

## SARA RIEL INC. PROVIDES MENTAL HEALTH CARE SUPPORT FOR PERSONAL CARE HOMES EMPLOYEES

AS COVID-19 DEVELOPS IN PERSONAL CARE HOME,  
SARA RIEL INC. PROVIDES MENTAL HEALTH SUPPORT  
TO HELP ALL MANITOBA PCH EMPLOYEES.

*Winnipeg, MB, September 16, 2020* – Sara Riel Inc. will be providing virtual educational workshops to Long-Term Care (LTC) Management and Staff to support employees in managing increased stress, burnout, compassion fatigue and associated mental health issues attributable to dealing with COVID-19. This is a new initiative to support the LTC sector during this vulnerable time of the Pandemic.

“We strongly believe that the modules will increase the psychological well-being of management and staff, resulting in enhanced care to LTC residents who have had challenges such as isolation, lack of ability to see their families, increased risk of illness and threat of death due to COVID-19” states Cameron Tindall, Manager of Employment Services for Sara Riel Inc. “It supports a staff that is experiencing new and compounding stressors brought on by the COVID-19 pandemic”.

Sara Riel partnered with Dr. Kristin Reynolds at the University of Manitoba to develop and offer educational workshops to LTC Management and Staff to support employees in managing work-related stress, burnout, and associated mental health challenges. The workshop includes mindfulness, self-compassion, and self-care strategies. It meets the needs of the LTC sector which is under considerable mental strain with regards to the risks associated with COVID-19.

Through the partnership, the LTC sector was surveyed with respect to how the workforce might benefit from psychological help and support during COVID-19. The responses provided overwhelming demand for information and concrete tools to help the LTC sector address the psychological stressors of COVID-19. Sara Riel and the University of Manitoba used the information gathered in the survey to inform the development of the 5-module workshop titled *Mental PPE: Arming Yourself with Psychological Strategies During the COVID-19 Pandemic*. It provides for the opportunity to offer support to frontline professionals working in the LTC sector, grounded in their identified needs as assessed in our survey research.

“This program provides wellness tools to a sector that is juggling high-risks and demands within the pandemic including staffing challenges, the isolation of seniors and frustrated families” Tara Brousseau Snider, Executive Director of Sara Riel commented. “I am very pleased we can offer real information which has been requested by the Manitoba LTC employees, it is Manitoba made and is available to all of Manitoba LTC homes.”

The program is supported by Réseau Compassion Network, Catholic Health Association of Manitoba, Aulneau Resource Centre, Compassion Project, University of Manitoba, St. Amant Centre, and Sara Riel Inc.

Sara Riel is a non-diagnosis specific, mental health and addictions service provider offering Community-Based services to individuals with mental health and addiction needs through support in Mental Health Counselling, Employment Services, Community Mentorship, Respite and Peer Support care. Sara Riel Inc. has been

providing these services to the people of Winnipeg for over 43 years.

To register or for further information please visit our website at: <http://www.sararielinc.com> or contact Cameron Tindall at [ctindall@sararielinc.com](mailto:ctindall@sararielinc.com).

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