



LAKE HELEN NEWSLETTER

JANUARY 30, 2020

GENERAL BAND MEETING

*****CHANGE OF DATE*** FEBRUARY 12, 2020**
7 PM – RESOURCE CENTRE

MOTIONS – JANUARY 8, 2020 GENERAL BAND MEETING

1. Motion that the band pursue the purchase of the identified septic pumper from the Thunder Bay company to become a self-sufficient First Nation.
2. Motion that if people have a home outside the reserve and only come to their home once a month. Should not have 2 addresses.

The above motions will be read at the next General Band meeting.

NATIVE LANGUAGE CLASSES

EVERY TUESDAY at 6:05PM

SERVICE PROVIDERS ROOM (Band Office)

FREE SKATE

EVERY SATURDAY
6 PM TO 7 PM

SPONSORED BY RED ROCK INDIAN BAND

GOOD FOOD BOX

Money is due by February 13th, 2020

Pick Up is on FEBRUARY 20th, 2020
11 AM AT RESOURCE CENTRE

ATTENTION LAKE HELEN RESIDENTS FOR SAFETY REASONS

When snow plowing is being done,
can you please move your vehicle(s) off the road.

When driveways are being plowed please move vehicle(s) from driveway
so nothing is damaged and the plow can get in and out.

**PLEASE NOTE: WHEN LOADER AND TRUCK ARE WORKING REMOVING SNOW
PLEASE TAKE AN ALTERNATE ROUTE.**

THANK YOU FOR YOUR COOPERATION!!

SOCIAL SERVICES OFFICE

The Ontario Works office does their very best to service all Ontario Works clients daily,
Monday to Friday 9 AM thru 4 PM.

Ontario Works cheques may be picked up during those office hours on the specific
dates posted in the Community Newsletter.

Clients should not phone Ontario Works staff outside of normal office hours regarding
Cheque pick-ups.

Remember our staff are here to serve you, but please respect their right to time privacy
when it is outside of the normal operating hours.

OW/ODSP PAYMENTS

OW/ODSP payments can be picked up on 31-Jan-2020.

CATERER NEEDED

Looking for bids to cater Recycling Launch event on Feb 11th at 5pm at Resource
Centre. Price should be for dinner for approximately 30 people and include all utensils,
drinks, setup and clean up. Please provide bid to the RRIB Band Office, attn: Melissa
McDonald, by Feb 3rd at 12:00pm noon.

For further information contact Melissa McDonald:
call (807) 887-2510 or email melissa.mcdonald@rrib.ca

