



Aionkwatakari:teke

(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For Us To Be Healthy"

Vol. 14, No. 2

Kahnawake's Only Health and Wellness Newsletter

Ohiari:ha / June 2009



Jumping for Joy!



Teen Related Issue

INSIDE THIS ISSUE

Gender Identity	3	Tattoos & Piercing	8
Safe Grad 2009	4	The Challenge of Quitting Smoking	9
Sports Nutrition Quiz	4	Training & Career Opportunities	10
Growing up with Family Stigma	5	Keeping Your Teens Safe	11
Teen Pregnancy	6	Traditional & Contemporary Roles of Youth	11
Tsi Ionteksa'tanonhnha Program	7	KMHC Accreditation	12



Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiaa'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed & encouraged to submit articles provided that they are comprehensive to the general public, informative & educational. Slanderous material will not be accepted. **Views expressed in the articles may not necessarily reflect those of KSCS.** We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

The Editor Aionkwatakari:teke

P.O. Box 1440
Kahnawake, Quebec JOL 1B0
Tel: (450) 632-6880
Fax: (450) 632-5116
E-mail: kscs@kscskahnawake.ca
(attention newsletter editor)

Editor/Layout/Design, Marie David
Executive Publisher, Linda Deer

Proofreading: Wendy Walker
and Beatrice Taylor



Contributors:

Taryn Conlon
Merrick Diabo
Lidia Di Simone
Chantal Haddad
Stephanie Horne
Michael Kaiser
Angie Marquis
Derek Montour
Joan Montour
Terry Young

This newsletter is intended to complement, not replace the advice of your health care provider. Before starting any new health regimen, please see your doctor.



Editor's Notebook

Spring is here and with it spring cleaning. On May 9, 2009 the Graffiti Clean Up Ad Hoc Committee organized the first ever graffiti clean up. It's unfortunate that this had to be done but at the same time it's admirable that it was done. They had a good turn out too, with just about 50 participants including 17 Kahnawake youth, who helped clean up some of the badly marked historical buildings in the community. It's commendable that so many youth participated because they are the future, not just of our communities but of our nation, and as such, a valuable resource.

This issue focuses on teen related issues and there are quite a few articles that both the youth and non-youth will find interesting. We also have an article on quitting smoking, the Tsi Ionteksa'tanonhnha program, and contributions from the Kateri Memorial Hospital Centre and Tewatohnhi'saktha, the economic development commission here in Kahnawake.

Finally, in honour of Father's Day on June 21, here are a couple of quotes (the first one is actually a proverb.)

"Any man can be a father, but it takes a special person to be a dad"

– Proverb

"My father used to play with my brother and me in the yard. Mother would come out and say 'You're tearing up the grass', 'We're not raising grass' Dad would reply 'We're raising boys.'"

– Harmon Killebrew





Gender Identity

by TARYN CONLON

Terms like lesbian, gender identity, transgendered, and bisexual, can be confusing to a teen discovering their gender identity.

Defining the terms

Genetics determine sex. Females have XX chromosomes, and males have XY chromosomes. Males have a penis, females a vagina. Anyone who is confused or has discomfort about their gender is considered to have *gender dysphoria*.

Transgendered describes people maintaining the characteristics of the opposite sex such as: *hermaphrodites, transsexuals, transvestites, drag queens, cross dressers, agendered or neuter*.

Cisgendered (unlike transgendered) is someone who has a gender identity conforming to societies norms. A girl who has a vagina, dresses in feminine clothes and is attracted to males is cisgendered.

A *Transsexual* believes they are trapped in the body of their opposite sex and does not identify with the gender they were born with. They may (or may not) take measures to change this.

An *intersexed person* has ambiguous looking genitalia, do not identify as either male or female, and are known as *hermaphrodites, gender queer, agender or neuter*.

