
INTERVENTION

Session 16: Helpful Resources

This last session examines the list of Helpful Resources with the participants. It enables participants to familiarize themselves with the range and diversity of resources available while emphasizing the importance of offering several points of entry into a system of assistance for all people concerned.

Note: this session will take approximately 45 minutes, leaving 30 minutes for the Final Wrap-Up session which includes the evaluation.

Materials for this session⁵⁵

- Sign-in sheet
- Participant Manual, one for each participant
OR copy of Module 16 for each participant (Manual pages 195-237)
- Trainer Notes
- PowerPoint
- Participant Evaluation forms
- Trainer Evaluation form

Key points in Module 16

There is a wide array of resources available. It is important that participants familiarize themselves with these resources.

- The listing offers the organization's name, its phone number and its website address where one can find out more about its mandate and goals.
- Helpers can support victims of violence and people at risk in accessing these resources.
- Helpers should know about these resources.

⁵⁵ See pages 28-29 in this Guide for a Training Checklist and a list of materials, supplies and equipment for each training session.

- Helpers can also consult with the service providers or agencies listed here as resources, to ensure that they, as helpers, are providing the best supports possible to a concerned individual and her or his friends and family where appropriate.

The resources may be helpful if you are:

- A service provider to older victims of violence;
- An older person who is a victim of violence;
- An older person at risk of violence;
- A perpetrator of violence;
- Someone with the potential to become violent; or,
- Concerned about someone in any of the above situations.

Some resources may be more critical and should be highlighted

- All of the resources listed in Module 16 can be important and helpful in finding solutions to prevent and address violence, depending on the situation.
- Some are particularly important. These are the telephone response lines where services are available 24 hours a day (crisis or emergency lines and policing agencies) as well as the telephone numbers of key contact persons for assistance in the Regional Health Authorities. These are listed on the first pages of resources in Module 16.
- The rest of the list of resources is organized according to the 10 regions of the province that are covered by the 10 Regional Coordinating Committees of the provincial Violence Prevention Initiative.

“My Important Contacts” is a useful tool to share with older persons who may be at risk

There is a chart after the list of helpful resources that helpers can give to an older person who may be at risk of violence. The chart provides a space for the older person to write down important names, numbers and other information on resources that could be of assistance to them. There are

categories of resources listed to help as prompts. If needed, helpers can offer to assist the older person fill in the chart.

The Links section leads to more detailed resources on the internet

Module 16 in the Participant Manual is followed by a section titled *Links* which provides internet resources (website addresses) for those who wish to further explore the topics covered in the *Respect Aging* Training Program.

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AGENDA

Activity #	Activity	45 minute session	Materials
	<p>Welcome</p> <ul style="list-style-type: none"> • Welcome participants. • Introduce yourself if necessary. • Participant introductions, if necessary. • Make housekeeping announcements. <p>Guidelines for being together (See some examples on p.14)</p> <p>Today's topic</p> <ul style="list-style-type: none"> • Briefly explain that this is Session 16 in the <i>Respect Aging</i> training program. Today's topic is <i>Helpful Resources</i>. <p>Agenda</p> <ul style="list-style-type: none"> • Review Agenda. • If participants do not have their own copies of the Participant Manual, hand out copies of Module 16. 	5 minutes	<ul style="list-style-type: none"> • PowerPoint slides 1-2 • <i>Participant Manual</i> OR one copy of Module 16 for each participant
	<p>Learning together</p> <ul style="list-style-type: none"> • Present slide 3. Explain that this is the order of presentation of resources in the Manual. • As you list each heading, invite participants to follow along in 	10 minutes	<ul style="list-style-type: none"> • PowerPoint slides 3-4

	<p>the Module as they discover the resources listed.</p> <ul style="list-style-type: none"> • Show slide 4. • Explain how the resources can be helpful for different people. 		
1	<p>Small group activity</p> <ul style="list-style-type: none"> • Divide the group into two. • Move one half to one side of the room and the other half to the other side. • Ask the group members to share with each other their knowledge or experience of the different agencies listed in the module on Helpful Resources, and to explore the following questions. <ul style="list-style-type: none"> ○ Was the experience with that agency helpful? If yes, in what ways? ○ What feelings are evoked when you think of those resources/agencies? ○ Are there barriers that would prevent us from asking for help from one of these agencies? If so, how can we overcome those barriers? • Remind the group members that they are invited to share only to the extent that they are comfortable. • Remind the group about confidentiality. 	20 minutes	

2	<p>Debriefing</p> <ul style="list-style-type: none"> • Bring the participants back together. Invite them to share in the full group their thoughts on the usefulness of the small group exercise. • Invite questions from the group regarding the mandate of any of the resources/agencies listed, and invite participants to assist in providing answers. • Show slides 5 and 6. 	10 minutes	<ul style="list-style-type: none"> • PowerPoint slides 5 & 6
	Proceed to the Final Wrap-Up Session .		<i>Wrap-Up</i> (below)
	<i>Total time</i>	45 minutes	

IMPORTANT!

Each time you facilitate a session in this program, please copy and complete a **Trainer Evaluation Form** (page 226). Your feedback will help us keep project materials relevant, useful and up-to-date. Mail or fax within one week of the session to:

Provincial Training Coordinator
 Women's Policy Office/Violence Prevention Initiative
 Government of Newfoundland and Labrador
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 St. John's, NL
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