FULL MOON CEREMONY

**Friday, February 7, 2020
Resource Centre
6 pm**

COMMUNITY WELLNESS WORKER

**Tina will be away from her office on the following dates:
February 6th – 17th – Holidays**

February 24th – 28th – Training in Toronto



**School Snacks Bingo
Wednesday February 26, 2020
7pm Resource Centre**





**Community Potluck
Wednesday Feb 26, 2020
4:30 pm
Resource Centre**



**Adult Poker Night
Friday February 21, 2020
7pm Resource Centre
Try your luck at cards or nickel & dime bingo**

DRUMMING



FEBRUARY 5, 2020 – RC
FEBRUARY 19, 2020 – RC

MARCH 4, 2020 – RC
MARCH 18, 2020 – RC

6:00 PM to 8:00 PM

DARTS

FEBRUARY 6, 2020 – RC
FEBRUARY 20, 2020 – RC

MARCH 5, 2020 – RC
MARCH 19, 2020 – RC

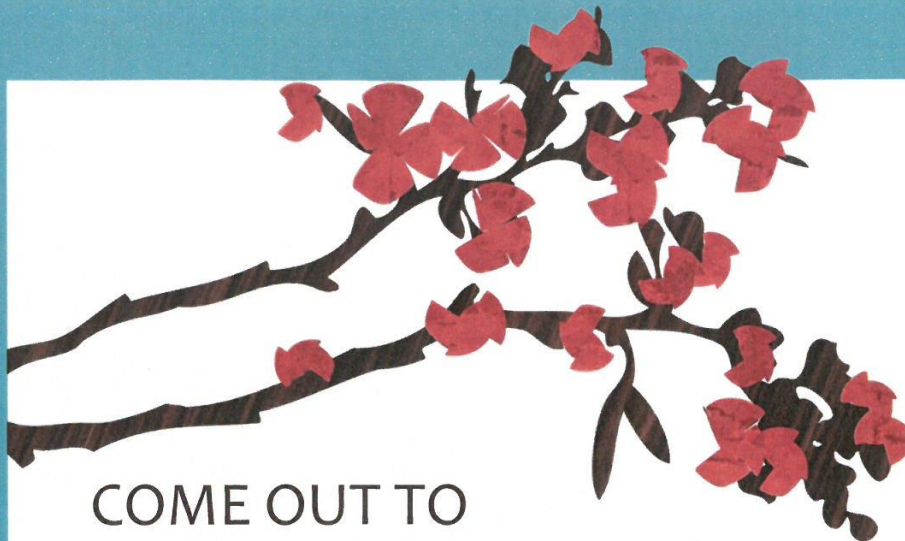
STARTS AT 7:00 PM



INFORMATION SESSION

Lands and Resources Information Session
Lake Nipigon Forestry Annual Work Schedule
Open to anyone.
Thursday, February 13th, 2020
5 p.m. Band Office Boardroom
Supper provided

****Trappers Council meeting will follow****



COME OUT TO **MOMS GROUP**

FEBRUARY 12TH
4P.M. RESOURCE CENTER
SWEET GRASS YOGA!

Learn about topics, share your stories, ask questions and have fun!

This event was made with all mothers in mind to come out and support one another, share stories/experiences, have adult conversations and to learn about specific topics. Milk vouchers will also be given out at this time.

FOR MORE INFORMATION CONTACT:

MICHELLE BLAIR @ 887-2354 MICHELLE.BLAIR@RRIB.CA OR COMMUNITY HEALTH
NURSE AMANDA RUTH @ 887-2510 AMANDARUTH@DILICO.COM



Is she getting enough face time with you?

Young children learn best by interacting face-to-face with caring adults. Not with screens.

Make time for reading, singing, dancing, arts and crafts, and playing outside.

Limit screen time

- Under 2 years old: No screen time
- 2 to 5 years old: Less than 1 hour per day

Tune in to kids

- Turn off screens when no one is watching
- Turn off screens at least 1 hour before bed
- Watch with your children
- Choose content that is right for their age
- Set limits when children are young
- Be a good role model:
Limit your own screen time, especially around your children

More info: www.caringforkids.cps.ca



Canadian
Paediatric
Society

caring for kids
cps.ca

Information for parents from Canada's paediatricians

RIBBON SKIRTS & SHIRTS

Ribbon Skirts & Shirts for ages 0-6

Feb. 4th & 18th @ Resource Center

6pm-9pm

If you are making a Ribbon shirt, please either bring a onesie or a shirt that you would like to use!

For Ribbon Skirts bring a pair of your child's pants for sizing purposes!



MAKWA SECURITY SERVICES INC IS HIRING SECURITY GUARDS IN NIPIGON for East West Tie camp

Requirements:

- Security guard license
- Class 'G' drivers license
- Emergency first aid certificate

