

NOVEMBER, 2023

FALL NEWSLETTER

Mental Health Nursing Interest Group of RNAO



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RNAO

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Mental Health Nursing

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Land Acknowledgment

Dear MHNIG Members,

It is important to understand the longstanding history that has brought us here today, and to understand where we fit amid that history. Land acknowledgements do not exist in the past tense, and we need to recognize intergenerational trauma stemming from the ongoing legacy of colonization. That includes systemic suppression of traditional Indigenous health knowledge and healing practices. We, as the MHNIG, our work is inclusive of Indigenous peoples and communities, to listen to the voices of all present, committed to mobilizing the truth of the injustices that have been carried out against Indigenous peoples: only then, can we have reconciliation. We are committed to showing up imperfectly to listen and learn. We also recognize that land acknowledgement isn't enough. This is a commitment to reflect on our own biases, professional development for ourselves and our teams in cultural safety, awareness of Truth and Reconciliation Commission of Canada's Calls to Action, and anti-oppressive and anti-racist training.

We acknowledge this land out of respect for the Indigenous Nations who have cared for Turtle Island, also called North America, from before the arrival of settler peoples until this day. This sacred land is the subject of the Dish with One Spoon Wampum Belt Covenant, an agreement between the Confederacy and allied nations to share and care for the resources around the Great Lakes.

**“When you are
a nurse, you
know that
every day you
will touch a life
or a life will
touch yours.”**

– UNKNOWN





Mental Health Nursing

INTEREST GROUP

President's Message

SHAUNA GRAF

Dear MHNIG Members,

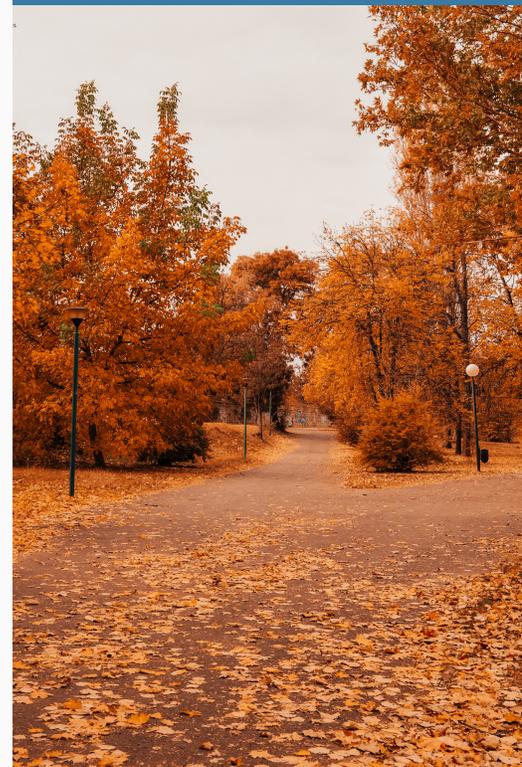
There is a spark, an energy, underlying the work we are all doing in mental health nursing right now. Although we have had the world on our shoulders at times, we are slowly getting back to what might be our usual pace. It seems that everywhere I turn, nurses are hungry to raise their voices, and looking at practical and reasonable ways we can advocate for more accessible, and higher quality mental health services within our province.

It has been inspiring to collaborate with the RNAO Mental Health and Substance Use Best Practices Program over this past year, and I hope our membership can be proud of the collaborative work we have been a part of including working alongside the Community Health Nurses' Initiative Group on the new in-focus page, collaborating for the RNAO harm reduction webinar series, and providing insights into a refresh of the program.

I urge you to continue to raise your voice around issues that matter to you and mental health nursing. This includes initiatives that can impact our well-being, the patients and families we care for, and our communities as a whole. I encourage you to go to [RNAO.ca](https://rnao.ca), and sign the current action alerts: [End the overdose crisis](#) and [There is no space for hate in Ontario](#), amongst all others listed. We join RNAO in speaking out loudly and clearly against hate in all its expressions –MHNIG echoes the message reverberating across the province to support educators and school boards to support our kids, regardless of their sexual orientation or gender identity.

