

# MHNIG NEWSLETTER

## Summer/Fall



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[www.mhnig.org](http://www.mhnig.org)

Your complete website &  
e-mail address for keeping  
you connected

[inquiries@mhnig.org](mailto:inquiries@mhnig.org)

MHNIG IS AN INTEREST  
GROUP OF



[www.rnao.org](http://www.rnao.org)

AND AN AFFILIATE OF  
THE CFMHN

## UPFRONT

### Report from the President

Hello all, and welcome to the fall edition of the Mental Health Nursing Interest Group Newsletter. I hope that each of you had a safe and rewarding summer, with balance in work satisfaction and challenge, along with self care, nourishment, family and the enjoyment of the season. The summer tends to pass by so quickly – I am convinced that it passes in triple time, compared to the other seasons. Now September is here, my favourite month of the year, with the crisp evenings, the warm days, the Canada geese gathering into larger, noisier groups, the leaves turning to burnt orange, red, and yellow. September also means back to school, and as life long learners many of us will be taking new courses, mentoring and teaching students, and sharing our expertise in providing the best, evidence-base compassionate care and hope within our communities.

For all updates in MHNIG business and current issues, please log onto our website @ [www.mhnig.org](http://www.mhnig.org). This site is managed by several MHNIG members, and the “Contact us” portion provides much significant dialogue with Mental Health Nurses across the province. You will find conference postings here as well as Newsletters twice per year.

In this edition you will find the exciting agenda and registration process for the Mental Health Nursing Interest Group Annual General Meeting, being held Friday October 24 in beautiful Whitby. Please mark your calendars, and RSVP to attend this annual event, where the business meeting and reports will start the day, followed by open discussion with our valued members, and finding themes for our important work for the next year. The afternoon consists of both timely and important conference presentations around Forensic Nursing. I look forward to meeting more members there!

As the fall progresses, it is once again time to join / renew our membership with the Registered Nurses’ Association of Ontario, and with the Mental Health Nursing Interest Group. Please look for the paper mail application, or go on line to [www.RNAO.org](http://www.RNAO.org) to join. For those renewing members, welcome back, for new members or Registered Nurses contemplating membership, feel welcome to speak with any RNAO member colleague about the benefits of membership. RNAO is an international leader in advancing Health, Healthcare and Nursing. Our MHNIG has just provided \$1000 to support RNAO student memberships in the province.

Also note that RNAO is going to China next month, visit their web page for the exciting agenda and details. MHNIG has provided partial funding for travel for a Mental Health Nurse to attend this meeting and to present. We can look forward to a report back in our next edition! We value our nurses, nursing education & research, and mentoring the next generations of compassionate, competent Registered Nurses.

In this edition you will enjoy the au revoir from our President – elect, Patricia Patterson, and an introduction to our new President-elect and Newsletter coordinator, Mary Goy.

As this edition goes to press, a Federal Election is being announced, one year earlier than required. I encourage all Nurses to actively engage in this election at every level possible, and to check the RNAO web site regularly for political comparisons, policy and position statements, and how each party’s platform planks (and sometimes individual politicians) relate to health, healthcare and Registered Nurses. Please vote and make your message heard, to preserve universal health care, and to have the right person cared for by the right professional at the right time for the right reason in the right place with the right equipment and right medications!

You will read about the Mental Health Nursing Resolution presented and passed on the floor of the Registered Nurses’ Association of Ontario Annual General Meeting held in Markham last April. Finally, I continue to be honoured to represent Psychiatric Mental Health Nurses in this province. I welcome input and participation at all levels.

Yours in Mental Health Nursing  
Pat Nashef

## Introducing Mary Goy, New President-Elect:

MHNIG extends a warm welcome to you Mary. We are privileged to have you as our new president-elect and appreciate that you have come forward to volunteer your service on our behalf. We wish you well in your term and we stand by with support and assistance as you lead our group.