Please email resumes to cherylstjames@makwasecurity.ca

COMMUNITY ENERGY PLAN

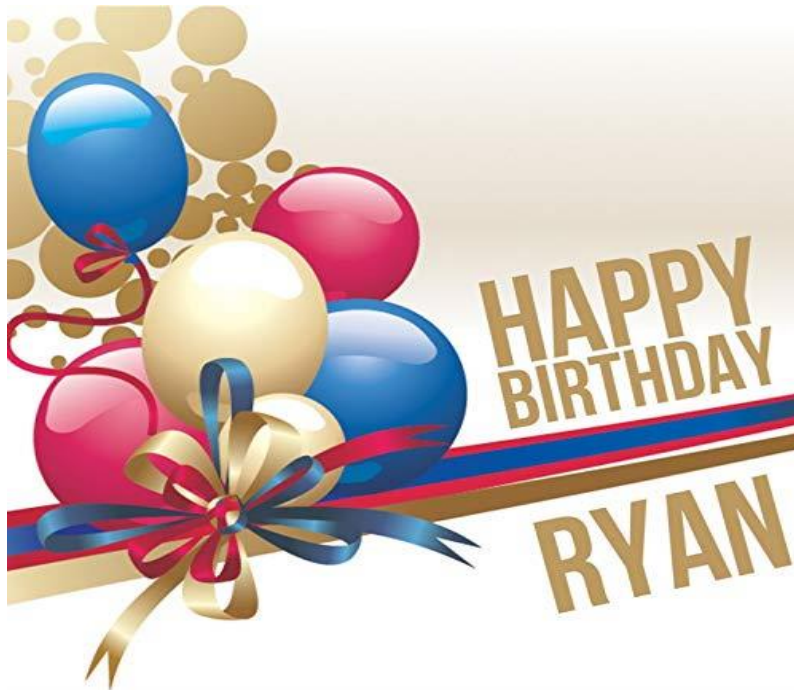
COMING SOON!!!

Funding has been approved to get the Community Energy Plan updated. The successful consultant, Superior Strategies, will start gathering information from each building and residential home sometime soon. Stay tuned to future newsletters for updates.

For more information:

Melissa McDonald @ 887-2510 ext:291 or melissa.mcdonald@rrib.ca

Phil Wawia @ 629-6081 or pwawia@superior-strategies.ca



**Happy Birthday Ryan Robert
February 3rd
Love from all your family**



Your voice, ideas and hopes matter!

Superior Strategies is pleased to have been chosen to assist in the development of an Economic Strategic Plan for the Red Rock Indian Band.

A strong and vibrant local economy happens through sound planning. An economic development plan provides a comprehensive overview of the economy, helps set policy direction for economic growth, and identifies strategies, programs, and actions to improve the economy.

In order to ensure all members, have an opportunity to give their opinion towards creating a great plan, we are asking you to take time to provide your input.

There will be a 3-part survey process. Which means 3 surveys will be required to be completed. These surveys do not take long to complete.

1. Values Survey for Value Driven Organizations and Individuals
2. Strength Weakness Opportunities Threat, SWOT Survey
3. RRIB Workforce Capacity and Availability Assessment Survey



This will be done through an online process as well; surveys will be available in hardcopy and can be brought to your door.

The data collected will be shared at community sessions in both Red Rock Indian Band and Thunder Bay in the future. Keep an eye on your newsletters, facebook and website for the upcoming community sessions.

Two of the three surveys will be launched Thursday Jan 23, 2020 with a competition **Deadline of Feb 07, 2020**. For those who would like to participate via online, please copy and paste this link in your browser.

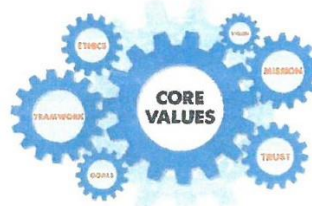
VALUES SURVEY LINK - http://bit.ly/RRIB_ECO_DEV

SWOT SURVEY LINK – http://bit.ly/RRIB_SWOT

For assistance completing the survey, contact Christine at (807) 708-0539 or leave a message at the band office.

Miigwech in advance for providing your input.

RRIB Chief & Council and Administration
Kirstine Baccar and Team at Superior Strategies.



Your name will be entered into a draw that will take place on Feb. 10th, 2020 for \$100 cash for completing 2 of the 3 surveys. These are the values survey and the SWOT survey. Please leave your contact information with and hand in your surveys to Christine White at the band office by February 7th. There are links included in the letter above to complete the surveys online.