Gender identity is determined by a combination of factors including gender roles. *Gender roles* are established at birth eg: boys play sports, and girls like to play house. Traditional gender roles are either “masculine” or “feminine”. Today it’s common for men to take good

care of their bodies and dress in pink and for girls to wear pants and fill male driven occupations like, policeman or firefighter. Adopting “masculine” or “feminine” gender roles does not determine a person’s sexual orientation.



Two-spirits are Aboriginal people who fulfill blended gender roles found traditionally among Aboriginal nations. Two spirited people could also have relationships with people of either sex. It’s believed they received the gift of two spirits from the Creator

and were treated with respect and held important spiritual and ceremonial responsibilities in their nations.

Sexual orientation combines a number of factors (genetic, environmental and emotional) that cause a person to be attracted to another person. Sexual orientation cannot be determined by appearance or activities and is generally defined by the following three categories:

- *Heterosexual*: attracted to a member of the opposite sex. Boy likes girl, girl likes boy.
- *Homosexual*: attracted to a member of the same sex. Boy likes boy. Girl likes girl.
- *Bisexual*: attraction to both sexes. Boy likes boys and girls. Girl likes boys and girls.

It’s normal for teens to be curious about members of the same sex; this does not make them homosexual. Strong feelings of friendship are common and do not indicate a persons sexuality. If you are confused about your sexual orientation it’s important not to engage in sexual activities to determine your sexual preference. Any sexually active teenager, regardless of sexual orientation or gender, should always use condoms to reduce the risk of sexually transmitted infections or unwanted pregnancy.

Teens struggling with their sexual orientation or gender are more prone to depression, substance abuse, suicide or other mental health problems especially if they encounter prejudices from their community, peers and family. It’s important to talk with a counsellor, support worker, and/or mental health professional.



Safe Grad 2009

by MERRICK DIABO

It's the time of year again when students are getting the final fittings for their tuxes and dresses and asking that special someone to be their date. All the fundraising, all the volunteering and exams have boiled down to one fateful night...*the prom*.

Each year, before graduation, KSCS conducts an awareness campaign called *Safe Grad*. The campaign is aimed at educating students and community members on the dangers surrounding graduation time or for anyone who may choose to celebrate with alcohol. Being safe is of utmost importance, as risky behaviours bring forward potential disasters.

Drinking alcohol is seen as a rite of passage for many youth nowadays, especially on prom night. The risks of alcohol poisoning and intoxication are elevated as students may drink large quantities of alcohol in a short amount of time.

If someone is passing out, vomiting, or blacking out, the individual is suffering from alcohol poisoning. It's important to ensure that the person is lying on their side so they don't choke on their vomit and an ambulance is called immediately.



Date rape is another possible danger. Today's predators have an arsenal of drugs such as Rohypnol, GHB and Ketamine that induce memory loss and sedate the body. These drugs have nearly no taste, are water-soluble and are easily concealable. People should cover their drinks, never accept a drink they didn't order, and never leave their drink unattended for any period of time. There's no definitive way to determine if your date is an abuser right off the bat, but trusting your instincts is your best defence.

Date rape is a result of unhealthy sexuality and sexually transmitted infections (STI) are an absolute danger people face. It's

estimated that people who carry an STI have no symptoms but are more than capable of transmitting the disease. Therefore, it's very crucial for an individual to practice safe sex, or to abstain.

Celebrating in a city like Montreal has its own dangers as there are possibilities of gang violence, easier access to drugs and the conflict with law enforcement is potential. Individuals who rent hotel rooms should read the contract as the signer is solely responsible for any damages and injuries occurring within the room. If it is an assault that takes place in your room, you have to pay for the damages and arrest is possible depending on the severity of the situation.

Prom night is a moment in your life that you cannot relive, so take this moment for what it's worth. You don't want to celebrate in a hospital or worse, six feet under. Take care of one another and have an exciting graduation. For more information, contact coordinator Merrick Diabo at 450-635-8089.

Sports Nutrition Quiz

Submitted by CHANTAL HADDAD, KMHC

Test your nutrition knowledge by answering TRUE or FALSE to each of these five skill testing statements.

