills
- FREE MENTAL HEALTH TRAINING**  
Courses don't cost a thing!



# EQUIPPED



## MENTAL HEALTH MATTERS: A 2SLGBTQ+ COURSE

This module introduces the what it means to be a member of the 2SLGBTQ+ community or to support someone who is.

[Get Started](#)



## MENTAL HEALTH AWARENESS

This module is designed to create a better understanding of mental health and how to support your mental well-being.

[Get Started](#)



## STRESS MANAGEMENT AND HEALTHY COPING

This module is designed to equip you with the knowledge and skills to deal with stress and find healthy coping techniques.

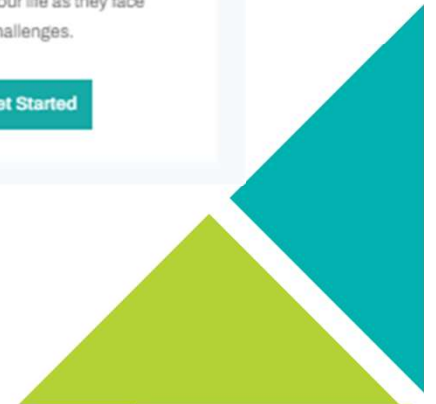
[Get Started](#)



## SKILLS FOR BEING THERE

This module is designed to provide the skills and resources to support the people in your life as they face challenges.

[Get Started](#)



# EQUIPPED

## What is Stress?

Stress is the body's reaction to a real or perceived threat. Everyone experiences some form of stress on a daily basis. When your brain perceives a threat, your body releases a burst of hormones to fuel your fight/flight/freeze response. When the threat is gone, your body returns to normal.

Some stress can be positive, as it motivates you to focus on a task or solve a problem. Stress becomes a problem when individuals feel overwhelmed or like they cannot fix the problem.

» **KEY CONCEPT** The first step to dealing with stress is to recognize it

This enables you to recognize whether the stress you feel is momentary, or a cause for concern. Stress changes quickly due to shifting school or work demands, changes in relationships, family obligations, or even seasonal events. Recognizing you are stressed enables you to deal with the stress head on.

There are many different sources of stress in our lives. They can be categorized into external or internal stress.

**External stress:** Things you cannot prevent or control that are outside of your control. (e.g. how others act, work demands, finances, traffic, etc.)

**Internal stress:** The choices or decisions you make that may increase or decrease your stress. (e.g. pressure we put on ourselves, negative thinking, procrastination, healthy sleep habits, etc.)

Although we cannot control all of our sources of stress, we do have power over how we respond to, or how we let these sources of stress affect us.



By recognizing some of the signs of stress for you, the next time you begin to show these signs, you can recognize your stress response before it takes over. Understanding how stress affects you can also help you to choose coping techniques that best match your stress experience.



## Core Values



If you have already completed the Mental Health Awareness Workbook, you may have seen this activity before. If you have already completed this activity, take some time to review the original. Has anything changed?

### Identifying Your Values

Think of a person you respect or look up to. What strengths or qualities do they have that you admire?

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Think of situations with others, and the behaviours you appreciate from others. Also, think about any behaviours you dislike. What does that tell you about your values?

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What would someone who knows you well say is important to you?

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When you were younger, what were your wishes for the future? How have your values changed as you've gotten older?

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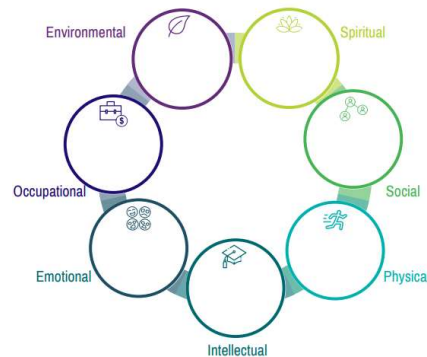
## Wellness and Healthy Coping



### Building a Wellness Plan

#### Activity instructions

Write in each area of the wellness wheel, identify how you support this area of your life. Think of things you are already doing on a regular basis, as well as things you want to do more often. Some activities may fit within more than one section like going for a walk may help your spiritual or your physical wellness.



## What is Mental Health?

Mental health is the state of well-being in which every individual realizes their potential, can cope with normal stresses of life, work productively, do well, and fully enjoy life.

Mental health means having the capacity to be able to successfully adapt to the challenges that life creates for people.

» **KEY CONCEPT** Everyone has mental health

Everyone has mental health, just as everyone has physical health. Our physical health involves our body and how it functions. Our mental health involves our brain and how it functions.

Having good physical health is not just about avoiding colds or getting sick. Physical health involves eating well, good hygiene, exercise, etc.