HEARTSTEPS – GRIEF CAMP 2020
“With feeling hearts, healing starts”
May 1st-3rd, 2020
Dorion Bible camp (Dorion, ON)
Now Accepting Camper Applications!

For youth between the ages of 9-15 yrs old who have experienced a death-related loss

Up to thirty campers

“Throughout the weekend, campers are reminded that:

- they are not alone;
- whatever their feelings, they are perfectly normal;
- grief is expressed in ways that are unique to the individual, and that grief is not something to "*get through*" or "*get over*"; and,
- children grieve differently from adults, and that that is okay.”

Check out their website and FAQs at:

<https://www.hospicenorthwest.ca/heartsteps-grief-camp/>

For more information and/or an application package,
please email: keri-lyn@hospicenorthwest.ca

Any questions please contact Rodnie, Terri or Candace at
the band office.

Stay Safe!



Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

DURATION

5-6 hours

INSTRUCTOR

Red Cross Youth Leader

PREREQUISITE

Minimum 9 years of age (or completion of Grade 3)

W H E N - J A N . 31 10AM - 4PM

W H E R E - R R I B R E S O U R C E C E N T E R
O P E N T O A L L R R I B A N D
C O M M U N I T Y M E M B E R S 9 - 1 3 Y O S
L U N C H W I L L B E P R O V I D E D

COURSE CONTENT

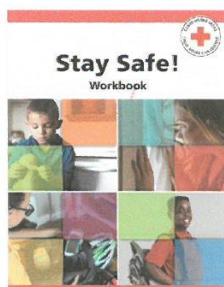
- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills

TAKE-HOME MATERIALS

Stay Safe! Workbook

Completion certificate

C O N T A C T R O B E R T S T U A R T
8 8 7 - 2 5 1 0 E X T 2 8 1 O R
C A N D A C E T U C K E X T 2 7 9



Sample Pages



Canadian
Red Cross

Training
Partner

Health Tec
TRAINING
FIRST AID/CPR
807-632-4817

MINI STICKS LEAGUE



Dates:

**February 5th 2020,
February 19th 2020,
March 4th 2020**

Time: 7-830pm @ Arena(multipurpose room)

Ages: 4-13yrs Boys & Girls Everyone Welcome!



CULTURAL HEALING WORKSHOP

**Biidaaban Healing Lodge will be offering a 2- day
rattle making workshop up to 20 people**

Please sign-up as soon as possible

When: Thursday, February 6th and Friday, February 7th, 2020

Time: 9:30 am-3:30 pm both days

Location: Resource Centre, Lake Helen Reserve

All ages

Open to anyone

Lunch and materials will be provided

**Other workshops during the two days will include: understanding
Post Traumatic Stress Disorder (PTSD), understanding grief and the
medicine wheel teachings**

**Please contact Candace at the band office 887-2510 ext. 279 or
e-mail candace.tuck@rib.ca**

Living with Cancer

Support Group

Join us for an evening of delicious food, inspiration and support as we embrace the stories and herald the courage of members of our Community and surrounding area who are surviving, fighting, and thriving while living with Cancer. This special program is designed to help build the support circles for members of who are currently battling or living with Cancer by allowing them to share their stories in a welcoming atmosphere surrounded by the positive energy by family and a community who love them.