1. *Eating Well with Canada's Food Guide* does not apply to athletes.

True or False

2. If you lose weight during a training session you have lost water, not fat.

True or False

3. An athlete who is unusually tired during regular workouts may be iron deficient.

True or False

4. Water is always the best drink for athletes during training and competitions.

True or False

5. Vitamin and mineral supplements will give athletes more energy.

True or False

Answers on pages 7 & 9





Growing Up with Family Stigma

by MICHAEL KAISER

Teenagers growing up in troubled homes often face a barrage of negative stereotypes and labels that influence and shape their identity. Chaotic and/or unpredictable homes lack adequate structure and supervision and teenagers often don't have the social and conflict resolution skills that make the transition into adulthood easier. They face disadvantages over other teenagers whose parents conform to community norms and standards. They're more likely to take part in risky behaviours due to their vulnerabilities and the forces that encourage them to live up to their family's reputation. The apple doesn't fall far from the tree or so it is said.

Adolescence is the developmental stage when children learn the responsibilities of adulthood. It's frequently marked by periodic conflict with his/her parents in an effort to form their own identity and ultimately break away from parental dependence. The parent's role is to gradually relinquish control and patiently enforce age appropriate limits and boundaries while providing their teenagers with encouragement and guidance. Most families get through this period successfully and move on to face the hurdles of the next developmental stage.

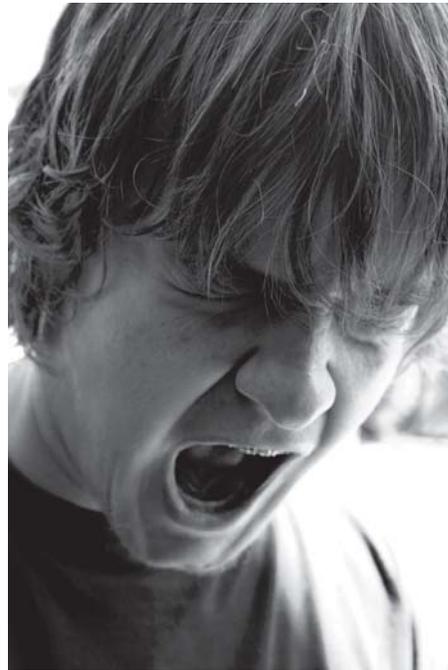
Children growing up in homes where there is ongoing parental conflict or violence, substance abuse, neglect, financial stress, unmanaged mental illness or lifestyles (including

hyper strictness or leniency) are well aware of their status in the community by the time they become teenagers. These teenagers live with the labels and stigma of the family they are born into. They also face schoolyard bullying, teasing, and heckling. Every teenager is aware when their family is the talk of the town and this ultimately impacts how people relate to the teenager and in turn how the teenager relates to the people in his/her environment.

Teenagers growing up with less-than-perfect parents often carry the paralysing shame regarding their parents' behaviour.

Underneath, is the profound sense of powerlessness the teenager experiences in relation to his/her environment and the judgment they feel over matters that they cannot control. Teenagers who are negatively labelled often show signs of depression and social isolation while others are prone to outbursts of

anger or defiant behaviour. Inevitably, they face disciplinary problems with authorities, frequently beginning in school. Instead of learning to depend on and trust authority figures, these teenagers face a confusing world that appears foreign and hostile.



Extended family and community members play a critical role in helping teenagers come to terms with their parent's dysfunctional behaviour. Research shows that simple acts of kindness and acceptance of the teenager as a person can influence their destiny when the odds were stacked against him/her. I have repeatedly

witnessed such acts of kindness many times since coming to work in Kahnawake. These acts are marked by compassion, understanding, and acceptance of the teenager as separate from all the labels attached to them. These acts of generosity ultimately provide the teenager with hope and a sense of positive identity.

