



Newsletter

Registered Nurses' Association of Ontario

Summer/Fall 2004

Upfront: Report from the President

Hello to all our MHNIG colleagues across the province. Congratulations to all of you who committed to write or recertify in psychiatric and mental health nursing through the Canadian Nurses Association this spring. You can be justly proud of your accomplishments. For others who have not yet taken this plunge, there is always next year!

In April, RNAO hosted a dynamic Annual General Meeting in April in Markham Ontario with tremendous speakers, including Roy Romanow, Q.C., Commissioner and Minister of Health, George Smitherman. Linda Nasato (Past President) was our voting delegate and she went to the mic a number of times to share perspectives from psychiatric and mental health nursing. Thanks Linda—retirement suits you well. For a summary of the activities of the AGM check out your latest copy of the RN journal.

Planning is finalized for the MHNIG AGM that will be held on Saturday, September 18, 2004 in Ottawa!

Many thanks to the members of Satellite 10 for your phenomenal efforts in planning this event; we look forward to a productive, educational and fun weekend! Look for the flyer and more information in this newsletter. It is shaping up to be a great event!

The MHNIG Executive has met by teleconference a couple of times since the last newsletter. We are truly thankful for Michelle Doherty, a nursing student from Trent University who has agreed to join our Executive

as Student Representative. Kathy Wong (Membership and Education) and I created a "reminder flyer" that was sent to lapsed members in March. We urge all members to keep your membership current through RNAO. If you know of some colleagues who used to belong and now don't, give them a little nudge. A strong membership allows RNAO and MHNIG to speak strongly on their behalf about our profession.

Kathy Wong has been actively involved with the Post Partum Depression Workshop Group, a joint initiative with RNAO, MHNIG, the Community Health Nurses Initiative Group and the Childbirth Nurses Interest Group. She continues to meet with this group to plan and evaluate these workshops which are held across the province.

Included in this newsletter are two feature articles, one written by Donna Tweedell and Jan Park Dorsay, Clinical Nurse Specialists and Consultants who share their professional and entrepreneurial journeys in "Family Nursing Consultants—Seizing an Opportunity." The other article is written by Helen Henry, MHNIG Executive member and she shares an inspirational story of her journey overseas to Ukraine as a nurse consultant in "Mental Health Nursing Consultation: From Canada to Ukraine."

Canadians recently elected a Liberal minority government. The Liberals kept health care on the front burner during the entire campaign. It is up to RNAO, MHNIG, and each of us as nurses to ensure that the health care needs of our constituents are known and acted upon.

If you have any issues, concerns, or thoughts on mental health nursing and how we can serve you better, do not hesitate to contact me or any member of our executive (contact information on back page). Also, Valerie Grdisa, President Elect and Newsletter Coordinator has reviewed your suggestions from the Fall/Winter 2004 MHNIG Newsletter Survey and she hopes that this newsletter reflects some of your suggestions (e.g. personal articles, Education Corner, Up Front). We are always interested in articles for the

In this issue ...

Mental Health Nursing Consultation: From Canada to Ukraine	2
Family Nursing Consultants: Seizing an Opportunity	3
Scholarships, Awards & Recognition	4
Education Corner	5
MHNIG AGM	6
MHNIG Newsletter Survey	7
The Back Page	8

newsletter.

Changes have recently occurred in my professional life. I have moved on from a CNS position at the Homewood Health Centre to work in a brand new position as Geriatric Resource Specialist with the Community Care Access Centre of Wellington-

Dufferin. This is an exciting new opportunity for me to

grow professionally and I look forward the journey that lies ahead.

I hope everyone has a great summer and I look forward to seeing many of you in September in Ottawa.

Tricia Stiles

Mental Health Nursing Consultation: From Canada to Ukraine

I recently had the wonderful experience of being sent to Ukraine by the Canadian Society for International Health, as a nursing education and practice consultant in mental health. My knowledge of the language and culture and my involvement both in the Ukrainian community in Canada and the nursing community were seen as valuable assets.

During the Soviet regime, health care resources were focused on the health of the army, and therefore mental health was given low priority. Ukrainian nurses had virtually no contact with anyone outside of the Soviet Union. Following independence, nurses wanted to raise their education and practice to more global standards and were eager to learn more about nursing in the western world and to make connections with nurses here.

