

Hello!

The third week of Saskatchewan Addiction Awareness Month we are focusing on Local stories of resilience and recovery!

Again, we will begin with congratulating our week 2 winner \_\_\_\_\_ who received a \$50 gift card to Leyda's Café in Saskatoon! Thank you so much to all that took time to check out the links sent in the email and to those who responded to the survey question!

There are many local stories of recovery to share but we wanted to highlight some of those speak about understanding substance use disorders and addiction from a stigma-free lens.

1. Hard Knox Talks (YouTube): "Bringing healing, Breaking stigma, and encouraging policy change around substance use are our primary purposes. Through sharing experiences and knowledge dissemination, the hope is to promote change in Canadian communities".  
[https://www.youtube.com/channel/UC076hYj43gixSFFFTq\\_jvA/featured](https://www.youtube.com/channel/UC076hYj43gixSFFFTq_jvA/featured)  
Daniel interviews a number of different local people around mental illness, addiction, substance use as well as many other topics over many different platforms.
2. Allan Kehler (YouTube): "When it comes to mental health, silence is not the answer. Allan Kehler has experienced these challenges first-hand, and he is strengthening this conversation through his videos. Allan's videos contain content about mental illness, addiction, trauma, stress management, recovery, and healing. Through his videos, you will learn how to share your own story, step into your vulnerability, and connect to yourself and others in a more authentic way. By finding your own voice, you will be able to inspire others to find theirs."  
<https://www.youtube.com/user/allankehler>
3. Dr. Colleen Dell (YouTube TedxTalk): Dr. Colleen Dell talks about the importance of not only connection in addiction and recovery but also the strong impact that animals have in the healing process.  
<https://www.youtube.com/watch?v=XnuErjSmWng>
4. The Whitecap Dakota First Nations Health Center and ACCFS are hosting a virtual presentation by Harold R. Johnson to celebrate National Addiction Awareness Week. The event will be held on November 22, 2021 at 7 pm. Please see the attached poster for more information and email Joanne Alexander at [jalexander@whitecapdakotahealth.com](mailto:jalexander@whitecapdakotahealth.com).

Also, if you missed the HRI talk from November 5 around "Substance Use and Mental Health Treatment in Canada: Are people getting better?" it can be viewed by following the link below:

<https://www.youtube.com/watch?v=WaalV5NJQA&list=PLoozjNY2hxmXgYxy9NBfgbD9Wpfw4zsEB&index=2>

And let's not forget the chance to win a \$50 gift card! Please follow the link below and answer the question to be entered to win!

<https://www.surveymonkey.com/r/66G7PNZ>

Thank you for taking time to share and spread awareness around Addiction, Substance Use Disorders and Recovery!

Sincerely,

The Saskatchewan Addiction Awareness Month Committee, MHAS, SHA Saskatoon area