Teen Pregnancy: an Ongoing Phenomenon

by TARYN CONLON

Teen pregnancy is a recurring social problem impacting society and its resources. Many lack education and support causing them to rely on government funding. Here are some statistics: *“In Quebec about 1 in every 12 teenage girls becomes pregnant before reaching the age of 18. One in every 1 thousand adolescent girls now becomes pregnant at the age of 15 years, a rate 5 per cent higher than it was 10 years ago.”* *

Many teens are unaware of how a baby will change their lives, for better or worse. Meeting the baby’s physical and emotional needs can be exhausting. Adolescent mothers also face social isolation, inadequate life skills, little education, stress and depression.

Pregnant teens are more likely to suffer from difficult pregnancies because their bodies, while able to conceive, may not be ready to carry a baby. Adolescent mothers are more likely to have babies suffering from mental retardation, birth defects, epilepsy, and birth injuries. The infant mortality rate is doubled that of babies whose mothers are between the ages of 20-30 years old. Statistics for teen mothers are affected by variables such as not being physically mature, lack of education, poor nutrition, and not seeking proper health care*.

Infants require 24 hour care. Their friendships often suffer. Some adolescents may benefit from the support of their friends and family, this isn’t always the case. Often, there is a lack of parental support.

Teen pregnancy is stressful on a young relationship. Many new fathers abandon their partner, providing no emotional or financial support. Sometimes, the mother doesn’t want the father around or the young girl’s

family is hostile towards him. Some teen fathers try to be supportive and take their role as a new parent seriously, assuming full responsibility. In many relationships partners may grow apart.

Several factors contribute to a future that may not be very bright for young mothers and their babies. Many teen parents live successful lives with their babies when they are more likely to be supported emotionally, financially, and physically by their family and friends. Teens that become pregnant must be aware of the hurdles time, money, and energy a child requires. More often than not, teens become pregnant due to lack of or false information about the subject.

(Source: *Sexpressions Magazine, Vol 1, No 2, 2005* www.msss.gouv.qc.ca/itss)



Teenage mother woes. Photo by Jyn Meyer

Myths about Sex and Pregnancy

- 1) You can’t get pregnant during unprotected sex if the man pulls out before he ejaculates (cum).

FALSE! Even if your partner doesn’t ejaculate, sperm can still be present in his pre-cum. It only takes one sperm to get you pregnant and this fluid can also contain sexually transmitted infections (STI). It’s easy to get carried away in the heat of the moment and some men aren’t aware they’re ejaculating until it’s too late.

- 2) You can’t get pregnant during your period.

FALSE! There’s a chance that you can get pregnant during your period, particularly towards the end of your menstruation cycle. Unprotected sex also increases the risk of getting a sexually transmitted infection.

- 3) Condoms are 100% safe.

FALSE! Condoms are a highly effective form of contraception, as well as a great way of preventing STI’s. However, condoms can and do break, so it’s always good to use them in conjunction with another form of contraception, like the pill.

- 4) You can’t get pregnant while on the pill.

FALSE! The chances of getting pregnant while taking contraceptive pills are virtually nil, provided you follow the instructions correctly and consistently. If you miss pills, are on antibiotics, or have sickness and diarrhoea, you need to use condoms for the next seven days.



Tsi Ionteksa'tanonhnha Program

by JOAN MONTOUR

Recruiting homes for teenagers can be a challenging component in the Tsi Ionteksa'tanonhnha (Where the children are minded) Program. Teenagers are at the age when they are pressing the limits with their parents. Some teenagers act out through drinking, drugging or violent behaviour. Sometimes, it comes to a point where parents and their teenager can no longer communicate and the situation breaks down. KSCS has dealt with situations where a teenager has nowhere to live.

There are situations where a teenager wouldn't need to go to a group home, but there is nowhere else to place him or her. Presently, those who must be removed from their families are placed in group homes outside of the community. KSCS tries to keep our children here in Kahnawake but this can only be achieved with the community's support.



Can You Care For A Teenager?

You may think “*Why would I want to take a teenager with serious problems into my home?*” Although this can seem overwhelming, you would not be alone. KSCS works in partnership with anyone interested in caring for a teenager and provides training and support.