*I have worked in mental health nursing for over 20 years. As a student I remember doing my psychiatric module at Homewood Health Centre and adamantly telling the Head Nurse that this was not an area I would choose when I finished the nursing program. Well here I am working in mental health and loving the rewards and challenges.*

*I look forward to the opportunity to be a part of the MHNIG and working with a wonderful group of people.*

## Passing the Baton

*By Pat Patterson, President Elect Nov 2007-June 2008*

**T**hank you to the executive and to the membership for the privilege of being your president-elect for the few months that I held the office. I have resigned from the position and want to explain that to the membership and particularly to those who attended our AGM last fall. How very odd for a person to take on a six year commitment and resign six months later. When I volunteered for the job, I was 84% certain that I would retire on June 30/08. I was having a very hard time adjusting my mind-set to becoming a free agent and I thought that if I were to retire, the really happening aspects of being president-elect and becoming president of the interest would be a nice transition out of nursing and into civilian life.

One day in February, my path became clear to me and my resolve to retire reached 100%. After that happened, all my self-image doubts slipped away and I knew that I would not be happy carrying an obligation of that length into my future. I made the promise that if I did retire I would find someone to replace me and I am happy to say that Mary Goy stepped up and has taken the position. Thank you so much Mary! I make my exit knowing the group is in good hands.

My short tenure as your president-elect was exciting, busy, fun and full of amazing interactions and affirming communications with colleagues from MHNIG. I made some new friends! I had my first and maybe last experience of coordinating a newsletter and the exhilarating great pleasure of coordinating the resolution committee and presenting the resolution at RNAO's AGM. There we saw overwhelming support from the voting delegates for this important change for nursing and for the clients we serve. I have written about that in detail in another part of the newsletter.

My warmest thanks goes to Pat our president, to the executive, and to everyone who helped with that resolution. I am so happy that I got to know Naomi, Kamini, Taunya and Tim. They show me that the next generation is not only competent but inspired in carrying the torch for nursing and especially Psych/Mental Health.

My last thank you goes to the membership. You are so important to the profession and to our specialty. Please continue to recruit your fellows so that we can strengthen our voice in **Speaking out for [Mental] Health, Speaking out for [Mental Health] Nursing!**

P.S. Although I am not longer your president-elect, I am still a member of MHNIG and still passionate about nursing and particularly P/MH. Please get in touch any time I can help. You'll find me at [patnmike@rogers.com](mailto:patnmike@rogers.com) As I sign off, I want to say to everyone: "nameste". This is a YOGA word. We say it with hands in prayer position at the end of class. I asked if it meant "thank-you". My teacher said it had many translations but the one she likes best is: "my spirit sees your spirit." I went on the net and there I read that it means "the divine in me sees the divine in you." I am enchanted by the notion, and I think it is something of what Jean Watson refers to when she talks about transpersonal caring.

**Nameste**



**RNAO – Mental Health Nursing Interest Group of Ontario**  
**2008 ANNUAL GENERAL MEETING & CONFERENCE**

*The MHNIG would like to acknowledge the WMHC Nursing Advisory Committee and Janice Dusek, Chief Nursing Officer/Vice President Professional Practice and Strategic Development for sponsoring the venue for our 2008 AGM & Conference.*

**RNAO – Mental Health Nursing Interest Group of Ontario**  
**2008 ANNUAL GENERAL MEETING & CONFERENCE**  
**FRIDAY, OCTOBER 24<sup>th</sup>, 2008**  
**WHITBY MENTAL HEALTH CENTRE**  
**700 Gordon Street, Whitby, Ontario (905) 668 - 5881**

**MHNIG Members & Non-Members – No Charge – All Are Welcome**

Pre-Registration Required for Full Day or either Morning or Afternoon Session

**Morning Session** (Registration open to 70 Participants)

0800 – 0830 – Registration & Continental Breakfast  
 0830 – 1145 – Annual General Meeting  
 1145 – 1245 – Networking Luncheon Provided