Similarly, mental health is not the absence of mental illness. Our emotions, thoughts, and behaviours can change at any time and this affects how our mental health is doing.

#### Mental health pyramid

- **Mental Disorder:** A mental disorder or illness is a medical condition with specific criteria diagnosed by trained health professionals. For example, having an anxiety disorder.
- **Mental Health Issues:** Facing a situation that challenges your ability to adapt. This may be a time when it is important to reach out to others for help. For example, dealing with the death of a loved one, or experiencing a breakup.
- **Mental Distress:** Common, expected, and normal responses to the stresses of everyday life. These experiences are necessary to learn how to build resilience. For example, writing an exam or having an argument with a friend.
- **No Distress, Problem or Disorder:** Everything is going fine and you are generally enjoying life.



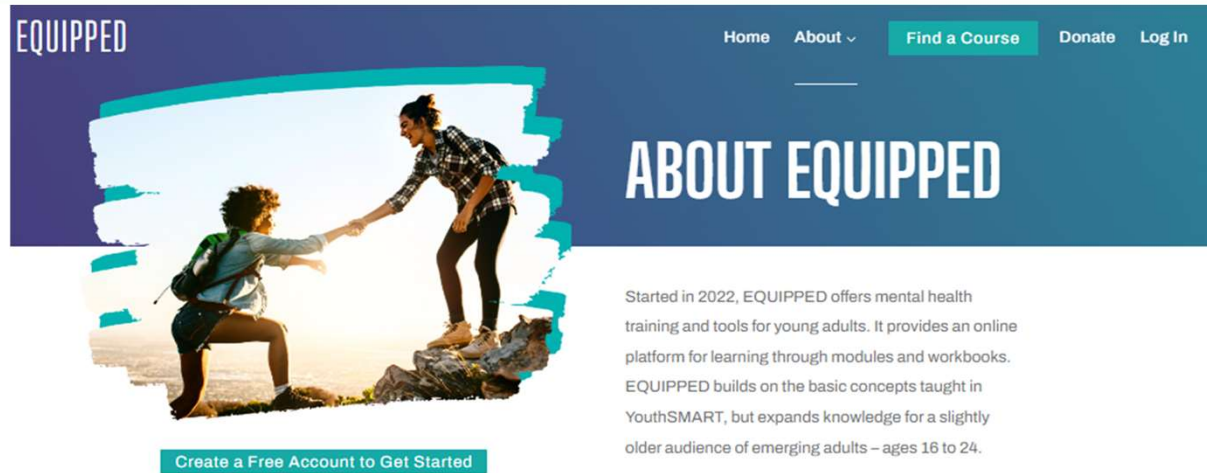
Mental health exists at any point on this pyramid. Good mental health includes a variety of emotional states and a person with a mental illness does not lose their mental health.



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# EQUIPPED



The screenshot shows the EQUIPPED website header with navigation links: Home, About, Find a Course, Donate, and Log In. The main content area features a large image of two people shaking hands on a rocky ledge, with the text "ABOUT EQUIPPED" and a paragraph describing the program. A button "Create a Free Account to Get Started" is located below the image.

**EQUIPPED** Home About Find a Course Donate Log In

## ABOUT EQUIPPED

Started in 2022, EQUIPPED offers mental health training and tools for young adults. It provides an online platform for learning through modules and workbooks. EQUIPPED builds on the basic concepts taught in YouthSMART, but expands knowledge for a slightly older audience of emerging adults – ages 16 to 24.

[Create a Free Account to Get Started](#)



### SHORT COURSES

Each course only takes about an hour to complete.



### DOWNLOADABLE WORKBOOKS

Download a workbook to practice your skills



### FREE MENTAL HEALTH TRAINING

Courses don't cost anything!



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# Community Mental Health and Wellness

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## KidSMART

KidSMART is a critical component of CMHA Calgary’s continuum of youth-focused, mental health awareness programming and the first to specifically target a middle school population, aged 8 – 12. KidSMART currently exists as a downloadable mental health toolkit, to be utilized by teachers and community leaders.

KidSMART provides robust lesson plans and rich activities on the key themes of “Stress Management and Healthy Coping”, “Mental Health Awareness”, and “Skills for Being There”.



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# Stay Connected with CMHA Calgary!

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[www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)

[www.youthsmart.ca](http://www.youthsmart.ca)

[www.equipped.youthsmart.ca](http://www.equipped.youthsmart.ca)

[www.recoverycollegecalgary.ca](http://www.recoverycollegecalgary.ca)



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Canadian Mental Health Association - Calgary Region



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Sign-up for our e-newsletter: <https://secure.cmha.calgary.ab.ca/join-our-newsletter>