"Nursing is a progressive art such that to stand still is to go backwards."

FLORENCE NIGHTINGALE





Mental Health Nursing

INTEREST GROUP

President Message (Continued)

SHAUNA GRAF

As I come to a close on my term as your MHNIG Chair, I've had time to reflect on the work, advocacy, and relationship-building that has happened over the past few years. If you told me ten years ago when I started my nursing career that I would be sitting in the same room as politicians, that I would be collaborating with my nursing mentors on initiatives that impact my community directly, that being a part of a membership such as MHNIG could influence policy at a high level- I may have believed you- but had no idea how that could all happen. It's been through RNAO, MHNIG, and collaborating with a network of like-minded nurses that we can see change happen. We can have our voices heard and we can make progress.

It was an honour, and a true pleasure to serve as your chair, to connect with you virtually, and have wonderful moments when we did have that rare chance to be together in person. I am so excited to see what the future brings for MHNIG as we aim to bring our members together in person over the next year.

Thank you,
Shauna Graf, Past-Chair, MHNIG

“BE KIND for everyone you meet is fighting a BATTLE”.

PLATO





Mental Health Nursing

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Members Voice Spring-October 2023

SHAUNA GRAF

This year MHNIG provided the following financial opportunities through RNFOO: the Dr. Hildegard E. Peplau Award for \$1,000, and the Research in Mental Health Nursing Awards – this year only one of two \$1500 awards were claimed- we encourage you to apply to the 2024 RNFOO Awards.

From a Policy and political action perspective, the MHNIG PPA maintained an active role in monitoring and responding to the political Action happenings:

1. Continue to collaborate with the Psychotherapy committee which includes current and past MHNIG Executive team and general members.
2. Responding to the opioid crisis and harm reduction initiatives

In terms of education outside of our fall AGM, MHNIG hosted the following events:

- o "Understanding the Experiences of Young Adults Receiving Community-Based Eating Disorder Care," Presented by Hali Sitarz, NP, PhD, RNAO Windsor Chapter policy and political action executive network officer in July.
- o "Addressing the Topic of Grief" by Dr. Mel Borins in August.

We facilitated access to the following Canadian Federation of Mental Health Nurses (CFMHN) virtual events and educational opportunities:

- o April 20, 2023- "The "Acceptability" of a locally modified Columbia Suicide Severity Rating Scale (C-SSRS) and intervention documentation tool with mental health and substance use service clinicians."
- o May 18, 2023- Impact of the digital divide on mental health and well-being among patients with mental health disorders

MHNIG was also involved in the development of a series of webinars dedicated to harm reduction, in partnership with the Harm Reduction Nurses Association, Community Health Nurses' Initiative Group, MOMS Stop the Harm and the National Safer Supply Community of Practice. Sophia-Coulter English, MHNIG PPA ENO was one of the presenters during a summer webinar.

MHNIG Executive Members have attended various RNAO Events, including the June AGM, Queen's Park Day on the Road, and Fall Tours.

We continue to make every effort to reach out to our 790 members, including 754 RNs and 36 students. We encourage you to keep an eye on your emails- we strive to connect you to various presentations, educational events, research, and stakeholder feedback opportunities, and provide you with tailored resources and self-care tips.

We continue to aim to connect with nursing students, and our student ENO Ugochi has done fantastic work in creating posters and looking into ways of boosting our student engagement.

Our Facebook, Twitter, and Instagram accounts continue to be a great resource, and you can stay updated with us through our website. As a member-focused website, we are always looking for your feedback on what you would like to see more of. We have recently posted statements or images around the opioid crisis, world suicide prevention day, and National Day for Truth and Reconciliation.

We hope to continue to meet your needs and represent you well as the MHNIG Executive.





Mental Health Nursing

INTEREST GROUP

MHNIG Annual General Meeting 2023

The Mental Health Nursing Interest Group (MHNIG) held our Annual General Meeting (AGM) on October 27th, 2023. This allowed the group executive officers a chance to directly connect with the interest group membership and present the work that has been going on with you and on your behalf over the last year. We also were able to highlight upcoming plans for the next year. In addition, we hosted three presentations specific to the areas of mental health care delivery.