Training includes understanding the issues that all families with teenagers go through, situations some families present to KSCS, and your role as a caregiver helping the teenager. Communication skills and

techniques are key to dealing with teenagers as some are very angry and/or sad and cannot express their emotions appropriately. Most just want to be listened to. We have all been there and can identify with the struggles they have.

KSCS also provides financial support. This is based on a per diem rate (daily amount) and if there are special needs, a supplement could be added to the amount. Other financial supports exist to assist in caring for the teenager.

The main goal of the program is to keep our children in the community. We recognize that placing our children in non-native group homes not only removes them from our ways but also exposes them to outside influences. With your interest and commitment in caring for a teenager, you are reinforcing and strengthening our most important value: *family*.

As the resource worker, I am available to provide the support you would need to manage being a foster parent. If you have any questions about the Tsi Ionteksa'tanonhnha Program, please call Joan Montour at 450-632-6880.



Sports Nutrition Quiz: Answers continued on page 9

1. FALSE –The food guide recommends a healthy eating pattern from each of the four food groups: vegetables and fruit; grains; milk & alternatives; meat & alternatives that help meet nutrient needs. Most athletes need more food than the food guide recommends during training. Choose extra servings from each of the four food groups to help meet energy needs.

2. TRUE – Athletes can lose a lot of water as sweat during a workout resulting in weight loss. This quick weight loss is not due to loss of fat. Athletes need to replace fluid/sweat losses in order to prevent dehydration. Dehydration will cause your performance to suffer.

3. TRUE – Iron is an important nutrient for carrying oxygen in the blood stream to working cells. If you are low in iron, your working muscles don't get the oxygen they need to work hard. Fatigue is a common symptom of low iron. Ask a registered dietitian to assess your diet for iron content and, if necessary, provide advice on increasing your

Tattoos and Piercing

by TARYN CONLON

Tattooing and piercing are an increasing practice among teenagers. Shows like Miami Ink help popularize the practice in our society. Unfortunately tattooing is not risk free.

Tattoos and piercing have a long history in different cultures. Many cultures, like the Māori of New Zealand*, use piercing and tattoos as a rite of passage into adulthood. Tattoo parlours are now seen in many areas including shopping malls. They are not government regulated nor is a licence required to work in this profession. Most parlours claim they won't pierce or tattoo minors but many do not check ID's. Too often, when turned away, minors will tattoo themselves at home in an unsafe manner.

In 2000, the Canadian Dermatology Associations annual meeting displayed images of *"black spots surrounding a shiny, silver tongue stud. A pierced brow was a sickly shade of green, and a small permanent rash was all that remained of a temporary henna tattoo."*

Other complications include infections, bleeding, tearing, hypersensitivity reactions, transfusion-transmitted infections (Hepatitis B, Hepatitis C, HIV, and Syphilis), Chagas' disease, infective endocarditis, and keloids (which leaves a disfigured lesion on the area

pierced). Most recently, traces of lead and other carcinogenics (cancer causing agents) have been found in the ink used for tattoos.

Tattoo removal leaves the impression that tattoos and piercing are no longer permanent. In reality, tattoo removal is expensive and often leaves skin looking as if it's been burnt or branded. Piercing, thought to be less permanent, can leave extensive damage, such as an open hole or scar where the skin was punctured.

If or when you decide to adorn your body with a tattoo or piercing, it's important to be responsible.

- Go to a reputable, safe, professional tattoo/piercing parlour.

- Ask questions about sterilization, allergic reactions, diseases and practices for buying supplies, and health

protocol procedures.

- Make sure the artist washes their hands, wears gloves and other protective barriers, uses single use materials, that all equipment and surfaces are disinfected and sterilized, and all equipment is stored safely and disposed of properly.

- Get vaccinated against Hepatitis B.

- Take your time. Both tattoos and piercing have risks; they can greatly affect your health and may be permanent - make sure you really want it.