I went to Ukraine with the expectation that I could teach the nurses there a thing or two. I left having learned more than I ever imagined and with a greater appreciation and love for what it means to be a nurse and to be allowed the privilege of caring for those who are mentally, spiritually and emotionally broken.

The nurses that I met were all women—in fact, the Ukrainian term for nurse, *med systra*, translates as "medical sister". Psychiatric nursing was seen as being the lowest rung on the hierarchical ladder and was the most poorly paid. Because they often could not afford bus fare, nurses would work 24 hour shifts and then be off for several days. They would take home bed linens and patients' clothing to repair and would come back to work with soap to wash the patients or with fresh flowers or produce from their gardens or those of their neighbours.

In the large psychiatric hospital in Lviv, where I spent most of my time, occasions such as Mother's Day and Veterans' Day were celebrated by the entire community of patients and staff. Concerts, recitals, presentation of flowers and awards, and recognition of achievements were all an important part of these celebrations.

Many of the patients no longer had contact with family members and the nurses became their family. There was a great sense of community and I was invited to

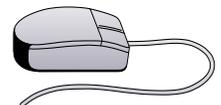
many celebrations of birthdays, name days, and other occasions on the wards, arranged by nurses.

A very old and very beautiful chapel that had been used as a dance hall during Soviet times, was returned to its former use and many of the many of the linens and vestments were embroidered by the nurses and by patients. A combined choir of patients and staff sang there during the daily Orthodox service. Tears come to my eyes even now as I remember that choir and the beauty and healing power of the ancient songs that it sang. Although the practice of religion was forbidden for many years, the rituals and songs survived along with the faith of the people. With independence there came a great resurgence of religious practice and its re-integrated into the daily lives of much of the population.

The Ukrainian nurses were most hospitable and I had many invitations to their homes and was included in many of their family activities. In spite of their tremendous work loads both at home and at work and their often limited resources, there was always time for recreation and for celebration. As women, they not only cared for their patients, but also for members of their extended families and for each other. In their caring, they included a nurse from Canada.

Helen Henry is member of the MHNIG Executive as Socio-Political Action Officer and the Education Coordinator for Satellite 10. She can be contacted regarding this transformational experience at hhenry@rohcg.on.ca

RN Careers



The RAO has partnered with Brainhunter.com Ltd. to provide a comprehensive job-networking source specifically designed for Registered Nurses. You can search and apply for hundreds of jobs, as well as manage your resume and job applications online at <http://www.mao.org/mcareers/index.asp>

Family Nursing Consultants: Seizing an opportunity

Nurses have been working with families since the inception of our profession. Health care systems have changed with restructuring initiatives, increased consumer knowledge and involvement, early discharge policies and increased expectations for life long learning for all health care professionals. Nurses have responded by seeking out and embracing learning opportunities to advance their knowledge and to improve their skills to work more effectively with patients and their families.

In 1993, Jan Park Dorsay, and Donna Tweedell were Clinical Nurse Specialists at the former Hamilton Psychiatric Hospital, now St. Joseph Health Care, Centre for Mountain Health Services. They shared a passion for working with families, which was sparked during their work in their Master's programs. This passion led them to complete the necessary requirements to obtain clinical membership in the American Association for Marriage and Family Therapy. Next, they participated in a Family Systems Nursing workshop conducted by Michele Nanchoff-Glatt and sponsored by the Adult Mental Health Program (AMHP) of the former Kitchener- Waterloo Hospital, now Grand River Hospital. This was an inspirational experience and resulted in the formation of their partnership, *Family Nursing Consultants*.

Nursing leaders in the AMHP at the Kitchener-Waterloo Hospital were eager to build upon the enthusiasm of workshop participants and subsequently, embraced innovative approaches to family nursing practice. A primary nursing care delivery model was introduced and it was determined that the Calgary Family Assessment and Intervention Model would provide the appropriate theory base to strengthen the role of the primary nurses and enhance patient/family satisfaction and outcomes. *Family Nursing Consultants* (FNC) was enlisted to provide a series of workshops, live clinical supervision and study sessions to develop the knowledge and skills for working with families from point of entry into the mental health care system. The following year, Jan, Donna, two front line staff, the nurse manager and nurse educator from the program bravely presented their first papers at the Third International Family Nursing Conference in Montreal where they were enthusiastically received.