**Afternoon Session** (Registration Open to 150 Participants)

1245 – 1300 – Registration for Educational Conference  
 1300 – 1600 – Forensic Mental Health Nursing  
                     of the Mentally Disordered Offender  
 1600 – 1630 – Closing Remarks and Evaluation/Feedback

The Ministry of Health and Long-Term Care adopts the definition of “forensic client” as a person who suffers from a major mental disorder, is in conflict with the law and is being dealt with by the courts or the Ontario Review Board under Part XXI – Mental Disorder of the Criminal Code (Canada). At WMHC our professional accountability is separate to evidence management, victim support or care through Correctional Services normally assumed by “forensics”. We offer an Introduction to the complex roles, responsibilities, challenges and processes of balancing care and custody for court-mandated forensic assessments and psychiatric treatment. Ethical considerations impact the therapeutic relationship. Inter-professional collaboration and specialized nursing practice are essential components. We have also developed initiatives with the community, police, courts and education. Lessening of inappropriate incarceration for a significant number of vulnerable, underserved, marginalized mental ill persons is possible.

**SEE [www.mhnig.org](http://www.mhnig.org)**

**e-mail Registration: [inquiries@mhnig.org](mailto:inquiries@mhnig.org)**

**or by mail: c/o Steven Holbert, Communications Officer,  
 Regional Mental Health Centre – St. Thomas  
 467 Sunset Drive, P.O. Box 2004,  
 St. Thomas, ON, N5P 3V9.  
 (519) 631 – 8510 Ext. 49361**

FREE PARKING  
 Local Discounted Hotel Accommodation Available

The MHNIG would like to acknowledge the WMHC Nursing Advisory Committee and Janice Dusek, Chief Nursing Officer/Vice President Professional Practice and Strategic Development for sponsoring the venue for our 2008 AGM & Conference.

## Communications Officer—Steven Holbert

The MHNIG website has been in operation two and half years now. Many connections have been established through the site—notices about activities, communications between members, requests for information, invitations to participate in professional endeavors.

Links to CFMHN, CNA, and other professional associations are another feature of the Home page. Members and visitors can link to these resources for more information from the various providers of mental health information.

Activity on the site varies over the year in a seasonal fashion with more “hits” noted in the winter than in the summer.

The “Contact Us” tab gives many people the opportunity to email the MHNIG with requests and information. Contact with nurses across Canada and from Europe. Regrettably we are also targeted by that bane of Internet communications, scammers.

The site is largely member-managed. Volunteers have learned how to use web tools to update information, to upload documents, and to monitor traffic on the email account. Our webmaster assists the managers with complex concerns that may arise with web tools and documents.

We are in process of developing Frequently Asked Questions page for the site. When completed, visitors will be able to find out about such things as joining the MHNIG, becoming a student member, activities of the RNAO, where to find specific information about interest areas, and so forth. Members will also have access to the numerous newsletters and documents now archived on the site. Teleconference minutes are posted so members can follow the discussions of the meetings throughout the year.

Members are invited to send feedback about the site through the “Contact Us” link, or to any member of the executive listed on the website.

## AGM Connections By Pat Nashef

Several executive members have served on our team for many years. Although they are not ready to exit (yet), I have been asked to put out a call for new members to join our executive. Please step forward and approach our executive members via email or in person in Whitby at our AGM. The commitment of our team members is fantastic and appreciated.

## Opportunities for New Graduates

by Margaret Tansey, RN:MSc(A):CPMHN(C), Vice-President, Professional Practice & Chief, Nursing Practice  
Royal Ottawa Health Care Group

On September 5<sup>th</sup>, 2008, Ontario’s Chief Nursing Officer, Vanessa Burkoski, assisted at a ceremony to launch a new post-graduate Mental Health Nursing Residency Program, *A Life Changing Specialty....be a Mental Health Nurse.*

This 3-month HHR collaborative demonstration project is funded by the Ministry of Health and Long Term Care. Five psychiatric facilities, Whitby Mental Health Centre, Royal Ottawa Health Care Group, Mental Health Centre Penetanguishene, The Centre for Addiction and Mental Health, and Providence Care Mental Health Services, Kingston, came together with three academic institutions, University of Ottawa, Algonquin College, and UOIT to produce the program. The curriculum addresses the core competencies required for mental health nursing practice.