The AGM opened with our Land Acknowledgement, which is a recognition of the enduring presence, contributions, stewardship, and historic importance of Indigenous peoples who have existed on this land from the beginning. It is also a recognition of the intergenerational trauma which stems from the ongoing legacy of colonization, including the systemic suppression of traditional Indigenous health knowledge and healing practices. It is an ongoing commitment to the Truth and Reconciliation Commission of Canada's Calls to Action, and encourages us to develop and deliver professional practice which is culturally competent and culturally safe.

Opening remarks were given by Shauna Graf, MHNIG Chair. She welcomed the membership to the meeting, and highlighted the ongoing work by MHNIG, and the importance of continued nurse advocacy, with RNs leading the way.

The first presentation was delivered by Dr. Linda MacDougall RN, PhD, entitled "What's Happening Between Us On the Healthcare Team?" She discussed the importance of first impressions in the nursing and healthcare field, and shared five options for managing feelings of shame and reflecting on personal maladaptive encounters with shame. The Compass of Shame was presented with strategies for managing shame and reflecting on how these strategies could be personally instilled as adaptive resources. Some included:

- Remember that first impressions matter.
- Connect first then lead, be a happy warrior.
- Understand the context in which poor behavior is occurring then name it even if its only to yourself.
- Become aware of your emotions, especially shame.
- Be open with someone who deserves your vulnerability to discuss these feelings.
- Shame then becomes external and much easier to let go.
- Practice direct and respectful adaptive sentences that can be said in many different difficult encounters.
- Interprofessional education must occur with pre-service health care professionals. We need to provide training opportunities where they learn how to be adaptive in difficult situations.
- Integrate coping practices in pre-service education that increase awareness, then well being.
- Do not withdraw from one another, patients deserve our full presence, their lives depend on it.



Mental Health Nursing

INTEREST GROUP

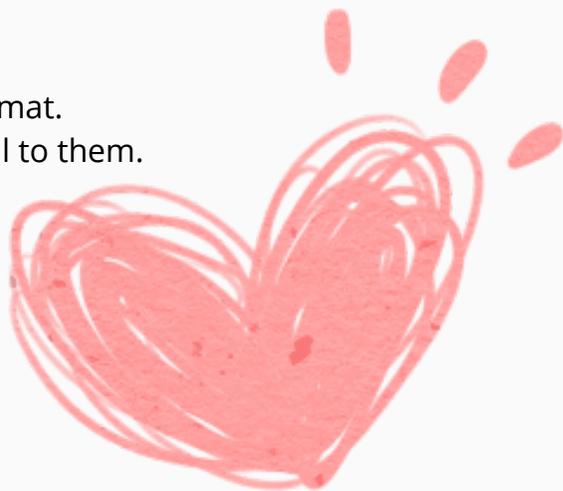
MHNIG Annual General Meeting 2023

The second presentation was provided by Michelle Solomon, RN, MScN, PhD(c), entitled “A Picture of Spirituality in Youth Living with Bipolar Disorder.” She intended to answer the question: “How do youth living with bipolar disorder describe their understanding of and experiences of spirituality?” A live interactive activity encouraged AGM participants to explore their own perception of spirituality and religiosity. Themes that emerged from the literature included connection, meaning in life, deciding who to be, depression and suicide, and transcending Bipolar Disorder. Connection in nature, deep relationships with self and others, metaphysical connections, finding meaning in life, knowing our inherent value, existential reflection, using art as a conduit for meaning, were all strategies noted by study participants for developing purpose and connection.

The final presentation was delivered by Susan Ksiezopolski on The Art of Wellness. Susan is a word artist and HeartMath Building Personal Resilience Coach that can be followed on IG @writewell_2020. She covered grounding strategies using words, music, art, and meditation. A writing and sharing activity helped attendees explore their writing potential as a wellness activity to possibly add to their self-care habits. She encouraged anyone that wants to start a writing practice to continue reading and writing, join community writing groups, to separate the creative process from the editing process, to set time aside, and always carry a pen and paper.

