



LIVE MORE

FOR IMMEDIATE RELEASE

Northwood Mental Health Support Program Staff to Present at CTRA Conference



Seeds of Success participants and staff.

Halifax, N.S. / June 11, 2018 – Northwood Seeds of Success staff will be presenting at this year’s Canadian Therapeutic Recreation Association Conference. Occupational Therapist, Nelson and Recreation Therapy Assistant, Joy Pennick will present at the conference taking place June 13-15, 2018 in Halifax. Their presentation and poster is titled *Seeds of Success, Northwood’s Mental Health and Wellness support program: planting the seeds of wellbeing for long-term care residents*.

“We’re so excited to be part of this year’s CTRA conference,” says Pennick. “The goal is that everyone who attends our session will leave with a better understanding of how important mental health support is in long-term care.”

Seeds of Success is a mental health and wellness support program designed to meet the needs of Northwood’s long-term care residents who experience mental health challenges. With help from the Northwood Foundation and a generous donation from Marjorie Lindsay, the Seeds of Success program was created in June, 2015 and operates from the Marjorie Lindsay Centre, located in Northwood’s Halifax Campus. Seeds of Success programs include: New Beginnings (a therapeutic gardening and creative expression therapeutic activity group), Positive Steps to Mental Health and Wellness and My Northwood: Finding My Place (an adjustment to long-term care support group).

“There is a definite need for mental health services in long-term care,” says Josie Ryan, Executive Director, Long-Term Care at Northwood. “We’ve made it a priority at Northwood through Seeds of Success, and we hope that everyone enjoys hearing about it from Nelson and Joy.”

The presentation will outline how Seeds of Success was established, staffing considerations for those interested in starting a similar program of their own, the programs and activities offered, the referral and selection criteria for participants and a review of the program's successes. The presentation will be part of the conference's Wednesday afternoon session.

For the full CTRA 2018 program, visit: <https://canadian-tr.org/wp-content/uploads/2018/02/CTRA-brochure-RB-edits-Feb-16.pdf>

For more information on Seeds of Success, visit: <https://nwood.ns.ca/retirement-living/marjorie-lindsay-centre/>

-###-

About Northwood

Since 1962, we have led the way as Nova Scotia's most dynamic continuing care organization committed to innovation and change. We are the largest not-for-profit continuing care organization in Atlantic Canada and are recognized both here at home and across Canada as an extraordinary example of the power of social justice, but we like to call it the power of love! When life changes, and society changes, Northwood leads the way, incorporating revolutionary designed, responsive care. From new ideas to new technologies, we are empowered to do this, because our focus is on people, not on profit margins.

For further information please contact:

Ashley Gallant

Communications Specialist

Northwood

902.454.3377

ashley.gallant@nwood.ns.ca