The mental health and addictions sector is experiencing significant difficulty attracting new graduates. Many report they are advised to begin their careers in a more general role to consolidate skills. In addition, there is no comprehensive and consistent education approach to developing and enhancing mental health capabilities so there is a need to build confidence and comfort to practice in our highly inter-professional environments.

Evaluation plans have been developed and began with a pre-survey for the 25 residents (five at each site). The project will be evaluated by our team as well as an evaluator from the Ministry of Health and Long Term Care.

*(Continued on Page 5)*

(Continued from Page 4)

A knowledge transfer team is in place who are planning a toolkit “GPS – Growing Practice Specialists”, presentations at conferences and publications. Our future plans are to apply for funding to maintain and continue to develop the program and to develop an e-learning component so our seasoned staff can benefit from evidence-based and best practice information.

David Caplan, Minister of Health and Long Term Care sent this greeting to our opening ceremony, “ We want to help new nurses with their transition to this challenging and important role. By helping to recruit and retain nurses in this field, this program will ultimately lead to better access to care for patients with mental illness and addiction”

### **Editorial re Mental Health Nursing Residency Program**

I had the privilege of reviewing a portion of this project during the summer of 2008. It is an exemplary program with evidence-based curriculum and competency-based clinical learning. This is a leading edge program that facilitates the enormous transition from student to practicing Mental Health RN with absolute excellence . This program will be the gold standard. Congratulations to the leaders and learners in this adventure.

Pat Nashef RN MHSc (Nursing Practice), B.A., CPMHN(C)



## **EDUCATION AND MEMBERSHIP CORNER**

*By Kathy Wong & Archna Patel*



~Some Updates to Note ~

### **Psychiatric/Mental Health Nursing [PMHN] Certification Exam**

Are you considering PMHN certification? A reminder that the Certification application package with answers to frequently asked questions is available at CNA. Deadline to register is OCTOBER 17<sup>TH</sup> 2008. The exam is scheduled for APRIL 4<sup>TH</sup> 2009. You may contact the Canadian Nurse Association Certification Program at the Toll Free Phone #: 1-800-361-8404; E-mail: [certification@cna-aicc.ca](mailto:certification@cna-aicc.ca) Website: [www.cna-aicc.ca](http://www.cna-aicc.ca). You may also contact any of the MHNIG satellite and executive team members.

### **FAQ SECTION**

We are currently developing the FAQ (frequently asked questions and answers) section on our website: [www.MHNIG.org](http://www.MHNIG.org). Please contact us with the questions you feel would be beneficial on our site.

### **Being an MHNIG member –YOUR GLOBAL NURSING CONNECTION!**

Did you know as a MHNIG member of the provincial group, you are also automatically a member of the Canadian Federation of Mental Health Nurses (CFMHN) [www.cfmhn.ca](http://www.cfmhn.ca) which is a national membership affiliated with Canadian Nurses Association (CNA) [www.cna-nurses.ca](http://www.cna-nurses.ca). CNA advances international health policy and development in Canada and abroad to support global health and equity. CNA has linkages with the International Council of Nurses (ICN) [www.icn.ch](http://www.icn.ch) which is a federation of national nurses' associations representing nurses in more than 128 countries around the world!! You can keep abreast of local, national and international activities through the free subscriptions you receive to the Canadian Nurse, the Registered Nurse Journal and both MHNIG and CFMHN newsletters.

These connections are noteworthy because our efforts and work done through MHNIG can make a difference worldwide. We can implement changes to influence mental health at a global level. That's what makes it even more exciting for us every time we gain a new member! So we thank you for supporting and being a part of MHNIG because together we can make vast changes.

