



**Year 3
TERM ONE:**

440.208.3 Health Concepts for Northern Teachers

Suitable instructor resources from DCI library listings:

Book # 1838 Health - Wellness

ACT II CHILD AND FAMILY SERVICES (1995) Working with Children with Sexual Behaviour Problems: A Family Based Approach Coquitlam, BC Health CANADA

This is a trainer's manual by therapists for other therapists and professionals who work with and are familiar with children and families with problematic sexual behaviours. It comes in six sections; each section is by a different author who provides her/his view and perspectives on sexually behaviours of young children and families. The compilation of views and perspectives range from the history of the S.H.I.F.T. program, importance of a systemic focus when working with sexual behaviours in children and families, intake and assessment of children with problematic sexual behaviours, information on therapeutic intervention, evaluation and research component of the S.H.I.F.T. program and guidelines for trainers who want to use the program.

Book # 1360 Health –Alcohol & Drugs

Authority of the Minister of Health (1997) IT TAKES A COMMUNITY Ottawa, Ontario. Medical Services Branch, Health Canada

ISBN: 0-662-25944-0

This is a resource manual for community-based prevention of Fetal Alcohol Syndrome and Fetal Alcohol Effects. It is intended to help people prevent FAS/E and guide those who want to make their community a caring and supportive place for individuals and families already living with this condition. In the back cover pocket are fact sheets for use in public information session in the communities.



Book # 823 Health –Alcohol & Drugs

Dogrib Addictions Strategy Steering Committee For the Sake of Our Children... Rae –Edzo, NT

This report came from a growing concern from the Dogrib communities about alcohol & drug abuse. It comes in two parts: Part 1 describes the outcome of what people talk about in community meetings and part 2 is an action plan that outlines strategies to help lessen the alcohol and drug abuse.

Book ID #'s 1895, 96,97,98,99 Health –General

#1895 Body – ISBN 0-660-17240-2

#1896 Parents –ISBN 0-660-17244-5

#1897 Safety – ISBN 0-660-17241-0

#1898 Behaviour – ISBN 0-660-17243-7

#1899 Mind – ISBN 0-660-17242-9

Health Canada (1997) Ottawa, Canada. Minister of Health

This is a NOBODY’S PERFECT series of five books. It is a very easy to follow and understand series of books. Each of the books in this set addresses a different topic on how best to help yourself and your children. The *Body* book talks about growth, health and illness. The *Safety* book talks about injury prevention and first aid. The *Mind* book discusses thinking, feeling and playing. The *Behaviour* book is about helping kids learn to behave and solving some common behaviour problems. The *Parents* is about helping yourself, finding help and feeling good about what you do.

Book #1610 Training

Native Culture & Spirituality – (Trainer’s Manuel Day 1 – 5)

This trainer’s manual is based on a native and spirituality training module designed and developed in a participatory process. Twenty-one participants from fourteen Northwest Territories communities contributed to the module structure. Inclusive are three elders that guided the process as well as two facilitators. This first of two part module explores what is culture, the importance of Aboriginal traditional values and beliefs, traditional roles and spiritual relationships and cultural oppression. Although this module is intended for beginning Alcohol and Drug Program ,it’s content layout, handout information and it’s recommendation to be taught ‘on the land ‘may be useful in culture camp.



**Book #1611 Training
Native Culture & Spirituality – (Trainer’s Manuel Day 6 - 10)**

This is a second part of native culture & spirituality module. This part links cultural values, Aboriginal life cycle in addiction recovery and explores personal empowerment in addiction recovery. Individual presentations and feast completes the last two days. Like the first part of the module, this trainer’s manual may be used for culture camp however, if considered for use to enhance the culture camp, it is recommended as in the manual by the elders that a knowledgeable facilitator of traditional Aboriginal culture take on the task.

Book ID # 1667 Health –General

ISBN 1-895734-27-4

NECHI TRAINING AND RESEARCH & HEALTH PROMOTIONS INSTITUTE (1994) SPIRIT OF BINGOLAND A Study of Problem Gambling Among Alberta Native People. Edmonton, Alberta. Nechi Training and Research & Health Promotions Institute

SPIRIT OF BINGOLAND is a large part to increase an understanding of Native people in particular that gamble excessively to the point it is a cause of concern. The study identifies problems gamblers, why and how they do it and what is the nature of the gambling problems.

Book ID # 1227 Health –Wellness

ISBN 0-345-39282-5

Pipher, Mary Ph. D. (1994) REVIVING OPHELIA SAVING THE SELVES OF ADOLESCENT GIRLS United States. Ballantine Books

This is a book about teenage girls why some prey into depression, suicides, eating disorders and addictions. It is also a call out to parents to offer compassion, strength and strategies with which to help the girls in their struggle a sense of lost.



Book ID # 1764 Health –Wellness

Pozdzik, Louise EFFECTIVE PARENTING SKILLS WORKSHOP

This is an outline for a three day workshop on parenting skills workshop based on an experiential learning model. The three components it contains are as follows: understanding and accepting the realities of today's parenting, understanding what needs to take place to facilitate change and devising, implementing and supporting strategic plan.

Book # 1606 Health –Alcohol & Drugs

**THE FOUR WORLDS CENTRE FOR DEVELOPMENT LEARNING (1995) PREVENTION Framework for First Nations Communities
Calgary, Alberta Addictions and Community Funded Programs**

This is a resource manual for Prevention Workers in First Nations Communities. The content is in four parts. It begins with the introduction of what, who and why have a prevention framework. The second part talks about possible problems, strategies, target groups. The third part talks about how to use the framework and the fourth part covers the benefits of the framework.

Book # 1556 Health –General

**The Northwest Indian Child Welfare Institute (1986) POSITIVE INDIAN PARENTING Honoring our Children by Honoring our Traditions
Portland, Oregon. Parry Center for Children**

This is an Indian Parent Training Manual that provides very practical and detailed approach in teaching positive native parenting. This manual comes in two parts. Part one comes in five chapters. Chapter one starts with the issues surround parenting and leads into about training in chapter two. Chapter three covers leadership skills, chapter four is on effective use of self and chapter five is about organizing training. Part two is on parenting curriculum which begins with how to use the curriculum and moves into eight sessions. It covers topics such as Traditional Parenting, Lessons in Storytelling, Lessons in Cradleboard, Harmony in Child Rearing, Traditional Behaviour Management, Lessons of Mother Nature, Praise in Traditional Parenting and Choices in Indian Parenting. This model is very practical and can be adapted to any language groups in the Northwest Territories as the key elements of traditional parenting are universal among the native groups.



Book ID # 698 Health –Traditional Medicine/Health

TRADITIONAL DENE MEDICINE PART ONE REPORT (1994) LAC LA MARTRE, NWT

This report represents historical information of the Dogrib people beliefs and traditional knowledge of medicinal plants and animal parts as well as its uses. A team of people in a participatory action research approach took ownership of this report. It is prepared in both the Dogrib language and English.

Book ID # 697 Health –Traditional Medicine/Health

TRADITIONAL DENE MEDICINE PART TWO REPORT (1994) LAC LA MARTRE, NWT

This second part continues with much more uses of traditional medicinal use of plants and animal parts. It further reports on traditional medicine use for such situations such as surgical procedures, women's health and spiritual healing etc.