In addition to their work with FNC, Jan and Donna continued to develop family nursing in their varied work settings. They developed and conducted a survey to explore the work of nurses at the former Hamilton Psychiatric Hospital. This survey revealed that nurses had considerable contact with families, especially during

the evenings and weekends. This work was often shared verbally with other members of the health care team but rarely recorded in the patient's chart. Eventually, the findings of the survey resulted in the development and offering of a three module course for nurses working both in the hospital and community. Word spread and enrollment included other health care disciplines and nurses from throughout the region. By 2000, 180 participants had attended one or more of the modules.

Next on their journey, Jan and Donna developed and taught a family assessment module in the Nurse Practitioner Program at McMaster University. Also, Jan conducted a research study at the Hamilton Health Science Centre which examined nurses' work with families on an intensive care unit. Of note, both practitioners implement family therapy within their varied work settings.

Models of Family Nursing continue to develop and to become the focus of research. Family nursing texts can be found in all university nursing libraries and bookstores. Tools and courses to facilitate learning are available, such as videos, genographs, and an externship program at the University of Calgary, Family Nursing Unit. The Journal of Family Nursing is available online now (<http://www.ucalgary.ca/NU/jfn.htm>) and conferences have been held in both North and South America to showcase the state-of-the-art.

Family Nursing Consultants is an example of an independent partnership, with the goal of facilitating nurses' ability to transform their practice with families. Together, Jan and Donna have offered workshops in Toronto, Hamilton and Chatham, Ontario. They have presented their work at international, national and provincial conferences and have been involved at the executive level in the Ontario Association for Marriage and Family Therapy. With the RNAO's development of Best Practice Guidelines for Supporting and Strengthening Families, *Family Nursing Consultants* anticipate exciting new relationships and educational initiatives with individual nurses, hospital and community organizations as facilitators to advance nursing knowledge and skills and apply Best Practice Guidelines in family nursing practice. We look forward to hearing from our MHNIG colleagues regarding this exciting area of nursing practice!

Donna's e-mail address: alexgood@sympatico.ca or
Jan's e-mail address: jpd@canada.com



Scholarships, Awards & Recognition

Recognition of MHNIG's President Elect!

Congratulations to our very own President Elect, Valerie Grdisa for being awarded the University of Toronto Distinguished Alumni Award 2004 on June 5, 2004. Valerie is the recipient of the Rising Star Award: Clinical/Community Nursing. The Rising Star Award is awarded to an alumni who is judged to have excelled in her/his nursing career and/or voluntary achievements in the first 15 years after baccalaureate graduation. This award recognizes individuals who have made distinguished achievements and contributions early in their careers.

2004 MHNIG Award Recipients

The MHNIG proudly sponsors the annual **Dr. Hildegard E. Peplau Award** and the **Jasmine Williams Memorial Award**. The Dr. Hildegard E. Peplau Award provides an opportunity to a registered nurse to pursue further education in mental health/psychiatric nursing at the master or doctorate level. The Jasmine Williams Memorial Award is presented to a student who has demonstrated academic proficiency and nursing practice excellence with a genuine interest in the well being of the mentally ill. On behalf of the MHNIG Executive and membership, congratulations to two outstanding recipients!

Dr. Hildegard E. Peplau Award Recipient: **Alison Watson**

Alison is completing a Master of Nursing (Mental Health Clinical Stream) at the University of Toronto. Her long-term career goals involve pursuing doctoral studies and practicing as a certified Nurse Psychotherapist. Alison has a particular interest in the mental health of older persons as she defines, "I would like to be able to offer unique and high-quality mental health solutions to an entire range of older adults in Ontario."

Alison was recognized at the Annual Registered Nurses Foundation of Ontario (RNFOO) Gala at the Liberty Grand, Toronto in June 2004 by our very own Valerie Grdisa, MHNIG President Elect and RNFOO Awards & Scholarship Chairperson. Alison sends MHNIG a letter of appreciation below:

To the RNAO—Mental Health Nursing Interest Group, It is with sincere thanks and a sense of honour that I gratefully accept the Dr. Hildegard E. Peplau Award for 2004. At this point in my education, this award is very meaningful to me, especially considering my interest in the mental health needs of older adults.