The Mental Health Nursing Interest Group Executive and its partners,  
MindYourMind and Can-Voice,  
Would like to welcome you to attend:

**Mental Health Awareness Filmfest**  
on October 9th from 5-8pm in Auditorium A  
at University Hospital,  
London Health Sciences Centre  
University of Western Ontario.

Students and Registered Nurses are welcome to attend!

- View films made by mental healthcare consumer/survivors!
  - Network with other students and nurses
- Be involved in discussions about stigma, mental illness, and mental health!
- Learn about valuable resources available to mental health care providers!

Don't miss out on this spectacular event!

\*Snacks and beverages will be provided.

Hope to see you there!

### **Speaking Out for Health RNAO's action plan for the 2008 Federal Election**

Please inform yourself and exercise your right to vote.

#### ***Election Resources:***

For information on ridings, candidates, campaign issues, and how to get involved, please visit the following websites:

Elections Canada [www.elections.ca](http://www.elections.ca)  
CBC News [www.cbc.ca/news/canadavotes/](http://www.cbc.ca/news/canadavotes/)  
RNAO [www.rnao.org](http://www.rnao.org)  
Canadian Health Coalition [www.healthcoalition.ca](http://www.healthcoalition.ca)  
Make Poverty History [www.makepovertyhistory.ca/en](http://www.makepovertyhistory.ca/en)

For the latest evidence on health-care issues that are being debated in the campaign from the Canadian Health Services Research Foundation, see:

Myth: A Parallel Private System Would Reduce Waiting Times in the Public System [http://www.chsrf.ca/mythbusters/pdf/myth17\\_e.pdf](http://www.chsrf.ca/mythbusters/pdf/myth17_e.pdf)

Myth: For-Profit Ownership of Facilities would lead to a More Efficient Health Care System  
[http://www.chsrf.ca/mythbusters/pdf/myth13\\_e.pdf](http://www.chsrf.ca/mythbusters/pdf/myth13_e.pdf)

Myth: In Healthcare, More is Better  
[www.chsrf.ca/mythbusters/documents/MythbustersJuly2008\\_e.pdf](http://www.chsrf.ca/mythbusters/documents/MythbustersJuly2008_e.pdf)



**KEEPING OUR CLINICAL SPACE SAFE:  
Solutions, Strategies & Pearls of Wisdom**

**Friday, October 24th, 2008**  
**Registration at 8:30 am**  
**Royal Ottawa Mental Health Centre**  
**1145 Carling Avenue, Ottawa**

The Royal Ottawa Health Care Group proudly announces the 5th Annual Ivy Dunn Clinical Nursing Research Day on Friday October 24, 2008. The goal of this annual event that focuses on the most relevant and leading-edge research in Nursing Practice is to provide participants with knowledge and strategies to manage violence in their hospitals and communities.

This year's conference is proud to welcome Dr. Mary Johnson RN; PhD; Associate Professor, Rush University College, Chicago Illinois, and co-investigator of the Keeping The Unit Safe Research Program, along with Helen Kirkpatrick, RN; MScN; Med; PhD; Clinical Nurse Specialist Certified, Psychiatric Rehabilitation Practitioner, St. Joseph's Healthcare (SJHC), and Coordinator of the Best Practice Spotlight Organization in Hamilton.

Join our experts, along with an eloquent patient panel as we blend the latest research with the intuitive knowledge of the nursing community to address abusive, threatening and violent behaviour in the mental health care setting.

Register Online:

- Pay by Visa, MasterCard, or cheque.
- Register yourself or as a group.

Go to [www.rohcg.on.ca](http://www.rohcg.on.ca) and scroll down to News & Events for the link to the secure registration website.