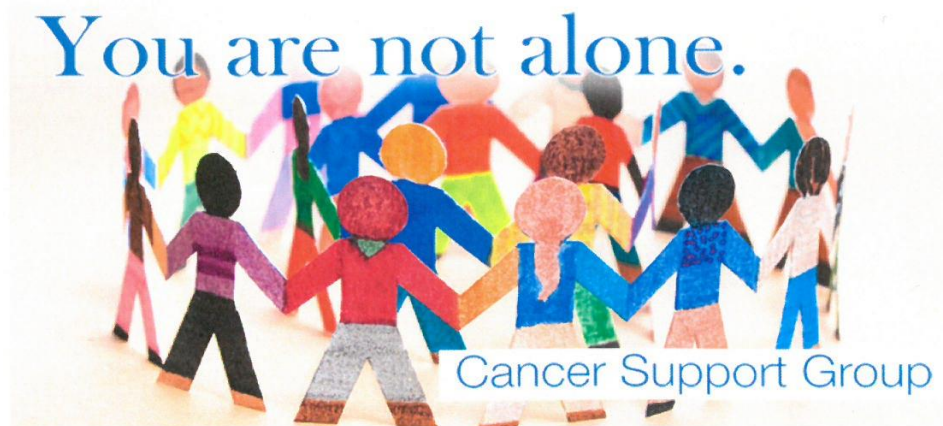
When: Tuesday February 13, 2020

Where: Lake Helen Resource Centre

Time: 5pm



❖ *Please call and sign up for the dinner with Tina Wawia @ 887-2510 or 889-0357 by Friday February 10th signing up just gives me an idea how much food I will be needing Thanks*

**** This is open for everyone to attend you do not need to have Cancer to attend you may be somebody's support system that can help them out****



LAKE HELEN SERVICE
PROVIDERS CALENDAR

Winter February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Lunch n Learn Healthy Hearts 12pm	Parents & Babes 6pm Native Language 6:05pm	Drumming 6pm	Blidaaban Workshop Darts 7pm	Blidaaban Workshop Full Moon Ceremony 6pm		
9	10	11	12	13	14	15
Parents & Babes 12:30 pm	Community Acupuncture Native Language	Moms Group Band Meeting	Living with Cancer Dinner 5pm			
16	17	18	19	20	21	22
	Lunch n Learn 12pm Parents & Babes 6pm Native Language	Drumming 6pm	Prenatal - Boardroom Darts 7pm	Adult Poker Night 7pm		
23	24	25	26	27	28	29
Craft night 6pm	Craft night 6pm Native Language	Community Potluck School Snacks Bingo	Prenatal - Boardroom			

Congratulations!

Would like to say congratulations to Karen Wawia who won the \$50 gift cards each to Lake Helen & Gas Variety and Cineplex for participating in the Bell Let's Talk quiz. Thank you to all who participated! Below are the answers:

- 1) Bell Let's Talk Day occurs annually of what month? (Write your answer below)

Answer: JANUARY

Bell Let's Talk started in January 2011 Bell Let's Talk 2020 day is January 29th

- 2) Write down the Thunder Bay District Crisis Response toll free phone # below:

Phone #: 1-888-269-3100

1-807-346-8282

Crisis Response Services offers mobile crisis response, crisis support residence, support to family members and friends, referrals to community support, wellness planning, follow-up support, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis.

- 3) What does CMHA stand for? (Hint: The Thunder Bay Branch is on 200 Van Norman St.)

Answer: CANADIAN MENTAL HEALTH ASSOCIATION

- 4) Depression is a type of: {circle one}

a. Mood-related disorder

Mood-related disorders are a group of mental illnesses that affect how you think and feel about yourself, other people and life in general and some examples include depression and bipolar disorder.

Anxiety-related disorders are a group of mental illnesses that cause unexpected and unhelpful anxiety that seriously impacts a person including mood, how we think and act. Some examples include Generalized Anxiety Disorder (GAD), phobias, Obsessive Compulsive Disorder (OCD), panic attacks and more.

An example of a personality disorder is borderline personality disorder.

- 5) **1-800-668-6868** is the number to what 24/7 national service offering support to Canadian youth such as professional counselling, information, and text-based support?

