

Preparing for Indian Residential School Workshop | Oct 4, 2017

* 24/7 Indian Residential School Crisis Line at 1-866-925-4419

Hello dear colleagues

I am sending you this gentle reminder to help prepare you for our upcoming *Indian Residential School Survivors Society (IRSSS) Post-traumatic Stress Disorder (PTSD)* related workshop, being offered by Arlene Roberts, IRSSS Community Worker on Wed, Oct 4th in EDUC 346.

I would like to point out the immediate resources available to you and others who may require confidential self-care and counselling support:

1. The **Indian Residential School's 24/7 Support Crisis Line at 1-866-925-4419** is available to you or someone you know who has been triggered by the IRS discussions. As we look more closely into Indian Residential School trauma, history, and present-day implications, it may leave you with many more questions than answers and/or have a deep emotional impact (trigger). I tested and spoke with a IRS Crisis Line operator, explaining our class. She was very welcoming and caring to anyone addressing the IRS issues.
2. **Indian Residential School Survivors Society (IRSSS): 1-800-721-0066** To assist First Nation Peoples in British Columbia to recognize and be holistically empowered from the primary and generational effect of the residential schools by supporting research education awareness, establishing partnerships and advocating for justice and healing. Safe. Confidential. Respectful. Non-judgmental. We strive to provide physical, emotional, intellectual and spiritual growth, development and healing through culturally based values and guiding principals for Survivors, Families and Communities. The Society assists survivors with counselling, court support, information, referrals, workshops and more.
3. UNBC Students have FREE counselling and mental health & addiction counselling available to them locally (*identify UNBC when asked about billing). These services are private, confidential, and accessible, call:
 - a. **Northwest Counselling: 250-638-8311**
 - b. **Northern Health Mental Health & Addictions: 250-631-4202**

Self-care and reaching-out to others are two excellent strategies to sustain your physical, emotional, mental, and spiritual well-being. Support may be found in close friends, family, spiritual advisors, women's centres, men's centres, and/or engaging in healthy activities. Being "triggered" can take many forms and may even be delayed; notably, unexplained spikes in sleeplessness, sadness, anger, fear, increased cravings, loss of appetite, loss of mental focus, etc. A triggered person may have an undesirable impact on others close to them, if not addressed or aware.

Please let me know if you have any questions or suggestions on how I can support you as we walk toward empowerment through understanding this body of knowledge and the implications as a culturally-competent educator.

Optional Reading Resources to help you be more informationally prepared:

- <http://www.aadnc-aandc.gc.ca/eng/1100100015576/1100100015577>
- http://indigenousfoundations.arts.ubc.ca/the_residential_school_system/
- <http://www.cbc.ca/news/politics/truth-and-reconciliation-94-calls-to-action-1.3362258>
- <http://www.trc.ca/websites/trcinstitution/index.php?p=890>

Respectfully,

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