Dr. Peplau's work in interpersonal theory has deeply influenced my nursing practice, and indeed, what I

believe it is to be a nurse. To be given an award that bears her name adds another level of meaning to this honour.

As I prepare myself to begin full-time Graduate Education at the Faculty of Nursing at the University of Toronto in September, I find myself reflecting on how lucky I have been to have the support of associations like the MHNIG to encourage me in my studies and my practice. I hope to be in a position in the future to contribute to the development of Nursing's capacity for growth and excellence, so that other people who are passionate about care can benefit as I have.

*Many, many thanks,
Alison Watson, RN, BFA, BScN, MN(cand)*

Jasmine Williams Memorial Award Recipient: **Julie Chen**

Julie has completed her 3rd year in the School of Nursing at Ryerson University in Toronto. During her clinical placement in a mental health setting, Julie developed a "Communication Skills" education program to decrease isolation for older persons with schizophrenia. Her future pursuit in mental health nursing is to decrease stigmatization and discrimination and increase awareness and understanding for people living with mental illnesses. The award was presented to Julie at the School of Nursing Awards Ceremony at Ryerson University.

To the RNAO — Mental Health Nursing Interest Group,

I would like to express my appreciation for your generosity of the Jasmine Williams Memorial Award. It is a privilege to be a recipient of this award and to be recognized for demonstrating my great interest in the well being of mentally ill individuals.

To enjoy my time in clinical practice and be presented with the Jasmine Williams Memorial Award is more than grateful. Sponsors like you, make students like I appreciate even more what they already find interesting in nursing. Upon receiving this award, I felt further motivated to continue in mental health and I know that I would like to pursue my future nursing goals oriented to mental health.

Thus, once again I am very appreciative of your kindheartedness and wanted to let you know that it made me feel recognized for my clinical effort.

*Thank you. Sincerely yours,
Julie Chen, Year 3 Nursing Student
Centennial, Ryerson Collaborative Nursing Program*

Please forward any information related to scholarships, awards & recognition to Valerie Grdisa, President Elect & Newsletter Coordinator @ jgrdisa16@rogers.com or call: 905-274-7592.



Education Corner

CONFERENCE ADVANCE NOTICE

**Challenges for Inpatient Mental Health Units:
Striving for Best Practices in the 21st Century**
Friday October 29, 2004
Downtown Toronto

Keynote Presentations

Panel Discussion with Consumer Survivors
on Inpatient experiences
Dr. Hugh Griffiths, NHS Clinical Governance
Support Team, Leicester, UK
Professor Cindy Peternelj-Taylor,
College of Nursing, University of Saskatchewan

This conference is intended for all who are involved
and interact with Inpatient Mental Health programs.

The keynote speakers and panelists will highlight
main Inpatient perspectives. Afternoon workshops
include presentations that focus on identifying best
practices and sharing implementation and
management strategies on themes such as mental
health legislation, the role of patient council,
psychopharmacology, transition from hospital to
community in discharge planning, safety and staff
education/training.

This conference is sponsored by St. Michael's
Hospital Mental Health Service and the Association of
General Hospital Psychiatric Services

For conference information, contact Jeff Loudermilk
Tel: 416-864-6060 ext. 6481
e-mail: loudermilkj@smh.toronto.on.ca

**Congratulations to all the nurses who wrote the
Psychiatric/Mental Health Nursing Certification
exam on 3 April, 2004!** Kudos to all of you for making
this commitment advancing psychiatric/mental health
nursing excellence. For nurses who are interested in
acquiring nursing certification in Psychiatric/Mental
Health, the 2004 Certification Program Application
Guides are available from the Canadian Nurses
Association 1-800-361-8404;
e-mail: certification@cna-aicc.ca

*Education Corner is to update members about education
resources and activities. Please send your submissions to
Kathy Wong by phone: 416-864-6060 ext. 6418, by Fax: 416-
864-5480, by E-mail: kwong@smh.toronto.on.ca*