Answer: KIDS HELP PHONE

Youth can text 686868, chat online with a counsellor, check out their website or call anytime

CMHA Thunder Bay <https://thunderbay.cmha.ca/> Bel Let's Talk <https://letstalk.bell.ca/en/>

Kids Help Phone <http://kidshelpphone.ca/>

Certain milk products may be unsafe due to presence of sanitizer

Advisory details

Ottawa, January 24, 2020 - Agropur Cooperative is recalling certain milk products from the marketplace due to the presence of sanitizer. Consumers should not consume the recalled products described below.

The following products have been sold in Ontario and Quebec.

Recalled products

Brand	Product	Size	UPC	Codes
Sealtest	Skim Milk	2 L	64420001412	FE 08 (1490)
Sealtest	Skim Milk	4 L	64420001405	1490 FE08
Sealtest	1% Milk	4 L	64420001603	1490 FE08
Sealtest	2% Milk	4 L	64420000774	1490 FE08
Sealtest	2% Milk	1 L	64420000798	FE 08 (1490)
L'ecole, c'est nourrissant	2% Milk	150 mL	55872001068	FE 08 (1490)
Sealtest	3.25% Milk	1 L	64420000244	FE 08 (1490)

What you should do: Check to see if you have the recalled products in your home. Recalled products should be thrown out or returned to the store where they were purchased.

Food contaminated with sanitizer residue may not look or smell spoiled. Consumption of this product may cause symptoms such as nausea, upset stomach or vomiting. The affected products should not be consumed.

Who is affected: There has been one reported illness associated with the consumption of these products.

Background: This recall was triggered by the company. The Canadian Food Inspection Agency (CFIA) is conducting a food safety investigation, which may lead to the recall of other products. If other high-risk products are recalled, the CFIA will notify the public through updated Food Recall Warnings.

The CFIA is verifying that industry is removing the recalled products from the marketplace.

Public enquiries

Toll-free: 1-800-442-2342 (Canada and U.S.)

Telephone: 1-613-773-2342 (local or international)

Email: cfia.enquiries-demandederenseignements.acia@canada.ca

Mark the Date!

Curbside Blue Box Recycling will begin in February 2020

RRIB is excited to announce that curbside Blue Box recycling will be coming to the community with the launch date set for the week of February 24th.

Join us for a Blue Box launch dinner:

When: Tuesday, February 11th

Time: 5 to 7 pm

Location: Resource Centre

During the dinner, the consultant and staff will introduce the Blue Box program and provide information about when to place your containers to the curb for collection and what can and cannot be recycled. You will also receive your blue boxes and educational materials to take home with you.



Get ready, Get set... **Recycling is coming!**



INTERESTED IN BECOMING A TENANT IN NEW RRIB BUSINESS/COMMUNITY COMPLEX?

The Red Rock Indian Band is considering the construction of a new Business/Community Complex. This potential new complex is intended to meet the growing needs of the Band and to complement our current businesses and integration of our community social needs.

If you are a current business owner or potential new business start-up, we encourage you to express your interest in this potential new facility. If this is of interest to you please submit your expression of interest by February 7, 2020. Please include approximate square footage you may require. We do not need to know your business nature just your interest.

For more information please contact

Hoss Pelletier at hoss.pelletier@rrib.ca or 887-2510 x275

OR

Jessica Robert at jessica.robert@rrib.ca or 887-2510 x241

CONNECTING FAMILIES

The Connecting Families initiative is investing \$13.2 million over five years, starting in 2017-2018 to help bridge the digital divide for Canadian families who may struggle to afford access to home Internet. With this funding, [Computers for Success Canada](#) has developed a secure online portal that will enable eligible Canadian families to access high speed Internet service packages for \$10 per month from participating Internet Service Providers. The Connecting Families initiative will help connect up hundreds of thousands of Canadians to the Internet and will distribute up to 50,000 computers to eligible households. These efforts will ensure that more Canadian families and youth have access to the valuable resources available on the Internet and give them access to the tools they need to be successful and thrive.