For More Information Please Contact:

Marie Constance Morley 1145 Carling Avenue Ottawa, Ontario,  
K1Z 7K4 613.722.6521 ext 6535

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and its partners, MindYourMind and Can-Voice,  
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*Mental Health Awareness Filmfest  
on October 9th from 5-8pm in Auditorium A  
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- *Network with other students and nurses*
- *Be involved in discussions about stigma, mental illness, and mental health!*
- *Learn about valuable resources available to mental healthcare providers!*

*Don't miss out on this spectacular event!*

*\*Snacks and beverages will be provided.*

*Hope to see you there!*

*Kamini and Taunya*

*Mental Health Nursing Interest Group Executive, Student Representatives.*

Kamini Kalia RN, BScN, MScN (c),  
The University of Western Ontario,  
VP Communications, National Health Sciences Students' Association  
Website/ Site Web: [www.nahssa.ca](http://www.nahssa.ca)  
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## Resolution Tabled & Passed at RNAO AGM 2008

.RNAO's AGM in April 2008 was an exciting time for the MHNIG. We followed through on the request from our Member's Voices direction from last year's MHNIG Meeting, to impress that Psychiatric Mental Health Illness content and clinical experience be required in every Nursing Program in Ontario. In that light, we proposed a Resolution for the body of RNAO voting delegates from across Ontario to review, and vote.

Here is our resolution:

*THEREFORE BE IT RESOLVED that RNAO collaborate with and lobby all relevant sectors of the education and health care system to advocate for undergraduate nursing programs which include a clinical practicum in psychiatric/mental health nursing as well as advocate for the development of a consistent minimum level of competency and content teaching about 'mental illnesses' in all basic nursing programs in Ontario.*

An overwhelming majority of the voting delegates voted in favor and the resolution passed. The next step is that it will be reviewed by the RNAO Executive Board of Directors, in late September. Further work will follow.

Summing it up this way makes it sound like the success was easily attained, but in fact, a lot of people worked very hard to make this happen. At MHNIG's AGM in November when the resolution was first suggested, we knew that gaining acceptance for this important recommendation would not be easy. A resolution with the very same intent had been defeated in the past and all similar resolutions that involved suggestions for curriculum change had been defeated. Nevertheless we decided to proceed.

We felt obligated to speak out on behalf of our clients and our specialty. The committee (Patricia Patterson, Brenda Fuhrman, Elisabeth Jensen, Pat Nashef, Naomi Mudachi) word-smithed the resolution. The president of the Council of Ontario Programs in Nursing (COUPN) was informed of our intent and process. We were optimistic and hopeful that RNAO members and COUPN might respond to the voices of the membership of the Mental Health Nursing Interest Group. Several of us met with our chapters and lobbied for the resolution.

The evening before there was vigorous team building within the MHNIG executive and members, including the distribution of orange bracelets that said "Mental Health Matters".

During the parliamentary process of presenting resolutions on the floor, at the AGM, time grew short for our presentation and discussion. The presentation went rapidly, then rich discussion ensued, including comments from professors, nursing leaders, students, and front line Registered Nurses. One statement of significance was, "**The stewardship of nursing is the purview of RNAO.**" The vote was called and a majority of voting delegates moved forward this resolution.

Following the successful completion of another exciting RNAO Annual General Meeting, our president Pat Nashef respectfully wrote to the Doris Grinspun et al., to avail the expertise of MHNIG content experts to assist RNAO in any fashion on this project. The Board of Directors will table this resolution at their next meeting in September, and will provide direction. We will keep you informed, as we move forward.



## Vision & Objectives

MNHIG 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 the 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

## Satellite Chairs/Reps

#1 Elgin, Essex, Kent, Lambton	<b>Steven Holbert</b> 519-631-8510 ext. 49361
#2 Huron, Middlesex, N&S Oxford, Perth	<b>Michael Moretti</b> (W) 1-800-268-4446 ext. 9166 <a href="mailto:moretti_michael@lilly.com">moretti_michael@lilly.com</a>
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**Taunya Van Allen**

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[taunyanallen@hotmail.com](mailto:taunyanallen@hotmail.com)

### 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 **July 7, 2008**. Submit items to Newsletter Coordinator via e-mail above or mail to:



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