

Newsletter

June 2026

President's Message

Encouraging MHNIG members to become involved through open positions on the Executive Team!

MHNIG AGM Action Items

Sharing our 3 priority items to action in the next year.

The Intersectionality of Pride Month and Mental Health

Policy and political action item of the month

Violence in Nursing Pt.2 Event! p.8



Dear MHNIG colleagues,

As many of you have likely seen, the Call for Nominations for many RNAO Chapters and Interest Groups were recently sent out to members. **I'd like to spend a bit of time encouraging our members to apply for these positions (whether with the MHNIG or a different RNAO group).**

The RNAO is a membership driven organization- if you're reading this it's because you paid for a membership to the RNAO (and the MHNIG). While there are some obvious benefits - many people pay the membership just to get access to the professional liability protection, or to support advocacy for the RN profession- **it can be so much more than that.** With membership organizations you get out of it what you put into it.

Seeking Research Participants

More info on p.9



Getting more involved with a chapter or interest group is a great way to build your leadership capacity, and to develop your professional network. This can be something that pays dividends for the rest of your career. While chapters have the advantage of letting you get to network with those in your immediate geographic area, interest groups let you **network with those who share similar interest and practice environments to you** (like, as an example, mental health and addictions).

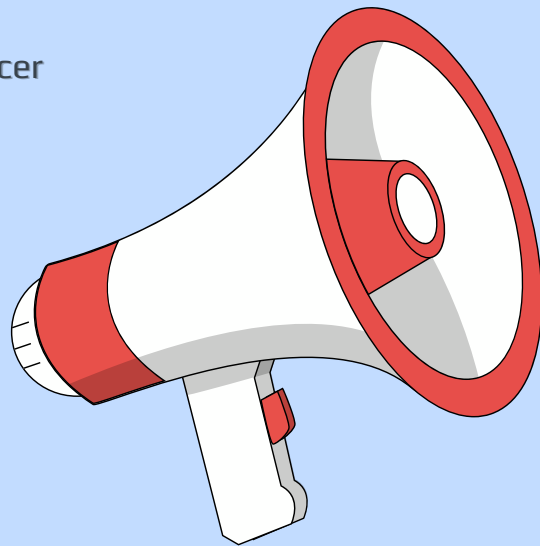
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But it's also just something that feels rewarding and energizing, getting to work and engage with people passionate about their profession. Too often in nursing we can get burnt out by the day-to-day challenges and stresses; for me I know involvement with the RNAO is one of the things I do to maintain hope for our profession and designation.

Open MHNIG Positions

- Policy and Political Action Executive Network Officer
- Membership and Education Executive Network Officer (2)
- Finance Executive Network Officer
- Communication Executive Network Officer
- Student Executive Network Officer
- Region 1 Representative
- Region 2 Representative
- Region 3 Representative
- Region 6 Representative
- Region 7 Representative
- Region 9 Representative
- Region 11 Representative
- Region 12 Representative



Position descriptions and the nomination form are available here (note that you nominate yourself) : https://myrnao.ca/cfn_mhnig_2026

Nominations close on July 12, 2026, at 12:00 p.m. ET, and if you're reading this newsletter I seriously encourage you to consider applying. If you have any questions feel free to reach out to me via email or LinkedIn

Wishing you a June filled with sun and summer weather,
Andrew Marlowe, RN, MN, MBA
Chair, MHNIG

3 Action Items from the MHNIG AGM



These are the 3 Priority Items that were identified from the meaningful conversations we had at the hybrid MHNIG AGM with executive and valued members. They are also informed by the results from our Membership Survey!

1. Developing metrics for measuring engagement

We want to start measuring engagement through approaches that allow us to directly see how well we are reaching our members. An example would be doing so through quick polls made on LinkedIn and in the newsletters that we can monitor the answers for.

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2. Host an in-person event

We plan to continue hosting virtual webinars and Q&A Panels consistently throughout the year; however, it's been a long time since our last in-person event and we are looking forward to organizing one in the next year! These are some topics suggested by members for future events.

interdisciplinary team

drug reactions

coercive practices

Mental health

area of practice

rights approach

topic choices

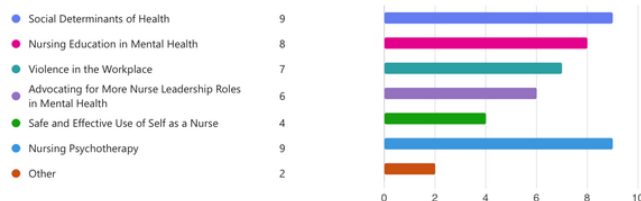
mental healthcare

3. Reviving advocacy work

Recognizing that nurses play a critical role in system advocacy, it is important for MHNIG to continue this work in the mental health field. Our Policy and Political Action ENO Ashley has some exciting ideas for what's to come!

6. What do you think should be political action goals for MHNIG

[More details](#)



Political advocacy items of interest for members.

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Planning the MHNIG AGM during the RNAO AGM gave members from outside of Toronto to attend the both events. Thank you to the members of our MHNIG Executive who made it in-person: Tiffany Emily Cheng, Eliza Chandy, SINIMOL PRAVEEN, Andrew Marlowe , and Robbie-Lynn Puspoky; **many of them attending the RNAO AGM and meeting each other for the very first time.**

Overall, this was the **perfect opportunity and environment to have insightful conversations with dedicated members to build a framework for what we should focus on so that you can make the most out of your MHNIG membership.** Here are some of the reasons why some of you would recommend the MHNIG to others:



We always welcome feedback and new ideas, so don't be afraid to reach out!