Making a difference

In Budget 2017, the Government of Canada introduced its [Innovation and Skills Plan](#), which focuses on people and addresses the changing nature of the economy. In order to keep pace with these changes, it is important to equip Canadians with the tools, skills, access and experience they need to fully participate in the digital economy.

The Connecting Families initiative is a part of a suite of digital skills, accessibility, and Internet affordability programs that aim to bridge Canada's digital divide. This initiative will enable and encourage the participation of more Canadians in the digital world, including those not fully comfortable with digital technology, so they too can benefit from innovation and the opportunities it brings.

The importance of access

Daily aspects of Canadians' lives are increasingly touched by digital technology, and access to high-speed Internet has become an essential service and a key driver for improving our economic and social well-being.

More than ever, Canadians need access to fast, reliable and affordable Internet to learn, work, socialize and access Government of Canada services. Many schools require that students access Internet resources for homework projects, post-secondary institutions often provide learning and course materials online, families and friends are increasingly socializing through web-based communication tools, and the Internet is being used to search for jobs, access government services, book important appointments and find new information.

Despite the importance of high-speed Internet, almost half of Canadian households with an annual income of \$30,000 or less do not have access. The Connecting Families initiative brings together public, private and non-profit sectors to ensure that more Canadian families have access to the Internet.

A letter from the Government of Canada is mailed to families who are low income with children and in receipt of the full child tax benefits. The letter provides a code they must enter online and provides a website and a phone number. It apparently is legit as the constituency office in SSM called. The website is www.connecting-families.ca phone 1-800-328-6189.

Hope those who received letters take advantage of this offer especially if they are already paying for internet.



Memorandum	
To	All Ontario Region Nursing Stations, Health Centres, and Health Centres with Treatment
From	<div> Maurica Maher, MD MSc, FRCPC Regional Public Health Physician </div> <div> Shari Glenn, NP (PHC) Director of Primary Health Care </div>
	First Nations and Inuit Health Branch: Ontario Region, ISC
Date	23 JAN 2020
Regarding	Novel Coronavirus Infection

Purpose: To provide currently available information about a newly-identified coronavirus in China.

On December 31, 2019, the Wuhan Municipal Health Commission in Hubei province, Central China, issued a public statement that they had identified an outbreak of pneumonia of unknown cause. China has made a determination that a novel coronavirus (referred to as 2019-nCoV) is responsible for cases of pneumonia in the Wuhan outbreak. The Public Health Agency of Canada is actively monitoring the situation regarding a novel coronavirus (2019-nCoV) identified in patients with pneumonia in Wuhan, China, as well as imported cases in other countries. The Public Health Agency of Canada (PHAC) is in close contact with the World Health Organization to assess the situation and any potential risk to Canadians. At this time there is no clear evidence that this virus is spread easily from person-to-person, although person-to-person transmission has occurred.

The Public Health Agency of Canada is putting in place measures to enhance identification of possibly infected people over the coming week. These include messaging on arrival screens at Toronto, Montreal and Vancouver international airports reminding travellers to inform a Border Services Officer if they are experiencing flu-like symptoms, and an additional health screening question will be added to electronic kiosks.

The overall risk of disease spread to Canada and First Nations communities is considered low at this time, and there have been no cases in Canada.

This is an evolving situation and updates will be provided as more information is learned about the illness. Public Health Ontario and PHAC are updating information regularly.



What are the symptoms of a coronavirus infection?

Coronaviruses are a large family of viruses that originate in animals but are known to cause respiratory illness in humans, particularly during the fall and winter months. Other novel coronaviruses have included Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV).

Coronavirus infections are common and typically lead to the common cold. Gastrointestinal disease is possible for young infants. Coronavirus symptoms are usually mild to moderate and can include:

- Headache
- Cough
- Sore throat
- Fever
- Feeling generally unwell

Although rare, coronavirus can also cause serious illness such as pneumonia, respiratory failure, kidney failure, or even death.