Executive members and regional representative shared updates, followed by an introduction of new board members and a call for more volunteers.

Feedback of this year’s AGM was gathered using a post-survey format.
100% of respondents found that attending the AGM was beneficial to them.
100% of respondents reported feeling supported by MHNIG.
50% of respondents were interested in an in-person event.
When asked about how we could improve this event, one person said “No constructive feedback. I thought everything was well organized and the presenter's were relative and moving.
Thank you!”
If you have more feedback, please reach out to us!



Full recording available for members on our [website](#)



Mental Health Nursing

INTEREST GROUP

Humanitarian Nursing in Darkness

BY ANDREA DI TULLIO RN BSCN

Dear Fellow MHING Members,

In the realm of healthcare, we are well aware of the profound spectrum of experiences, from immense joys to overwhelming sorrows. It is with both honour and trepidation that I share my own story, that of a nurse and mother grappling with unimaginable grief while striving to continue providing humanitarian nursing.

My journey into nursing marked a second career, and over the past six years, I have dedicated myself to the health and well-being of my community which I hope to be recognized for my unwavering commitment. However, on January 16th, 2023, my world was irrevocably shattered when I lost my only child, my son, to the toxic illicit drug supply that plagues far too many lives.

Without telling my entire story it's important to share that Jacob did not experience a problematic substance use disorder. This is a case of a young adult self medicating for anxiety, an issue as parents we were completely unaware of. His pride regarding his success and independence tragically kept him from sharing his mental health struggles with us. The thought of being a burden or a disappointment to us was unbearable to him, even though we never placed any expectations on him that would elicit those feelings.

Jacob was under the impression he had purchased valium when in fact it was almost pure fentanyl. With the coroner never seeing the amount of fentanyl that was present in Jacob's toxicology an immediate criminal investigation was opened which has since developed into a manslaughter case.

The combination of the suddenness of his death and the events surrounding it plunged me into a darkness I never knew existed, a place so dark I would not be able to imagine had it not been for my circumstances. Where my unrelenting and insurmountable grief often leaves me questioning my ability to carry on as a nurse. The pain is indescribably overwhelming, and contemplating the future has often felt like staring into an abyss of uncertainty.

In May 2023, a lifeline emerged in the form of an opportunity to serve as a mental health and substance use public health nurse. Despite the overwhelming urge to shut down, a deep calling in the pit of my soul is propelling me to make a difference in my son Jacob's name and for all those who have lost their lives to this preventable epidemic. My commitment extends to improving the environment in which I live, attempting to raise awareness among those more privileged about the suffering experienced by the underprivileged. To achieve this, I have immersed myself in mental health and substance use training and education, completing specialized courses with the RNAO. I have also become an active participant in various high-level municipal committees, with the aim of championing Florence Nightingale's mission of caring before curing.



Mental Health Nursing

INTEREST GROUP

Humanitarian Nursing in Darkness Cont'd

I have embarked on a tireless journey to ensure that our evidence-based messages reach the individuals who have the power to create real change. While I am already feeling the weight of this endeavour, my special interest lies in advocating for safer drug supplies, ending the criminalization of substance users, and promoting evidence-based drug policies. I emphasize the importance of addressing issues such as mental health, trauma, poverty, housing, rapid access to treatments, discrimination, and the devastating effects of colonization, all from a humanitarian perspective. I'm fighting against my innate desire to hold hatred or lay blame on any specific political party or organization. If I could be certain that my son was the last victim of illicit drug poisoning, perhaps I could find some measure of peace.

As dedicated nurses to the field of mental health, I implore you to stand beside me in our shared commitment to infuse passion, compassion, and dedication into bettering the human condition. My battle to channel and focus my anger in ways that serve my nursing goals and social justice advocacy is a formidable one. I won't deny that it shakes me, but I dig deep and concentrate all my efforts on bringing about positive change in a peaceful and constructive manner. I hope my work can serve as a testament to the power of the human spirit, the capacity to discover hope amidst despair, and the unwavering commitment to humanitarian nursing, even in the face of personal tragedy.

