



RESOURCE CATALOGUE 2005

TRAINING KITS

PROTECTING OUR FAMILIES (1996)

\$60

Kit #1

“The Non-Traditional Use of Tobacco”

68-page manual emphasizing prevention, cessation and protection

MESSAGES ON TOBACCO AND YOUR HEALTH (1999) uses skits and testimonials; messages are woven together for CHRs and educators with information and strategies to help inform the population about the dangers of tobacco abuse.

Three one-minute public service announcements on videocassette and audiocassette

40-page discussion guide for schools or community groups

25-minute “Diary of a Teenage Smoker” video

10-Minute audiocassette containing interviews with a cancer victim and with someone who quit smoking

15-page In Touch magazine #1 and #19, with articles on tobacco and the fight against tobacco use

OUR NATIONS’ ELDERS SPEAK (1997)

\$60

Kit #2

“Unwanted Isolation Experienced by Seniors”

127-page training manual designed for the treatment and care of seniors experiencing unwanted isolation

28-minute “Our Nations’ Elders Speak” video, produced by NIICHO to celebrate the lives of elders from First Nations, Inuit and ethno-cultural minority communities

28-page In Touch magazine #5, with researched articles on ageing, cultural diversity and developing an active healthy lifestyle

DIABETES AND AGEING

\$60

Kit #3

In Aboriginal Communities (1998)

132-page manual providing information on the physical, mental-emotional, social and spiritual dimensions of diabetes and methods for addressing these issues

28-minute “Voices of our Elders: Diabetes” video, produced by NIICHO to raise awareness about Type 2 diabetes among elders in First Nations communities

Two In Touch magazines, #8 and #14, with researched articles on diabetes and change

COPING WITH HIV/AIDS **\$60** **Kit #4**
In Aboriginal Communities (1998)
 80-page manual providing information on safer sex practices, the importance of HIV testing and an outline for conducting AIDS 101 workshops
 Slide series and discussion guide on sexually transmitted diseases
 28-page In Touch magazines #2 and #13, with researched articles on the nature and development of HIV/AIDS, the impact of HIV/AIDS on Aboriginal populations and the challenges of preventing the disease
 25 “First Nations and Inuit People – Living with HIV” brochures

KEEPERS OF THE EARTH (1999) **\$60** **Kit #5**
“Women and HIV/AIDS”
 120-page training manual providing culturally appropriate training on HIV/AIDS treatment, care and prevention for women of all ages
 30-minute videocassette featuring several women providing insight into the issues faced by the HIV-positive, those with AIDS, and their caregivers
 One-minute public service announcement on audiocassette for community awareness of the disease
 In Touch magazines #11 and #13
 25 “First Nations and Inuit People – Living with HIV” brochures

SPIRIT IN MOTION **\$85** **Kit #6**
Active Living and Aging (2000) **\$25 Video Only**
 165-page manual produced by NIICHRRO to raise awareness, sensitize and equip Community Health Representatives (CHRs) and other front-line workers with tools to promote active living among the aging population
 30-minute “Spirit in Motion: Active Living and Aboriginal Older Adults” video demonstrates 15 safe exercises with some great Aboriginal music
 30-minute music cassette – the soundtrack from the video to accompany exercising
 24-page exercise booklet demonstrating the 15 safe exercises
 Stretching poster
 In Touch magazines #12 and #15

FAS/FAE **\$60** **Kit #7**
\$25 Guide Only
Fetal Alcohol Syndrome/Fetal Alcohol Effects (2002)
 70-page facilitator’s discussion guide produced by NIICHRRO to assist CHRs and other health workers in promoting effective strategies for education, intervention and prevention of FAS/E
 “It Takes a Community” handbook – a resource manual for community-based prevention of FAS/E
 45-minute “David with FAS” video, available through the National Film Board of Canada
 In Touch magazines #9, #10, #18 and #20

SIDS/TOBACCO**\$85****Kit #8****Sudden Infant Death Syndrome/
Tobacco Misues During Pregnancy****\$25 Guide Only**

70-page facilitator's discussion guide developed by NIICHR0 to be used in conjunction with the videos to train CHRs and other health workers about SIDS in their communities. Includes an overhead presentation that can be reproduced for further training sessions. 17-minute "Reducing the Risk in the Circle of Life" video focuses on reducing the risk of SIDS