The Intersectionality of Pride Month and Mental Health

Written by Ashley Mohamed, BSc, RN, BScN
MHNIG Policy and Political Action ENO



Mental health nursing is a multifaceted specialty that influences and intersects with every area of nursing practice, regardless of unit or clinical setting. **Pride is not only a celebration, but also a reminder of the ongoing work needed to achieve health equity.** As nurses, it is our job to provide affirming and trauma-informed care to individuals who are a part of the 2SLGBTQIA+ community. Small actions can significantly impact therapeutic relationships and patient outcomes.

Pride Month is a time to celebrate the strength, diversity, and resilience of the 2SLGBTQIA+ community while also recognizing the ongoing work required to achieve true equity and inclusion. For mental health nurses, Pride serves as an important reminder of the connection between identity, belonging, and mental well-being. Many members of the 2SLGBTQIA+ community continue to experience unique challenges that can impact their mental health, including discrimination, social exclusion, and barriers to accessing care. **As healthcare professionals, we have an important role in fostering environments where all individuals feel safe, respected, and supported throughout their healthcare journey.**

1. Practice Cultural Humility

Do not have assumptions about individual's before you interact with them and get the information from them yourself. We as nurses need to approach every client with openness, and allow them to fill in the blanks of information we may not have yet. Making these assumptions about individual's can be triggering and cause further harm, or make them feel uncomfortable in your care.

2. Continue learning and reflecting

Pride Month offers an opportunity to **learn more about the experiences of 2SLGBTQIA+ communities and consider how we can further strengthen our practice.** Nurses have many continuing education opportunities open to them through community organizations, schooling, online courses, etc. We must continue to take these opportunities and continue our learning to ensure we are providing up to date care for clients.

3. Advocate for Health Equity

As mental health nurses, **we are uniquely positioned as direct-service healthcare workers to advocate for safe, inclusive, and affirming environments for individuals within the 2SLGBTQIA+ community.** We can use our voices to support resources, policies, and accommodations that help foster a sense of safety, respect, and belonging. **Through advocacy and compassionate care, we can work to reduce barriers to accessing healthcare services and create environments where individuals feel comfortable seeking support.** These efforts not only promote health equity but can also increase access to services and improve overall mental health outcomes for 2SLGBTQIA+ individuals.

References:

Canadian Mental Health Association. (2026, June 1). Pride month in Ontario: Supporting 2SLGBTQIA+ mental health and community care. <https://cmhact.ca/pride-month-in-ontario-supporting-2slgbtqia-mental-health-and-community-care/>



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PRESENTS VIOLENCE IN NURSING 2: THE RECOMMENDATIONS

WITH KEYNOTE SPEAKER: ANDREW MARLOWE, RN, MN, MBA
PRACTICE CONSULTANT FOR VIOLENCE PREVENTION



July 23 , 2026
7:30-9:00 pm

Join us for an **online** webinar For RN's, NP's, RPN's, PSW's, nursing students, healthcare workers, managers and the public

- review highlights from session 1 re: prevalence and perceived barriers
- review the key safety recommendations from a variety of agencies
- identify strategies that are working in different sectors (acute care, LTC, primary care, community nursing to bring to your agency
- discuss possible ways forward as a united group



TO REGISTER GO TO:

<https://events.teams.microsoft.com/event/8cb4623e-2b61-4ece-b635-7baab1d5e489@12f933b3-3d61-4b19-9a4d-689021de8cc9>
or the QR code



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Invitation to Participate in Research Study on Health System Transitions

You are invited to participate in a research study conducted by Western University, titled, “Exploring the Transition of Mental Health Care Systems in Canada: Experiences and Perspectives of Nurses in Ontario.” Should you wish to participate, the study involves completing an anonymous online survey that will take approximately 10–15 minutes. **This study intends to explore nurses’ perspectives on the transition to and current state of community-based mental health care.** Understanding these experiences is important because nurses play a central role in identifying service gaps, ensuring continuity of care, and shaping effective, person-centered mental health policies and practices.

In order to participate, you must meet the following inclusion criteria:

- Nurses who play an active role in planning, coordinating, or directly delivering mental health care to community-dwelling individuals (or community-based mental health care, including outpatient care) in Ontario for at least 1 year in the last 3 years.
- 18 years of age or older

Participation is entirely voluntary, and you may choose to skip any questions or withdraw at any time prior to submitting the survey. No identifying information will be collected, and your responses will remain anonymous and confidential.

To participate, please click the link below or scan the QR code:

https://uwo.eu.qualtrics.com/jfe/form/SV_56IHnU8Ku9N7Gf4



This study has received ethics clearance from the Western University Non-Medical Research Ethics Board (NMREB).

If you know other nurses working in mental health care in Ontario who may be eligible and interested, you may share this invitation with them.

Thank you for considering participation in this study. You may be compensated for your time.

If you have questions about the study, please contact:

- Dr. Ceyda Basogul, Researcher – cbasogul@uwo.ca
- Dr. Abe Oudshoorn, Principal Investigator – abe.oudshoorn@uwo.ca

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