Together, we can make a difference and work toward building bridges with even our most challenging adversaries. A mental health movement is on the horizon, and my hope is to inspire all of us to continue the tireless fight for change, support those in need, and spread hope to every corner of our communities.

With the deepest gratitude for your ongoing support and unwavering dedication to humanitarian nursing,
Andrea Di Tullio

About the Author

Andrea Di Tullio RN, BScN

Public Health Nurse

Master of Nursing Student

More on page 11.





Mental Health Nursing

INTEREST GROUP

Meet Our Newest Team Members!



Lily Le, RN, MN, CPMHN(C)

Communications ENO

Lily Le is an RN with over 5 years of experience working in mental health as a nurse and clinical instructor. She previously worked at the Centre for Addiction and Mental Health (CAMH) as a float nurse, and this allowed her to gain experience working with various client populations. She is now one of the Clinical Practice Leaders in Lakeridge Health's Mental Health and Addictions Program. She completed her Master of Nursing in 2023 at Toronto Metropolitan University, and her field of study was in Leadership in Health Care Policy and Education.

In addition to work, Lily volunteers with different organizations. As a volunteer, she advocates for the nursing profession (particularly mental health nursing) and mental health overall. She believes one of the strategies to address the issue of stigma is to have more open conversations about mental health and substance use issues. She also has an interest in AI and how it will affect mental health care.

Lily is passionate about mental health, education, trauma-informed care, client-centred care, and recovery-oriented care (to name a few). She is also an advocate for mental health and strives to dismantle the stigma associated with mental health and substance use issues.

When Lily is not working, she enjoys weightlifting, swimming, reading, videogames, watching movies, going on walks/hikes, and watching cat and dog videos.

Kristen Harley RN CPMHN C

Region 3 Representative

I am a Mental Health and Addictions Nurse (MHAN) in Brant County, Region 3. I graduated in 1996 from Conestoga College and worked in community and obstetrics. After a 13 year maternity leave, I returned to nursing with a focus on a Child and Youth Mental Health and was fortunate to work with a very skilled team at the McMaster Children's Hospital Inpatient Mental Health unit. The opportunity to work in the community with youth presented in 2015 and I joined the MHAN team at HNHB CCAC.

I take a creative approach when working with children and youth and often build coping kits and coach them in strategies that they can easily practice. I am committed to building my own tool box with new skills, there are so many facets of mental health to explore,

I have particular interest in trauma work and in equine based psychotherapies. In my spare time I cherish being near and on the water with my family in the Algonquin Highlands, at home with our menagerie of pets and reading high fantasy fiction.





Meet Our Newest Team Members!

Andrea Di Tullio RN, BScN

Sociopolitical Action ENO

I'm a proud native of Timmins, Ontario, with 46 years of history in this community. I earned my degree in Police Foundations from Northern College in 2003. Following that, I served as an infantry soldier in the Regular Forces for two years before transitioning to a 10-year career as a correctional officer at the Monteith Correctional Complex with an honorable discharge. In 2013, I embarked on a new academic journey, entering Laurentian University's BScN program. I successfully graduated with honours in 2017. During my undergraduate years, I committed my free time to creating opportunities for at-risk youth and coaching international powerlifting for Special Olympics.

For the next four years, I worked as a surgical nurse at Timmins and District Hospital, where I found immense fulfillment. In 2020, I achieved an Advanced Diabetic Educator accreditation from the University of Toronto. As one of only two advanced diabetic educators in Northeast Ontario, I worked on complex cases of Type 1 Diabetes in both adults and children, collaborating with renowned paediatricians, endocrinologists, and internal medicine specialists. I

eventually earned a promotion to program coordinator. Simultaneously, I applied for the Master of Nursing programs at Laurentian and Athabasca University, focusing on teaching. I was accepted to both, but chose Athabasca due to its flexibility for full-time professionals.