- Always consider your decision as permanent. Stay away from fads or foreign languages. People with arm bands, wrong Chinese symbol(s) or cartoon character tattoos probably regret their decision.

- Realize you are making a statement which is (usually) visible on your body. In the future you may be discriminated against due to your piercing or tattoo(s).

Tattoos and piercing can be beautiful and a great form of expression. Be responsible; be aware of the consequences and always educate yourself, especially when your health is at risk.

If you have any questions about the consequences or risks associated with tattoos and/or piercings or seek further information regarding these practices, contact your healthcare professional.

(Sources: Macafee, Michelle. "Side Effects of Tattoos, Body Piercing Can Be Ugly." *Canadian Press*. 11 Aug. 2000 and www.germstop.net)

(Editor's note: *Tā Moko is the permanent body and face marking of the Māori. It is a sacred practice and tied to their genealogy. It is considered an insult and identity theft when non-Māori copy their patterns.*)





The Challenge of Quitting Smoking

by DEREK MONTOUR

As I write this article, it has been 47 days since I have had a cigarette. I am very proud of that fact, so I wanted to begin this article by saying: *right now I am proud, but the truth is, that could change any moment, if I am not vigilant.* You see; I have been attempting to quit smoking for the last three years.

It feels strange for me to be writing an article encouraging people to quit smoking when the cigarette industry in the community employs so many community members and creates such a huge personal income for people. This is not an article about the cigarette industry though. Rather, it's about the destructive addiction resulting from the industry and I hope to encourage family, friends and community members to quit.

I want you to pause for a moment as you read this. Close your eyes. (Well, close them after you read the next few sentences.) In your mind, picture someone who has died

from cigarette smoking. Can you picture anyone? The first person who comes to my mind is my father. He died in 1998, at the age of 49, as a result of throat cancer (Some say his throat cancer was a result of smoking. Some cancers, like lung cancer, are a direct result of smoking). He would have been 61 years old today but he did not live to see his grandson's third birthday.

I am not sure why he got cancer and others haven't. I do know he may have had a better chance if he never had smoked or had stopped smoking sooner. So, I figure that if I want to see my grandson's third birthday...shouldn't I try to quit?

Quitting is proving to be a major challenge, even though I have some experience with addiction and quitting. Some say that smoking is one of the hardest addictions to quit, perhaps more so than heroin. I have heard that an addiction is *cunning, baffling and powerful*. Addicts can find themselves sober or clean for a

period of time, then something happens which causes them to use again.

Pretty soon, they find themselves right back to being fully addicted. They scratch their heads and wonder what happened. The short answer is withdrawal, the feeling of coping with life without that substance, or the feeling of *needing* to use is all consuming.

It takes a tremendous amount of effort, support, encouragement and courage to quit ANY addiction. If you know someone who has an addiction, particularly cigarettes, please encourage them to quit. The Internet is a powerful tool to help you quit, including support groups, information or testimonials. The best site I found was www.whyquit.com. I wish you all the best in overcoming this extremely harmful and powerful addiction!



Sports Nutrition Quiz: Answers continued from page 7

intake of high iron foods. See your family doctor or sports medicine physician to check for iron deficiency anemia.

4. FALSE – Cool water is a *must* for athletes. But other fluids such as sports drinks can be beneficial when exercise is prolonged or intense because they contain carbohydrates and electrolytes (minerals like sodium and potassium). If fruit juice is consumed *during* exercise it

SHOULD be diluted (one part juice to one part water). During hot, humid conditions and prolonged or intense exercise, the body needs more fluids to replace sweat loss and prevent heat illness.

5.FALSE – Vitamins and minerals do not provide energy. They help release energy from the carbohydrate, protein and fat found in food. A well balanced diet with food from all four food groups provides energy, vitamins and

minerals needed to fuel your active lifestyle. High doses of some vitamin and mineral supplements can be harmful. Talk to a registered dietitian or physician about any supplements you are taking.