The Pursuit of Thinness:

The voice of a patient

I am a 16 year old and living in fear,
Of the terrible voice whispering into my ear.
I know I am wasting the teenage years,
I wish there was someone to dry all my tears.
Having an eating disorder is definitely not fun.
And sometimes I feel like I'm the only one.
I wish there was an easy way to get rid of the pain,
Will this ever end? It's driving me insane.
This crazy obsession to lose more weight, is getting much
stronger,
I'm sure this will make the recovery even longer.
All I know is that I have to be thin,
I have no power now, my mind is going to win.
But, I do hope that someday the voice will leave my head,
Before it gets out of control and leave me dead.

New Graduates and Experienced Registered Nurses.....



Leading with Innovation
Serving with Compassion

ST. MICHAEL'S HOSPITAL

A teaching hospital affiliated with the University of Toronto

Great Job Opportunity in Toronto!!!

The Mental Health Service at St. Michael's Hospital in
downtown Toronto is currently seeking new grads and
experienced registered nurses to work with an
innovative and professional interdisciplinary team
integrating leading edge evidence based advances in
mental health care. The Mental Health Service
provides a comprehensive continuum of services for
individuals living with severe mental illness in the inner
city. You will have opportunities to provide care in the
community with our ACT and case management
teams, with the psychiatric crisis service staff in the
Emergency and on the newly designed 33-bed primary
nursing inpatient unit. Key benefits include ongoing
training and support, an interdisciplinary team that
focuses on innovation and excellence, and tuition
assistance for continuing education. Interested?
Submit your resume to:

St. Michael's Hospital
Human Resources Department
30 Bond Street
Toronto, Ontario M5B 1W8
Tel: (416) 867-7401 Fax: (416) 867-3715



The Mental Health Nursing Interest Group of Ontario Conference and Annual General Meeting

Saturday, September 18, 2004
Royal Ottawa Hospital
Lady Grey Auditorium
1145 Carling Avenue, Ottawa

Don't miss this exciting opportunity to meet with Mental Health Nurses from across Ontario to share experiences and network, while contributing to the ideas that will shape the directions of the Mental Health Nursing Interest Group of Ontario.

Who Should Attend: Registered Nurses working the area of Mental Health/Psychiatry, Registered Nurses working in other areas who are interested in Mental Health, Nursing educators, and Nursing students.

Fees: MHNIG Members: Non - MHNIG Members: \$35.00 full day (includes lunch)

<u>Morning Session</u>	<u>Afternoon Session</u>
0830 - 0900 Registration	1300 - 1400 The Tidal Model at the ROH <i>Margaret Tansey, Chief of Nursing Practice, ROH</i>
0900 - 0915 Opening Remarks	1400 - 1430 Security Risk Assessment <i>Lisa Murata, Clinical Nurse Educator, ROH</i>
0915 - 1030 Business Meeting	1430 - 1445 Coffee Break
1030 - 1045 Coffee Break	1445 - 1545 Seclusion <i>Dr. David Holmes, Professor, University of Ottawa</i>
1045 - 1200 Business Meeting	1545 - 1600 Closing Remarks
1200 - 1300 Lunch	

Hosted by: MHNIG, Satellite 10, in partnership with the Royal Ottawa Hospital Nursing Department.

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Pre-registration is a must to ensure adequate catering. Registration deadline is **THURSDAY, SEPTEMBER 9TH, Cancellations received after the above registration deadline are subject to a \$10.00 administrative charge.**

Please Print:
 Name: _____ Title: _____
 Organization: _____ Phone (day): _____ Ext: _____
 Address: _____ Fax: _____ E:mail: _____
 City: _____ Postal Code: _____ MHNIG Member: Non-MHNIG Member:

Payment Information:
Cheque: Amount: _____ (Please make cheque payable to: **Mental Health Nursing Interest Group, Satellite 10**)
 Return payment and registration form to: Helen Henry, Education Coordinator, MHNIG, Satellite 10
 Royal Ottawa Health Care Group
 1145 Carling Avenue, Ottawa, ON
 K1Z 7K4 Fax: (613) 798 - 2987

For information, contact: Helen Henry, hhenry@rohcg.on.ca

MHNIG Newsletter Survey

Please take a few minutes to answer the following questions.

