



To say the least, the past three months have been very challenging for all Nova Scotians. The COVID-19 pandemic not only confined us to our homes and separated us from friends and family through quarantine and social distancing measures, but it also forced the closure of schools. As teachers, we have had to adapt quickly and educate students from our homes in an unprecedented way.

In addition to COVID-19, we have had to deal with one of the largest tragedies in Canadian history which even claimed the loss of one of our own teachers, Lisa McCully. We will continue to be Nova Scotia Strong, but we know how extremely difficult coping with these changes and losses can be for everyone. Your Nova Scotia Group Insurance Trustees want to ensure you know that there are support benefits to help you, so that you do not have the deal with these stresses alone.

Through Resilience® (Employee and Family Assistance Program), there are numerous programs that can offer support. Here are three programs, in particular, that we want to bring to your attention:

1. Depression Care:

Even prior to COVID-19, approximately 11% of men and 16% of women in Canada experience major depression in the course of their lives. It is also estimated that 1 in 10 Canadians is affected by an anxiety disorder. Depression Care offers fast access to personalized clinical treatment to help individuals achieve sustained recovery from depression, anxiety, and stress.

Expert Clinical Care – This program offers innovative mid to long-term treatment for individuals

with moderate to severe anxiety and/or depressive symptoms. An unparalleled clinical team offers specialized treatment focused on reducing the symptoms of depression and anxiety while building resiliency to assist with getting back to life.

Specialty Treatment – The unique program model uses industry best practices including Cognitive Behavioural Therapy, resiliency training, and a wide range of mindfulness tools. Treatment services are designed for individuals who are struggling with acute, or long-term, depression and/or anxiety symptoms.

Easy Access – No Referral and No Waiting. Call Homewood Health's Client Services Centre to request Depression Care services. Expert clinicians are specially trained in evidence-based psychotherapy, anxiety, stress, depression and mood disorders, and they will conduct a screening during your call to ensure an appropriate fit for the program.

2. Grief and Loss Coaching:

Grieving can be an overwhelming and complex process. Every individual reacts differently and experiences grief and loss in unique ways. This Grief and Loss Coaching Program helps you understand the grieving process by providing you with coaching support and resources to help you manage through the range of emotions and difficulties one experiences when faced with a significant loss. This program is helpful to those who have lost a loved one or who are experiencing other forms of loss in their life, including a job loss, a divorce, or the end of a relationship.

- Have you recently lost someone?

Grief specialists can provide emotional support and resources to help you get through your difficult time.

- Are you looking for support in guiding your children through grief? Grief specialists will help you understand how grief may impact children and how to support them to overcome it.
- Do you have questions about your emotional wellbeing due to a recent loss? This program can provide resources and strategies to help you in your journey of recovery.

One call is all it takes to get started. Life Smart Coaching focuses on strategies to help you through your grief and loss. We make it simple to get started and we guide you step-by-step. When you call the Client Services Centre, here's what you can expect:

1. They ask a few questions to make sure you receive the customized service that will be most helpful.
2. They arrange for one of our grief specialists to call and walk you through the types of support and resources that you could benefit from, such as written materials, internet resources, and printed materials that are personalized for you. They'll be in touch with you while you're using the materials, and help you build the self-care and self-compassion you need to overcome your grief.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, they can also arrange counselling. Counselling services can be offered over the phone, through video, or online.

Frequently Asked Questions:



Q: It's summertime! Do you have any tips on how to stay physically and mentally active during the summer months?

A: As part of the Resilience® program, there is the Self-Care Starter Kit which helps design a plan specifically for you by taking you through the following four steps:

1. Evaluating Your Coping Skills
2. Identifying Your Self-Care Needs
3. Barriers And Areas For Improvement
4. Creating Your Self-Care Plan

When it comes to self-care plans, there is no one-size-fits-all option. We each have different needs, strengths, and limitations. The above four-step process will help you to build a plan that's just right for you. The Self-Care Starter Kit does not just focus on mental health either. Being physically active and taking advantage of the great outdoors in the summer is one of the best ways to ensure you are taking care of you and your family. The Self-Care Starter Kit can be found on the NSTU Group Insurance website at www.nstuinsurance.ca/members/active/resilience/ under the Resources header. Now that school is out, take the time to review the Self-Care Starter Kit and kick summer off on the right foot with the right plan to bring out the best you.

Stay Strong and Stay Safe! The NSTU Group Insurance Trustees wish you all a great summer! It's time to rejuvenate!

3. Trauma Care

We would all agree that the events in the past three months have been traumatic. The Trauma Care program provides specialized treatment for individuals who are struggling with acute or long term trauma symptoms. Through Homewood Health, Trauma Care provides access to an unparalleled clinician team offering treatment and resiliency training for PTSD, mood, and anxiety disorders via their national network of highly qualified clinicians and their inpatient programs.

This unique program model uses industry best practices including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), resiliency training, and innovations like Mindfulness and Metta Trauma Therapy.

To access these three programs and gain more information on what other programs Resilience® has to support you, please contact Resilience® 24/7 by calling 1-877-955-NSTU (6788).

We know that people manage and cope with challenges and change differently, but we never want you to feel that you have to go through anything on your own.

For more information on all benefits and support programs available to you, visit the Nova Scotia Group Insurance Trustee website at www.nustuinsurance.ca.