On January 16th, 2023, my world was shattered when our only child and son passed away suddenly and tragically. My belief system crumbled, and I felt lost in society, doubting my ability to continue nursing. In May 2023, I found an opportunity to work as a mental health and substance use public health nurse, feeling a strong calling to this field, hoping it might bring meaning back into my life. Since then, I've dedicated myself to mental health and substance use training and education, completing specialty courses with the RNAO. I now serve on various high-level municipal committees, including the Timmins and Area Drug Strategy Steering Committee, the executive board for Living Space (our community's only homeless shelter), and DIY Health, a grassroots project supporting substance users after hours. I eagerly anticipate contributing my professional and personal expertise to the RNAO's MHING executive board as a socio-policy and political advisory officer, advocating for evidence-based messages and urgent change. Specifically, our message is focused on ensuring that all Canadians have access to safe supply, ending the criminalization of substance users, implementing evidence-based drug policies, and addressing mental health, trauma, poverty, housing, rapid access to treatments, discrimination, and the impact of colonization.



Mental Health Nursing

INTEREST GROUP

Executive Updates

FINANCES

Healthy financial status continues and MHNIG executives' activity related costs are covered as per RNAO guidelines. MHNIG's partnership with CFMHN is changing; more to come. Each satellite group is entitled to \$5.00 per member to support their mental health related activities. We encourage each satellite group to host events. If your satellite has limited membership, please discuss with the Financial Officer and the MHNIG Chair regarding options. The Research in Mental Health Award (\$1500) was given to Michelle Solomon, a Registered Nurse and PhD candidate at Western University where she received her BScN and MScN degrees. Over the past 13 years, she has practiced mental health care in both hospital and community settings, worked in mental health research, as a nursing course instructor, and provided leadership in peer support in the London community. Michelle's research focused on how youth living with bipolar disorder describe their understanding of and experiences of spirituality. The Dr. Hildegard Peplau Award (\$1000) was given to Emily Bohdal, an RN for almost 20 years, she has recently started a new role as an NP at the Harrow Health Centre Family Health Team. Emily is completing her PhD at the University of Windsor, where she has completed research on the impact of colonization on the prevalence of suicide among Canadian Indigenous youth and young adults, and its implications for nursing

MEMBERSHIP/EDUCATION

The Education and Membership Officer position remains open: two spots are available for mentorship purposes (1 year term and 2 year term). We have held education sessions on grief and bereavement and eating disorders. Future opportunities include a collaborative effort with the Chiefs of Ontario and supporting RNAO Mental Health and Substance Use Programs.

We currently have 790 members including 754 RNs and 36 Students. MHNIG Membership and Education is currently working on various education sessions, and those dates will be released ASAP. If you are interested in helping develop a webinar on a topic you are passionate about please contact us at mentalhealthnursingRNAO@gmail.com.

SOCIO-POLITICAL ACTION

At Bring your MPP to work day (June 2023), nurses spoke with members of local government to raise awareness on healthcare staffing shortages and the opioid poisoning crisis and to advocate for change. The ongoing Mental Health and Substance Use webinar series focused on Harm Reduction continues.

IT

IT continues to maintain MHNIG X, Instagram and Facebook accounts. Our Social Media Subcommittee has developed a Terms of Reference to guide efforts.

Student Representative Report

Ugochi took up this role with the aim of advocating for student nurses, enhancing her understanding, and accessing resources to advocate more effectively for mental health issues. Ugochi authored an article, 'Dealing with Stress in Nursing' for the Spring Newsletter and created a MHNIG student engagement poster with Kaitlin Brulotte. She shared the poster on student social media platforms which created awareness and facilitated more student registrations. Finally, she joined in promoting the RNAO back-to-school offer, participated in executive meetings to bring student perspectives.



Mental Health Nursing

INTEREST GROUP

Regional Updates

Region 1: Lizette Keenan

Lizette arranged a presentation on eating disorders in community healthcare and civility in the healthcare team (AGM). She completed a research project on poverty and homelessness; waiting for publication approval, with a possible presentation to MHNIG in the coming months. She delivered a poster presentation on her PhD dissertation topic on "Women With OUD Accessing Methadone Treatment" at the CCSA national conference in Vancouver, B.C. (November 2023). Lizette's current research project on the accessibility of mental health care in a diverse, rural areas of Southern Ontario will possibly result in a presentation to the MHNIG in the future. Lizette continues to liaison with the Nursing Research and Scholarship Committee at St. Clair College in Windsor, Ontario and the RNAO Region 1 Executive Committee for upcoming presentations.