Role of the CHN:

- Clients presenting with (a) fever and acute respiratory illness or pneumonia AND (b) travel to Wuhan, China, within 14 days prior to onset of symptoms should be clinically assessed and reported to the CD nurse immediately.
- After hours, the CHN should contact the EPHO on call (1-855-407-2676) to access the medical officer on call.
- Symptomatic clients who had contact with individuals meeting the above criteria should also be assessed.
- Clinicians should continue routine infection prevention and control practices, and apply additional respiratory precautions, based on risk assessment when caring for clients.
- Clinicians should encourage all clients to practice good hand hygiene and other practices such as staying home when ill to prevent the spread of respiratory infections. Influenza is still circulating in Ontario and Canada.

Resources:

Novel Coronavirus (2019-nCoV). Public Health Ontario. <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>

Novel Coronavirus (2019-nCoV) Testing. Public Health Ontario. <https://www.publichealthontario.ca/en/laboratory-services/test-information-index/wuhan-novel-coronavirus>

Public Health Agency of Canada Novel Coronavirus Update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Public Health Agency of Canada Novel Coronavirus Symptoms
<https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>

LIVE ENTERTAINMENT

CHROME DOMES



FRIDAY JANUARY 31, 2020

8:00 - ????

NIPIGON LEGION

COME ON OUT FOR SOME GOOD TUNES
& A GOOD TIME



ROYAL CANADIAN LEGION BRANCH #32 NIPIGON

"WEEKLY MEAT DRAW"

SAT. Feb 1/20 - 6:00

WHOLE CHICKEN
RED PETITE POTAOES
BABY CARROTS

\$1.00 per Ticket

Available at Legion
Thurs 5-11, Fri 5-12 and Saturday till Draw
Time

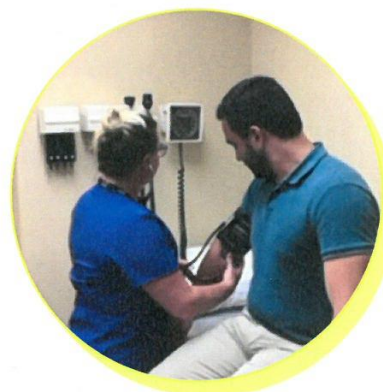
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DILICO PRIMARY CARE TRAVELLING TEAM

We bring culturally appropriate health care
to YOU!

Our Team Consists of:

- Nurse Practitioners
- Social Workers
- Registered Practical Nurses
- Mental Health Nurses
- Pharmacist
- Psychologist
- Chiroprapist



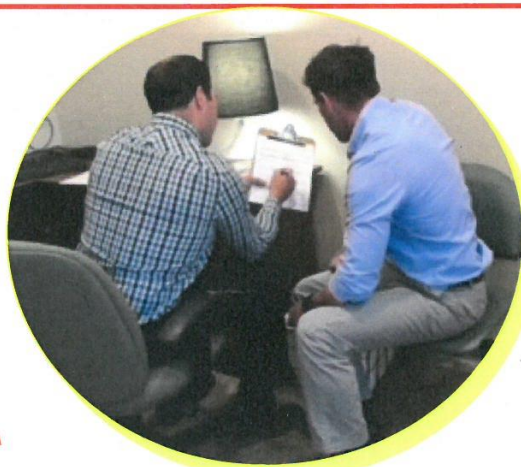
Schedule your appointment for:

When: February 18th, 2020

Location: Red Rock Indian Band Office

To Make an Appointment:

Contact Dilico CHN at 807-887-2510 or the PCTT Administrative Assistant (Jaimie) at: 1-807-626-5249



Services Available:

- Physical Assessments
- Treatments and Referrals
- Chronic Disease Management
- Foot Care
- Programming to Support Healthy Lifestyles
- Advice and Counselling on Diet and Nutrition
- Medication Review and Adherence
- Individual, Family and Group Counselling
- Assessment, Diagnosis and Treatment of Psychological Problems