21-minute "When Babies Leave the Circle" video looks at the grieving process and offers support for those who have had a child die of SIDS

62-page facilitator's discussion guide entitled "Tobacco Cessation Strategies During Pregnancy and Motherhood", developed by NIICHR0 to assist CHRs with cessation programs and education in their communities

Additional resources for Prenatal and Postpartum Care Providers

In Touch magazines #9, #10, #19, and #20

COMING FULL CIRCLE:**\$60****Kit #9****Healthy Living and the Aboriginal Frail Elderly (2003)**

27-minute "Coming Full Circle" video captures an integral part of Aboriginal life through the eyes, ears and voices of the Frail and Elderly in First Nations and Inuit communities

85-page "Coming Full Circle" training manual

In Touch magazines #21 and #23

TAKING THE LEAD FOR CHANGE:**\$60****Kit #10****Tobacco Cessation Strategies for Aboriginal Communities (2005)**

Training manual, video, handouts and drawstring backpack. Developed by NIICHR0 to assist CHRs with tobacco cessation programs and education.

In Touch magazines #19, #20, #25 & #26

VIDEOS**SPIRIT OF DEDICATION (1995)****\$25****"A film about Community Health Representatives"**

This 30-minute film features three CHRs from different First Nations communities in Canada reflecting on what being a CHR means to them as they tend to the physical, spiritual and mental-emotional needs of their community, participate in health promotion, administration and cross-cultural training.

BOOKLETS/BROCHURES**FIRST NATIONS AND INUIT PEOPLE:
LIVING WITH HIV (2000)****FREE**

An information booklet to promote the use and accessibility of antiretroviral therapy by providing information to CHRs, nurses, other workers in health centres and clients on what it is and costs, non-insured health benefits and how to access the therapy. Available at no cost-packages of 25 including 7 pamphlets on patient adherence information.

IN TOUCH MAGAZINES

\$5 each

These 28-40-page journals contain a series of researched articles by various authors commissioned by NIICHO

1. The Non-Traditional Use of Tobacco (1996) – Vol. 6 #2
2. Coping with AIDS in Aboriginal Communities (1996) – Vol. 7 #2
3. New Approaches to Injury Prevention (1996) – Vol 7 #3
4. Environmental Damage and Aboriginal Health (1997) – Vol. 8, #2
5. Our Nations' Elders Speak – Unwanted Isolation (1997) – Vol. 7 #4
6. Our Nations' Elders Speak II (1997) – Vol. 8 #1
7. Diabetes and Change (1998) – Vol. 9 #1
8. Prevention for a Stronger Nation (1998) – Vol. 9 #2
9. Prenatal Care Approaches in Aboriginal Communities (1999) – Vol. 11
10. Our Most Precious Gift – Child Health (1999) – Vol. 12
11. Keepers of the Earth – Women and Health (1999) – Vol. 13
12. Spirit in Motion: Active Living and Aboriginal Seniors (2000) – Vol. 14
13. ~~Breaking the Barriers: HIV/AIDS and the Emerging Issues (2000)~~ – Vol. 15
14. Diabetes (2000) – Vol. 16
15. AGM 2000/Injury Prevention (2001) – Vol. 18
16. Health Information Systems – Technology (2001) – Vol. 19
17. Health Teachings for the Future – AGM 2001 – Vol. 21
18. FAS/E (2002) – Vol.. 22
19. Tobacco (2002) – Vol. 23
20. Healing Hearts/AGM 2002 – Vol. 24
21. Coming Full Circle (2002) – Vol. 25
22. Mental Health (2003) – Vol. 26
23. National Training Session 2003 – Coming Full Circle – Vol. 27
24. First National Aboriginal Injury Prevention Conference 2004 – Vol. 28
25. National Training Session 2005 and AFN Injury Prevention – Vol. 29
26. Taking the Lead for Change – Montreal 2005 – Vol. 30 *coming soon*

CD-ROM

\$35

Complete library of In Touch/Le Lien magazines from the NIICHO website on one CD-ROM. Easy to print out all NIICHO researched articles on Aboriginal health issues.