



The Continuing Care Safety Association (CCSA) is a trusted leader for health, safety, and wellness in Alberta's continuing care sector. We make sure continuing care organizations and professionals in Alberta have everything they need to do their jobs safely and to create positive work environments.

CCSA would like to express profound gratitude for the grant provided by **the Alberta Ministry of Health** to the CCSA's project **ACCESS4MH**. With the generous grant of **\$150,000.00**, we will deliver The Working Mind training program, which is an evidence-based, educational program that builds mental resilience through knowledge and empowerment, to continuing care homes (formerly long-term care [LTC] and, designated supportive living [DSL]), Licenced Supportive Living (LSL) communities' staff and managers.

By eliminating the primary barrier, the direct training cost, the CCSA will provide access to [The Working Mind program](#) that otherwise employers would not have been able to afford. The CCSA's involvement will provide continuity and will play a vital role in furthering the objectives.



In 2024, we anticipate reaching over 800 participants, with 25 training sessions for frontline workers and 20 for managers and leaders, creating a lasting impact in continuing care and healthcare industries.

95%

of participants **STRONGLY AGREED** that the course material was easy to understand

95%

of participants **STRONGLY AGREED** that they will be able to apply what they learned to improve safety in their workplace

93%

of participants **WOULD RECOMMEND** this course to others

CCSA The Working Mind Post-Training Survey March-April 2024

Collaboration:

- CCSA Members

- [Opening Minds](#), a division of the Mental Health Commission of Canada (MHCC), that is responsible for The Working Mind
- Occupational Health & Safety (OHS) Prevention Initiative
- National Alliance for Safety and Health in Healthcare ([NASHH](#))
- Industry Associations, such as Alberta Continuing Care Association ([ACCA](#)) and Alberta Seniors and Community Housing Association ([ASCHA](#))

[The Working Mind \(TWM\)](#) trains you to reduce stigma and promote mental health in the workplace, creating a more resilient and supportive culture among employees and leaders.

- The Working Mind training can help individuals build resilience to stress. The strategies learnt in the course can help reduce the impact of stress, optimizing people’s well-being both at home and at work.
- The Working Mind Training can also help encourage empathy by asking staff to imagine or remember a situation that could have impacted their own mental well-being.
- Taking part in mental health training can help staff picture ways in which they could become advocates for change in the workplace.
- The Working Mind training provides the tools to know how to have helpful, kind conversations around mental wellbeing and spot when others may need more specialized support.

“For myself, a reminder to stop, and deal with stress otherwise condition can worsen. To support others, to establish trust/get to know during times of calm so then able to notice when things are off.”



CCSA Post-Training Survey, April 4, 2024, The Working Mind for Managers & Leaders

“I appreciate the tools to equip myself and coworkers how to identify if they need help. The continuum is a great visual tool to use as a reference for anyone to identify where they are at their mental health”



CCSA Post-Training Survey, April 19, 2024, The Working Mind for Managers & Leaders

“Opened my mind especially for myself about mental health.”

“To know or acknowledge when you need help. Take a step back and do



CCSA Post-Training Survey, April 11, 2024, *The Working Mind for Employees*

self-care.”

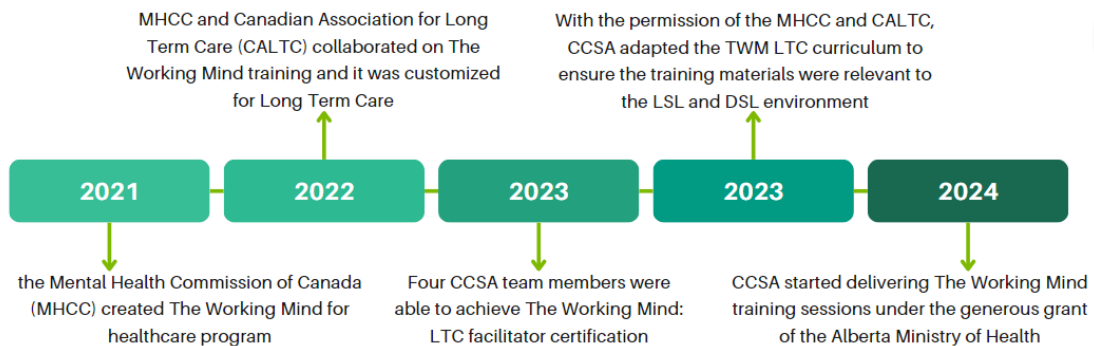


CCSA Post-Training Survey, April 11, 2024, *The Working Mind for Employees*

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The Working Mind Training will foster continuing care and healthcare workplaces conditions that enable staff to share their mental health concerns without fear of stigma with their employer, access supports for their well-being, and improve working conditions for staff and managers. Steps taken to address issues related to staff mental health and relevant working conditions are expected to improve workforce capacity to provide care, workforce retention, and resident experience, as the conditions of work are the conditions of care. Thank you, Alberta Ministry of Health, once again for your trust and generosity to the CCSA’s project ACCESS4MH. Together, we are making a difference” said [Dana Loepky](#), Executive Director at CCSA.

TWM program aims to help individuals maintain their wellness while also supporting others living with a mental health problem or illness in a psychologically healthy and safe work setting. This program will assist employers who are interested to adopt the [Psychological Health and Safety Standard](#) in the workplace.



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