Chantal Haddad is a nutritionist with the KMHC.

(Source: Are You Winning at Sports Nutrition fact sheet. www.dietitians.ca/eatwell)

Training and Career Opportunities for Youth

by ANGIE MARQUIS, TEWATOHNHI'SAKTHA

Tewatohnhi'saktha Employment and Training provides employability programs specifically geared towards youth. It gives them experience and a feel for the world of work. Three of our youth programs are:

- **Kahnawake Summer Student Employment Program:** Provides quality work experience for students during the summer.
- **Kahnawake Youth Work Experience Program:** Provides an opportunity for youth to work in a field they are interested in. The goal is for their experience to motivate them to return to school.
- **Kahnawake Part-Time Post Secondary Employment Program:** Provides part time work to full time post-secondary students. The program gives students an opportunity to build on the skills they learn at school.

Besides our employability programs, youth can also consider entering a vocational program. After completing high school, vocational training is another way youth can improve their skills and gain certification in programs like: Auto

Mechanics, Professional Cooking, Welding & Fitting, and Accounting, to name a few. A majority of vocational programs lasts for one year. These programs specialize in a specific trade and learning is hands-on. There are a



variety of schools to choose from. We work closely with *Nova Career Center* and *Pearson Adult and Career Center*.

New at Tewatohnhi'saktha is the *Heads Up* program. This program is designed for youth aged 13–17 years old. This program is similar to a summer camp and runs for 2 ½ weeks during the summer. Participants learn social skills, business skills, attend outings, presentations and conclude by running their own business.

Lastly, we offer guidance and support to our clients. If you're unsure on what direction to take in your career path, recent research has shown that the following careers are great choices to consider if you want to land a job in the near future:

- **Health Careers:** Nursing, Radiology, Home Care
- **IT:** Computer Support, Web Design
- **Business:** Managerial, Administrative
- **Education:** Teachers, Teachers Assistants

If you are interested in any of the programs mentioned, please feel free to contact Employment and Training Counselor / Youth Programs Coordinator, Angie Marquis at Tewatohnhi'saktha 450.638.4280 or angie.marquis@kedc.biz



Photo by PictureYouth.com



Keeping Your Teens Safe

by STEPHANIE HORNE, FAMILY & WELLNESS CENTER

With summer around the corner, parents are looking forward to spending time outdoors with their children. However, once your child becomes a teenager, they're more independent and it's difficult to keep a constant watch over them. Here are strategies for parents to teach their teen to keep them safe:

1. When you answer the door to strangers, do not say that your parents are not home; instead say that they are not available.
2. If you are walking alone outside:
 - ☞ Be aware – keep your eyes and ears open

- ☞ Watch for red flags – someone who grabs or pushes you, a blocked path, staring/sitting close/speaking to you
- ☞ Trust your intuition and respond
- ☞ Program the police into the speed dial on your cell phone
- ☞ Make some noise
- ☞ Toss valuables and run*

3. Parents should ensure that they can be reached when their teen needs to get in touch with them. Set clear and consistent boundaries. In particular, set curfews and check-in times. Be available if your teen needs to be picked up.

4. Establish clear rules about Internet use. Have the computer in view so that you can monitor their choice of websites.
5. Know your teen's friends! Make your home the place to be so they feel safe and have somewhere safe to go.
6. Talk to your teen and show interest in them – they'll be more willing to share their fears and safety concerns and this will give you the perfect opportunity to teach them problem solving.

*(Source: www.learningzoneexpress.com)



Traditional and Contemporary Roles of Youth

by TERRY YOUNG, PREVENTION WORKER

The youth are our future. They have a very important and crucial role to play in the development of our society. Often, the youth are referred to as *the future leaders* or as part of the *seventh generations*. Do we really understand what those statements mean?