1. Please rate the following attributes of the MHNIG Newsletter as to how informative and helpful it is (check the appropriate category):

- | | | | | | | | | | |
|-----|--------------------------------|--------------------------|--------|--------------------------|------------|--------------------------|----------|--------------------------|------------|
| 1.1 | The President's Report | <input type="checkbox"/> | highly | <input type="checkbox"/> | moderately | <input type="checkbox"/> | slightly | <input type="checkbox"/> | not at all |
| 1.2 | MHNIG Newsletter Features | <input type="checkbox"/> | highly | <input type="checkbox"/> | moderately | <input type="checkbox"/> | slightly | <input type="checkbox"/> | not at all |
| 1.3 | Executive or Satellite Reports | <input type="checkbox"/> | highly | <input type="checkbox"/> | moderately | <input type="checkbox"/> | slightly | <input type="checkbox"/> | not at all |
| 1.4 | Issues/Updates | <input type="checkbox"/> | highly | <input type="checkbox"/> | moderately | <input type="checkbox"/> | slightly | <input type="checkbox"/> | not at all |
| 1.5 | Education Programs/Dates | <input type="checkbox"/> | highly | <input type="checkbox"/> | moderately | <input type="checkbox"/> | slightly | <input type="checkbox"/> | not at all |

2. Overall, articles are (check all that apply)

- | | | | | | | | |
|--------------------------|---------------|--------------------------|------------------------|--------------------------|------------------------|--------------------------|----------------------|
| <input type="checkbox"/> | too long | <input type="checkbox"/> | about the right length | <input type="checkbox"/> | too superficial | <input type="checkbox"/> | often interesting |
| <input type="checkbox"/> | quick to read | <input type="checkbox"/> | too hard to read | <input type="checkbox"/> | too hard to understand | <input type="checkbox"/> | of limited use to me |

3. What do you value most?

4. If the MHNIG Newsletter is amalgamated with the CFMHN Newsletter, which of the current items would you like us to keep?

5. I'd love to read about: _____
-
-

6. I give my copy of the **MHNIG Newsletter** to someone else to read when I'm done with it.

- Always Often Sometimes Never

7. I would like to write/submit articles. Yes No
If yes, please tell us how to contact you.

**Thank you for taking the time to complete this survey. Mail to:
Valerie Grdisa
mailing address on page 8.**

(Developed by Linda Nasato, 2003, revised 2004)

“The Back Page”

Our Vision and Objectives

MHNIG is an interest group of RNAO and an affiliate of the Canadian Federation of Mental Health Nurses (CFMHN).

1. To provide a forum for communication and the exchange of ideas.
2. a) To promote the health and well-being of people who are at risk of experiencing mental illness and/or emotional distress.
b) To promote the development of mental health services that are responsive to the needs and wishes of consumers and the community.
3. a) To collaborate with consumers/survivors and family groups.
b) To collaborate and clarify our roles with mental health professionals.
4. To lobby on behalf of mental health nursing for the recognition of, and positive image of mental health nursing.
5. a) To promote the awareness of the practice of mental health nursing.
b) To serve as liaison with RNAO and CNA and certification of mental health nurses.
6. To promote professional growth and best practices in changing mental health care trends.
7. To support participation of mental health nurses in education and research.

SUBMISSIONS TO THE NEWSLETTER ARE WELCOME!

This newsletter can be your voice. Please share your stories, ideas and thoughts. Due date for articles for the next newsletter is

December 15, 2004.

Submit items to:

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#6, 7 Toronto	Carol Edwards carol_edwards@camh.net
#8 Durham, Certhia, Northumberland, Quints, Victoria	Open
#9 Champlain, Grenville, Kingston, Lanark, Seaway	Open
#10 Ottawa	Andrew Sharpe (W) 613-945-8062 ext. 3987 sharpe.acv@forces.gc.ca
#11 Algoma, Kirkland Lake, Nipissing, Northland, Porcupine, Sudbury	Selinah Sogbein (W) 705-474-1205 selinah.sogbein@nbph.moh.gov.on.ca
#12 Dryden, Kenora, Lakehead, Rainy River, Sioux Lookout	Open