ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

News Release

FOR IMMEDIATE RELEASE

THE START OF A NEW SEASON OF TRAINING ON ADDICTIONS IN NUNAVIK

Kuujjuaq, November 5, 2015 – The community of Kangiqsujuaq welcomed trainers Roda Grey and Mary Kay May last week for the purpose of receiving training on addictions for frontline workers in Nunavik, a training that helps frontline workers identify and intervene early with people who have or are at risk of developing addiction and gambling problems.

The session in Kangiqsujuaq kicked off a new season for Roda and Mary Kay, both experienced trainers from Nunavik. The participants included frontline workers, community members and interveners from partner organizations. A total of 18 people were trained in Kangiqsujuaq last week. Roda Grey feels very positive about the training session, pointing out that the atmosphere was very welcoming. "It was incredibly powerful, I am blown away," said Roda. "Participants were working together very closely and they really took the lead in the whole process, which was wonderful and made the event an even greater success."

Given over two days and offered in Inuktitut and English, the training provides participants with tools and techniques that will enable them to be of more help to their clients. They learn how to identify a person at risk of developing an addiction, how to communicate with them and how to intervene more effectively and with respect after considering the various causes behind consumption patterns. Another important element of the training is self-reflective and focuses on being aware of the prejudices you may have and the impact these can have on clients. The trainers emphasize the importance of changing your own attitude as a helper in order to better support your client and ensure a more successful intervention.

The training on addictions for frontline workers in Nunavik was one of the measures recommended by the Addictions Advisory Committee through the Ilusiliriniqmi Pigutjiutini Qimirruniq (IPQ) (www.ipqnunavik.com).

Minnie Grey, Executive Director of the Nunavik Regional Board of Health and Social Services (NRBHSS), expressed that "it is important for Inuit to be able to care for other Inuit who are struggling with addictions. By offering this training, our hope is to increase the number of Inuit able to support others within their own community and to raise awareness around the issue of addictions."

In 2016, the following communities will be visited: Quaqtaq (January 19-20), Kuujjuaraapik (February 23-24), Aupaluk (March 15-16) and Ivujivik (March 22-23). If you are interested in having this training offered in your community in future years, please contact Michael O'Leary, Adults and Community Services Program Advisor at the NRBHSS, at 819-964-222, extension 261 or by email at michael.oleary@ssss.gouv.qc.ca.

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. *It is responsible for nearly the entire territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

- 30 –

Source: Nunavik Regional Board of Health and Social Services
Planning and Programming Department

Information: Meredith Griffiths
Communication Officer, NRBHSS
819 964-2222, extension 275
media.nrbhss@ssss.gouv.qc.ca