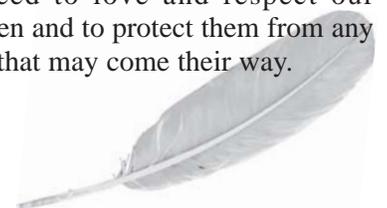
We sometimes forget that the youth are actually *our future*. They are the connection that binds us to the days ahead. They are the ones who will be working together to build bridges and fix the problems we are creating right now through our own existence.

In our proud heritage, the youth had the same entrustment to the future as they do today. Our ancestors recognized the importance of looking beyond their own short time here on

earth and instead focused on the long-term vision for the generations to come. Our ancestors depend upon the young people to carry and pass on their knowledge and teachings.

The youth are the vessels in which we send our messages of hope and love to the future. It is through investing in our children and grandchildren that we are able to guarantee a solid future for all nations. It is in the hearts and souls of our children that we will be able to preserve our way of life. The youth need to learn the words of their people, to sing their songs, and practice their ways to ensure there is a continuation of traditional values and teachings.

For the maintenance of cultural ideals and values, we have to make certain that our youth are empowered and have the ability to make decisions that are based upon their health and well being. We need to encourage healthy relationships with our children and teach them how to be good parents, partners, teachers, students, and one day, elders themselves. We need to instil in them a sense of pride and connection to their ancestors, territories, and the world. Most of all we need to remember that we need to love and respect our children and to protect them from any harm that may come their way.



The Back Page...

*“You must be the change you want to see in the world”
– Mahatma Ghandi*

Accreditation time is here again at KMHC

by LIDIA DI SIMONE

Accreditation is one of the ways KMHC takes to improve the quality of services. The KMHC accreditation journey began in 2003 with Accreditation Canada, a national, non-profit, non-governmental organization. We received our first accreditation in June 2006 and are now approaching the end of our second cycle with a visit from the Accreditation surveyors planned for June 8, 9 and 10.

Accreditation is a two-part process. The first consists of a detailed self-assessment of our services to determine how we measure up to national standards. Staff, community partners, and clients make up teams that evaluate each of our services, identifying our strengths and areas in need of improvement. The eight teams at KMHC include:

- Four Client service teams: Home Care team, Community Health Services, Inpatient Resident Services and Inpatient Short Term Care hospitalization. The standards reviewed allow evaluation of how services anticipate, plan and provide services for each of these specific client groups.
- The Leadership and Partnership team evaluates activities in the areas of managing and governing.
- The Environment team evaluates activities in the area of managing the physical environment and equipment.
- The Human Resources team evaluates activities in managing the people who provide both

direct and indirect services to client and include staff, volunteers, students, contracted providers and independent practitioners.

- Finally the Information Management team evaluates

activities in the area of obtaining, managing and securing data and information

The second part of the process occurs when surveyors from outside of KMHC visit and conduct a survey. They read the teams' self-assessment beforehand. During the visit, they tour our facility, interview each of the teams as well as individual clients, and conduct focus groups with clients, staff and partners. Surveyors review documents such as specific committee minutes and, with consent, client medical charts and staff personnel charts. Surveyors then match what they see and hear with what they have read and with the teams' conclusions. Their findings are received three months after their visit and are included in a report focusing on our strengths and areas in need of improvement. The report can include recommendations, all of which are to be met before the next survey three years later.

Accreditation has many benefits. It helps us keep up to date and accountable, it gives structure to our quality improvement plans, and it makes us proud of our achievements. The surveyors we are expecting are Ruby Jacobs from Ohsweken and Charlotte L'Heureux-Lemieux from the Dorval-Lachine-Lasalle Centre of Health and Social Services. A third surveyor is not yet named.

If you are interested in participating in one of the focus groups, call Lidia De Simone at 450-638-3930 extension 205.

Important Dates

June 21 – National Aboriginal Day
June 21 – Father's Day
July 11 – “1990 Oka Crisis”

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

Aionkwatakari:teke

P.O. Box 1440
Kahnawake, Quebec JOL 1B0
Tel: (450) 632-6880
Fax: (450) 632-5116
E-mail: kscs@kscskahnawake.ca
(attention: newsletter editor)