Region 3: Kristen Harley

As an incoming representative for Region 3, I have reached out to our local chapter to offer collaboration. I'd like to connect with other Mental Health Nurses in the region to build a network where we can learn from one another, share experiences and to share opportunities for Mental Health Nursing education and resources available. Finally, I would like to help promote community services that support children and youth so that we can build bridges and improved access to care.

Region 5: Emma Quinn

Emma continues to work in advocacy for RN psychotherapy. Emma reached out to Mental Health colleagues at 31 Canadian Forces Health Services Centre in Borden Ontario. and for 2021. She plans to reach out to Mental Health RNs who work across Region 5, consult with consumer groups, and to provincial health leaders in this region regarding mental health services in our region. She provides resources regularly.

Region 9: Kaitlin Brulotte RN RP MA

Met with Kingston president, Daria Adèle Juüdi-Hope, Oncology nurse and clinical instructor in October. We are excited to plan a future collaborative event. Stay tuned!

Region 10: Danica Kaplan BScN, RN

Danica continued to attend MHNIG executive meetings to discuss advocacy for the field of RN Psychotherapy. She created and maintained communications with the Ottawa Chapter by attending Region 10's AGM in person in Ottawa.

Message from Region 10

We would like to take this opportunity to share with the new and old members of Region 10 (Ottawa) some of the events we are planning for the upcoming year. Region 10 is looking forward to facilitating meaningful conversations with our MPP through the Queen's Park on the Road event. Members of MHNIG, who are also in Region 10, and would like to set up a meeting with their MPP can contact us at rnao.ottawa@gmail.com.

To kick off 2024, we will be hosting a membership meeting via Zoom with a speaker series dedicated to topics related to mental health in nursing, including moral distress. In late March, we are planning to spotlight our members by sharing recently completed Research Projects & Quality Improvement Projects. Finally, in May, we are bringing back Breakfast with the Politicians where members may build on conversations with their local politicians (MPPs, MPs, and city councillors) and/or confer with new politicians. Region 10 hopes to make this year about networking and rebuilding connections!"



Mental Health Nursing

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Help raise awareness of 9-8-8: Suicide Crisis Helpline

Dear Colleagues,

The Public Health Agency of Canada is working closely with the Centre for Addiction and Mental Health to help ensure that people in Canada are able to call and text 9-8-8, a new three-digit number for suicide prevention support from anywhere across Canada, at any time of day or night.

Beginning November 30, 2023, 9-8-8: Suicide Crisis Helpline will offer 24/7/365, bilingual, trauma-informed, and culturally appropriate support through trained responders. Together, we can raise awareness of this new service that makes it simple for people to access the help they need, when they need it the most.

A stakeholder toolkit is available with information for you to better understand how 9-8-8 works and ensure alignment in messaging. It includes ready-to-use messaging that you can use in the communities you serve. In addition to suicide prevention help, the Government of Canada is continuously raising awareness of available resources for mental health and substance use. These resources have been included in this tool-kit for your potential amplification. An additional toolkit will be shared following the November 30th launch of 9-8-8.

Reach out for your toolkit!

Join the conversation on social using #988 and amplify our content @GovCanHealth and @CPHO_Canada on X (Twitter) and @Public Health Agency of Canada on LinkedIn.

With suicide being a significant public health issue that affects people of all ages and backgrounds, our collective effort will help us reach more individuals and communities to support their mental well-being.

For additional information, please reach out to:

Andrea Richer

andrea.richer@hc-sc.gc.ca

Director, Strategic communications

Communications and Public Affairs Branch

Health Canada and the Public Health Agency of Canada

X @GovCanHealth | @CPHO_Canada

Meta Healthy Canadians

IG @HealthyCdns

LinkedIn Health Canada | Public Health Agency of Canada

YouTube Healthy Canadians

If you or anyone you know is experiencing a mental health crisis:
Call Talk Suicide Canada 1-833-456-4566. Kids Help Phone 1-800-668-6868.
If you're in imminent danger call 911 or go to Emergency.

List of Mental Health Resources Provided by: Emma Quinn

Depression

WHO's Group Interpersonal Therapy (ITP) for Depression Manual:

<http://www.who.int/publications/i/item/WHO-MSD-MER-16.4>

Milton Erikson Treating Depression: <http://youtu.be/-rH9v5JYmB4?si=TI51fYpID6ovUI6j>

Reflection Upon Meaning and Purpose:

Virtual Hope Box: <https://usmc-mccs.org/articles/the-virtual-hope-box-an-app-every-marine-needs/>

To Assist with Trauma-Related Symptoms:

PTSD Coach Canada: <https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/ptsd-coach-canada>

Self-Directed Cognitive-Behavioural Toolkit, both with an app and online:

Mindshift CBT: <https://www.anxietycanada.com/resources/mindshift-cbt/>

Alcohol Use Disorder:

<https://www.cmaj.ca/content/195/40/E1364>

To Help with Sleep Problems:

CBT-I Coach: https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp

Insomnia Coach: <https://mobile.va.gov/app/insomnia-coach>

Cannabis Use:

Cannabis Use Disorder Identification Test Revised: <http://www.camh.ca/cannabis-screening-tools>

Canada's Low Risk Guidelines for Cannabis Use for clinicians:

http://www.camh.ca/-/media/files/lrcug_professional-pdf.pdf

Canada's Low Risk Guidelines for Cannabis Use for Clients:

<http://www.camh.ca/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>

"Counselling is not seeking to find intellectually wise got-cha moments about problems; Counselling is seeking genuinely human got-with-ya moments with another human being being very quite human" - Emma Quinn



Apply today for the 2024 RNFOO MHNIG Awards!

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Dr. Hildegarde E. Peplau Award (MHNIG)

1 award of \$1,000 (*Graduate Level*)
Qualifying programs: Graduate Degree Masters, Graduate Degree PhD

Award Description

The Dr. Hildegarde E. Peplau Award provides an opportunity to a Registered Nurse who wishes to pursue education at the master's or doctoral level in psychiatric/mental health nursing. Preference will be given to those whose focus of study includes an interpersonal perspective in nurse-client, family, peer or community relationships. Preference will be given to members of the MHNIG.

Research in Mental Health Nursing Award (MHNIG)

2 awards of \$1,500 (*Research Awards*)
Qualifying programs: Graduate Degree Masters, Graduate Degree PhD, Research, Certification/Certificate Program/Special Project

Award Description

To support a Registered Nurse (RN) completing research in the field of mental health nursing. Preference will be given to RNs who possess current CNA Certification in Psychiatric/Mental Health Nursing, whose research is focused on the advancement of mental health nursing practice and who are members of the MHNIG.



Get Involved with MHNIG!

MHNIG Open Positions!

You're probably wondering how you can make an impact within your nursing community.

The answer is simple – **get involved with MHNIG's Executive Team!**

Now you're probably asking what the benefits are. Here are just a few:

- Increase awareness about the nursing profession in your area
- Network with local nurses & other healthcare practitioners.
- Help inform policy and direction of MHNIG.
- Connect with local politicians.
- Increase your professional capacity as a leader in RNAO's important work.

The MHNIG Executive has the following open positions- email us today if you are interested!

- Membership and Education Executive Network Officer
- Chair
- Chair Elect
- Region 8: Durham, Kawartha, Northumberland, Quinte, Victoria
- Region 9: Grenville, Kingston, Lanark, Seaway

Thank you for sharing your voice with the 2023 MHNIG
Membership Survey!



Mental Health Nursing

INTEREST GROUP

If you would like to
submit an entry for
our next newsletter
contact:

mentalhealthnursingRNAO@gmail.com

Follow us on social media!

